

MANAGING CHILDREN'S TRACK & FIELD EVENTS

JUMPS

HIGH JUMP

The task of the officials is to give every athlete a fair and equal chance to compete, and to accurately record their jumps. The jump is made over a bar and onto a landing pad. The uprights for the bar should be sufficiently clear of the landing pad, that the bar is not dislodged by the impact of the athlete landing on the mat. The crossbar should be 4m long with ends with a flat face to sit on the upright. The uprights have small plates which should face inwards, parallel to the landing pad (i.e. pointing at one another) so that the cross bar sits flat on them. There should be 1cm clearance between to ends of the crossbar and the column of the upright. A fibreglass crossbar is used at competitions but a bungee cord can be used at training and for in-school selections. The Chief Judge sets the starting height, and athletes may choose the height at which they enter the competition. *(They don't all have to start in round 1 and better jumpers probably won't)*

Safety:

Watch that the landing pads don't have any gaps. If there are several pads it is advisable to tie them firmly together. Watch that jumpers jump between the near end, and the middle of the crossbar. Those jumping at the far end could slide across and off the landing pad. The "bar attendants" at each end should therefore be ready to catch (or break the fall) of jumpers "overshooting" the mats.

There is a strong temptation for children to play at or on the landing pads. They are not gymnastics pads and shouldn't be in use when unsupervised. Watch also for games which involve hiding around the mats where dismounting jumpers might land on a miscreant!

Officials required for the event are 1 or 2 judges, 2 or more bar attendants, a measurer, a recorder and a marshal.

Rules:

- Jumpers may choose which side they jump from and may change sides during the event (but without varying the number of attempts!)
- All jumps must be made off one foot
- No forward rolls, somersaults or head first dives are permitted
- Competitors may land on their feet, back or bottom.
- Scissors, straddle and fosbury are the accepted techniques. Some schools consider that there can be dangers with the Fosbury Flop. In this case the fosbury, competitor must be trained in the technique by a qualified coach, and this must be indicated with an F on the card/sticker the athlete is required to wear. No card, no entry.
- If a jumper dislodges the bar it is a failure. If the jumper clears the bar and the wind subsequently blows the bar off, it is a pass. If vibration from a slight contact dislodges the bar, it is a failure, but officials may steady the bar once the athlete has clearly finished.
- Experienced athletes may wear spiked shoes with apex spikes up to 9mm long (i.e. **longer** than track spikes)
- A jumper is entitled to pass at any height and go on to another. (Better jumpers can be exhausted by attempts at easy heights).
- The bar may not be lowered, except as a last attempt at tie breaking at the end of the event

- A jumper may abort an attempt, provided no part of the body passes below the bar, or around the mat past the line of the bar, or the bar is knocked off the bar-rests by any part of the body during the aborted approach.
- All attempts must be made within a reasonable time of the jumper's name being called (usually 1 minute, but this may extend to 1.5 if there are too few jumpers left in a round, and even 3 minutes if a jumper is making consecutive attempts.)
- The meeting rules will decide how many attempts may be made at a particular height, but it is usually three.
- After three consecutive failures the jumper is out.
- If, after one or two failures, jumpers decide to progress to a higher height, they may do so, but they will only have the remainder of their 3 consecutive jumps available.
- Once a height is successfully passed, jumpers have three fresh chances at the next height.

Chief Judge:

- Stand in line with the two uprights and about 2m back. (From here you will be able to see the take-off, any contact with the bar, and where the feet are in an aborted attempt)
- Don't move until the jumper is clear of the bar
- If the jump is successful call "pass" (loudly enough for your recorder to hear!) If it is unsuccessful call "fail" and if the jump is illegal, call "No Jump".
- If the meeting has event records, and a record is broken, call the referee **before the bar is moved, or any more jumps take place. He will probably wish to verify the height before he countersigns the result.**
(In high jump you know the height and can therefore call the referee to observe any record attempt)
- Call the height you want the bar to be lifted to, for the next round. If you have a big field, and nearly everybody cleared the first height, you might want an 8 or even 10cm lift to "thin" the field (particularly if you have a tight time frame). Then come down to lifts on 5cm or less. You may not have "lifts" of less than 2cm, and once you've reduced the "lift" you can't increase it, except in a tie break.
- Watch that the rules above are complied with.
- Observe bar and make decision whether it was moved by the athlete or the wind.
- **Safety:** a mistimed jump may land the athlete close to your side of the mat. Step forward to "catch" if it looks as if the athlete will slide off the near side of the mat.
- Where several mats are used, watch that they don't slip apart during competition, leaving a gap into which a limb might slip and be injured.
- You (and the referee) are responsible for the safety of the event. The approach may become too slippery if wet, or if the athletes are jumping off grass. Plastic or polythene covered mats can become slippery when wet, (causing athletes to slide across them at speed!) Your options might be to simply shift the apparatus, or defer, postpone or cancel the event.
- High jump can be the slowest event on a programme, and you can't finish it part way through a round. So if you don't have much time, start at a low height so that most jumpers have at least one success, and then make big "lifts" to narrow the field quickly. When time is up, you have to decide a winner. If you can use the tie-break formula, do so. (You generally can't allow extra time for record attempts, except at Championships where "records" really matter!) If you can't separate jumpers you'll have to squeeze the last couple of jumpers through, until you can.
- Sign off the result at the end of each competition, and ensure that it gets to the meeting manager.
- Ensure that all equipment is returned to the designated area at the end of competition.

Judge #2:

- Stand on the opposite side to the Chief Judge and about 2m back.

