

Vertical Jumps



Pole Vault



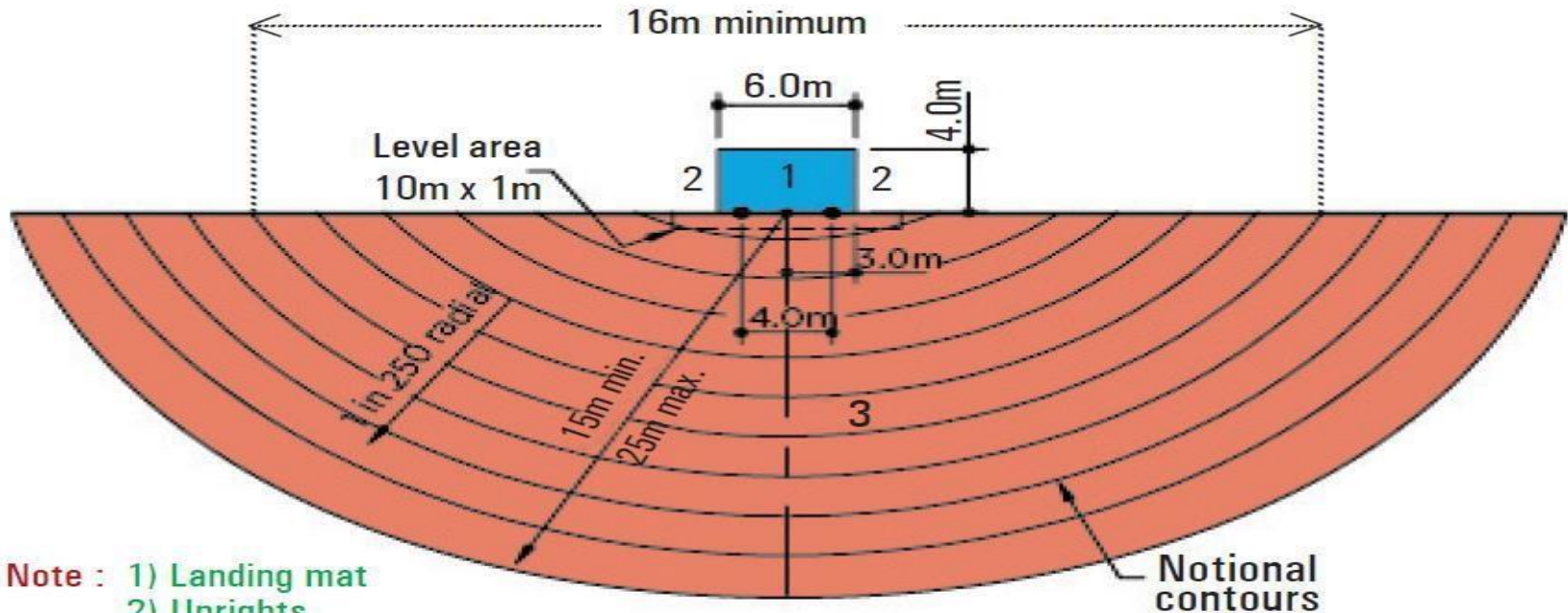
High Jump

Runway (high jump)

- Minimum width of the runway 16m
- Minimum length of the runway shall be 15m
- International competitions minimum length 25m.

FACILITY FOR THE HIGH JUMP (Dimensions in m)

67



Note : 1) Landing mat
2) Uprights
3) Runway area

Figure 13

Runway High Jump



50mm line (Normally adhesive tape) of 3m long- on each side of the upright) along the plane of the nearer edge of the uprights

