

Pole Vault Instructions – High School Federation Rules

- 1) Number need to be worn on the back of your jersey.
- 2) No warm-ups on the runway after competition begins.
- 3) Tell the Flight Coordinator your standard settings. We will continue to use these same settings until you tell us to change. We will use a small performance board to set your standards and will try to show the setting to you before the standards are set. If you want to change your standard settings after the cone is removed, you are still on the clock – time will not be reset. Minimum standard setting is 18 inches, with a maximum of 31.5 inches.
- 4) The Flight Coordinator will call who is up, who is on deck, and who is on hold. (“Five Alive” will be in effect if there are more than ___ jumpers.)
- 5) Time limit is 1 minutes to initiate the jump. When there are 3 or fewer competitors remaining, the time goes to 3 minutes, when there is one competitor remaining it goes to 5 minutes. Any consecutive jump will be 3 minutes. You will be on the clock as soon as the cone is removed from the runway. When 15 seconds remain on the clock, a yellow flag will be raised by the timer.
- 6) All passes must be indicated before the start of the clock. You will be eliminated as soon as you have three consecutive misses at any height(s).
- 7) It will be a foul if you or your pole touches the ground , landing area, or pad beyond the vertical plane of the top of the stopboard without clearing the bar. You may leave the ground as long as you are not making an attempt to clear the bar in my judgement, not clear the bar and still be on the clock as long as no other foul is committed.
- 8) When clearing the bar do not steady the bar with your hand or it will be a foul.
- 9) **Outdoors** – Allowances will be made for windage. It will be a judgement call by the Bar Judge, but as long as a sufficient attempt is made to push the pole back away from the bar, it will not be counted as a foul.
- 10) A competitor who has passed three consecutive heights may have 2 minutes (per competitor eligible for run-throughs) to complete run throughs at a height change without the bar in place, but he/she must enter the competition at that height.
- 11) A mark or markers shall not be placed on the runway, but it is permissible to place a mark or marker outside the runway.
- 12) If you need to leave the competition area for any reason inform the Flight Coordinator.
- 13) Starting height will be _____, and the bar will be raised by ___ inch increments.

Any questions? Good luck ladies/gentlemen.

(Call out first five, if Five Alive is in effect. Also call the name of the next (6th) jumper in the rotation.)