



# High Jump



## Rules

1. The starting height for each age group is the height of the zone qualifying distance (see the recording sheet).
2. The bar should be raised by 5cm for more than 6 competitors and 3 centimetres when six or fewer competitors remain. The bar should not be raised by less than 2cm after any round.
3. For recording purposes, a tick or circle indicates the bar has been cleared and a cross indicates a failure. A dash (-) indicates the athlete did not jump.
4. A competitor can no longer continue jumping after three consecutive failures at the same height. A competitor may forgo a second or third attempt at a given height and take their final attempts at a subsequent height. A competitor may also choose to completely skip a round and automatically progress to the next height. However, if they fail to clear that height, their result will be recorded at the previous height they successfully attempted.
5. Take-off must be from one foot only. If participants take-off from two feet it is considered a 'no jump'.
6. A jump is considered successful if the competitor legally clears the crossbar without it falling off.
7. A jump is considered unsuccessful if:
  - A competitor knocks the crossbar off while attempting a height
  - Places any part of their body under the bar before take-off
  - Participants touch the ground beyond the plane of the uprights before first clearing the bar
  - The participant takes too long to complete an attempt at a height.
8. A recommended time limit for the completion of a jump is one minute.
9. The competitor who clears the greatest height is the winner.
10. If a tie occurs, the competitor with the lower total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place. If a tie still remains- if it concerns first place, the tied competitors shall have one more jump at the lowest height at which any of those involved in the tie failed. If no decision is reached, the bar shall be raised or lowered to heights as determined by the chief judge. Each competitor shall then have one jump at each height until the tie is decided. If it concerns any other place, the competitors shall be awarded the same place in the competition.
11. If an athlete returns from another event, re-entry shall be at the existing bar height.

*Please see the recording sheets for zone records and regional qualifying heights.*