



Little Athletics Chelsea High Jump Rules

Extract from LA Vic Regulation 8, Section 10.3 High Jump, October 2010

Spirit of Competition

LAC encourages athletes to:

Participate- be involved no matter what their level of performance is;

Try their best- athletes are competing against their own previous performances;

Have fun- if athletics is fun it is rewarding and they will continue to participate.

LAC encourages parents and Officials to:

Be fair- little athletics is children's sport and is about having fun not winning;

Acknowledge effort- athletics is very complicated and most athletes try their very best despite their performance;

Think of safety- athletics can be dangerous and children may not always be aware of the dangers around them;

Seek assistance- speak to a Committee member or Official for guidance or assistance.

Competition Rules

10.3 HIGH JUMP

10.3.1 General

(a) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

(b) Each athlete shall be credited with the best of all their jumps, including jumps taken in a jump-off for tie splitting (see CR: 3.6.1 & 3.6.3).

(c) Prior to the beginning of the competition, the Judges shall announce to the athletes the starting height (see below). Subsequent heights will be announced at the beginning of each new round. At the end of each round, the bar shall be raised in increments of five (5)cm. When between four and six (4 - 6) athletes remain, the bar shall then be raised by increments of three (3)cm. When three (3) or less athletes remain, the bar shall then be raised by increments of two (2)cm.

(d) An athlete may commence jumping at, or any increment above, the starting height and may jump at their own discretion at any subsequent increment.

(e) Until there is only one athlete remaining, or there is a tie, (CR: 3.6.1 & 3.6.3) or an athlete is attempting to equal an existing record, the bar shall not be raised by less than two (2) cm after each round.

(f) Even after all other athletes have been eliminated; an athlete is entitled to continue jumping until they have indicated otherwise. The height or heights to which the bar is raised shall be decided after the Chief Judge or Referee in charge of that event has consulted the athlete (see (e) above).

(g) Once competition has begun, athletes shall not be permitted to use the competition runway for practice purposes.

10.3.2 Passing at any Height

(a) Except in the event of a tie for first place, an athlete on passing at any particular height shall only be permitted to attempt a trial at a higher bar setting.

(b) An athlete who leaves the high jump, with the approval of the Chief Official to compete in another event shall, on return, continue in the event at the current bar

height. Other than to decide a tie, the bar shall not be lowered during normal competition.

10.3.3 Failures

(a) Except in the event of a tie for first place, three (3) consecutive failures at the same or different heights shall prevent the athlete from further participation. A jump shall be counted as a failure, if the athlete:

(i) Does not take off from one foot;

(ii) Knocks the bar off the supports or touches the ground (including the landing area beyond the plane of the uprights either between or outside the uprights), with any part of the body, without first clearing the bar;

(iii) An athlete shall have (in general) sixty (60) seconds (see CR: 3.2) in which to attempt a clearance (completed trial), providing the aborted trial was not caused by external factors, the expiration of the time shall cause the "non-attempt" to count as a failure.

(iv) If an athlete touches the bar during their jump and causes it to vibrate, the Judge(s) shall not steady it until they are certain it shall not fall as a result of the contact.

Note: When jumping, if an athlete touches the landing area with their foot and in the opinion of the Chief Judge no advantage is gained, the jump should not for that reason be considered a failure.

10.3.4 Runway

(a) The maximum length of the runway is unlimited. The minimum length of the runway shall be 15m.

(b) An athlete may place a check mark (or markers) supplied by the Organising Body on the runway area to assist them in their run-up (see also CR: 9.4).

10.3.5 Take-Off Area

(a) The take-off area shall be level. The maximum overall inclination of the runway and take-off area shall not exceed 1:250 in the direction of the centre of the cross bar.

10.3.6 Landing Area

(a) The landing area should measure not less than 4.5m x 2m, and may have an optional recess of not more than 0.5m x 0.5m for the positioning of uprights.

Note: The uprights and landing area should be designed so that there is a clearance of at least 100mm between them to avoid displacement of the cross-bar through a movement of the landing area causing contact with the uprights.

10.3.7 Uprights & Bar supports

(a) Any style of uprights may be used, provided they are rigid and have supports for the cross-bar firmly fixed to them. They shall be sufficiently tall as to exceed the maximum height to which the cross-bar can be raised by at least 100mm.

(b) The distance between the uprights shall not be less than 3.62m nor more than 4.06m.

(c) The uprights shall not be moved during the competition unless the Referee considers the take-off or landing area unsuitable/unsafe. In such a case the change shall be made only after a round has been completed.

(d) The supports may not be covered with rubber or with any other material which has the effect of increasing the friction between the surfaces of the cross-bar and the supports. Nor may they have any kind of springs.

10.3.8 Cross-bar

(a) The cross-bar shall be made from a suitable material and be circular in cross-section.

(b) The length of the cross-bar shall be between 3.6m and up to 4.04m.

(c) The maximum weight of the cross-bar shall be 1.75kg.

(d) The diameter of the cross-bar shall be at least 25mm but not more than 30mm. The ends of the cross-bar shall be constructed in such a way that a flat surface of 25-30mm x 150-200mm is obtained for the purpose of placing the cross-bar on the supports.

(e) Those parts of the cross-bar which rest on the supports shall be smooth. They shall not be covered with rubber or any other material which has the effect of increasing the friction between them and the supports.

(f) There shall be a space of at least 10mm between the ends of the cross-bar and the uprights. The supports for the cross-bar shall be flat and rectangular, 40mm wide and 60mm long, and the uprights during the jump so placed that each support faces the opposite upright.

10.3.9 Measurement of Each Jump

(a) The measurement of a new height shall be made before athletes attempt such height.

(b) When record attempts are being made the Judges shall check the measurements before and after the completion of the trial by the athlete.

(c) Before starting the competition, Judges shall ensure that the underside and front of the cross-bar are distinguishable. The cross-bar shall always be replaced with the same surface uppermost and the same surface to the front.

Local rules and variations for High Jump at Little Athletics Chelsea

Starting Height

With regard to regulation 10.3.1(c) above the following shall be considered when setting a starting height for a particular age-group:

- The previous personal best results of the competing athletes;
- The starting height shall be an increment of one (1)cm higher than previously set for the age-group in this season, so as to afford all athletes an opportunity to obtain a PB;
- Once the starting height is set the rules above are to apply with regard to the increments by which the bar is raised.

Use of spikes in High Jump at Little Athletics Chelsea

Athletes must wear footwear in accordance with LA Vic, regulation 8.
Spikes shall not be worn in any age group in high jump.