

HINTS FOR OFFICIATING THE HIGH JUMP

1. Sign in with the Meet Director

Check for;

Order of events; boys, girls, groups, etc.

Opening heights

Start times

6 jump rule

Preregistered or check in with cards

Relay rules; e.g. if jumpers opening height is missed is the team eliminated

2. Where is the event being held

3. Equipment

Mats, bars, standards, desk etc.

4. Set up mats and standards

Ensure aligned properly so left and right jumpers approach at same angles

Mark placement of standards with tape or chalk

Standards should not touch mats

Bar should not touch side of standards

Mark bar so it is replaced exactly the same every time

5. Always measure height from middle of the bar

At start, measure ends of bar as well to ensure bar is level

6. Check mats periodically as they may move during event

7. Review and complete score sheets, if being used

8. Explain rules to jumpers

- Uniforms and shoes, spikes
- Opening heights
- Height each contestant will come in at
- Elevation of bar
- Jewelry
- Fouls
- One minute rule
- 6 jump rule
- 5 alive
- time allowed to leave if participating in another event - must inform official

9. Marking steps and warm up jumps

10. Keep runway clean and free of debris

11. Scoring - relays, ties

12. Jump off rule

13. 5 alive - when to use
cards, sheets