- Your job is also to watch that the jumps comply with the rules (particularly where the jumper is approaching from your side).
- Your other key responsibility is the bar. You must make sure that it is correctly re-positioned after each jump (successful or not).
- You should have another judge, or some bar attendants (often athletes no longer in the competition) to help
- The Chief Judge will tell you how high to raise the bar for the next round. He may start with big “lifts” and reduce them as the field reduces, but he may not make the lifts greater (unless at the request of a winner wishing to attempt a record)
- When adjusting the bar, measure the two ends first, to make sure they are equal and the bar is therefore level (***don’t rely on the “measures” marked on the upright!***)
- Then measure the centre, from the ground to the top of the bar. It will not coincide with the ends, because there is a “block” on the ends, and anyway, the 4m bar is allowed to have a sag of up to 2cm. The measurement at the centre is the “official” height.
- If the bar is shaking and the jumper has landed and is starting to leave the mat, you may put your hand on it to steady it. The bar may wobble from contact and stay up (which is a “pass”). It may wobble for a few moments and drop (which is a “fail”). But you can’t go on watching a wobbling bar waiting for it to fall. After a few seconds you won’t know if it was the athlete, the wind, or any other condition which is perpetuating the wobble and you should allow the jump and stop the vibration.
- Make sure the bar is sitting squarely. Some bars have a block on the end which turns, and may be moved by an unsuccessful jump. Turn it so both ends sit flat.
- The uprights might also move. Make sure they are not on contact with the mat and that the bar is clear of the upright part of the stand.

Bar Attendants:

- Pick up and reposition the bar after each failed attempt.
- Your job is to help the judges with this task, but remember that they are in charge.
- Between jumps, stand well clear of the pad, and try not to move, as movement near the landing pad can break a jumper’s concentration.

(However, you must be near enough to try and catch mistimed jumps where the jumper might “overshoot” the pad)

Measurer:

- When the height is raised, or if the apparatus is moved by an unsuccessful jump, the judges will ask you to measure, or re-measure.
- When adjusting the bar, measure the two ends first, to make sure they are equal and the bar is therefore level (***don’t rely on the “measures” marked on the upright!***)
- Then measure the centre, from the ground to the top of the bar. It will not coincide with the ends, because there is a “block” on the ends, and anyway, the 4m bar is allowed to have a sag of up to 2cm. The measurement at the centre is the “official” height.

Recorder:

- Set up your desk behind the Chief Judge, but where you can hear his calls and the athletes can hear yours.
- If staff numbers permit, the Meeting Manager may have allocated a marshal, in which case you stay at your desk, and the marshal relays your calls to the athletes. *(They will be the length of their “run-ups” away from you, and on opposite sides of the apron.)*
- Assemble the jumpers in the order noted on the recording sheets.

- Allow warm-up jumps, preferably with a bungee, or no bar at all. If you use a bar, it should be at a low height.
- Athletes are allowed to mark the start of their run-up with one piece of adhesive tape. They must remove it immediately they have finished.
- In senior competition it is usual to advise the jumpers of the starting height and the “lifting” formula.
- In school and children’s competition the declared height can be an extra mental barrier, and it is sometimes not announced.
- Call the jumpers in the order they are on the result sheet: “Mary, followed by Susan, Mary to jump”
- Remember that some jumpers will be coming from your right and some from the other side of the apparatus.
- Unless delays by jumpers are a problem, there is no need to time jumpers in School events. At Club and Championship events the athletes should know the rules and the recorder should time the lapse between when the athlete is called and the attempt is underway. If the time limit is exceeded, or there is undue delay, call “No Jump”. Include aborted attempts in the elapsed time.
- Mark successful attempts with an “O” and unsuccessful with an “X” on the result sheet.
- Alert the Chief Judge if the bar has been raised to the height of the existing record. (*He will probably wish to call the referee*)
- If an athlete is not present, mark them as absent and go on.
- An athlete may report and be excused for another event, particularly a track one. In that case feed them back into the rotation when they return.
- You may also excuse an athlete to go to the toilet or the sick-bay, in which case use your discretion about when you let them back in.
- The bar **cannot** be lowered for a returning athlete
- Whether an athlete is excused or not, you can’t hold the event when the last competitor has jumped. Consult the Chief Judge about when the event is over.

Jump Marshal:

- Assemble the jumpers in the order in which they will jump.
- Allow them to choose the side they’ll jump from
- Repeat the recorder’s calls for the next (and ensuing) jumper
- Ensure that the waiting area is not crowded by non-competitors
- If there is a big field, or it’s cold, keep the waiting competitors warm and active. (*Some may even use blankets, which is permissible. However, if they’ve warmed-up and stretched they’ll probably be better moving than sitting still!*)

Countbacks:

Count back may be required to determine placings. The countback works as follows:

1. The competitor with the fewest attempts at the height at which the tie occurs shall be awarded the higher place.
2. If the tie still remains, the competitor with the lowest total of failures, throughout the competition, up to and including the last height cleared shall be awarded the higher place.
3. If the tie still remains (but only if it is for first place), one more try at the lowest height at which any of the tied parties dropped out. If they are still tied then shift the bar up 2cm (if they succeeded) or down 2cm (if they failed). One jump at each height until the stalemate is broken.
4. Steps 1 and 2 are used for all placings. Step 3 is only used for first place. If minor placings are tied after these three steps, they are shared.

It will be noted that this might give a slight edge to an athlete who passed attempts in the earlier, easier rounds.