

# HIGH JUMP



## Who can do High Jump?

Only U8 (scissors only) – U17 athletes can do High Jump.

## How do the athletes get over the bar?

- The Scissor technique is the only allowable technique performed in High Jump for the Under 8, Under 9 and Under 10 age groups at all levels of competition.
- All athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition. The flop should only be taught by qualified coaches as it is quite hard to master.

## How do I teach Scissors?

- The athletes should start at an angle about 30 degrees to the bar, using an 8 – 10 stride run-up.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing). The athlete's body should remain upright and they should aim to land on their feet.

## When is a foul recorded?

- If an athlete takes off from two feet.
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar.
- If the athlete knocks the bar off the support. There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over, then it will be a foul, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady a bar that is bouncing on the supports.
- For U8, U9 and U10 It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
  - a) The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
  - b) The head of the competitor is not below the buttocks when the buttocks clear the bar, and
  - c) The competitor's lead foot touches the mat before any other part of the body.

# HIGH JUMP



## What are some basic rules?

- Each athlete is allowed three attempts for each height.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump.

## When is an athlete's competition completed?

If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.

## Where do I measure from?

Measurements for high jump are taken from the top of the middle of the bar. The height is also checked at each end of the bar to ensure it is level. Officials need to check the end heights every time the bar is raised and when someone is attempting a record.

## How do I record each jump?

- Results are recorded on a high jump recording sheet.
- - indicates an athlete did not attempt a height or has passed.
- x indicates an athlete failed an attempt at the height.
- o indicates an athlete was successful at the height.

## What are the safety considerations?

- The size of the landing area should be at least 4.0m x 2.4m x 0.4m. (ideally 5.0m x 3.0m x 0.5m) for flop and 5m x 3m x 0.15m—0.3m for scissors.
- Instruct athletes to clear the bar in the middle not near the uprights.
- The take-off area should be flat, dry and well mowed (if grass).
- Use a flexi bar when athletes are in the early learning stages.
- The bags should be covered by a one-piece cover or strapped together.

## What are some "Handy Tips" for conducting High Jump?

- Use greater increments for height rises when conducting the event for large groups.
- Have each athlete nominate only three heights that they will be attempting.
- With large groups, consider splitting the group based upon ability (scissor and flop jumpers).
- Have the athletes start from a shorter approach for lower heights.
- Have different coloured tape pieces cut up (synthetic surface) and/or cones before competitions starts, for use as markers.
- Use a flexi bar for younger age groups to avoid replacing the bar for missed jumps and to limit injuries and increase confidence.