

High Jump

Event offered to

U8 to U10 age groups, scissor technique only

U11 to U15 age groups, any legal jump technique (including scissor or Fosbury Flop)

Event equipment

- ✓ Appropriate landing mats
- ✓ 2 uprights on bases and crossbar
- ✓ Measuring stick
- ✓ Runway markers, only 2 markers allowed (tape only). Athletes may supply



Event Preparation

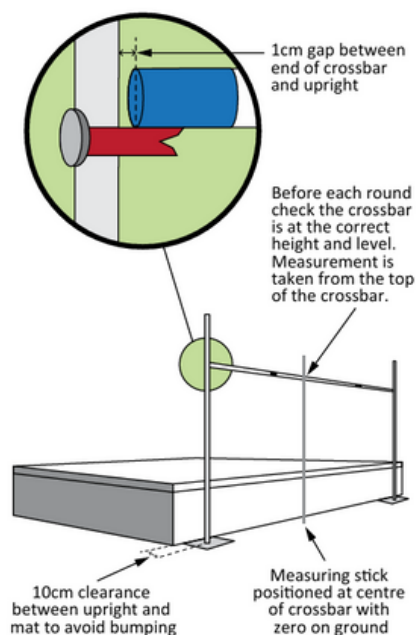
- Ensure that all aspects of the landing area and run up are safe for the athletes.
- Ensure that the brackets that support the crossbars are facing the opposite upright.
- Landing mats must be covered with a one-piece cover or strapped together.
- The uprights should be 10cm from the landing bags to avoid them bumping the uprights.
- Athletes are allowed to do a practice jump and to set run ups before the competition begins.

Officials Required

- Chief Judge: set and measure the height of the crossbar, call the height and determine if the trial is valid.
- Assistants: to assist with raising the crossbar and measuring height.
- Recorder: call athletes name, repeat height to Chief Official and record result.

Setting & Measuring the Crossbar

- Measurements are taken with a measuring stick held perpendicular from the ground to the top of the crossbar at the lowest point, usually the middle due to sag, and at each end of the crossbar near the uprights.
- The measurement of a new height is taken when the crossbar is raised after each round and before athletes attempt the height.



- Measurements are recorded in full centimeters.
- **Note:** a Referee is required to check the crossbar height before a record equaling or breaking jump is attempted.

Basic Rules

- Set the height of the bar at the starting height determined before competition starts.
- Athletes may approach the bar from any angle or side but must take off on one foot only.
- The bar is raised in 5cm increments after each round is completed. When there are 3 or less athletes remaining, the bar is raised in 2cm increments. The final athlete may choose the height the bar is raised to, in discussion with the Chief Official.
- **Note:** this is different in Combined Event Championships.
- An athlete may choose to commence at any height after the starting height. They may choose not to jump a particular height; this is called a pass.
- Clearance is when an athlete clears the crossbar on their jump without dislodging it, using an approved technique.
- Each athlete has 3 attempts to clear the height.



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- An athlete is eliminated from the competition when they have 3 consecutive failures. These do not have to be at the same height. For example, an athlete may have a failure, then choose to pass and go to the next height. Two failures at that height will eliminate them from the competition.

A Failure

- If the crossbar is knocked off the bar during the attempt to jump, regardless of whether the athlete is still on the landing mat (The Chief Official may determine the bar was knocked by some other means e.g. wind gust, in which case it is not a failure).
- A two foot take off or somersault.
- An athlete touches the landing area beyond the plain of the crossbar without clearing the crossbar. However, the Chief Official may determine it is not a failure if no advantage was gained from touching the landing area before takeoff.
- Touching the crossbar or the vertical section of the uprights when running up without jumping.

Special Rules: Scissor Technique

- The head of the athlete goes over the crossbar before the lead foot.
- The head of the athlete is below the buttocks when the buttocks clear the crossbar.
- The athlete's feet must touch the mat before any other part of the body.

How to Record

- The Recorder repeats the measured height back to the Chief Judge and records the height on the recording form.
- When recording:
 - O = valid trial
 - X = failure
 - = pass
 - NM = no valid trial recorded
- Last height cleared by the athlete is recorded as their best performance.



Officials Information Sheet: High Jump,
Updated August 2024.

