

# POLE VAULT -- USATF RULES & INSTRUCTIONS TO ATHLETES

(Rules 143, 180, 181, 183, 200)

1. Numbers must be worn, on the front **or** back of the uniform. (143.4/5/6)
2. The pole may have protective layers of adhesive tape (smooth) at both ends (183.9). An adhesive substance may be used on the hands or pole; no gloves, and no tape on the hands. (183.3)
3. 1 or 2 tape markers may be placed adjacent to the runway, not on it (chalk not OK). (180.20)
4. Competitors may not be assisted or coached in the competition area, and may not leave the competition area or cross the track to speak with a coach. Audio, video, cassette player, radio, TV, CD/DVD, phone, or any similar electronic or communication devices are not permitted in the competition area (144.3/5). You must be escorted by an official to and from the restroom.
5. There will be no warm-ups on the runway once the competition begins (180.14).
6. Time limits: (180.8d). You're on the clock as soon as you're called "Up"//when I step off the runway.
  - The time limit is 1 minute to initiate the vault. The limit changes to 2 minutes when there are only 2 or 3 vaulters left in the competition at the start of a round, 3 minutes when one vaulter makes consecutive attempts, and 5 minutes when there is only one vaulter left at the start of a round (3 min in multis).
  - There will//will not be a timing device to display your time. (A yellow flag will be raised overhead as a warning 15 seconds before the end of your time.)
7. You will set the display board with your standard settings//tell the flight coordinator your setting now (0-80). We will continue to use this setting until you tell us to make a change. Make any changes before you are called "Up"; changes you make after being called "Up" are on the clock. (183.1, 180.8d)
8. All passes must be indicated before the start of the clock to avoid being charged with an attempt (180.8d). When you pass, you are passing for all further attempts at that height. (181.6)
9. You will have a failed attempt if: (183.5)
  - You fail to initiate the vault within the time limit.
  - On a run-up, you or your pole touch the ground or the pit beyond the plane of the back of the box.
  - The bar does not remain on the pegs due to your action while vaulting
  - You attempt to steady or replace the bar with your hands; we'll watch for this, so don't give us something to call.
10. If you have questions, please direct them only to the Flight Coordinator or to me.
11. Is anyone competing in another event? If so, see me afterward. Late arrivals – OK at current ht. (180.8)
12. The starting height is \_\_\_ m; with increments of \_\_\_ cm (5/10/15) (181.1); multis: always 10cm (200.6)
13. We will run one flight//multiple flights//5-alive. Use 1 flight if 12 or fewer vaulters at the conclusion of vaulting at any height. (If 5-alive: When you are the 6<sup>th</sup> or 7<sup>th</sup> competitor, check with the flight coordinator and be ready to come into the competition.) (180.7)
14. The order of vaulting will be: \_\_\_\_\_ (read from event sheet) (181.4).

## Preparations

1. Determine from meet mgmt: Who is the Field Referee? Other PV officials assigned? Which pit & runway to use? Require/waive wear of numbers? Starting height & increments? One/several flights/5-alive? Escorts required? Who gets the results? Meet records–men & women? Warm-ups 60 or 90 min? Awards–when/where? Where is medical staff? Keep/release athletes when done? Palm pilot operator?
2. Obtain equipment listed above from meet management.
3. Assign other officials to positions; brief them on duties & rules.
4. Measure the pit, reposition pit and collar as necessary.  
NCAA - Pit: 5m x 6m x .81m (LxWxH); extending 1.5m from back of box toward runway; placed max of 36cm beyond back of box (if angled pads, recommended max 15cm) (2-6-1); Standards: 4.30-4.37m apart (2-6-2); Pegs: 55mm (2-6-3); Runway: recommended minimum of 40m long, 1.22m wide (1-5-2).  
USATF – Pit: 6.15m x 6m x .81m (LxWxH), min. 5m long behind the box (181.19); Runway: min. 40m long (45m - chmpshps), 1.22m wide (180.16); Standards: 4.30-4.37m apart, and pegs: 55mm (181.17).
5. Clean out the box. Sweep the runway. Move objects away from all sides of the pit.
6. Zero the standards to the back of the box, and mark (tape) for placement. Level standards vertically; use shims as necessary. Set or mark the indicator tape for standard settings; mark placement of standards.
7. Crossbars - Max sag: 3cm (2-6-5, 181.11). Align & mark end pieces - “LF”, “RF”, lines on bar & end pieces; number each bar (6-6-1).
8. Set and measure the measuring device for the opening height. Place competition bars on pegs and measure each at the opening height, note differences. Note the reading for each standard on event sheets.
9. Measure, mark distances for steps near box NCAA: 7 marks 2.8-4.6m, @ 30 cm, large mark at 3.7m/12’1” (1-5-3); USATF: 1.5-4.5m, @ 15 cm (180.16); tape down tape measure along edge of runway.
10. Set up performance boards (1 for height; 1 for standard settings); wind indicators; and timing display.
11. Determine and announce start and end times for warm-ups.
12. Check-in all athletes (NCAA - must report in before 1<sup>st</sup> competitive vault occurs). Ask for and note their standard settings, and their starting height on the event sheet. Check for competition numbers.
13. Note meet and other records (must use a steel tape for records).
14. Brief the athletes on the rules and competition procedures (see Rules & Briefing Sheet).