

## HIGH JUMP -- NCAA RULES & BRIEFING TO ATHLETES

(Rules 4-2, 6-1, 6-4, 6-5, 9-2)

1. Athletes must wear an official team uniform at all times, and one competition number -front or back. (4-3-1/4)
2. No electronic/communication devices (headphones, iPods, cameras, radios, etc.) are permitted in the field event area. Jumpers may not be assisted or coached in the competition area except by another teammate in the event (coaches OK if 5 or fewer teams competing, and if meet mgmt permits). (6-1-8)
3. Runway markers – a max of 2 marks (tape only) on the runway. (6-1-9/6-5-5)
4. There will be no warm-ups once the competition begins, except for a run-through with no cross bar for those who have not jumped in one hour (1 1/2minutes each and only at a change of height). (6-1-11)
5. Time limits - You will be on the clock as soon as you are called as being “Up.”
  - The time limit is one minute (to begin the attempt). The limit changes to 2 minutes when there are only 2 or 3 vaulters left in the competition at the start of a round or when one jumper makes consecutive attempts, and 4 minutes when there is only one jumper left who has won the competition. (6-1-3/4)
  - Multi-events: 1 min. for all, except 2 min. for consecutive attempts and if only one jumper left. (9-2-2)
  - There will/will not be a timing device to display your time. (If no timing device, a yellow flag will be raised for a warning 15 seconds before the end of your time.) (6-1-5)
6. All passes must be indicated before you are called as being “Up” (otherwise it will be a successful or failed attempt); tell the official whether you are passing a single attempt or all attempts at that height. (6-4-3)
7. You will have a failed attempt if: (6-5-3)
  - You displace the bar in an attempt to clear it.
  - You fail to initiate the jump within the time limit.
  - On an attempt you touch the ground or the pit beyond the plane of the crossbar without first clearing the bar.
8. Please direct any questions only to the Flight Coordinator or to me.
11. Is anyone competing in another event? If so, see me afterward. (6-1-6)
9. You may//may not cross the track during warm-up//during the competition; may//may not leave the area before the end of the event. Escorts are//are not required.
10. The opening ht is     m, with increments of     cm (3/5 cm)(6-6-1); Multis: always 3cm (9-2-2)
11. We’ll run one flight//5-alive. (Use one flight if 8 or fewer jumpers at a height.) (6-4-3) (If 5-alive: When you are the 6th//7th competitor, check with the flight coordinator and be ready to come into the competition.)
12. The order of jumping at the opening height will be:            (read from event sheet). Introductions ...
13. Any questions now? Good luck gentlemen/ladies!! Competition will begin in     minutes.

Resolving ties: a. lowest # of jumps at the tied height; b. lowest total # of failures in the competition including tied height; c. if other than 1<sup>st</sup> place: jumpers remain tied; d. if for 1<sup>st</sup> place: conduct jump-off (7-1-6)

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