



## Who can do high jump?

Only U8 - U17 athletes can do high jump.  
U8 - U10 scissor only.

## How do the athletes get over the bar?

There are two ways for an athlete to clear the bar in high jump – the “scissors” and the “flop”.

### Teaching scissors

- The athletes should start at an angle about 30 degrees to the bar, using an 8-10 stride run-up.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing). The athlete’s body should remain upright and they should land on their feet.

### Teaching flop

- The flop should only be taught by qualified coaches as it is quite hard to master. Most young athletes at Little Athletics think that the flop will get them a higher jump. If it is done correctly this is probably true, however, most young athletes have not mastered this skill yet, and as such will probably get a higher jump using the scissor technique. The flop may only be used by U11 and older.

## When is a foul recorded?

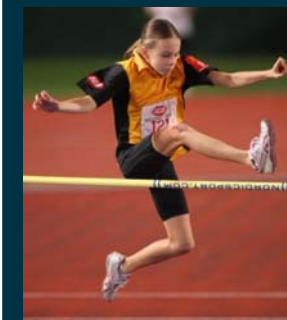
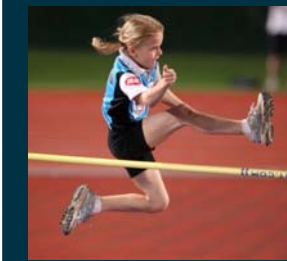
- If an athlete takes off from two feet.
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar.
- If the athlete knocks the bar off the support;  
There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect.  
**If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over then it will be a foul**, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady a bar that is bouncing on the supports.

## What are some basic rules?

- Each athlete is allowed three attempts for each height at most competitions.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump.

## When is an athlete’s competition completed?

If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.





## Where do I measure from?

Measurements for high jump are taken from the top of the cross bar, at the lowest point of the bar in the middle. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised and when someone is attempting a record.

## How do I record each jump?

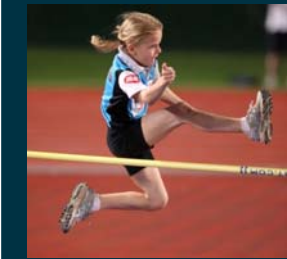
- Results are recorded on a high jump recording sheet.
- - indicates an athlete did not attempt a height or has passed.
- X indicates an athlete failed an attempt at the height.
- O indicates an athlete was successful at the height.

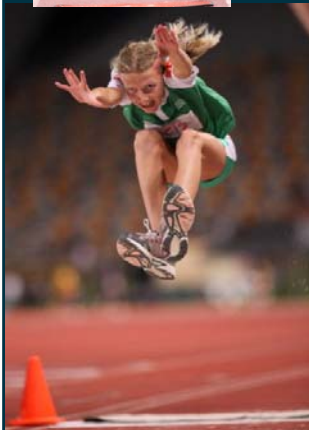
## What are the safety considerations?

- The size of the landing area must meet the LAQ requirements of  
500cm x 300cm x (15cm – 20cm) – Scissors  
500cm x 300cm x (40cm – 50cm) – Flop
- Instruct athletes to clear the bar in the middle not near the uprights.
- The take off area should be flat, dry and well mowed (if grass).
- Use a flexi bar when athletes are in the early learning stages.
- The bags should be covered by a one-piece cover or strapped together.

## What are some “Handy Tips” for conducting high jump?

- With large groups, consider splitting the group based upon ability (scissor and flop jumpers).
- Have the athletes start from a shorter approach for lower heights.
- Have different coloured tape pieces cut up before competition starts, for use as markers.
- Use a flexi bar for younger age groups to avoid replacing the bar for missed jumps and to limit injuries and increase confidence.





## How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.

## Where do the athletes jump from?

- U6 - U7: a rectangle of sand or a mat (1m x ½m).
- U8 - U10: a rectangle of sand or a mat (1m x ½m).
- U11 - U17: a board or mat (1.22m x 20cm)
- The take-off area should be setup (not less than) 1m back from the edge of the pit. Allowances may be made for U6 athletes to be closer to the pit, but no less than 50 cm.

## When is a foul recorded?

- If an athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off from the board or mat with two feet.
- If the athlete after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

## How do I measure?

- U6 - U10 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.
- U6 - U10 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measurement is taken from the back of the nominated take-off area, to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- U11 - U17: Whether the athlete takes off on or before the take-off board, measurement is from the front of board area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.

## What are the safety considerations?

- The pit must be dug out and be clear and free of debris and should be raked through, prior to competition.
- The take-off area should be dry and flat.
- Rake the pit after every jump.

## What are some "Handy Tips" for conducting long jump?

- Have younger athletes (U6-U10) run in from a set marker.
- For younger athletes, have the athletes lined up on (or beside) the runway ready to go.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups).





## Who can do triple jump?

Only U11 - U17 athletes can do triple jump.

## How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of their run-up should be their age in strides + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that an athlete is reaching their maximum speed well before the nominated take-off area, you might suggest that they move their run-up in.

## Where do the athletes jump from?

- There are 4 standard take-off areas: 5m, 7m, 9m, 11m back from the edge of the pit.
- U11 - U17: take-off from a board or mat (1.22m x 20cm), placed at any one of the four distances listed above.

## How do they jump?

Once the athlete's foot hits the take-off area, they need to hop off one leg, then step on the other foot, then jump into the pit, landing on both feet. The saying, "**same, other, both**" can help remember the sequence.

## When is a foul recorded?

- If the athlete does not perform the hop, step, jump sequence.
- If the athlete does not finish the jump phase by landing in the pit.
- If the athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off with two feet.
- If the athlete walks back through the sand towards the take-off area, after landing.
- If any sort of somersault is used.





## How do I measure?

- U11- U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.

## What are some basic rules?

Athletes are to notify the Chief Official which board they will be taking off from, before the start of their first jump. This is so the official knows which take-off area to look at. Athletes can change boards at any time, but must advise the Chief Official of the change prior to the commencement of the jump.

## What are the safety considerations?

- The pit must be dug out and be clear and free of debris.
- The take-off area should be dry and flat.
- Rake the pit after every jump.

## What are some “Handy Tips” for conducting triple jump?

- Have 5, 7, 9, 11m boards or mats all set up before the competition starts.
- Pre-list the athletes preferred take-off area.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups)

