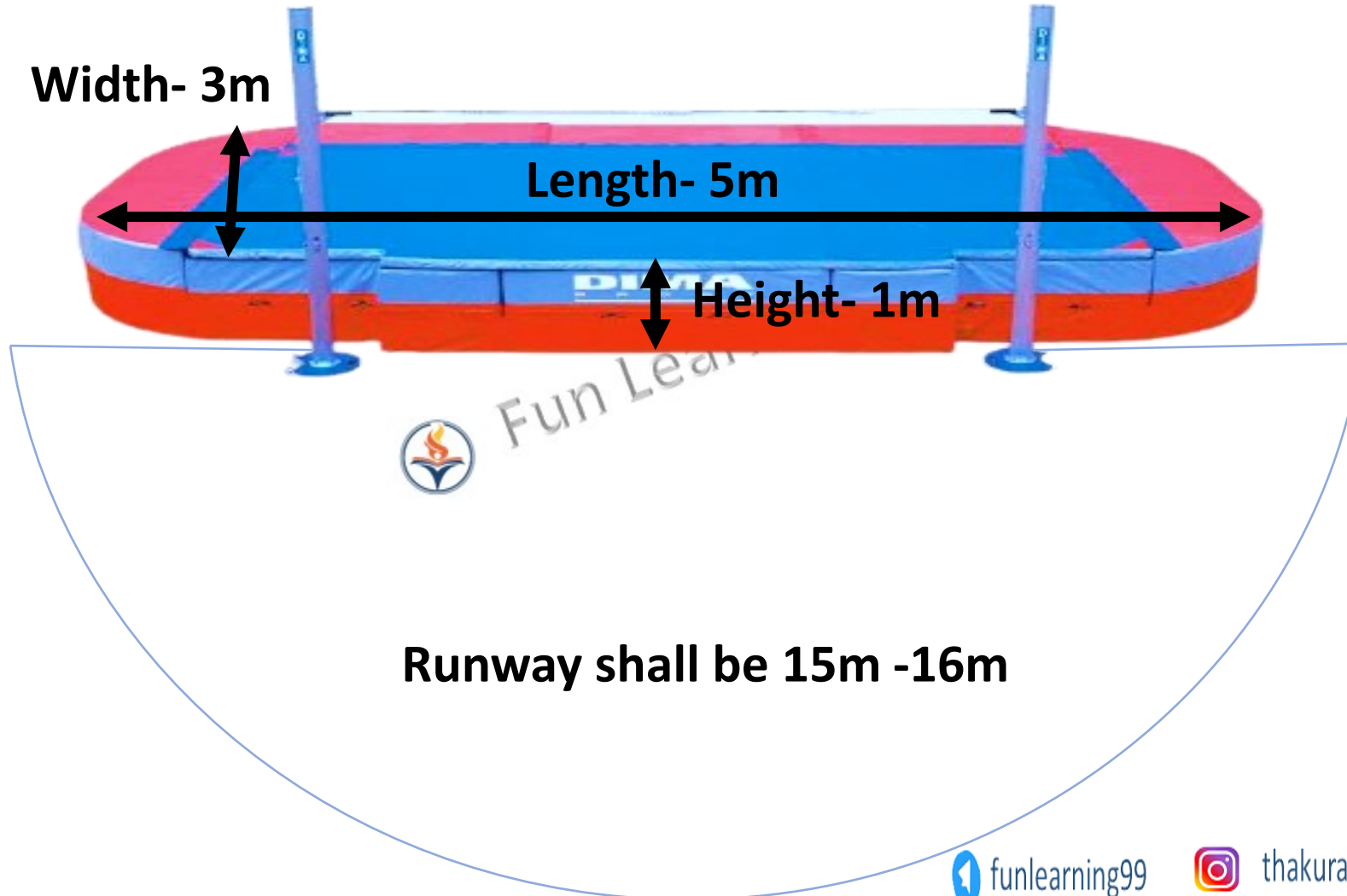




# High Jump Measurement-



## Pit -

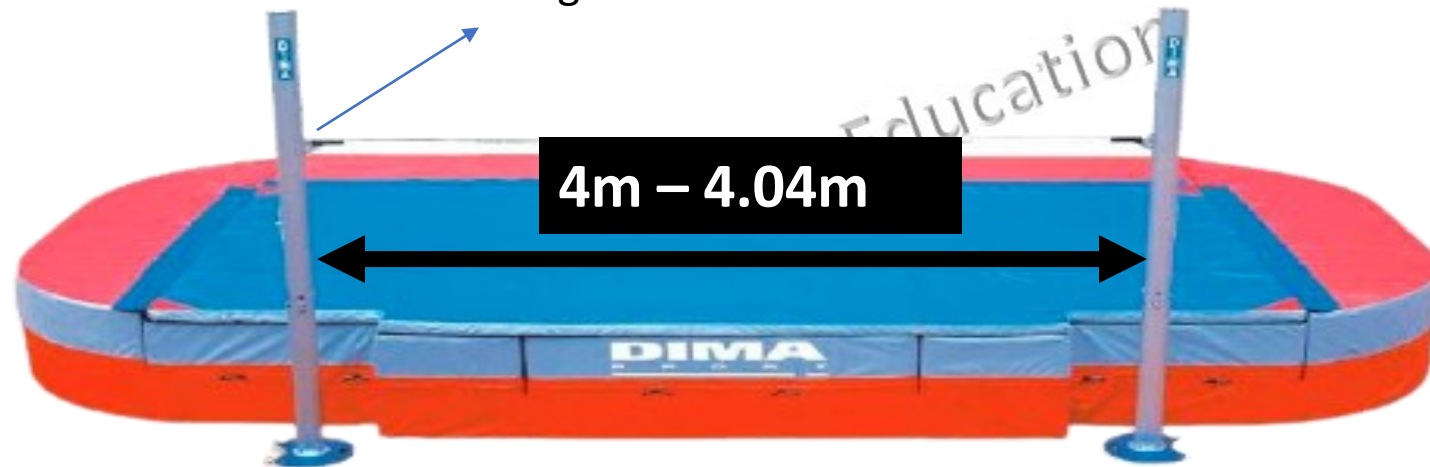
- Length- 5m
- Width- 3m
- Height- 1m



# High Jump

## Post-

The crossbar supports shall be flat and rectangular, 40mm wide and 60mm long.





# High Jump

## Cross Bar -

The crossbar shall be made of