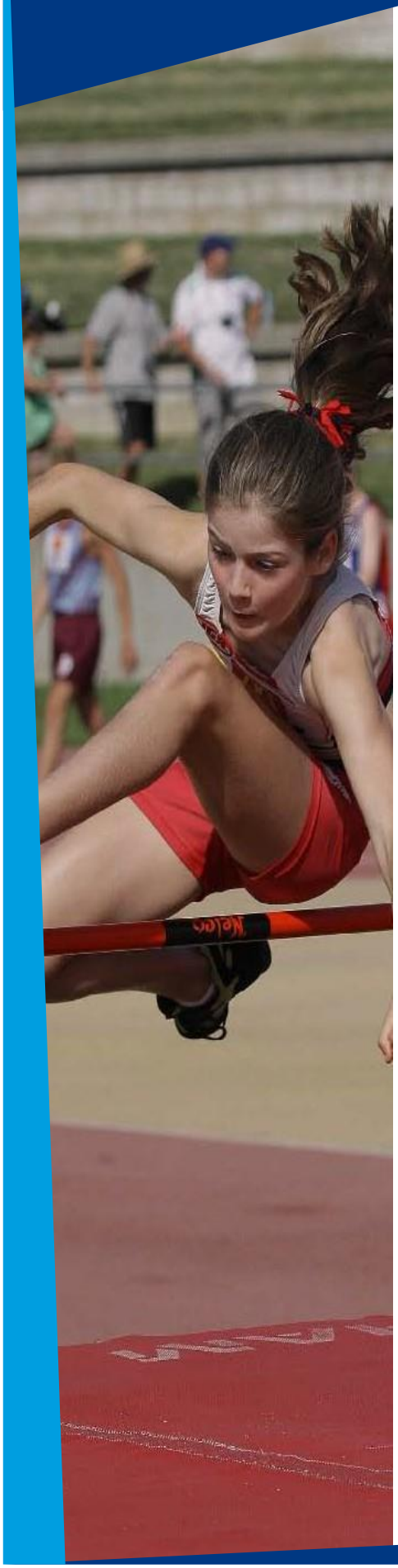
High Jump



Who can do high jump?

Only U9 - U17 athletes can do high jump in regional/state competitions. Some centres offer high jump to younger athletes at home meets.

How do the athletes get over the bar?

There are two ways for an athlete to clear the bar in high jump - the "scissors" and the "flop". All under 6, under 7 and under 8 athletes are REQUIRED to use the scissors.

How do I teach scissors?

- The athletes should start at an angle about 30 degrees to the bar, using an 8-10 stride run-up.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing.) The athlete's body should remain upright and they should aim to land on their feet or their bottom.
- The flop should only be taught by qualified coaches as it is quite hard to master. Most kids at Little Athletics think that the flop will get them a higher jump. If it is done correctly this is probably true, however, most young athletes have not mastered this skill yet, and as such will probably get a higher jump using the scissor technique.

When is a foul recorded?

- If an athlete takes off from two feet.
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar.
- If the athlete knocks the bar off the support. There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over then it will be a foul, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady a bar that is bouncing on the supports.

What are some basic rules?

- Each athlete is allowed three attempts for each height.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump.

When is an athlete's competition completed?

If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.

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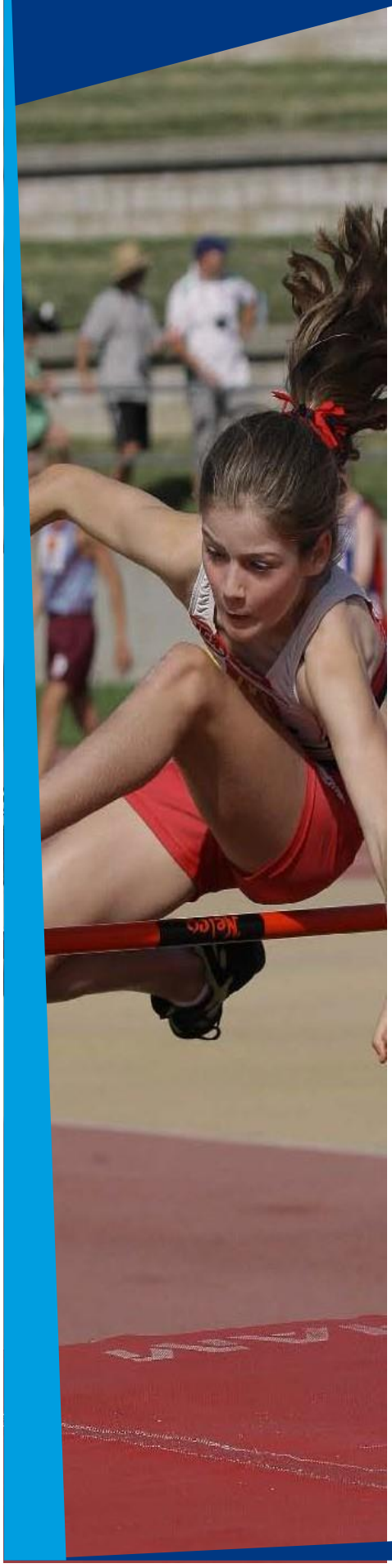

Where do I measure from?

Measurements for high jump are taken from the top of the middle of the bar. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised and when someone is attempting a record.

How do I record each jump?

- Results are recorded on a high jump recording sheet.
- - indicates an athlete did not attempt a height or has passed.
- x indicates an athlete failed an attempt at the height.
- o indicates an athlete was successful at the height.

What are the safety considerations?

- The size of the landing area must meet the LAA requirements of 4.0m x 2.4m x 0.5m.
- Instruct athletes to clear the bar in the middle not near the uprights.
- The take-off area should be flat, dry and well mowed (if grass).
- Use a flexi bar when athletes are in the early learning stages. Flexi bar must be used for U6 & U7 athletes.
- The bags should be covered by a one-piece cover or strapped together.
- Safety straps should be used to protect the bar falling under the athlete when it is dislodged.

What are some "Handy Tips" for conducting high jump?

- Use greater increments for height rises when conducting the event for large groups.
- With large groups, consider splitting the group based upon ability (scissor and flop jumpers).
- Have the athletes start from a shorter approach for lower heights.
- Have different coloured tape pieces cut up before competition starts, for use as markers.
- Use a flexi bar for younger age groups to avoid replacing the bar for missed jumps and to limit injuries and increase confidence.