



Fundamentals of Pole Vault

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Outline

- Overview of Pole Vault
 - Basic Rules
 - Time Limits for initiating an attempt
 - Definitions of Foul Attempts
- Safety
 - Venue inspection and preparation
- Venue Set-Up Procedures
- Procedures for conducting a safe competition
- How to score a Pole Vault competition
 - Tie Breaking procedures
 - Jump-Off procedures
- USATF Officials Best Practices



The Pole Vault Venue





Pole Vault Basics

Crossbar Length	4.50 meters		
Number of Attempts	Unlimited until 3 misses in row		
Opening height	Athlete's choice		
Height progression	Set by Games Committee		
	IAAF/USATF	NCAA	High School
Late arrival after start of competition	Start at current height, if entered	Can't jump	Can't jump
Bar support pins	55 mm	55 mm	76 mm (3 in)
Height increments			
Open	15 cm	15 cm	6 in
Combined Events	10 cm	10 cm	15 cm
Standards	0 – 80 cm	45-80 cm	45-80 cm
Passes	Pass height	Pass attempt	Pass attempt
Warm-ups on runway after competition starts	Not allowed	2 min. after 1 hour w/o bar @ entry height	2 min. after 3 consecutive passed heights w/o bar @ entry height



Time Limits for Initiating an Attempt

	Pole Vault Time Limits (minutes)					
	IAAF/USATF		NCAA		High School	
	Individual Event	Combined Event	Individual Event	Combined Event	Individual Event	Combined Event
> 3 athletes	1	1	1	1	1	1
2 – 3 athletes	2	2	3	3	3	3
1 athlete	5	3	5	3	5	5
Consecutive attempts	3	3	3	3	3	3
Warning: Raise yellow flag	15 sec		15 sec		No rule	



It is a foul if ...

- When the crossbar is displaced in an attempt to clear it;
 - Exception: If, in the judgment of the official, the wind blew the pole into the crossbar causing it to fall.
- When a competitor touches the ground, including the landing area beyond the vertical plane of the upper part of the stopboard, with any part of the body, without first clearing the bar.
 - It is not a foul if the athlete's arm or pole breaks the plane without touching the ground or landing area beyond the plane.
- If a competitor fails to initiate a trial within the time limit.
- If, during or after the jump, the competitor deliberately steadies or replaces the bar.
- If the pole is touched when it is falling toward the bar or uprights such that, without the intervention, the bar would have been knocked off.
- If a competitor violates the warm-up restrictions.



It is a foul if ... (cont.)

- High School only:
 - If, after successfully clearing the bar, a competitor accidentally bumps the standards and displaces the bar while exiting the pit.
 - If the competitor uses a pole that is rated below his/her weight; the competitor will also be disqualified from the event.
 - If the competitor leaves the ground in an attempt and fails to clear the bar.
 - **EXCEPTION:** The competitor aborts the approach and in stopping plants the pole and momentum causes his/her feet to leave the ground.
- **Note:** *It shall not be counted as a trial or failure if a competitor's pole breaks during an attempt to clear the bar. The vaulter shall be awarded a new trial.*

A proper set-up helps produce ...

