

High Jump – Rules & Guidelines

General Rules:

1. Athletes are expected to use appropriate language at all times.
2. Time limit for an attempt is 1 minute. However, it is 1.5 minutes when there are only 2 – 3 athletes remaining in the competition and 3 minutes when there is only 1 remaining athlete.
3. If the competitor is also in a track event, (s)he is allowed to jump out of order at the set height and go to the track and then return and re-enter the high jump competition. However the competition will not be held up for them. If the athlete returns to find that the height of the bar has been raised, the athlete must re-enter the competition at the set height. (The bar will not be lowered for them if they did not get an attempt at the previous height or were unsuccessful at the previous height). If they return to find that the competition has concluded, they are not allowed any additional jumps.
4. Once competition has begun, no practices / warm-ups are allowed in the competition area.
5. No assistance shall be given to any athletes in the competition area. Coaches and spectators should remain out of the competition area.

Measurements:

6. Make sure that the standards are placed far enough apart so that there is a “thumbs width” between the end of the bar and the upright support on each side. Adequately mark the position of the jump stands with tape or chalk in case they become knocked over during the competition and must be reset. The uprights should not touch the pit - approximately 10 cm away from the landing pit.
7. Calibrate the bar at the start of the competition by making sure that both upright supports are the same vertical height above the ground. Measure the height of the bar from the top center of the bar.
8. Increases in the height of the bar should be consistent and never less than 2 cm. Always insure that each standard is raised the same amount. Recalibrate the bar on occasion.
9. The starting height of the bar should be low enough to allow each competitor the opportunity to have a successful attempt. After competition at the first height is complete, raise the bar by 5 cm consistently until you are down to your last 5 or so competitors. After this point increments may be 3 cm until you have 2 – 3 competitors left, and then increments may be 2 cm. However, the height can never be increased by more than it was in the previous round (if it is raised by 2 cm, then it can not be raised by 3 cm or more on a successive round). The only exception to this rule is when there is only 1 competitor left and they wish to make an attempt at setting a new record.

Determining Places / Breaking Ties

10. Only break ties for first place (unless it will determine who advances to the next level of competition).
11. If several athletes are tied at the same height break tie by using least number of jumps at tied height.
12. If still tied, break tie by using least number of failures up to and including last height cleared.
13. If still tied, jump off at lowest height failed by tied competitors. Raise and / or lower the bar by 2 cm intervals until the tie is broken.
14. A new record may be set in a jump off.
15. Athletes will be awarded the highest height they cleared, regardless of placement in a jump off.

High Jump Rules

16. High Jump is **never done in flights** – all athletes compete together.
17. An athlete may pass at any height but can not re-enter at that height after passing.
18. 1 foot take off only.
19. All athletes will be given a maximum of three attempts to clear any height.
20. 3 consecutive misses at any height(s) results in disqualification (miss, pass, miss, miss = DQ)
21. It is a fault if the athlete breaks the plane of the uprights or touches the bar in a balked attempt.
22. It is not a fault if the athlete makes contact with their foot on the mat while they are in the air jumping unless it is deemed that they had an advantage as a result of the contact. (Pushed themselves higher)
23. There is **no “get off the mat rule”!** If the bar falls as a result of contact with the competitor while they are jumping – it is a failed attempt – whether or not the athlete is on the mat.
24. An athlete may balk and restart their attempt as many times as they wish provided it is within the 1 minute time limit.
25. **No jewellery may be worn** by an athlete while competing in high jump.

Recording an Attempt in High Jump X = Fault O = Successful – = Pass