fiber-glass, or other suitable material but not metal.

The crossbar shall consist of three parts - the circular bar and **two end pieces, each 30mm-35mm wide and 0.15m- 0.20m long** for the purpose of resting on the supports of the post.

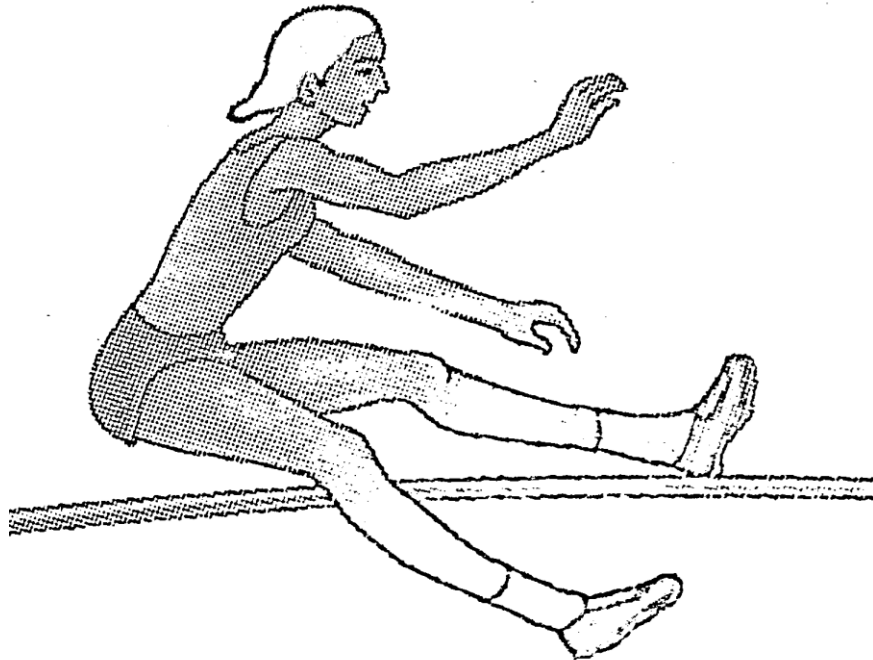
- **Length- 4m**
- **Weight- 2kg**
- **Diameter- 30mm**