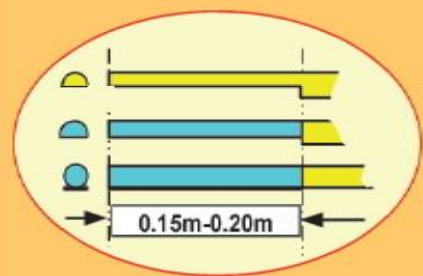
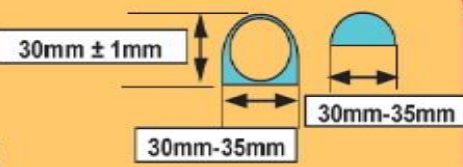
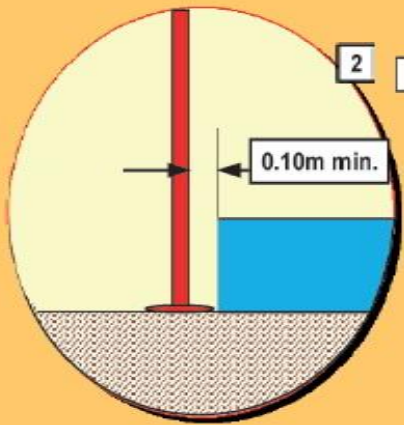
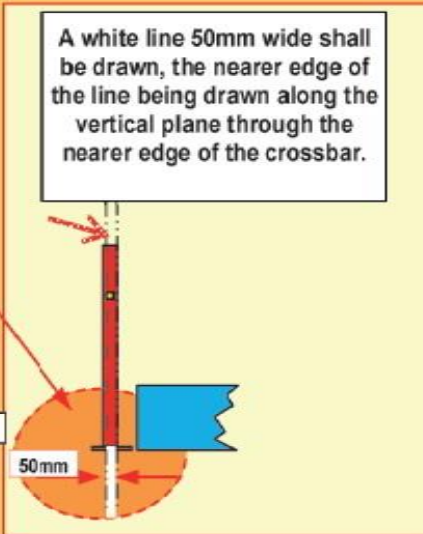
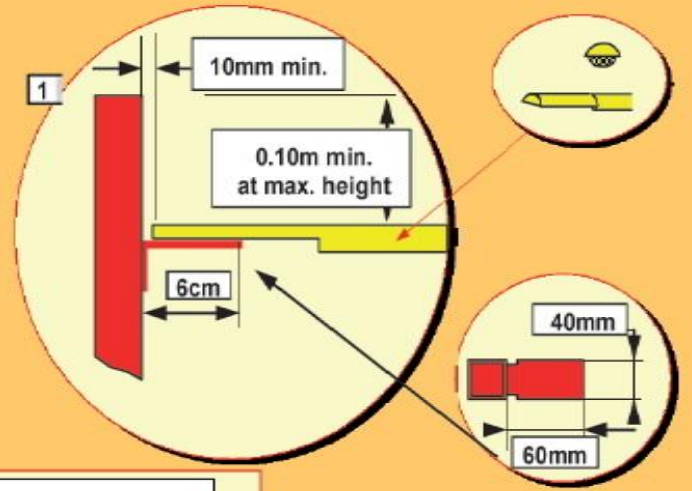
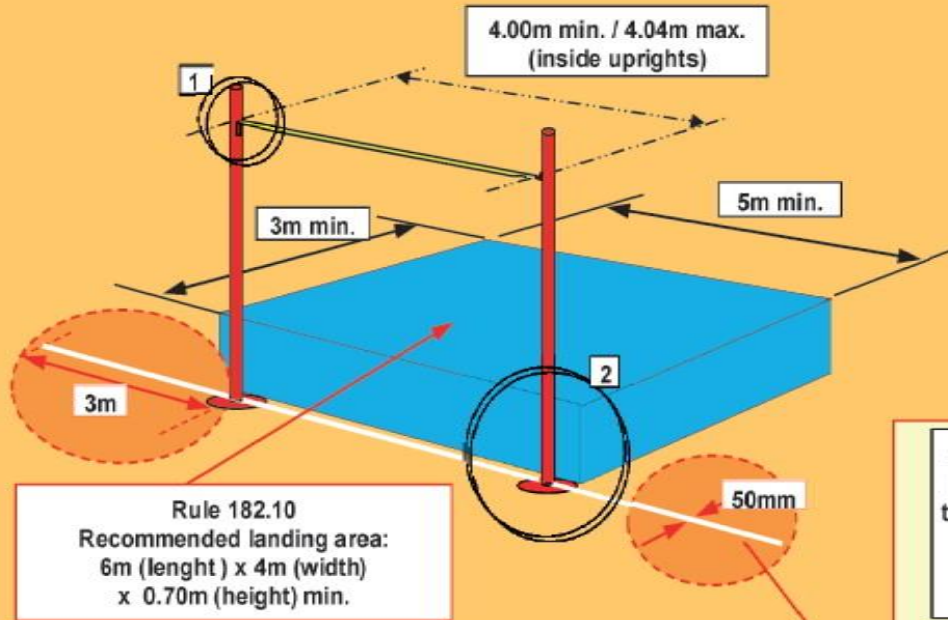


Runway (pole Vault)

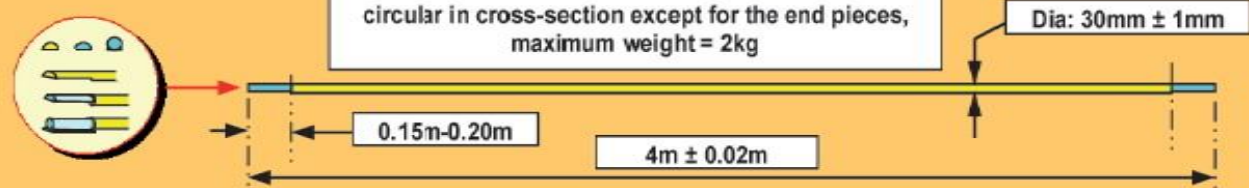
- From the “zero” line, shall be 40m and, where conditions permit, 45m.
- Width of 1.22m \pm 0.01m and shall be marked by white lines 50mm in width.
- For Pole Vault, the Organizing Committee should place suitable and safe distance markers beside the runway at each 0.5m *between the points 2.5m to 5m from the “zero” line and at each 1.0m from the 5m to the 18m point.*



