High Jump

**Please note: on Friday night competitions, each athlete should only commence jumping at 7-10cm below their personal best (PB) height *as shown on the recording sheet*. If all athletes start at the lowest height, the process of getting through everyone can take longer than is allocated. Any athlete with no recorded PB should start at the beginning height.**

# Set-up and specifications

**U8 to U10 athletes**

These athletes do scissor technique only.

The thinner foam mat is generally used.

**U11 UPWARD**

Athletes in these age groups can use scissor or flop techniques.

The thicker foam mat is used.

**SET UP FOR ALL AGE GROUPS**

***The upright poles should be a ‘fist sized’ gap away from the front of the mat****.* This is to allow the bar to fall into the gap if dislodged, rather than landing on the mat for the athlete to fall onto.

# Process

All athletes remaining in competition at each height will jump in turn.

Once all athletes have had their first jump at that height, those who did not successfully clear the jump on their first attempt will be given a second attempt, and a similar process is repeated for the third attempt.

Any athlete who has 3 successive failed attempts is eliminated from the rest of the competition.

*(Note that an athlete can elect to ‘pass’ at any height, even if they have had unsuccessful attempts at that height. 3 consecutive failed attempts, even if they are across different heights, results in elimination).*

Once all athletes have either cleared that height, passed or been eliminated, the bar is raised and the process repeats for the next height.

Increments vary for age groups – in the larger groups, increments of 5cm may be necessary to complete the high jump rotation in the allotted time.

# Observation/rulings

SCISSORS:

A jump is ‘unsuccessful’ if:

* The athlete causes the bar to dislodge
* The athlete takes off using 2 feet (they must take off from one foot)
* The head passes over the bar before the leading foot
* The athlete does not **attempt** to land on their feet.

FLOPS:

A jump is unsuccessful if:

* The athlete causes the bar to dislodge
* The athlete takes off using 2 feet

With either jump technique, an athlete may ‘baulk’ during an attempt without a failed jump being recorded, as long as no part of their body crosses the plane of the bar and uprights.

***Please note:*** the widely held belief that the athlete will be considered to have made a successful clearance if they are off the mat before the bar falls is erroneous. If, in the opinion of the official observing, the bar is considered to have been dislodged by the athlete, this is recorded as an unsuccessful jump regardless of the position of the athlete at the time the bar falls.