

Pole Vault Lesson - 2015

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

- I. Upon arrival
 - a. Check perimeter
 - b. Check collar
 - c. Check extenders
 - d. Check standards for zero point
 - e. Find out the starting height, the height increments and who vaults first
- II. Before vaulting
 - a. Check poles
 - i. Top hand position & pole rating
 - ii. Taping
 - b. Check verification form
 - c. Warm up in presence of a coach or official
- III. Officiating technique
 - a. Athletes sign in before event begins
 - b. Accommodate excused competitors
 - 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 – 18 to 31.5
 - g. Step off runway & start stop watch
 - h. Warm up with no bar after 3 consecutive passed heights @ 2 minutes per competitor
 - 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 broken pole, incorrect height or displacement by wind
 - d. Never lower bar
 - e. Fouls for
 - i. Leave ground and not clear bar
 - ii. Hold pole too high
 - iii. Raise either hand during vault above top placement
 - iv. Displace bar during attempt
 - v. Steady bar
 - vi. Touch with body or pole beyond vertical plane during aborted attempt
 - 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 3 inches with one attempt at each height until only one makes
 - b. Best performance counts even if in jump off