

HIGH JUMP -- NCAA INSTRUCTIONS TO ATHLETES & RULES

(Rules 4-3, 6-1, 6-4, 6-5, 7-1, 9-2)

(Tailor these instructions to the competition)

1. **Uniform** – You must wear an official team uniform at all times & one competition number - front or back. (4-3.1/4)
2. **Assistance** - No electronic audio or video devices of any kind (phones, radios, computers, iPods, etc.) in the event area. Assistance or coaching in the competition area OK only by another teammate in the event (Coaches are OK if 5 or fewer teams & meet mgmt permits, not during an attempt.) (4-3.11, 6-1.8)
3. **Time limits** - You will be on the clock as soon as you are called as being “Up.”
 - The time limit is one minute - to **initiate** the attempt. (6-1.3/4) The limit changes to:
 - **2 minutes** when **2 or 3** jumpers left in the competition **at the start of a round** or **consecutive** attempts
 - **4 minutes** when there is only **one jumper** left who has won the competition.
 - **Multi-events**: 1 min. if more than 3 at the start of a round; 2 min. in all other circumstances. (9-2.2)
 - There **will/will not be a timing device** to display your time. A yellow flag will be raised for a warning 15 seconds before the end of your time and lowered at expiration of time. (6-1.5)
4. **Passes** - All passes must be indicated **before** you're called “Up” (otherwise it will be a successful or failed attempt); tell the official whether you're passing a single attempt or all attempts at that height. (6-4.3)
5. **Markers** – max of 2 marks (**tape only**) on the approach, max 7x15 cm, not w/in 2m of standards (6-1.9/6-5.5)
6. You will have a **failed attempt** if: (6-5.3)
 - You displace the bar in an attempt to clear it.
 - You fail to initiate the jump within the time limit.
 - On an attempt you touch the ground or the pit beyond the plane of the bar without first clearing the bar.
7. **Flights** - We'll run one flight//5-alive. Use 5-alive if more than 15 in field. Abandon 5-alive when fewer than 9 remain at a height. (6-4.3) If 5-alive: listen for the flight coordinator to call you, be ready to come into the competition.
8. You may//may not **cross the track** during warm-up//during the competition; may//may not **leave the area** before the end of the event. **Escorts** are//are not required.
9. **Anyone competing in another event?** If so, see me 5 min. before you leave & upon return. Take jumps out of order, or upon return at the then existing height. If not present for a trial before the bar is raised, then it's a pass. (6-1.6)
10. The **starting ht** is m, with **increments** of cm (normally **5** cm) (6-5-2). (Multis: always 3cm 9-2.2)
11. **Calls** - The calls will be “Up”, “On Deck”, and “On Hold.” The **order of jumping** at the opening height will be: (read from event sheet).
12. Please direct any **questions** only to the Flight Coordinator or to me. **Any questions now?** Introductions ... **Good luck** gentlemen/ladies!! **Competition will begin** in minutes.

Additional Information

- **Resolving ties**: a. lowest # of jumps at the tied height; b. lowest total # of failures in the competition including tied height; c. if other than 1st place: jumpers remain tied; d. if for 1st place: conduct jump-off (7-1.6)
- No **warm-ups** on approach after comp begins, except a run-through w/no bar for those without an initial trial an hour from start of the comp (**1.5 min. each & only at a change of bar height, when entering comp**). (6-1.11)