

High Jump Lesson - 2016

Before Arrival study the rule book and write some notes!!!

- I. Upon arrival
 - a. Check perimeter
 - b. Check pit
 - c. Check cross bar-mark front
 - d. Mark standards location
 - e. Find out the starting height, the height increments and who jumps first
- II. Before jumping
 - a. Check in
 - i. Height to enter
 - ii. Other event conflicts
 - iii. Two marks on surface for approach
 - b. Warm up in presence of a coach or official
- III. Officiating technique
 - a. Athletes sign in before event begins
 - b. Accommodate excused competitors
 - i. Take jumps out of order
 - ii. Passes while gone
 - iii. Raise bar when all present done at current height
 - c. Line up competitors in order and review rules
 - d. Announce next three competitors
 - e. Check location of bar – left and right – correct height
 - f. Check location of standards
 - g. Step off runway & start stop watch
 - h. One warm up with no bar after 3 consecutive passed heights
 - i. P = pass; O = Made; X = miss
- IV. Appropriated Rules
 - a. Three consecutive misses
 - b. For large meets have continuing flights of five
 - c. No trial for bar displacement by wind
 - d. Never lower bar
 - e. Fouls for
 - i. Touch ground past standards or pit without clearing bar
 - ii. Failure to initiate trial in appropriate time
 - iii. Take off with two feet
 - iv. Displace bar during attempt
 - v. Steady bar after clearing or touch standards which displaces bar
 - vi. Use weights or artificial aids
 - f. Use chart on page 52: 1 – 3 – 5 – 2 as appropriate intervals
- V. Scoring notes
 - a. Breaking ties procedure
 - i. Fewest misses at last successful height
 - ii. If still tied use fewest total misses
 - iii. If still tied for first use one more attempt at failed height then lower/raise bar 1 inch with one attempt at each height until only one makes
 - b. Best performance counts even if in jump off