



Ocean Grove Barwon Heads Little Athletics Club (Inc.)
Bop Bop Karrong Barwon Heads (Kornoo),
Barwon Heads Village Park,
Geelong Road (East),
Barwon Heads, VIC 3227

Postal Address:
PO Box 231, Ocean Grove, VIC 3226

ABN: 12 328 350 227

Basic tips for High Jump Officials

- High Jump officials must report to High Jump Area at 08.20am for a briefing.
- All high jumpers must take off from 1 foot (no 2 foot jumps).
- The person can go over the bar in any manner as long as they don't use their hands/feet to push off of the mat.
- The height of the bar is to be measured from the centre of the bar. This is because the bar sags (in some case up to 2cm). It is important to take measurements at each end to make sure the bar is level.
- The jumper has 1 minute to complete their jump once their name is called (they can run in and 'balk' as many times as they like in that 1 minute).
- After two consecutive failed jumps, the athlete is disqualified from further jumps, unless rules for the event on that indicate otherwise.
- The first rise of the bar is 10cm, thereafter 5cm increments. (The starting height is different for each age category and is specified on the clipboard), unless otherwise indicated.

It is considered a **NO JUMP** if the jumper:

- Touches the mat, bar, upright when 'balking'. It is not considered a foul if the jumper touches the mat with their foot while jumping (as long as they were not getting an advantage from the touch);
- Causes the bar to dislodge in the process of jumping - It doesn't matter if the jumper is off the mat and the bar still falls; or
- Fails to make a jump within the 1 minute limit.

Some technical info:

- Try to have the uprights at least 3-4 cm away from the mat (this stops the mat being compressed when landed on and accidentally knocking the upright which could dislodge the bar).
- The bar should also have a 1-2cm gap between the bar end and the upright.
- The bar must be set on the upright holders so it can fall off both forwards and backwards.

Trust this assists!