

# HIGH JUMP

UPRIGHT CLEAR OF LANDING PAD, TO AVOID BUMPING

TAKE TAPE READING LEVEL WITH TOP OF BAR

BEFORE EACH ROUND CHECK THAT THE BAR IS AT CORRECT HEIGHT AND LEVEL

MEASURING STICK at centre of bar vertical zero on ground

**Colgate**



New Zealand Children's Athletic Association Inc.

## COUNT BACK RULES

1. The winner is the competitor with the lowest number of jumps at the winning height.
2. If a tie remains, the winner is the competitor with the lowest number of failures throughout the event, including the last height cleared.
3. If a tie still remains (for first place only), jump off as follows:
  - (a) one jump each, at the next height above the last height cleared.
  - (b) If still tying, the bar shall be raised or lowered 2cm as appropriate and each competitor must attempt one jump at each height.

## SAMPLE SCORE SHEET

	1.10	1.15	1.20	1.23	1.26	1.29	
W	0	0	XO	XXX			4th
X	XO	XXO	0	XO	XO	XXX	1st
Y	0	XO	XXO	XXO	XXX		3rd
Z	0	0	XXO	XO	XXO	XXX	2nd

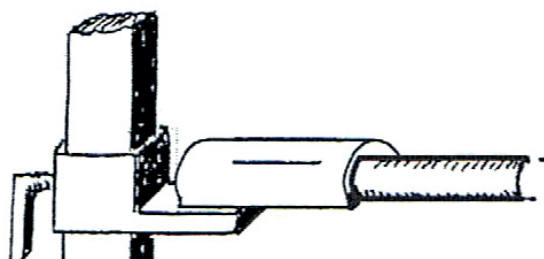
X WINS - lowest number of attempts at the winning height

O = Clearance  
X = Failure

## FAILURES

- Knocking bar off, even if a landing is made before the bar falls
- Two-foot take off
- Touching ground or apparatus beyond plane of uprights before jumping

## CORRECT SETTING OF CROSSBAR



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA HIGH JUMP SHEET

## HINTS ON ORGANISING THE HIGH JUMP

- Enter names on result sheet in jumping order
- Allow practice jumps at a height below the starting level
- Announce the starting height and subsequent lifts
- Measure new heights at the start of each round
- Each competitor gets up to three attempts at each height
- A jumper is eliminated after three consecutive failures