

High School HIGH JUMP - 2024

1. **Warming up or practice shall not be allowed in any jumping venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **Each contestant shall be responsible for knowing the time schedule.**
3. A bungee cord manufactured for use in the high jump and for the standards in use may be used during warm-ups, as approved by the games committee.
4. Contestants shall report promptly to the high jump event judges at the designated location when the high jump is announced.
5. Contestants officially become competitors when they report to the high jump event judges.
6. **Contestants who fail to report prior to the high jump event judges starting competition shall not be allowed to participate.**
7. The order in which competitors take their first trials shall be determined by lot or the games committee.
8. The head high jump official may change the order of competition to accommodate those who may be excused to participate in other events.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. General practice is contestant must return within ten minutes after the completion of their race or relay leg. The contestant must tell the event judge before leaving the competition area for another event. If contestant does not communicate with event judge and is not present, the competition will continue and contestant attempts are recorded as a pass. **Always record the time when an approved competitor leaves an event to compete in another event and the time when the competitor returns.** When that time limit has been met, the bar will be raised to the next level. Upon their return, the excused competitors must make their next attempt at whatever height the bar is currently set. **UNDER NO CIRCUMSTANCES SHOULD THE BAR BE LOWERED TO A PREVIOUS HEIGHT TO ACCOMMODATE THOSE COMPETING IN OTHER EVENTS. It is unfair for other competitors to wait unreasonably long periods of time for excused competitors to return. THE ONLY TIME THE BAR CAN BE LOWERED IS WHEN COMPETITORS JUMP-OFF A TIE CONCERNING FIRST PLACE.**
10. A trial is an attempt. Each competitor is allowed a maximum of three trials at any one height. The competitor may use all three trials or elect to pass at any of them. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height. **A competitor is eliminated as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted. Pass can be used to forgo a trial or a height. The contestant must communicate the request to the event judge before the jumper is called up and the trial clock is started.** All previous failures are disregarded as soon as the competitor legally clears the bar.
11. A competitor, who has passed at least three consecutive heights after the competition has begun, may be permitted one warm-up jump without the crossbar in place but shall enter the competition at that height. Such a warm-up must be taken at a height change.
12. The judges shall place the crossbar at the starting height as determined by the games committee. The games committee will also determine the schedule of increments that the bar will be raised during competition. When only one competitor remains in the competition, the competitor may determine successive heights of the crossbar.
13. A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.
14. **AFTER COMPETITION HAS STARTED, THE BAR SHALL NOT BE LOWERED, EXCEPT TO DETERMINE A FIRST-PLACE WINNER WHEN A TIE FOR THAT PLACE IS INVOLVED.**
15. An accurate measurement of the height of the crossbar shall be taken before each record attempt. Any displaced crossbar or jostled crossbar should be placed on the standards in exact same position before next attempt.. To ensure this, one face of the crossbar should be marked for identification.
16. Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements shall be made with a non-stretchable tape or a certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.
17. **It is a foul, and an unsuccessful trial is charged, if the competitor:**
 - a. Displaces the crossbar in an attempt to clear it.
 - b. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar. Inadvertent kick of the high jump mat is not a foul unless the jumper uses the pit to assist with the jump or is done on a regular basis.
 - c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
 - d. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial and after the crossbar has been set and called up for a trial. For consecutive attempts at the same height, two minutes is allowed. When three or fewer competitors remain in the competition, the contestants are allowed three minutes. When only one competitor remains he/she will be allowed five minutes to initiate a jump.
 - e. Fails (total body) to go over the bar.
 - f. Takes off from two feet.
 - g. Uses weights or artificial aids.
18. **A red flag should be raised to indicate a foul and a white flag should be raised to indicate a legal jump.**

19. **WHEN THERE IS A TIE IN THE HIGH JUMP**, places and points scored shall be awarded as follows:
First tiebreaker: The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
Second tiebreaker: If the tie remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- Passed trials shall not count as misses.
If the tie remains after applying both tiebreakers listed above and:
1. **If it concerns first place**, the competitors tying shall make one more attempt at the height at which they failed. If no one clears the height, the bar shall be lowered by one (1) inch increments until a successful attempt. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of one (1) inch. Each competitor shall attempt one trial at each height until a winner is determined.
 2. **If the tie concern any place other than first place, the competitors shall be awarded the same place and points divided.**
 3. A competitor shall be credited with his best achievement if it occurs in a jump-off for first place.
 4. Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.
- Note 1:** If the height which the competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.
Note 2: No passed heights shall be permitted in the jump-offs.
20. The games committee shall specify the marking materials, if any, that may be used, as well as the number of marks and location of the individual marks. Normally, two marks are allowed per jumper. Use of tennis balls are discouraged.
 21. **Competitors shall not be allowed to use electronic equipment during competition in the area of competition. However, for safety they are allowed to view videos or pictures of their performance between trials if they do so outside the area of competition and are not called up to jump and the trial clock is started. The use of cell phones by all competitors should be prohibited for safety reasons.**
 22. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
 23. Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". **Boys are not allowed** to roll the waistbands of the bottoms over. **Girls are allowed** to roll the waistband of their bottoms over. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. **A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece uniform **issued or approved by the school.**
 1. Teammates' bottoms may vary in length, style and color.
 2. Loose-fitting, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 3. The top and bottom or one-piece uniform may have school identification the top may have competitor's name.
 4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference is permitted on the uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Any visible undergarment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a) Head coverings worn for religious reasons are not considered hair devices. (b.) A single visible manufacturer's logo as per NFHS rules. (c.) Iowa adaptation regarding headbands/hair devices has been eliminated.**
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. The waistband of a competitor's bottoms shall be worn above the hips. The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 12. Bare midriffs are not acceptable.
 - C. **No part of the uniform, excluding shoes, shall be removed in or near the area of competition. A warning shall be issued for the first uniform violation. Any subsequent violation by the athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must be communicated to the meet referee immediately.**
 24. **If medical medallions or bracelets are worn, the medical alert sign should remain visible.**
 25. **To place in the high jump a competitor must have had at least one successful jump. Also, when a competitor enters the high jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.**
 26. A record will be recognized for each competitor when two or more tie at the record height even though the points and places in the event are determined by the method of breaking ties. A record is valid even when it is made in a jump-off for first place.
 27. **A competitor, who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the high jump trial.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
 28. The head high jump official must review for accuracy and sign the final results, indicating all the place winners required by the Games Committee.
 29. **Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. Unacceptable conduct shall result in disqualification from the event.**

30. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, the use of excessive profanity or profanity directed at someone. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
31. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
32. At the conclusion of the high jump there shall be no further practice allowed on the approach apron or the landing pit.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor's coach. In situations where the disqualification is not obvious, **immediately** notify the referee. **The referee will make the determination if a disqualification is justified.** Whenever possible the head high jump judge should stay at the event location and continue the competition.

1/09/24