

## **POLE VAULT - NCAA INSTRUCTIONS TO ATHLETES & RULES**

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

*(Tailor these instructions to the competition)*

1. Uniform - You must wear an official team uniform at all times, and 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 - The clock starts for you when you're called "Up"//when I step off the runway//remove the cone.
  - The time limit is one minute - to initiate the attempt. (6-1.3/4). The limit changes to:
    - 3 minutes when 2 or 3 vaulters left in the competition at the start of a round or consecutive attempts
    - 5 minutes when there is only one vaulter left who has won the competition.
  - Multi-events: 1 min. if more than 3 at the start of a round; 3 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. Standard settings are from 45 to 80 cm only (6-6.6). You will set the display board with your settings//tell the flight coordinator your settings now. Make any changes before you are called "Up"; changes you make after being called "Up" are on the clock.
6. You have a failed attempt if: (6-6.2)
  - The bar does not remain on the pegs because of any direct action of the vaulter
  - You fail to initiate the vault within the time limit; you violate the warm-up restrictions.
  - On a run-up, you or your pole touch the ground or the pit beyond the plane of the back of the box.
  - You attempt to steady or replace the bar. We'll watch for this, so don't give us something to call.
7. Flights - We'll run one flight//5-alive. Use 5-alive if more than 15 in field. Abandon it 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 in.
8. You may//may not cross the track during warm-ups, but not during the competition; you 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 3-4 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, then it's a pass. (6-1.6)
10. The starting height is \_\_ m, with increments of \_\_ cm (normally 15 cm) (6-6-1). (Multis: always 10cm 9-2.2) The calls will be "Up", "On Deck", and "On Hold". The order of vaulting at the opening height will be: (read from event sheet).
11. If windy – brief athletes & crew on holding the bar in place, judge's calls on wind blowing pole into bar
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

- Gloves and adhesive on the pole or hands – OK; may have protective layers of tape at grip & bottom end. No tapping (assistance at takeoff) in warm-up or competition. (6-6.4)
- Runway markers – max of 2 marks adjacent to the runway, not on it. No shoes or chalk, max 7x15 cm (6-1.9)
- No warm-ups on runway after comp begins, except a run-through w/no cross bar for those without an initial trial an hour from start of the competition (2 min. each & only at a change of height, when entering comp). (6-1.11)
- 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 1<sup>st</sup> place: jumpers remain tied; d. if for 1<sup>st</sup> place: conduct jump-off (7-1.6)