HIGH JUMP



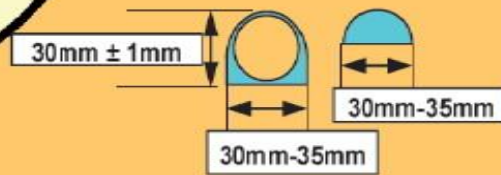
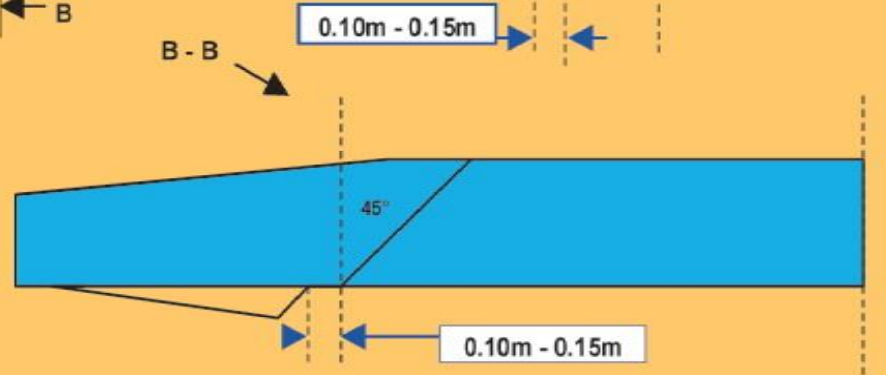
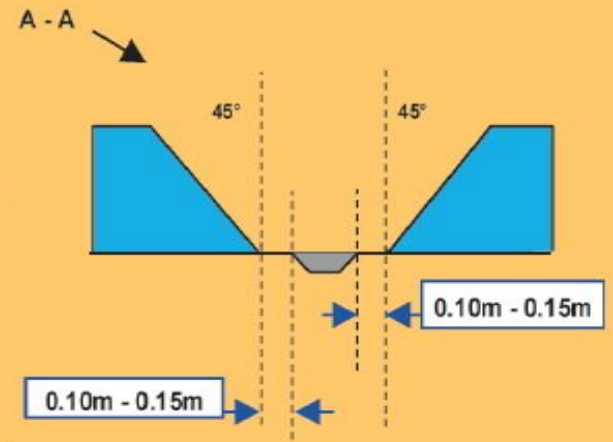
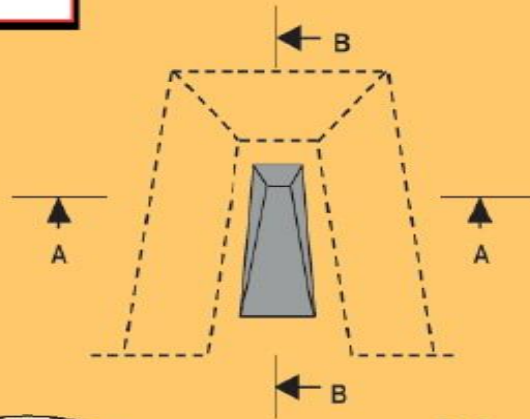
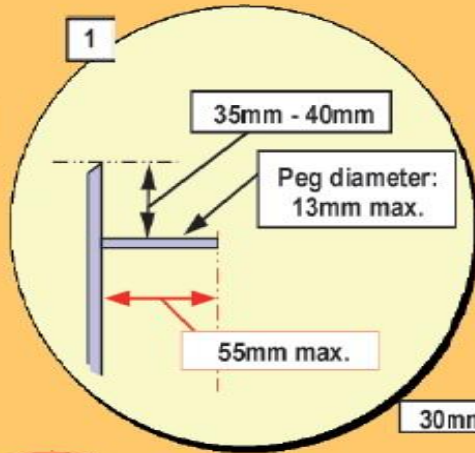
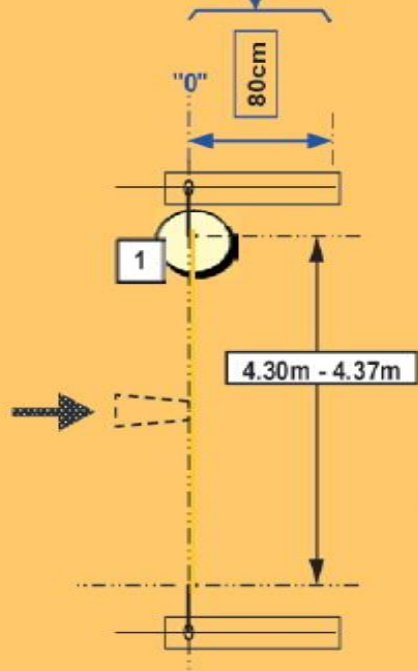
Crossbar:
circular in cross-section except for the end pieces,
maximum weight = 2kg



Indicative drawing

POLE VAULT

Possibilities to move uprights or supports of cross-bar



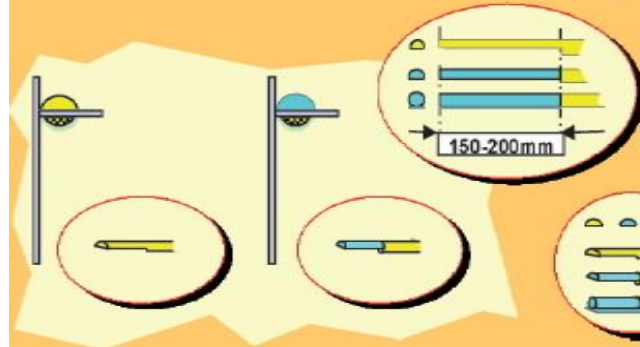
Indicative drawing

Crossbar:
circular in cross-section except for the end pieces,
maximum weight = 2.25kg

Dia: 29mm-31mm

0.15m - 0.20m

4.50m ± 0.02m



Landing Area (high jump)

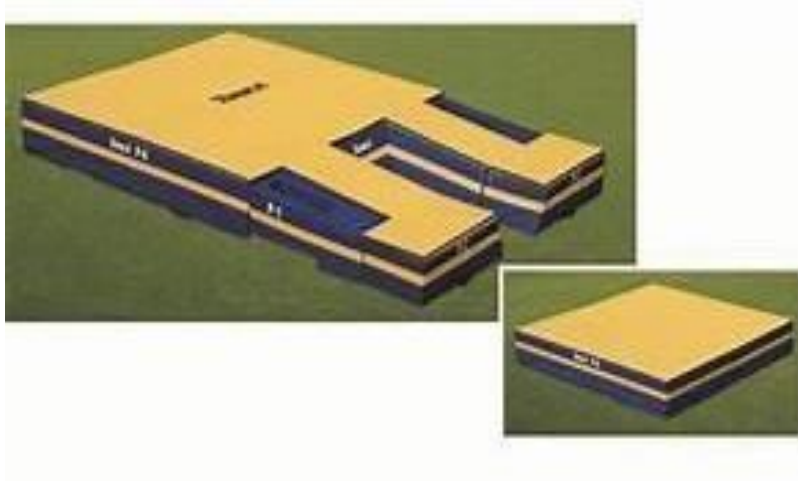


27.10 Not smaller than 6m long x 4m wide x 0.7m high
(INTERNATIONAL COMPETITIONS)

For other competitions, the landing area should measure not less than 5m long x 3m wide x 0.7m high.

