

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

(Rules 143, 144, 159, 180, 181, 183, 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. Assistance - 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, 159). 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"//when I step off the runway.
  - The time limit is 1 minute to initiate the vault.
    - 2 minutes when there are only 2 or 3 vaulters left in the competition at the start of a round
    - 3 minutes when one vaulter makes consecutive attempts
    - 5 minutes when there is only one vaulter left at the start of a round (3 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. Standards settings - You will set the display board//tell the flight coordinator your setting now (0-80). We'll continue to use this setting until you tell us to make a change. Make any changes before you are called "Up"; changes you make after being called "Up" are on the clock. (183.1, 180.8d)
6. You have a failed attempt if: (180.d, 183.5)
  - You fail to initiate the vault within the time limit.
  - On a run-up, you or your pole touch the ground or the pit beyond the plane of the back of the box.
  - The bar does not remain on the pegs due to your action while vaulting
  - You attempt to steady/replace the bar w/your hands; we'll watch for this, don't give us something to call.
7. 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 it when fewer than 12 remain in competition at end of vaulting at any height. If 5-alive: listen for the flight coordinator to call you, be ready to come in. (180.7)
8. If windy – brief athletes & crew on holding bar in place, judge's calls on wind blowing pole into bar
9. Is anyone competing in another event? If so, see me afterward. Late arrivals – OK at current ht. (180.8)
10. The starting height is \_\_\_\_ m; with increments of \_\_\_\_ cm (5/10/**15**) (181.7); multis: always 10cm. (200.6)  
The order of vaulting at the opening height will be: \_\_\_\_ (read from event sheet).
11. Please direct any questions only to the Flight Coordinator or to me. Are there any questions now?  
Introductions ... Good luck gentlemen/ladies!! Competition will begin in \_\_\_\_ minutes.

### Additional Information

- Gloves & Tape - No gloves, and no tape on the hands (183.3). The pole may have protective layers of adhesive tape (smooth) at both ends (183.8). An adhesive substance may be used on the hands or pole.
- Markers - 1 or 2 tape markers may be placed adjacent to the runway, not on it (chalk is not OK). (180.19)
- Warm-ups - there will be no warm-ups on the runway 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 1<sup>st</sup> place, jumpers remain tied; d. if for 1<sup>st</sup> place, conduct a jump-off (181.9c)