

NATIONAL FEDERATION

HIGH JUMP INSTRUCTIONS

*** Only **tape** can be used on apron as **check marks**

1. Jersey must be tucked into shorts. Jersey MUST be worn in Competition area
2. A **SCHOOL ISSUED uniform** must be worn during competition. **ALL VISIBLE UNDER SHIRTS MUST BE SOLID COLOR.**
Jersey can not be knotted.
3. The competitor must pass prior to starting of 60 SECONDS time limit. If not, attempt failed.
4. **Three (3) passed heights in a row, 1 warm-up jump without the bar. JUMPER MUST START COMPETITION AT THAT TIME**
5. **NO WIRELESS COMMUNICATION DEVICE CAN BE USED**
6. Continue jumping until **three (3) consecutive misses.**
7. An **unsuccessful attempt** is when:
 - a. Bar is Displaced during an attempt
 - b. Jumper touches ground or landing area beyond the plane of the bar or it's extension
 - c. All parts of the body must go over the bar
 - d. After successful jump, fall and knock over standard
 - e. Bar is hit and falls off at any time, **in or out of pit**
8. Normal tie breaking procedure will be used **RULE 7-3-17**
9. Measurements will be to nearest **lesser 1/4" inch OR LESSER CENTIMETER**
10. After competition starts, the **bar shall not be lowered** except to determine first place in a tie
11. Time will be allowed to participate in another event, from time I excuse you, Be flexible but record time they leave. Encourage them to jump before they leave, Bar must continue to be raised if time is excessive
12. Participants **may not view any video playback while they are in competition.**
13. Give order of participants- Note Bar Raises **Starting Height is:**
14. A jumper has 60 seconds to initiate a jump after being called
 - a. Three jumpers left = 3 minutes to jump
 - b. One jumper left = 5 minutes to jump
15. **ATHLETE MAY TAKE ONE OR MULTI ATTEMPTS, WHICH MUST BE DECLARED WHEN CALLED UP**
16. **NO VISIBLE JEWELRY EXCEPT RELIGIOUS, MUST TAPE TO BODY. MEETING WITH COACHES AND CAPT. BEFORE MEET.**
17. **No warm ups without ADULT coach or Official present.**
18. **No viewing of visual aids during competition. Penalty is Disqualification**
19. **SCHOOL ISSUED BODY SUIT EXCEPTABLE. CAN ONLY SIGN UP FOR FOUR EVENTS EXCEPT RELAYS**
CREDIT JUMPER WITH BEST EFFORT EVEN IN TIE BREAKER