

USATF - MASTERS HIGH JUMP INSTRUCTIONS

- 1) **USATF Rules apply.** At GC direction, if >15 use 5 alive if 12 or greater at a height (R – 180.7b). *Special considerations when competing more than one age group simultaneously (R 332.3.e).*
- 2) This is a final event so all will continue jumping until they have **3 CONSECUTIVE MISSES.**
- 3) A **FOUL MAY BE CALLED** if you use a two foot take-off, displace the bar, touch the ground or landing area beyond the plane of the bar or it's extension on an approach or if you handle the bar or exceed the time limits (R – 182.3). A zero line is required (R – 181.15.a). OK to touch landing area before clearing bar if no advantage gained (R – 332.3.d).
- 4) A competitor has **1 MINUTE** to initiate an attempt after being called (R – 180.8.d.ii).
 - a. **3 or fewer competitors remain** **1.5 minutes, 1.5 minutes for combined events**
 - b. **1 competitor remains** **3.0 minutes, 2.0 minutes for combined events**
 - c. **Consecutive Trials** **2.0 minutes, 2.0 minutes for combined events**
- 5) There will be a **YELLOW FLAG** with 15 seconds remaining. When the flag is dropped your time has expired – [continue your approach] (R – 180.8.d.iv).
- 6) The call order will be **UP, ON DECK, ON HOLD; THEN YOU WILL BE CALLED “UP” AGAIN AND YOUR TIME WILL START.**

PLEASE PAY ATTENTION & RESPOND APPROPRIATELY TO COORDINATOR CALLS

- 7) If you wish to **PASS** inform the coordinator before called “UP”, else charged with a trial (R – 180.8.d.vi). A **PASS** means that you are **PASSING THE REMAINING ATTEMPTS** at that height (R181.5). Attempts must be taken in order, however, Referee or Chief Field Judge may allow *an attempt* out of order. If subsequently not available for any trial it shall be deemed that the competitor is passing once the time for the trial has elapsed. If not present when all others have finished, the Referee will deem that the competitor has abandoned the event once the period for one further trial has elapsed (R – 180.8.c).
- 8) After event starts **DO NOT USE RUNWAY UNLESS YOU ARE ON THE CLOCK** (R – 180.13.c).
- 9) One **RUN THROUGH** without bar every 3 passed heights as earned – not cumulatively (R – 332.3.c).
- 10) **STAY IN THE COMPETITION AREA** you may not cross the track unless you sign out with the coordinator (R – 144.5). **Inclement Weather Plans!**
- 11) **NO ELECTRONICS** are allowed (R – 144.3).
- 12) **MATERIAL approved by the GC or else white adhesive tape** is allowed for marking the approach apron (1 or 2 markers) (R - 180.19).
- 13) There will be **POST-EVENT DRUG TESTING** so if you win do not leave unescorted. I have the medals for x through x place.
- 14) If you are **BEING SKIPPED IN ERROR** tell the coordinator immediately
- 15) The Starting Height is: _____. The Increments are: _____.
- 16) The **JUMPING ORDER** is: _____ **GOOD LUCK TO ALL**

USATF - MASTERS HIGH JUMP APPARATUS

- 1) GC SHOULD PLACE a **WINDSOCK** near the takeoff (R – 180.11).
- 2) Suggested **APRON** $20M \geq$ semi-circle $\geq 15M$ surrounding the standards (R – 180.16.a).
- 3) No **MARKERS** in pit or landing area (R – 181.3).
 - a. Maximum of 2 **markers in the runway apron** (R – 180.19).
- 4) **IMAGINARY PLANE**: A zero line is required. **Indicator Line** 50mm wide shall coincide with near side of crossbar plane and extend 3m past uprights (R – 181.15).
- 5) **LANDING AREA**: **Depth** $\geq 4M$, **Width** $\geq 6.0M$, **Height** $\geq 0.712M$ (R – 181.20).
- 6) **UPRIGHTS (STANDARDS)** must be rigid and Exceed bar height by 10cm (R – 181.10).
 - a. Upright to landing area **gap of 10cm** is required to avoid accidental bar displacement (R – 181.10).
 - b. **Uprights are not moved** during competition (Most officials mark upright position) (R – 182.1).
- 7) **CROSSBAR SUPPORTS** flat and rectangular 4 x 6 cm (R – 181.16).
 - a. $4.04M \geq$ **Upright to Upright Distance** $\geq 4.00M$ (R – 181.13).
- 8) **CROSSBAR** Circular cross-section of $3cm \pm 1mm$ (R – 181.11).
 - a. No **bias** and maximum of 2 cm **sag** (suspend 3kg weight at center max sag is 7 cm).
 - b. Hard and smooth **End Pieces** 15-20 cm long and 30-35mm wide, w/one usable placement surface.
 - c. $4.02M \geq$ **Length** $\geq 3.98M$, maximum **weight** 2.0 kg.
 - d. Underside & front of crossbars are **distinguishable** so bar always replaced same (R – 181.2).
 - e. During competition minimum **increments** are 2cm unless one competitor is left (R – 181.7.a).
 - f. **Never increase the increment** of raising the bar (R – 181.7.b).
 - g. Bar **displaced by wind** after good clearance – it counts (R – 181.8.a).
- 9) **END SPACE** there shall be gaps of at least 1cm between the uprights and ends of the bar (R – 181.17).
- 10) **COMPETITORS BIB** May be worn on the back or front only ((R-143.6).
- 11) **FOOTWEAR** (R – 143.3)
 - a. Optional
 - b. Maximum of 11 spikes
 - c. Synthetic surfaces spike maximum length is 12mm else 25mm
 - d. Sole maximum thickness of 13mm.
 - e. Heel maximum thickness of 19mm.
- 12) **UNIFORMS**: (R – 143.1.,2).