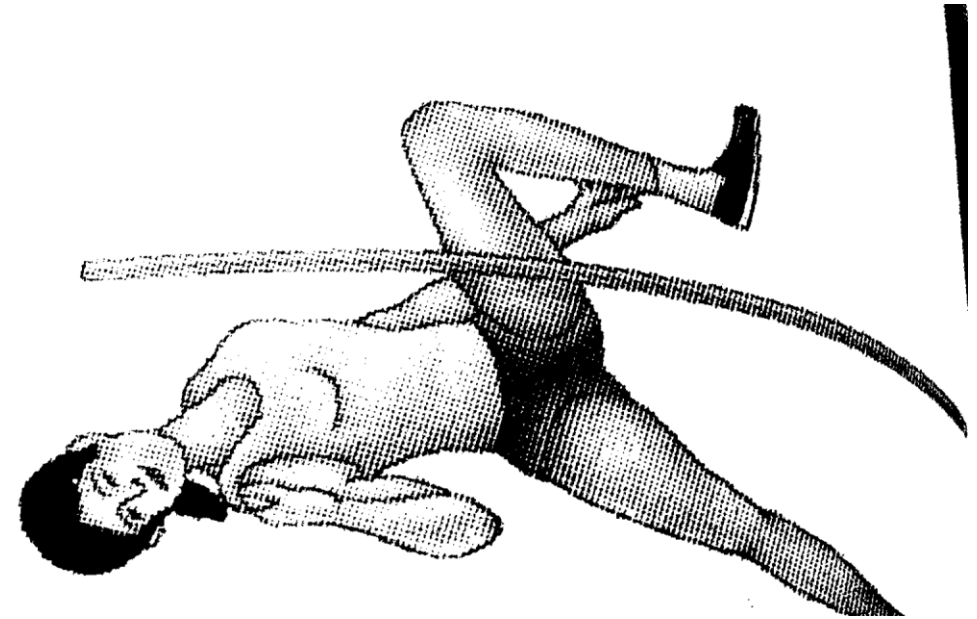


# Style of Jump

## Scissors Form



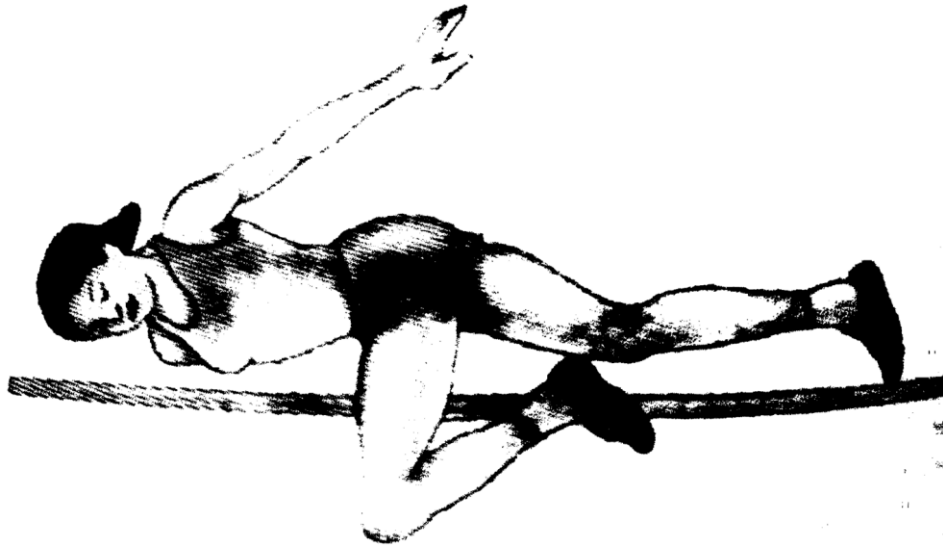
## Straddle Roll



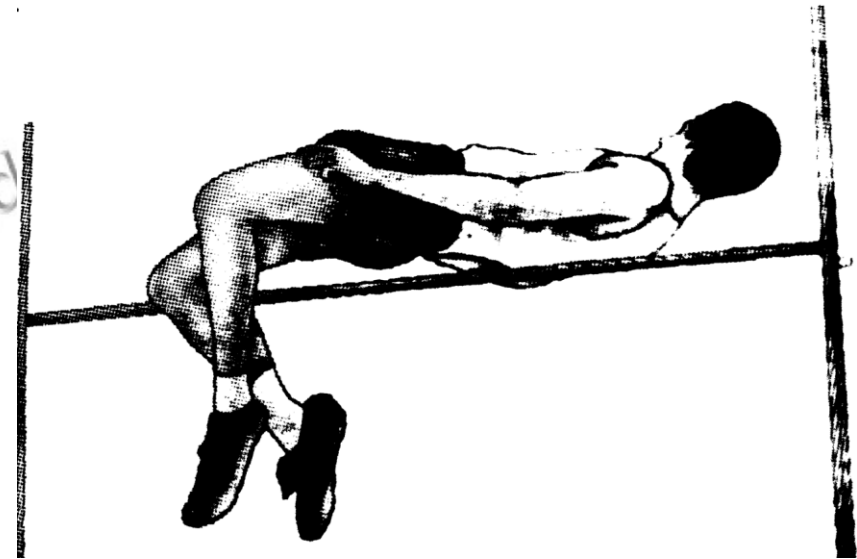


# Style of Jump

## Eastern Roll



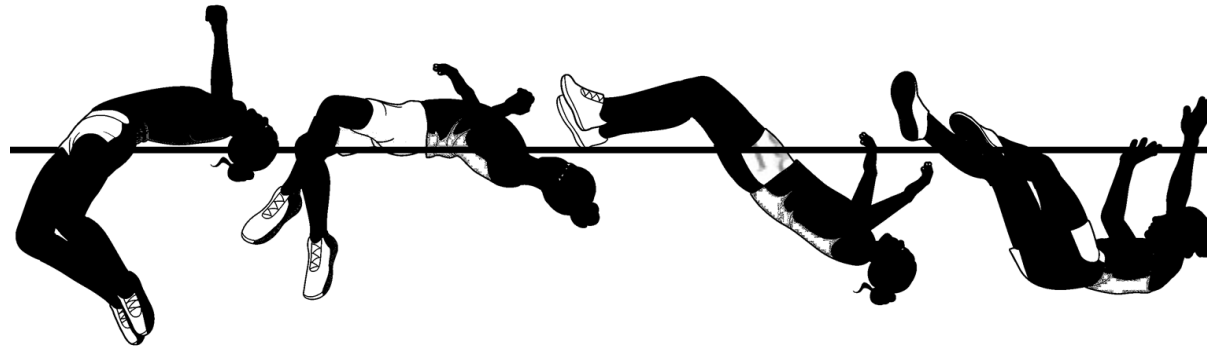
## Western Roll





# Style of Jump


## Fosbury Flop



- It was popularized and perfected by American athlete Dick Fosbury, whose gold medal in the 1968 Summer Olympics in Mexico City



# Rules of High Jump

- Jumping height is decided by the chief judge. Before the competition begins, the referee or **the chief judge shall announce the height of cross bar.**
- Players can  accept the challenge or may pass it.



# Rules of High Jump

- An athlete may commence jumping at any height previously announced by the Referee or Chief Judge and may jump at their own discretion at any subsequent height.

## Example-

1.75m, 1.80m, 1.84m, 1.88m, 1.91m, 1.94m, 1.97m,  
1.99m...





# Rules of High Jump

- An athlete shall **take off from one foot**.
- The **bar must not fall off** the supports during the jump.
- Displacement of the bar or breaking the vertical plane near the edge of the bar before clearing will not be counted as successful jump.
- Once a jump is completed successfully at a particular height, the bar is raised for the next jump.



# Rules of High Jump

- The bar shall never be raised by less than 2cm in the high jump after each round of trials.
- If the competitor fails to jump the required height in three consecutive attempts then he/she will be disqualified from the competition.
- During the final match, whoever clears above the bar with highest height is declared as winner.
- The athlete has to complete his jump within **1 minute**.



# Rules of High Jump

- In case there is a **tie**, following two conditions may be applied to decide the winner-
  - The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.
  - The player who has fewest misses in the overall tournament is declared as winner.
- The jumpers have to face a jump-off if there will be a tie for a first place.
- The height will be greater than the previous level. Each player will be given one chance for each clearance.



# Rules of High Jump

- In all vertical jumping events, measurements shall be made, in whole centimeters, perpendicularly from the ground to the lowest part of the upper side of the bar.

## Officials

### ☐ Chief Judge-

The **Chief Judge** will watch over the whole of the event and verify the measurements.

They must be provided with **two flags** - **white** to indicate if the trial is valid and **red** if it is a failure.



# Officials

## ☐ Judge-

**Two Judges**, one on either side of the landing area and slightly standing back in charge of replacing the crossbar when it falls, and assisting the Chief Judge

☐ **Judge** in charge of athletes.

☐ **Scorer-** Recorder scoring the results sheet and calling each athlete and the one who is to follow.

☐ **Scoreboard Judge-** Judge in charge of the scoreboard.

☐ **Timing Judge-** Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.