

HIGH JUMP - USATF INSTRUCTIONS TO ATHLETES & RULES

(Rules 143, 144, 180, 181, 182, 200)

(Tailor these instructions to the competition)

1. Number bib must be worn, on the front **or** back of the uniform. (143.4/5/6)
2. Competitors may not be assisted or coached in the competition area, and may not leave the competition area or cross the track to speak with a coach. No audio, video, or communication devices of any type in the competition area (144.3/5). You must be escorted by an official to and from the restroom. You may//may not leave the area before the end of the event.
3. Time limits: (180.8d). You're on the clock as soon as you're called "Up."
 - The time limit is 1 minute to initiate the jump.
 - 1½ minutes when there are only 2 or 3 jumpers left in the competition at the start of a round
 - 2 minutes when one jumper makes consecutive attempts
 - 3 minutes when there is only one jumper left at the start of a round (2 min. in multis).
 - There will//will not be a timing device to display your time. A yellow flag will be raised overhead as a warning 15 seconds before the end of your time and lowered at the expiration of time.
4. Passes - All passes must be indicated before the start of the clock to avoid being charged with an attempt (180.8d). When you pass, you are passing for all further attempts at that height (181.6).
5. You have a failed attempt if: (182.3)
 - 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 crossbar – either between or outside the supports - without first clearing the bar.
 - The bar does not remain on the supports due to your action while jumping
 - You attempt to steady or replace the bar with your hands
6. Flights - We'll run one flight//multiple flights//5-alive. Use 1 flight if 15 or fewer vaulters. May use 5-alive if more than 12 in field. Abandon 5-alive when fewer than 12 remain in competition at end of jumping at any height. If 5-alive: listen for the flight coordinator to call you, be ready to come in. (180.7)
7. Is anyone competing in another event? If so, see me afterward. Take jumps out of order, or upon return at the then-existing height. Late arrivals – OK at current ht. (180.8)
8. The starting height is ____ m; with increments of ____ cm (2/3/5) (181.7); multis: always 3cm_(200.6)
The order of jumping will be: ____ (read from event sheet).
9. Please direct any questions, only to the Flight Coordinator or to me. Are there any questions?
Introductions ... Good luck gentlemen/ladies!! Competition will begin in ____ minutes.

Additional Information

- Markers - 1 or 2 tape markers may be placed on the runway apron (chalk is not OK). (180.19)
- Warm-ups - there will be no warm-ups in the event area once the competition begins (180.13).
- Resolving ties: a. lowest # of jumps at the tied height; b. lowest total # of failures in the competition, including the tied height; c. if other than 1st place, jumpers remain tied; d. if for 1st place, conduct a jump-off (181.9c)