

HIGH JUMP GUIDELINES

AGE	GENDER	TECHNIQUE	SHOES
U 9-10	Boys/Girls	Scissor Jump ONLY	No spike shoes
U 11-17	Boys/Girls	Scissor or Fosbury (Preferred)	Spike shoes allowed

STARTING HEIGHTS

U9		U10		U11		U12		U13		U14	
G	B	G	B	G	B	G	B	G	B	G	B
0.85	0.9	0.9	0.95	0.95	1.0	1.05	1.10	1.10	1.15	1.15	1.20

U15		U16		U17	
G	B	G	B	G	B
1.20	1.25	1.25	1.30	1.30	1.35

****PLEASE NOTE****

The heights set above are 10cm below the minimum heights set for State Championships. These minimum heights have been introduced for the 20/21 JLAC season, to ensure our Saturday program runs quickly and smoothly. Athletes, who cannot jump from the minimum height set, are encouraged to go to training to develop their skill level.

RECORDING CORRECTLY

- O** Indicates a clearance or valid jump
- X** Indicates a failure
- Indicates a pass or did not attempt at that height

Example Recording

Competitor	1.10	1.15	1.20	1.25	1.30	1.35	1.40
Jack	-	XO	O	XO	O	XXO	XXX
Sam	O	O	O	O	X	XO	XXO
Luke	O	O	X	O	XXO	XXO	XXX
Tristan	-	-	O	O	XO	XXO	XO
Rory	-	O	XO	O	O	XXX	
Caleb	-	-	-	O	O	O	XO

COMPETITION GUIDELINES

- Athletes are allowed up to 3 attempts at any height
- 3 successive failures, not necessarily at the same height, disqualify the athlete from competing further
- An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. The effect of this rule is that an athlete may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height
- An athlete may enter the competition at the starting height or at any height thereafter
- Athletes will be failed if they fail to commence an attempt within 60 seconds of their name being called
- Athletes may start their run up again if the bar or mat is not touched
- If after clearing the bar it does not remain on the supports **because of the competitor**, it shall be an **invalid jump**
- If an athlete in their run up touches the bar or the ground beyond the uprights without going over the bar it shall be an invalid jump
- If the bar falls off without having been knocked by the athlete (e.g. due to strong wind) the athlete is not penalised

A FAIR SCISSORS JUMP

- An athlete must take off on 1 foot
- The lead foot must touch the mat before any other part of the body
- The head of the athlete must not go over the bar before the lead foot
- If an athlete's attempt does not comply the jump will be invalid

MEASUREMENT

- The bar starting height shall be determined by the Arena Manager (see first page)
- The bar rises in 5cm (five) increments until six (6) or fewer athletes are remaining and by increments of 2cm (two) thereafter until only one athlete remains. When one athlete remains, that athlete may choose the increments
- All measurements shall be made in whole centimetres from the ground to the lowest point on the upper side of the bar
- In case of a record the Jumps Referee shall check the measurement for all attempts when the bar is placed at the record height