There should be at least 10cm clearance between mat and up rights to avoid displacements of cross bar through a movement of the landing mat causing contact with the uprights

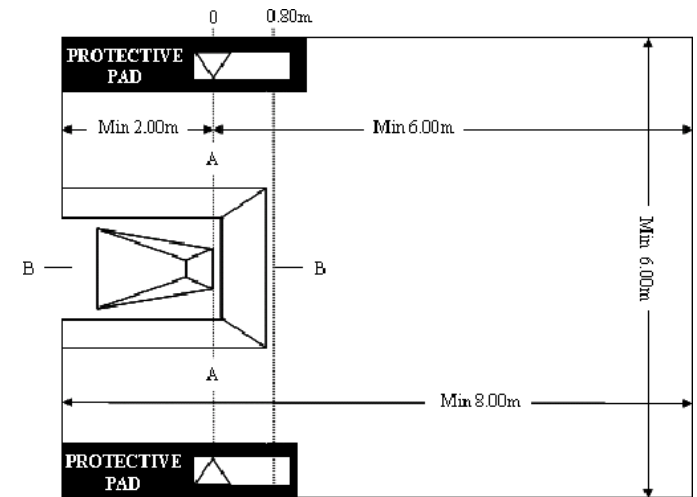
Landing Area (pole vault)



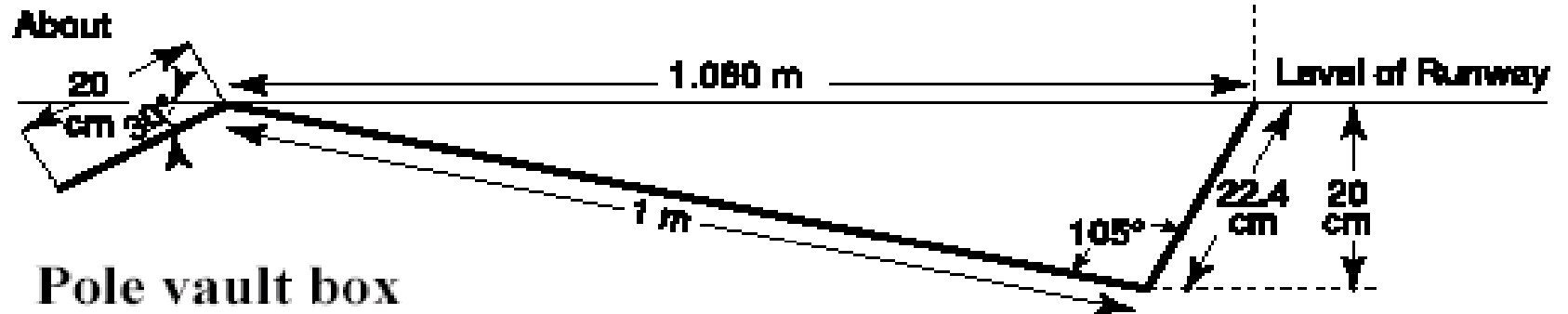
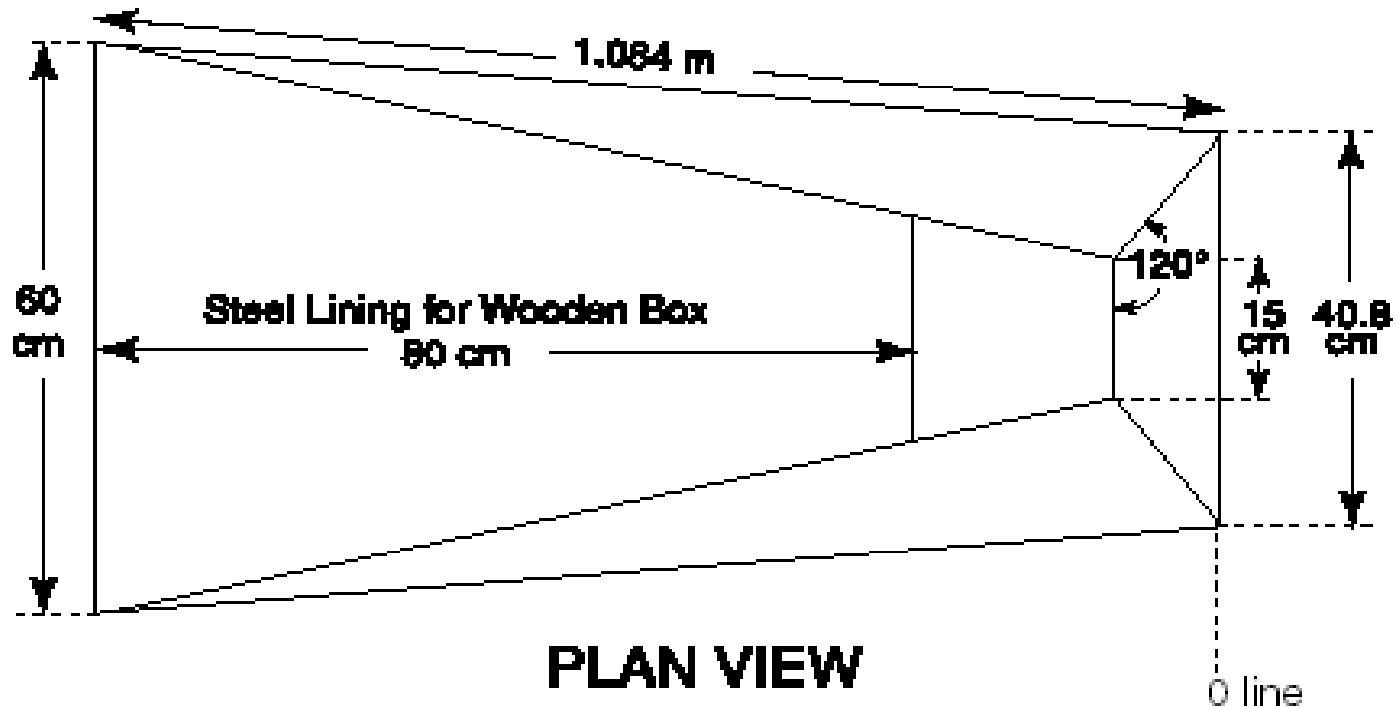
Landing mattress not smaller than **6 x 6 x 0.8 Meters**

For competitions under paragraphs 1.1, 1.2, 1.3, 1.5 and 1.6 - not smaller than **6m x 6m x 0.8m.**

The front pieces - at least 2m long.
The sides of the landing area nearest to the box shall - 0.10m to 0.15m from the box, shall slope away from the box at an angle of 45°

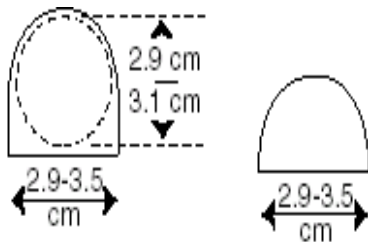


Vaulting Box



Cross Bar (high jump)

