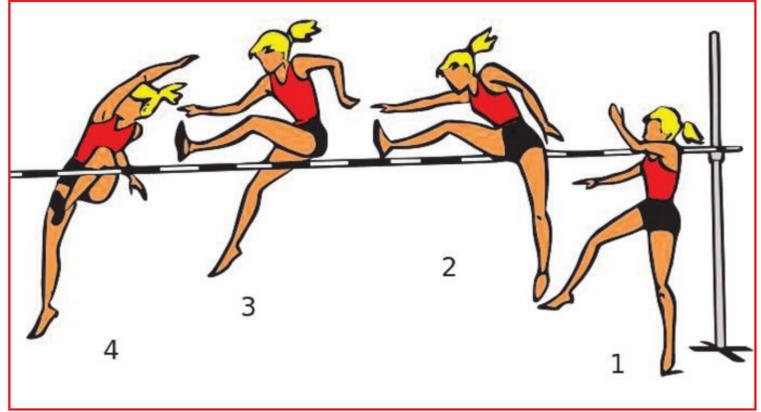


HIGH JUMP



Who can do high jump

- Only U9 - U17 athletes can do high jump.

How do the athletes get over the bar

- U9 and U10 must use “scissors” ONLY.
- U11 and above may use scissors, fosbury flop¹ or any other technique.

Scissor Technique

- Start at an angle of about 30 degrees to the bar and use an 8 – 10 stride runup.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing). The athlete’s body should remain upright and they should aim to land on their feet or their bottom.

Basic Rules

- Each athlete is allowed three attempts for each height.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump
- If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.

When is a Foul Recorded

- If an athlete takes off from two feet or fails to use scissors when required (ie U9—U10).
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar.
- If the athlete knocks the bar off the support (whether the fall is immediate, or after some time).

Measuring

- Measure from the top of the middle of the bar. The height is also checked at each end of the bar to ensure that it is level.
- Officials need to check the end heights every time the bar is raised and when someone is attempting a record

Recording

Heights/Results are recorded on a high jump recording sheet.

- indicates an athlete did not attempt a height or has passed.
- x indicates an athlete failed an attempt at the height.
- o indicates an athlete was successful at the height.

Tips

- Clear the bar in the *middle*, not near the uprights.



¹Named after Dick Fosbury who invented & first used the technique at competition on 20 October 1968 at the Mexico Olympic Games. He set an Olympic record and won Gold, clearing 2.24m.