- A safe competition
- A legal competition
- A fair competition





Crossbar

Midpoint: It may not be in the middle of label

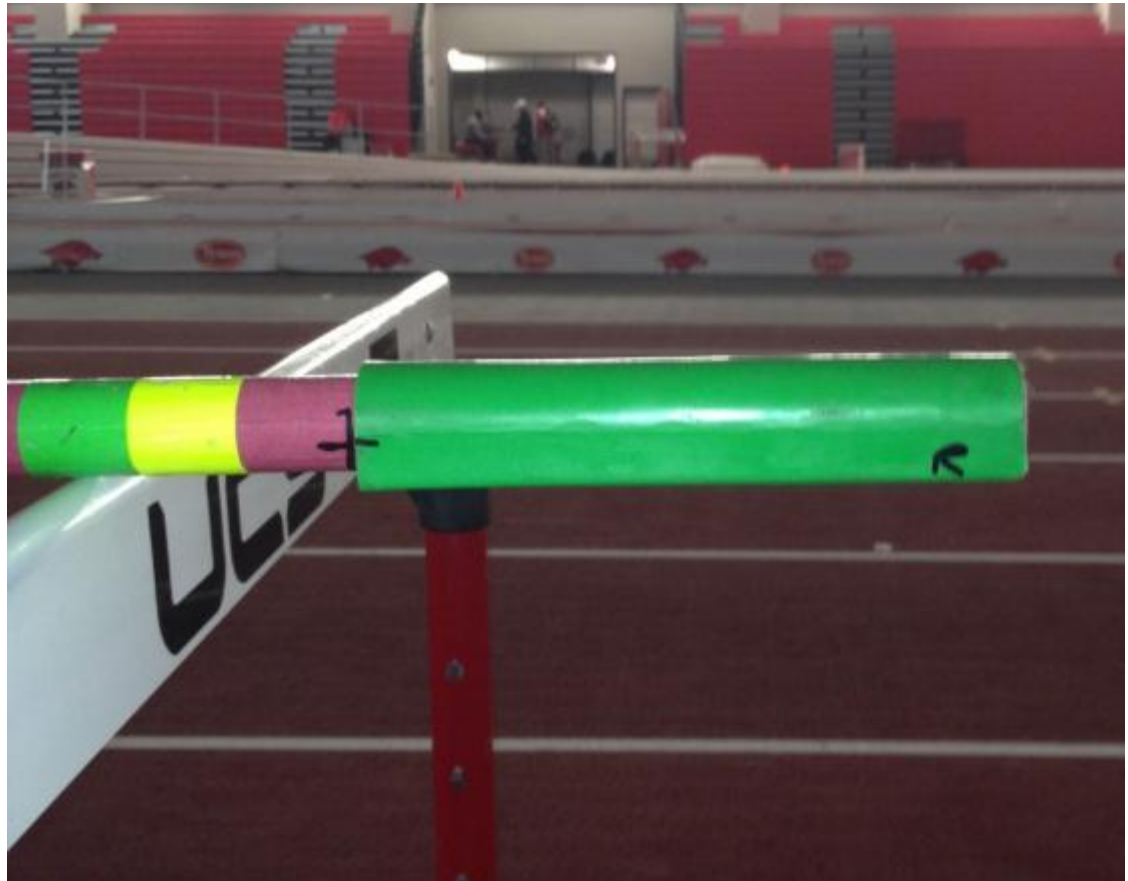


Courtesy of Mike Armstrong
Arkansas Association

Crossbar

Ends

- Align and mark end pieces (NCAA 6.5.2) so that bar sag is down



Courtesy of Mike Armstrong
Arkansas Association

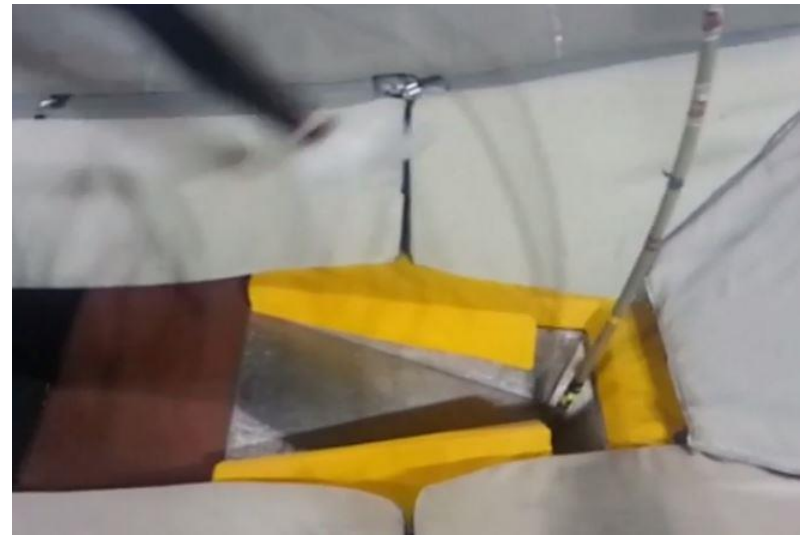
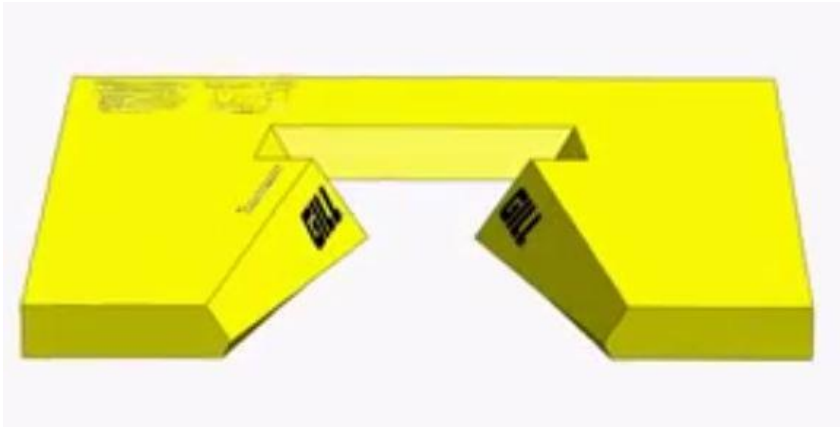
Pole Vault Venue Set Up