- Fiber-glass or suitable material
- **Length** - 4.00m \pm 0.02m
- **Maximum Weight** - 2kg
- **End piece of Crossbar** - 30 to 35 mm wide and 0.15 to 0.20m long



Alternative Ends for Bar



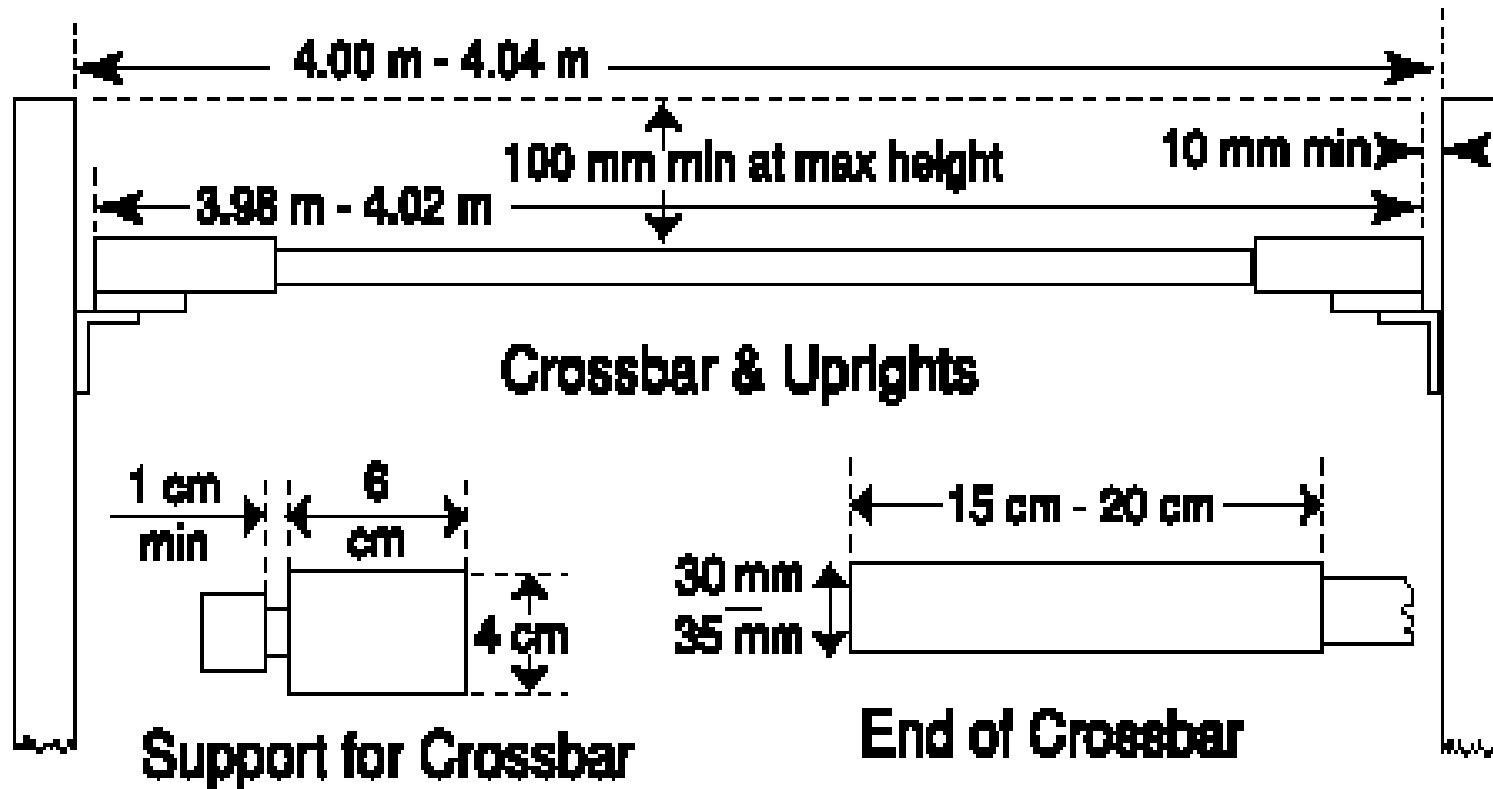
Cross Bar (pole vault)

- Fiber-glass or suitable material
- **Length** - 4.50m \pm 0.02m
- **Maximum Weight** - 2.25kg
- **End piece of Crossbar** - 30 to 35 mm and 0.15 to 0.20m long



Cross Bar & Support (high jump)

The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite uprights.



Uprights (high jump)

Any style of uprights may be used. They shall have supports for the Crossbar firmly fixed to them.

They shall be sufficiently tall as to exceed the actual height to which the crossbar is raised by at least 10cm.

The distance between the uprights shall be not less than 4.00m nor more than 4.04m.



Uprights (pole vault)

