



Basic Rules of Track & Field

Vertical Jumps

Time Limits for High School Competition

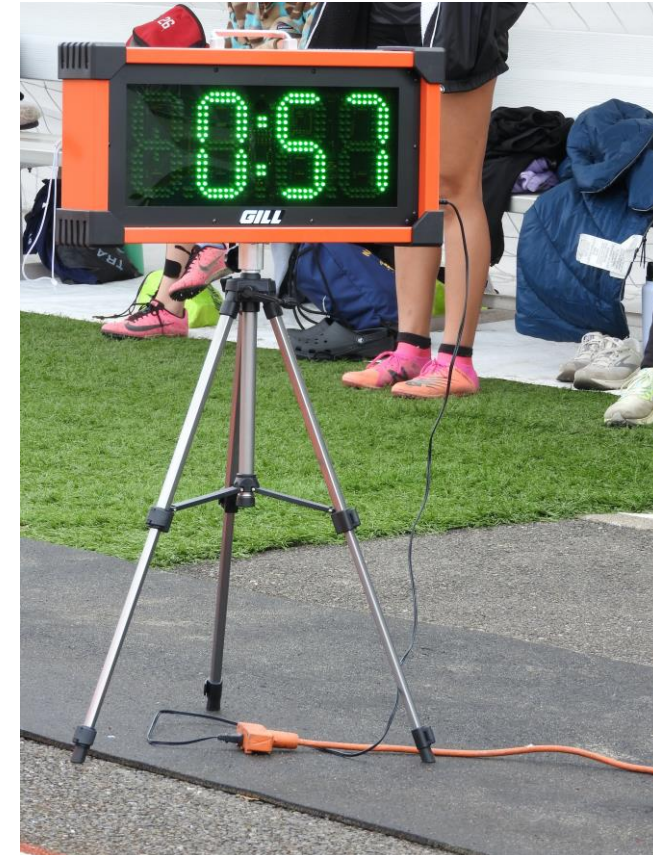
The time limit depends how many are in the competition. Note that is not the same as the number of competitors at a height.

Most of the time all athletes have one minute to start their runup to the attempt.

If there are 2 or 3 left the time lengthens to three minutes.

When one contestant is left the time goes to five minutes.

When an athlete has two consecutive attempts, they have two minutes in the high jump and three minutes in the pole vault.



Entering Competition

After the event starts a competitor who has passed three consecutive heights and has not attempted a jump may warm up without a bar in place.

In the high jump that competitor has one jump for warmup.

In the pole vault each competitor entering has two minutes for warmup. If several competitors are entering at a height, the time is multiplied by the number entering.

In both events competitors warming up must enter at that height and those warmups are taken during the change in height.



Fouls Without Jumping

Touching without clearing the bar

High Jump, beyond the plane of the crossbar

Pole Vault, beyond the zero point

Not starting attempt before the time runs out



Fouls While Jumping

Knocking off the bar

Touching bar with hands

Taking off from both feet

Pole knocking off the bar

Leaving the ground in the pole vault, except briefly when caused by momentum during an aborted attempt

What if the athlete leaves the pit before the bar falls?

If the athlete caused the bar to fall, it is a foul no matter when the athlete leaves the pit.



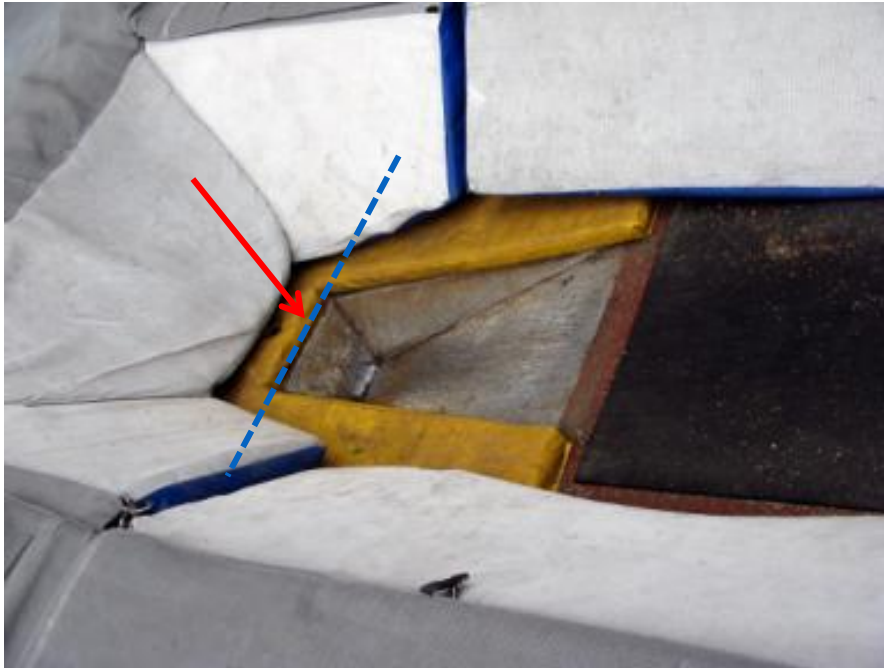


Can the bar fall without there being a foul?

If the judge rules that the only reason for the bar to fall was some outside force, such as the wind, the jump is good.

Pole Vault Standards

The standards must be set between 18 inches and 31.5 inches behind the zero point.



What are the restrictions on poles?

Any taping in the hand hold area must be uniform in thickness.

The pole weight rating must be at or above the vaulter's weight.

The pole's weight rating must be properly posted on the pole.





Thank you for watching!

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