High Jump

Event offered to

U8 to U10 age groups onto scissor mats, scissor technique ***only***

U11 to U17 age groups onto flop mats, any legal jump technique (including scissor or Fosbury Flop)

Event equipment

- ✔ Appropriate landing mats
- ✔ 2 uprights on bases
- ✔ Crossbar
- ✔ Measuring stick
- ✔ Runway markers
- ✔ 30m measuring tape to measure run-up
- ✔ Recording form, pen and clipboard

Event safety

- High Jump event area must be clear of obstructions and hazards.
- Size of the landing area must meet the LAQ requirements:
  - **scissor:** not less than 5m x 3m, mat height should be 15cm–30cm
  - **flop:** not less than 5m x 3m, mat height should be 40cm–50cm, appropriate density
- Landing mats must be covered with a one piece cover or strapped together.
- Crossbar support brackets must face the opposite upright, not facing to the front or back.
- Trials are only allowed under supervision.

Where to assist

One person can do more than one role.

Chief Judge: to set and measure the height of the crossbar, call the height to the Recorder/Age Marshal and determine if the trial is valid.

Assistants: to assist with raising and measuring the height of the crossbar and resetting the crossbar after each failed attempt.

Recorder/Age Marshal: to call the athletes for their trials, repeat the measured height back to the Chief Judge and complete the recording form.

Basic rules

- At Centre level, there is no specific starting height.
- An athlete may approach the crossbar from any angle or side but must take-off from one foot.
- Athletes may place one or two temporary markers alongside the run-up to mark their run-up starting point.
- An athlete may commence jumping at any height above the starting height.
- Each athlete has three attempts to clear the height. Three consecutive failures regardless of the height, eliminates the athlete from the event.
- An athlete may choose not to jump a particular height. This is a pass not a failure. A pass may be made after a failure.
- The crossbar is never lowered.
- Breaching the basic rules constitutes a failure.

When is the trial (jump) a failure?

It shall be a failure if:

- any sort of somersault is used.
- an athlete touches the landing area beyond the plane of the crossbar without clearing the crossbar.

  Note: In the opinion of the Chief Judge, if an athlete touches the landing area with their foot during an attempt and gained no advantage, the jump shall not be considered a failure.
- an athlete touches the crossbar or uprights during the run-up.
- in the opinion of the Chief Judge, the athlete knocks the crossbar off the supports regardless of whether the athlete is on or off the landing area.
- in scissor technique:
  - the head of the athlete goes over the crossbar before the lead foot.
  - the head of the athlete is below the buttocks when the buttocks clears the crossbar.
  - the athlete does not attempt to land on one foot.

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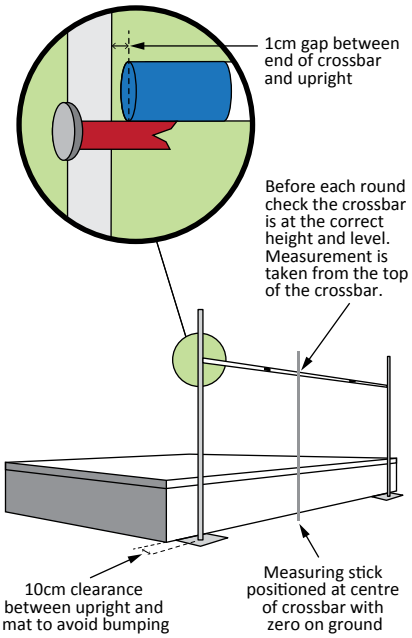
How to measure

- Measurements are taken with a measuring stick held perpendicular from the ground to the top of the crossbar at the lowest point, usually the middle due to sag, and at each end of the crossbar near the uprights.
- The measurement of a new height is taken when the crossbar is raised after each round and before athletes attempt the height.



How to record

- The Recorder/Age Marshal repeats the measured height back to the Chief Judge and records the height on the recording form.
- Measurements are recorded in whole centimetres, e.g. 1.25.
- When recording:
  - **O** = valid trial
  - **X** = failure
  - **—** = pass
  - **NM** = no valid trial recorded
- Last height cleared by the athlete is recorded as their best performance.
- Placings are not required at Centre level.

