

# High Jump Instructions

1. We will be using (**NATIONAL FEDERATION**) rules for this competition.
2. This is a final event so you will continue jumping until you have **three (3) consecutive misses**.
3. A foul will be called if you touch the ground or landing area beyond the plane of the bar or it's extension on an approach.
4. A jumper has **60 SECONDS** to initiate a jump after being called
  - a. Three or fewer jumpers left = 3 minutes to jump
  - b. One jumper left = 5 minutes to jump
5. There will be ( ) scoring places in this contest
6. Your call up order will be: **UP, ON DECK, ON HOLD. THEN CALLED UP AGAIN. YOUR 60 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
7. No viewing of visual aids during competition. Penalty is Disqualification.
8. Your competition order will be: (??) Good Luck.