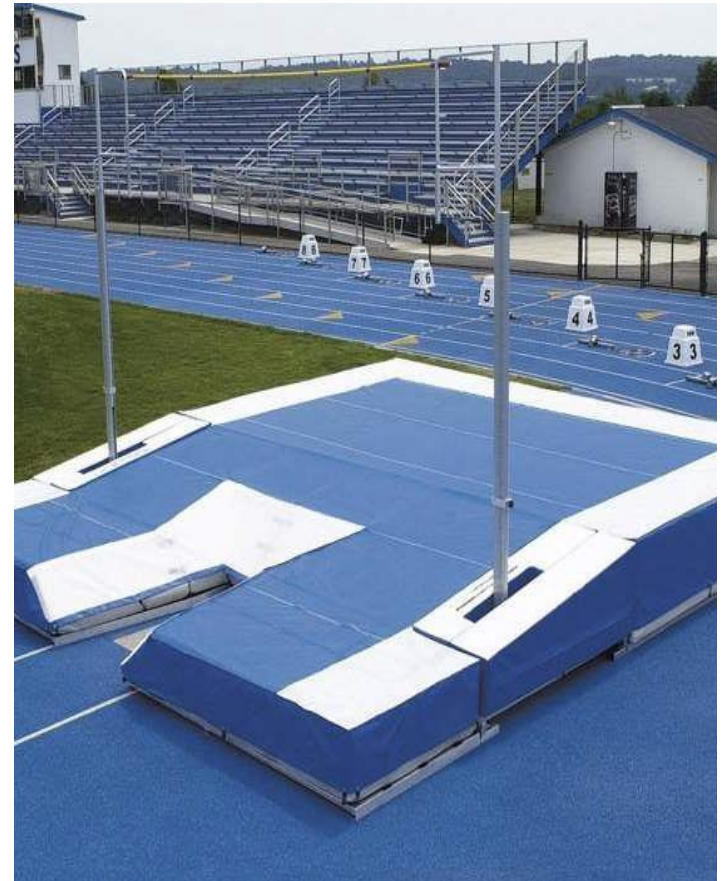


- Rigid and any style, Metal part should be covered for protection.
- Extension arms may be attached to lessen the risk
- Can move the uprights **80cm towards landing area** from the prolongation of the inside of the top of the box.



Zero Line

- A line, 10mm wide shall be drawn at right angles to the the runway, in line with the back end of the box (“zero” line).
- A similar line, up to 50mm wide on the surface of the landing area prolonged as far as the outside edge of the uprights.
[For placing the uprights up to 0.80m]



Raising of Bar (high jump/pv)

- All measurements shall be made, in whole centimeters, perpendicular from the ground to the lowest part of the upper side of the bar.
- The bar never should be raised less than 2cm in HJ and 5cm in PV- unless there is only one competitor remaining and he/she has won the competition
- For combined events it is uniformly 3cm for HJ and 10 cm for PV
- Chief Judge shall announce the starting height and subsequent heights to which the bar will be raised.

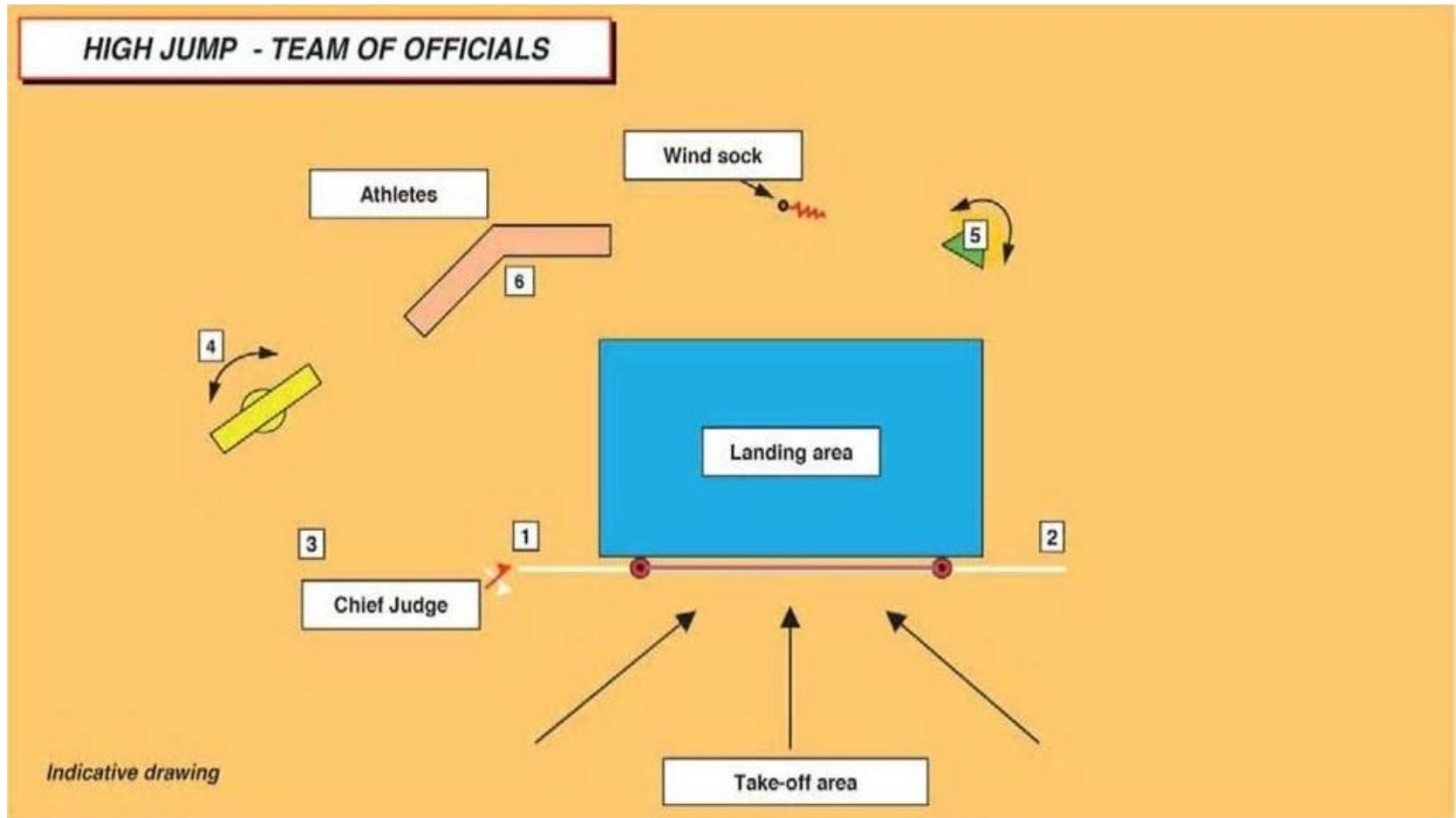
Measurements (high jump/pv)

- **Measurements shall be made, in whole centimeters, perpendicularly from the ground to the lowest part of the upper side of the bar**
- **Measure the new height before athletes attempt such height**
- **In all cases of records, the Judges shall also re – check the measurement before each subsequent Record Attempt if the bar has been touched since last measured**

A re-measurement should be made if the bar has been substituted



Official Position at FOP



Qualification Round

- QR shall be conducted at the same time and condition if not possible one group after the other.
- One rest day for Vertical Jumps on competitions having more than three days
- In Vertical Jumps, can jump up to three consecutive failures
- Minimum 12 in the Final in 1.1, 1.2, 1.3 and 1.6 competitions
- If tie for last place ,both qualify for final. May be 13 or more

Competition Order & Trials

- The competitors shall compete in an order drawn **by lot** by TD
- If there is a qualifying round, there shall be **fresh draw** of the lot for the final.
- Commence Jumping / Vaulting at any heights up to **three consecutive failures**.

