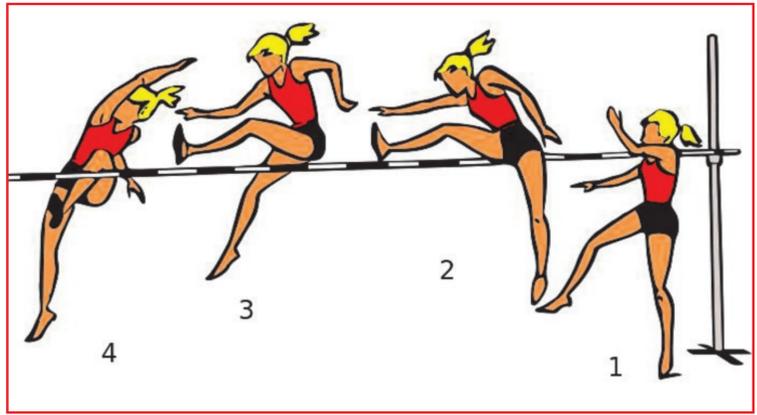# HIGH JUMP

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 flop[1] 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 and the second leg follows (see diagram above). The athlete's body should remain upright, and they *must* land on their feet, with the lead foot being the first part of the body to touch the landing mat.

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 if the scissor technique (see above) is incorrect.

. 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.

[1]Named 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.