

# NATIONAL FEDERATION

## POLE VAULT INSTRUCTIONS

1. A SCHOOL ISSUED **uniform** must be worn during competition. **ALL VISIBLE UNDER SHIRTS MUST BE SOLID COLOR. BODY SUIT EXCEPTABLE IF SCHOOL ISSUED**
2. Vaulter's weight must be at or below Manufacturer's pole rating. 3/4 inch patch with pole weight. Also, 1 " circular band around pole which indicates top hand hold position. MISSED ATTEMPT IF VAULTER HOLDS ABOVE HAND HOLD
3. Pole may have a binding of not more than **two layers** of adhesive tape of **UNIFORM THICKNESS- TAPE FROM BOTTOM UP**. If the tape that is used to wrap the pole overlaps the preceding layer by more than half, it is considered a double thickness. Anything in excess of two layers of adhesive tape is illegal.
5. **NO TRAINING POLES MAY BE USED IN WARM UP OR COMPETITION**
6. **Three (3) passed heights in a row, 1 warm-up jump, MUST MAKE AN ATTEMPT AT THAT HEIGHT.**
7. Vaulters will be disqualified if uses pole under their weight + COACHES RESPONSIBILITY
8. **FOUR JUMPERS =90 SEC, 2-3 JUMPERS =4 MIN. AND 1 JUMPER LEFT = 6 MIN.**
9. Any competitor may have standards moved from 15.5" behind top of stop board to a maximum of 31.5". STANDARDS MUST BE COVERED OR PADDED
10. An **unsuccessful attempt** is when:
  - a. When bar is displaced from original pins by the body or the pole
  - b. Vaulter leaves the ground and fails to clear the crossbar
  - c. When part of vaulter's body or pole touches the ground or landing pit beyond the vertical plane of the stopboard without clearing bar
  - d. When after clearing the bar, vaulter stumbles against standard and displaces crossbar
  - e. **Vaulter can't steady bar as he is going over**
  - f. Grips pole above hand hold mark
  - g. Fails to initiate an attempt within allotted 90 seconds period
11. After competition starts, the **bar SHALL not be lowered** except to determine first place.
12. Normal tie breaking procedure will be used **RULE 7-4-29**
13. **No taping** on any part of hands or fingers **unless** there is an **open wound or cut**
14. Measurements will be to nearest **lesser 1/4" inch OR LESSER CENTIMETER**
15. Coach must verify vaulter's weight. MUST INITIAL EVENT SHEET VERIFYING WEIGHT
16. **ATHLETE MAY TAKE ONE OR MULTI ATTEMPTS, WHICH MUST BE DECLARED WHEN CALLED UP**
17. **NO VIEWING OF VISUAL AIDS DURING COMPETITION. PENALTY IS DISQUALIFICATION.**
18. Jersey must be tucked into shorts. Jersey MUST be worn in Competition area
19. **ATHLETE MAY SIGN UP FOR ONLY FOUR EVENTS EXCLUDING RELAYS**
20. No warm ups without coach or official, ADULT, present. No Taps [pushing vaulter's back in warm up]