Handy hints to run High Jump

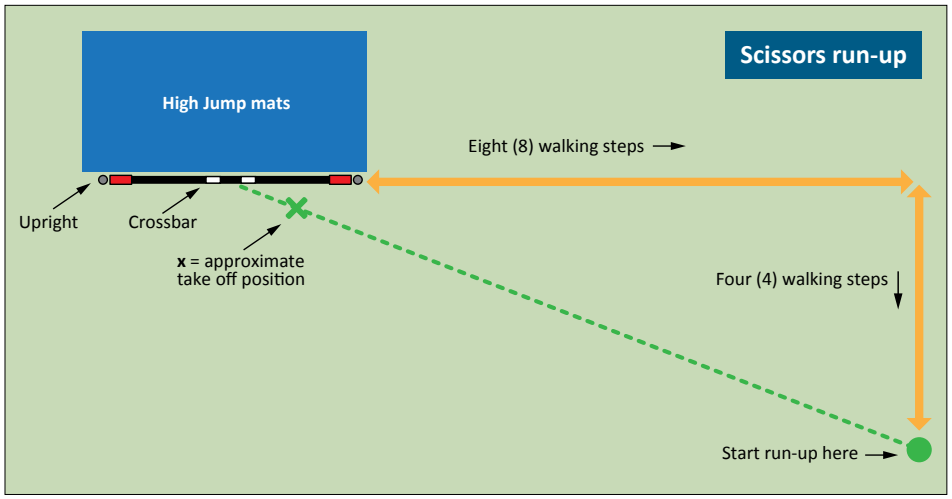
- Note the athlete's preferred starting height on the recording form.
- Allow athletes a practice jump to check and mark their run-up.
- Instruct athletes to clear the crossbar in the middle, not near the uprights.
- Have younger athletes run up from a set marker.
- For younger age groups, use a flexible foam crossbar when athletes are in early learning stages to avoid replacing the crossbar after each failed attempt, limit injuries and increase confidence.
- If sufficient equipment available, consider splitting the larger groups based upon ability (scissor and flop technique).

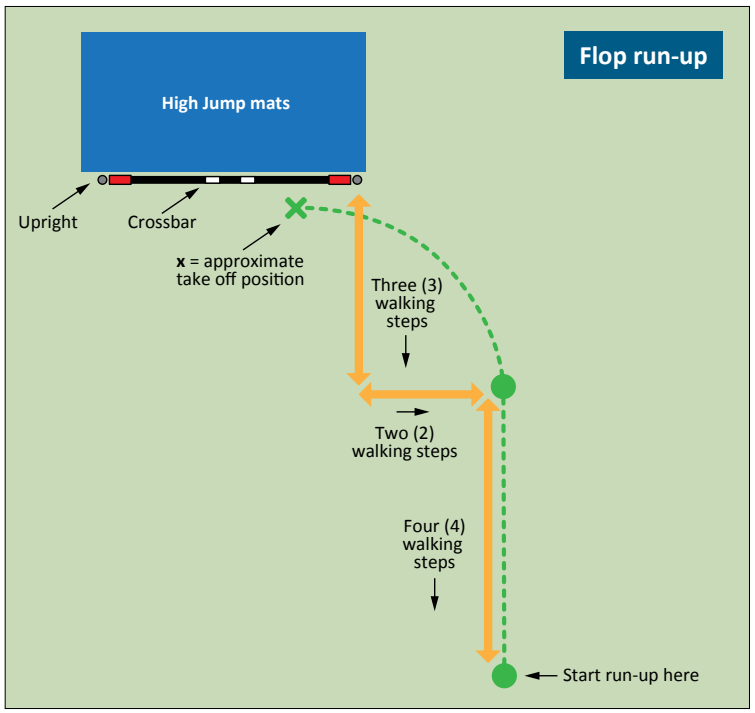
Handy hints for the athletes

The basic technique for a **scissor jump:**

- **Run-up:** a straight approach run of 8-10 strides from an angle about 30° to the crossbar, accelerate through the last three strides.
- **Take-off:** the take-off foot (furthest from the crossbar) is planted with the athlete's weight over the take-off foot.
- **Flight:** the other leg (closest to the crossbar) swings up and over the crossbar, followed by the take-off leg in a 'scissor' action; body remains upright.
- **Landing:** land on feet, not on the back or buttocks, on the landing area.

Flop technique should only be taught by qualified coaches.





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