

# Pole Vault 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 "0" plane of the box or it's extension on an approach.
4. A jumper has **90 SECONDS** to initiate a jump after being called
  - a. Three or fewer jumpers left = 4 minutes to jump
  - b. One jumper left = 6 minutes to jump
5. Foul if vaulter leaves ground in an attempt and does not clear bar
6. There will be ( ) scoring places in this contest
7. Your call up order will be: **UP, ON DECK, ON HOLD. THEN CALLED UP AGAIN. YOUR 90 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
8. No viewing of visual aids during competition. Penalty is Disqualification.
9. Standards must be set between 15.5 - 31.5 inches beyond "0" plane
10. Your competition order will be: (??) Good Luck.