

NCAA - HIGH JUMP APPARATUS

- 1) A **WINDSOCK** may be placed near the takeoff (R – 6.1.9a).
- 2) **APPROACH** 21M ≥ Octagon or Square ≥ 15M run is unlimited (R – 1.4.1).
 - a. **TAKEOFF AREA** is a 3M semi-circle extending into the approach from the crossbar center (R – 1.4.2)
- 3) **PERFORMANCE INDICATOR** – Displayed in Imperial and when possible in Metric. (R – 6.1.16c)
 - a. Measured to nearest lesser centimeter and announced in Imperial and Metric (R – 6.1.16c)
- 4) **MARKERS** none in pit or landing area (R – 6.1.9a).
 - a. Maximum of 2 **markers on approach**, maximum size 7x15 cm ≥ 2M from pads. (R – 6.1.9c, 6.5.5).
- 5) **IMAGINARY PLANE**: A zero line is NOT required for NCAA. If used **Indicator Line** 50mm wide shall coincide with near side of crossbar plane and extend 3m past uprights (USATF R – 181.15).
- 6) **LANDING AREA**: Depth ≥ 2.44M, Width ≥ 4.88M, Height ≥ 0.66M with common cover (R – 2.5.1).
 - a. Pads shall not extend into the plane of the bar (R – 2.5.1).
- 7) **UPRIGHTS (STANDARDS)** must be rigid and Exceed bar height by 10cm (R – 2.5.4).
 - a. Upright to landing area **gap of 10cm** normal to avoid accidental bar displacement (USATF R – 181.10).
 - b. **Uprights are not moved** during competition (Most officials mark upright position) (R – 6.5.2).
- 8) **CROSSBAR SUPPORTS** flat and rectangular 4 x 6 cm (R – 2.5.3).
 - a. 4.04M ≥ **Upright to Upright Distance** ≥ 4.00M (R – 2.5.2).
 - b. Slip down after competitor hits the bar because they were not properly fastened – “no jump” (R -6.5.6).
- 9) **CROSSBAR** Circular cross-section of 3cm ± 1mm (R – 2.5.5, 6).
 - a. No **bias** and maximum of 2 cm **sag** (USATF suspend 3kg weight at center max sag is 7 cm).
 - b. **End Pieces** 15-20 cm long and 30-35mm wide, with flat placement surface.
 - c. 4.02M ≥ **Length** ≥ 3.98M, maximum **weight** 2.0 kg.
 - d. Underside & front of crossbars are **distinguishable** so bar always replaced same (R – 6.5.2).
 - e. During competition minimum **increments** are 3cm unless one competitor is left (R – 6.5.2).
 - f. **Never increase the increment** of raising the bar (R – 6.5.2).
 - g. Bar **displaced by wind** or as a competitor leaves the pit after good clearance – it counts (R – 6.5.4).
- 10) **END SPACE** there shall be gaps of at least 1cm between the uprights and ends of the bar (R – 2.5.3).
- 11) **COMPETITORS BIB** Must be worn and visible without alterations when used. (R- 4.3.4).
- 12) **FOOTWEAR** (R – 4.3.5) Optional
 - a. Maximum of 11 spikes
 - b. Synthetic surfaces spike maximum length is 9 or 12mm, for non-synthetic 25mm is maximum
 - c. Spike diameter maximum of 4mm.
 - d. Sole maximum thickness of 13mm.
 - e. Heel maximum thickness of 19mm.
- 13) **UNIFORMS**: (R – 4.3.1 - 4).