- Cover hard surfaces such as concrete, metal, wood or asphalt with a minimum of 2 inches of dense foam or other suitable material
- Remove movable objects such as hurdles





NCAA & high school competitions: Verify there is a box collar





Inspect the Box & Landing Area

- Check the area around the box
 - Remove debris & water from the box
 - Verify adequate clearance for poles to the pads
- Verify that the pits are properly connected and the top cover is in place
- Observe the condition of the pit
- Verify the pegs are the proper length
 - 55 mm for USATF & NCAA
 - 76 mm for High School
- Install extenders if necessary

Mark 0 to 80 cm scale on bases





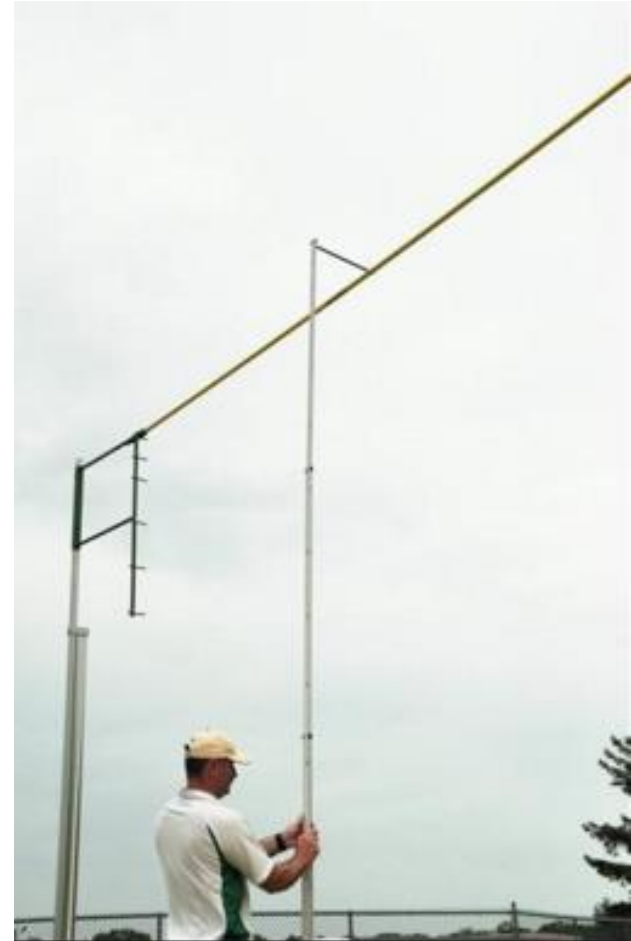
Align standards with 0 line





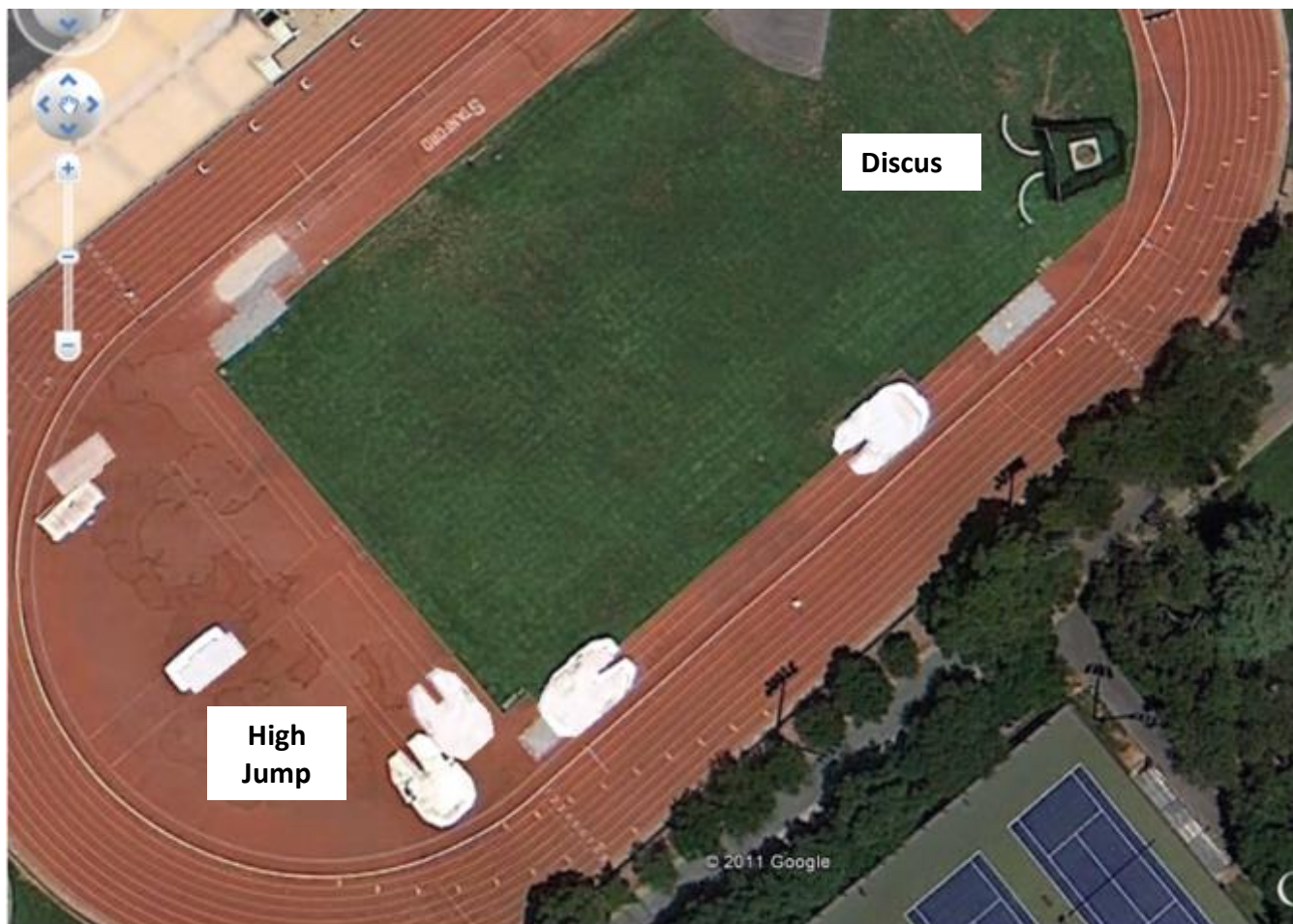
Check Accuracy of Standards

- Move standards to “0”
- Put crossbar on pegs to be used
- Center bar on pegs & check overlap of ends
- Measure height & determine offset from standards setting



