

HIGH SCHOOL POLE VAULT INSTRUCTIONS

INSTRUCTIONS PRIOR TO WARMUPS

1. Electronic devices – may not possess any while in the competitive area. This includes, but is not limited to, cell phones, digital cameras, camcorders, radios, CD/DVD players, and walkie-talkies. Please remove any such devices from the competitive area now. Competitors may view videos in an unrestricted area (coaches box), but must cease viewing when called up for a trial. This could vary from state to state or meet to meet.
2. Jewelry – may be worn; excessive jewelry could be a safety issue.
3. Legal poles - before each jump, show the flight coordinator your pole and its markings to verify proper weight rating.
4. Display of good sportsmanship – no inappropriate language or behavior or taunting; any of these may be the basis for disqualification.
5. Runway marker limitations (Games Committee decision).
6. Borrowing the pole of other competitors.

INSTRUCTIONS PRIOR TO COMPETITION

1. When you step on to the runway to begin your attempt, you must be in the correct uniform.
2. If you need to leave the area to compete in another event, or for any reason, I must excuse you. Tell me when you leave and when you return. If you are excused, I'll skip over your name when it comes up in the rotation. If you leave the area without being excused by me, I'll call your name, wait the appropriate time, and record a pass. Don't assume I see you when you return, make sure you tell me you are back and I'll put you back in the rotation. You will resume vaulting at whatever height the bar is at when you return (varies from state to state).
3. Standard settings are from 45-80cm (18 - 31.5"). If you want to change your setting, tell me before I call you up. If you change it after I call you up, I'll move the standards but it will be on your time.
4. I'll call the next 3 vaulters as "UP", "ON-DECK", and "ON-HOLD". I will then verify your standard setting with you when I call you "UP". When I call you up, you will have 60 seconds or the prescribed time limit to start your attempt. If there is no visible countdown timer, I will raise a yellow flag when you have 15 seconds remaining.
5. If you wish to pass any attempt, you must tell me before I call you up. After passing 3 heights and not yet jumped in competition, you may take 2 minutes of warm-up/run-throughs (per athlete) without the bar at the height you will enter the competition (if more than 1, combine the times). You shall make at least one attempt at that height.
6. Before each jump, show the flight coordinator your pole and its markings to verify proper weight rating.
7. The opening height is _____. The height progressions will be: _____. First up is _____ followed by _____. Announce all who will jump at the height. (Explain 5 alive procedure if necessary). Are there any changes to your starting heights?
8. Explain the rules regarding leaving the ground in an aborted run-up vs. an aborted attempt, breaking the plane, releasing the pole, tailwind conditions, and steadying the crossbar.