High Jump

Step – 1

The competitor with lowest number of failures at the tying height

	Heights				
	1.75	1.80	1.84	1.88	1.91
A	O	XO	O	XO	XXX
B	-	XO	-	XO	XXX
C	-	O	XO	XO	XXX
D	-	XO	XO	XO	XXX

Step - 2

Lesser number of failures through out the competition up to and including the height cleared

	Heights					Failure
	1.75	1.80	1.84	1.88	1.91	
A	O	XO	O	XO	XXX	2
B	-	XO	-	XO	XXX	2
C	-	O	XO	XO	XXX	2
D	-	XO	XO	XO	XXX	3

Jump Off / High jump

If tie remains for first place, one more jump at the lowest height at which any of the involved in the tie have lost their **right to continue**.

	Heights					Failure	Jump off			Pos
	1.75	1.80	1.84	1.88	1.91		1.91	1.89	1.91	
A	O	XO	O	XO	XXX	2	X	O	X	2
B	-	XO	-	XO	XXX	2	X	O	O	1
C	-	O	XO	XO	XXX	2	X	X		3
D	-	XO	XO	XO	XXX	3				4

Result

Each athlete shall be credited with the best of all their trials, including, those achieved in resolving a tie for first place

Resolving a Tie

Step - 1

- The competitor with lowest number of failures at the tying height.

Step - 2

- Lesser number of failures through out the competition up to and including the height cleared.

Jump Off

- If still tie remains, Jump Off will be conducted

Resolving a Tie

Jump Off

- If tie remains for first place, one more jump at the lowest height at which any of the involved in the tie have lost their right to continue.
- The jump-off shall start at the next height determined, after the height last cleared by the athletes concerned.
- Shall have only one jump at each height
- Raise the bar if cleared & lower the bar if failed by 2cm for High Jump & 5 cm for Pole Vault.

Flags Shown For



Count Down Time

Marked as



Valid Trial

O

→ Cleared

—

→ Pass

X

→ Failed



Failure

Competition (high jump)

- Shall take off from one foot
- If he jumps without gaining any advantage from touching the restricted area, may not be considered a failure.

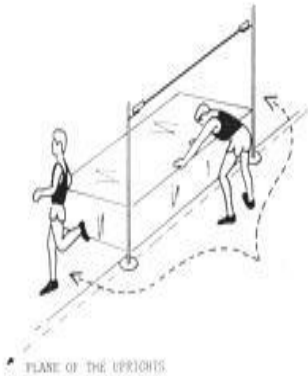


Competitor

Fails if...



After the jump bar does not remain on the support



He touches the ground including the landing area beyond the plane of the nearer edge of the uprights, without first clearing the bar.



He touches the crossbar or the vertical section of the uprights when running up without jumping

Result...

High Jump

Each athlete shall be credited with the best of all their trials, including, those achieved in resolving a tie for first place

Resolving a Tie

Same procedure is to be followed that what we have seen just before.

Markers ...

To assist them in their-up and takeoff. One or two markers

Markers supplied or approved by the organizers can be used



High Jump : Only markers or Adhesive tapes-no chawks or other materials

Wind Socks



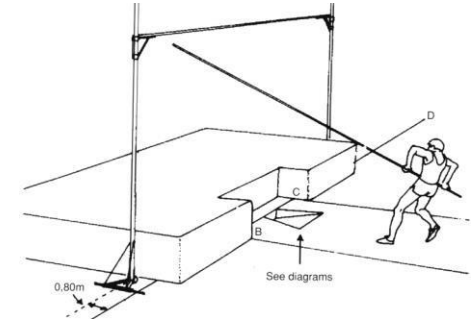
One or more wind sock(s) should be placed in an appropriate position in all jumping events,

Purpose is to show the athletes the approximate direction and strength of the wind

Competition (Pole Vault)

Fails if...

After the vault, the bar doesn't remain on the pegs because of the action

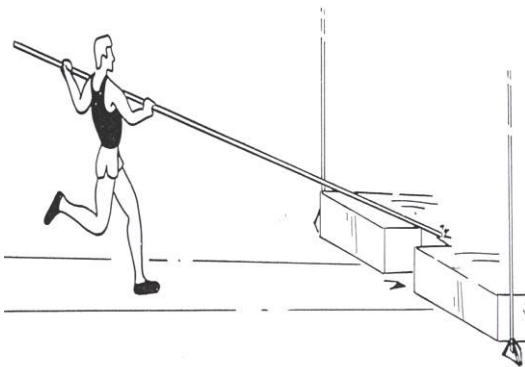


or

Touches the ground beyond the vertical plane through the upper part of the stop board with any part of the body or pole before clearing the bar

or

After leaving the ground places his lower hand above the one or moves the on the pole



- During the vault he steadies or replaces the bar with his hand (s)
- Gloves is allowed
- No one shall touch the pole if it is not falling away from cross bar or uprights.
- If pole is broken during a vault a fresh attempt to be given.



Time allowances

Number of Competitors	Individual Event		Combined events	
	HJ	PV	HJ	PV
More than 3	1m	1 m	1 m	1m
2 or 3	1.5	2	1.5	2
1	3	5	2	3
Consecutive	2	3	2	3

Absence during competition

- With the permission of the chief judge an athlete can leave the competition arena accompanied by judge during the progress of an event.
- If possible, a warning should be given first, but for subsequent instances or in serious cases the athlete shall be disqualified.

