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 unaltered, on the front or back of the uniform. (143.4/5)
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 electronic devices of any type in the competition area (viewing images outside the competition area is OK) (144.3/5). You do // don’t have to escorted by an official to and from the restroom. You may // may not leave the area before the end of the event.
3. Warm-ups - there will be no warm-ups on the apron once the competition begins (180.10a, 16c)
4. Time limits: (180.11) The time limit is 1 min. to initiate the vault. We’ll let you know if it’s other than 1 min.
   - 2 or 3 vaulters left in the competition at the start of a round - 2 min; consecutive attempts 3 minutes; 1st jump in the competition – always 1 min.; winner of the event - 5 minutes (3 min in combined events)
   - The clock starts when you’re called “Up” // when cone is removed // when official steps off the runway
   - There will//will not be a timing device to display your time remaining. A yellow flag will be raised as a warning 15 seconds before the end of your time and lowered at the expiration of time.
5. Passes – Advise the flight coordinator of a pass as soon as you decide. When you pass, you’re passing all further attempts at that height. Passes must be indicated before the clock is started to avoid being charged with an attempt (181.6, 180.11(c, g)).
6. Markers - 1 or 2 markers may be placed adjacent to the runway, not on it (chalk & shoes not allowed). (180.22)
7. Standards settings - You will set the standards display board // tell the flight coordinator your setting (0-80cm; Youth: 45-80). Advise the coordinator of your setting when you’re called “On Deck” for every attempt; changes after being called “Up” are on the clock. (183.1, 180.11(f))
8. You have a failed attempt if: (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 crossbar does not remain on the pegs due to your action while vaulting
   - You attempt to steady//replace the crossbar
9. If windy–brief athletes & crew on holding bar in place, judge’s call on wind blowing bar off or pole into bar 181.8
10. Protests – Make any protest to the official with the flags; be clear that you’re protesting a call.
11. Flights - We’ll run one flight // multiple flights
12. Is anyone competing in another event at the same time? If so, tell the flight coordinator. before you leave & upon return. We can allow jumps out of order. If not present for a trial before the bar is raised, you’ll be called up, time will be allowed to elapse, & a pass will be recorded. Upon return you’ll jump at the then-existing height. (180.10c)
13. The starting height is _____ m; with increments of _____ cm (181.7); combined events: always 10cm. (200.6)
   The order of vaulting at the opening height will be: ______ (read from event sheet).
14. Please direct any questions only to the Flight Coordinator or to me. We will // will not do introductions. Are there any questions now? … Good luck gentlemen // ladies!! Competition will begin in _____ minutes.

Additional Information/Conducting the Event
- Gloves & Tape – Gloves and tape on hands are allowed. An adhesive substance may be used on the hands or pole. (183.3) The pole may have protective layers of tape (smooth) at both ends (183.8).
- Late arrivals – may vault at then-current height. (180.10)
- Breaking 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 (181.9)
- Displaced bar/standards. If the wind or another force displaces the bar; before an athlete clears it, they get another attempt; if after they have cleared the bar, the jump is good. If the standards are improperly fastened and slip downward when the competitor hits the bar, it’s a “no jump” and another attempt is given. (181.8)
- Aborted attempts – If the athlete does not commit a zero line violation, briefly hold the white flag horizontally (no rule).

PV, Instr & Rules - USATF, USATF Best Practices, Mar 19 (Credit: F. Orsak, R. Schornstein)