POLE VAULT - NCAA INSTRUCTIONS TO ATHLETES & RULES
(Rules 4-2, 4-3, 6-1, 6-4, 6-6, 7-1)
(Tailor these instructions to the competition)

1. **Flight Coordinator** - Your coordinator today is ________; please direct all questions him // her
2. **Uniform** - You must wear an official team uniform at all times, and a competition number-front or back (4-3.1/4)
3. **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 only by another teammate in the event (if 5 or fewer teams & meet mgmt permits, can confer w/coach, but not during an attempt). (4-2.4)
4. **Markers** – 1 or 2 markers next to, not on the runway; tape or our markers only; no shoes or chalk (6-1.7)
5. **Warm-ups** - no warm-ups on runway after comp begins. Exception: when entering the competition an hour or more after the competition start: 2 min., when entering comp, at a height change, w/no cross bar (6-1.9)
6. **Leaving the Venue** - You may not cross the track once the first race on the oval has started; you may // may not leave the area before the end of the event; escorts are // are not required to leave the venue
7. **Flights** - We'll run straight thru // 5-alive. If 5-alive - listen for the coordinator to call you, be ready to come in. (Use 5-alive if more than 20 in field & directed by the Games Cmte; abandon when 9 or fewer remain at a height) (6-4.3)
8. **Calls** - The calls will be “Up”, “On Deck”, and “On Hold”
9. **Time limits** (6-1.3,4,5)
   - The time limit is one minute to initiate the attempt. We'll let you know when it's anything else.
   - We do // do not have a clock to display your remaining time. A yellow flag will be raised for a warning 15 seconds before the end of your time and lowered at the expiration of time.
   - The clock starts when we call you up // remove the cone // step off the runway
10. **Passes** - Advise flight coordinator before the clock is started to avoid being charged with an attempt; tell us if you're passing a single attempt or all attempts at that height (6-4.3)
11. **Standard settings** - from 45 to 80 cm. You will put your setting on the board // when you're "On Deck" tell the flight coordinator your settings. Any change after you're called "Up" is on your time. (6-1.3, 6-6.6)
12. **Failed attempts if:** (6-6.2)
   - The crossbar 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 touches the ground or the pit beyond the plane of the back of the box
   - You attempt to steady or replace the bar
   - If windy – brief athletes & crew on holding the bar in place; judge's call on wind blowing pole into bar.6-6.3b)
13. **Opening heights** – read & confirm the opening height for each athlete
14. **Starting height is _____ m, w/ increments of ____ cm (normally 15cm; Combined Events: always 10cm) (6-6.1, 6-2.6d)
   At the opening height, we have _____ vaulters and the order of jumping is (read from sheet).
15. **Anyone competing in another event?** If so, tell Flight Coord before you leave & upon return. We can allow you take jumps out of order. But, if not present for a trial before the bar is raised, we'll call you up, allow time to elapse, & record a pass. Upon your return you'll jump at the then-existing height. (6-1.6b)
16. **Top ___ places – stay here at the end, we'll take you to the awards stand
17. **Any questions now?** Competition will begin in ___ minutes. Good luck gentlemen/ladies! (Line up athletes for introductions if appropriate.)

**Additional Info/Conducting the Event**
- **Time limit changes** (6-1.4.5) Open - 2 or 3 left in competition: 2 min.; 1 left who has won the competition: 5 min.; consecutive attempts: 3 min.; a competitor's 1st jump in the competition: 1 min.
  
  Combined events - 2 or 3 in competition – 2 min.; 1 left who has won – 3 min.; consecutive attempts – 3 min
- **Gloves** and adhesive on the pole or hands – OK; may have uniform protective layers of tape at grip & bottom end of pole. No tapping (assistance at takeoff) in warm-up or competition. (6-6.4)
- **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 still tied for 1st place - conduct jump-off (7-1.7)
- **Displaced crossbar/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. 6-6.7)
- **Aborted attempts** – If there is no zero line violation, briefly hold the white flag horizontally (no rule).