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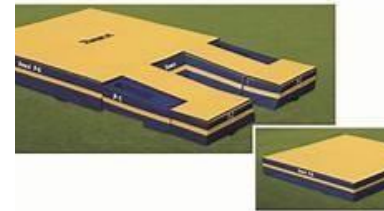
- When it is clear that the bar has been displaced by a force not associated with a competitor.
- If such a displacement occurs after the competitor has cleared the bar without touching it, the attempt is successful
- If such displacement occurs under any other circumstance, a new attempt shall be awarded.

Equipments Required

Landing Mattresses & Uprights - HJ



Landing Mattresses & Uprights - PV



Cross Bar



Equipments Required

Measuring Device



Flex Bar

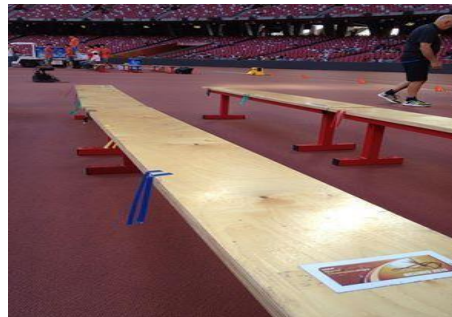
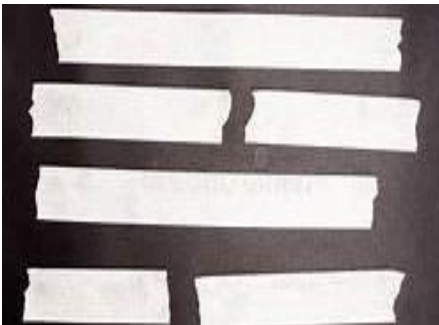


Check Marker

Measuring Tape (Steel)



Adhesive Tape(White & Color)



Single Markers



Equipments required...

Flags

White, Red & Yellow



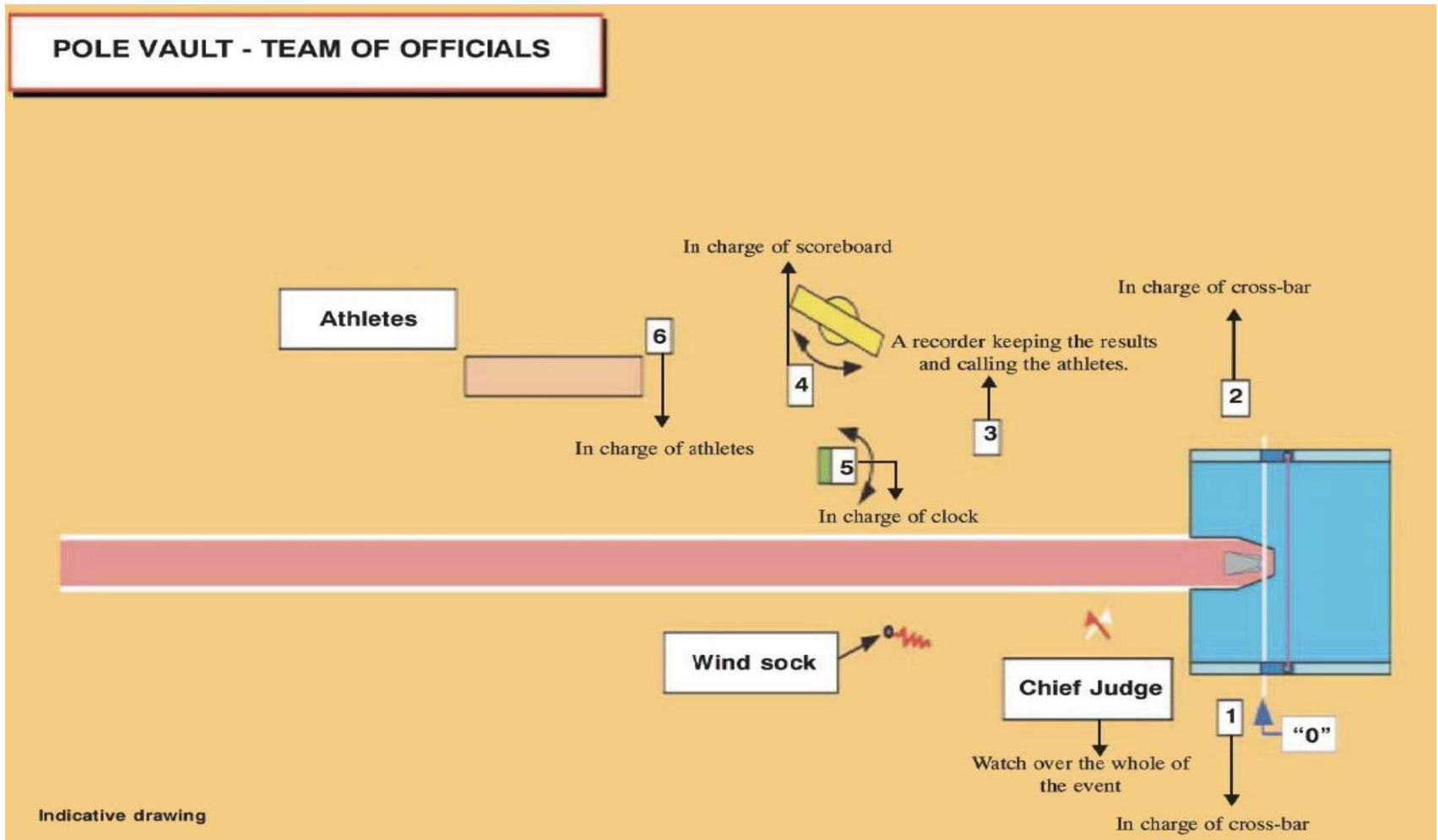
Wind Sock



Count Down
Timer



Officials Position at FOP



Officials Required

1. One ITO (International meets act as Referee)
2. One Referee
3. One Chief Judge
4. One Judge (Athlete Control)
5. One or Two Judges (Placing Bar & Measuring)
6. One or Two Judges (Taking Care of Poles)
7. One Judge (Count Down Time)
8. One or Two Judges (Recorder)
9. SSVs (Volunteer Service)

Thank you