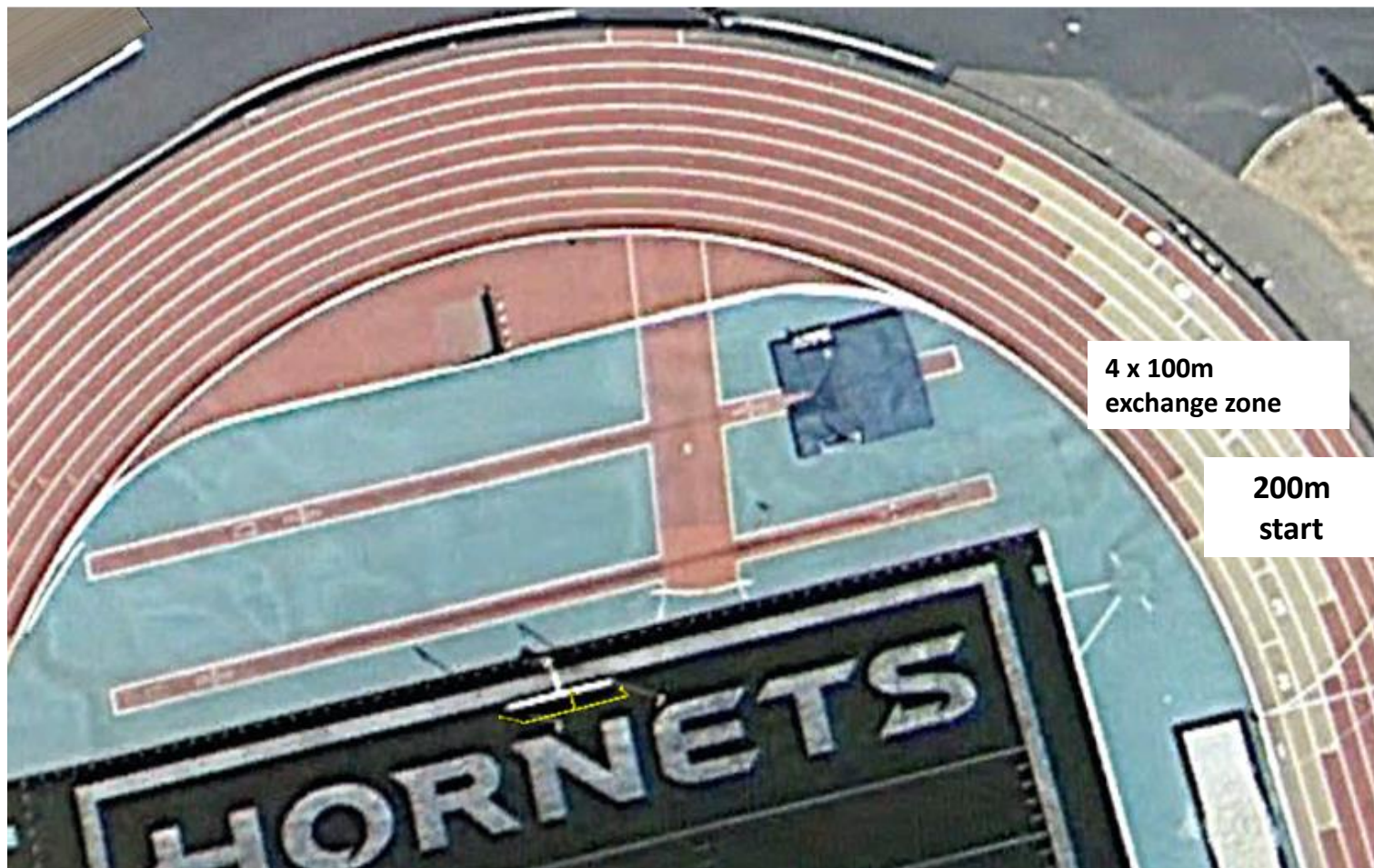


Observe the surroundings & anticipate problems you may encounter:





Anticipate Potential Problems from adjacent events





Conducting a Competition

- Read the rules the night before (from correct book)
- Arrive early (at least 1 hour before event start) to allow time for venue set-up and warm-ups
- Pick up 2 copies of entry sheets
- Make sure you have necessary equipment (crossbars, lifters, extenders, etc.) & helpers
- Make sure the venue is safe
- Have fun!



Scoring

X = Miss/Fail

O = Cleared

– = Pass

NCAA and High School: Record a “–” for each *attempt* that is passed.

- Be sure to ask athlete if they are passing, the attempt or the height.

USATF - a pass is a pass of the *height*.

Places are determined by 1) fewest attempts at a height; 2) fewest total misses throughout the competition.

- If the tie still remains for first place, the tying athletes must jump off.

Bib #	Name	Imper.												BEST MARK	Jumps Tied Ht Total Misses	PLACE						
		3.30			3.45			3.60			3.70						3.80			3.90		
1	Adams	–	–	–	X	O		–	–	–	O			X	X	X				3.70	1 / 1	3
2	Bradley	O			X	O		X	O	-	X	X	X							3.60	2 / 2	5
3	Crane	–	–	–	–	–	–	–	–	–	X	X	O	X	O		X	X	X	3.80		1
4	Douglas	X	X	X																N/H		
5	Edwards	–	–	–	–	–	–	O			X	O		X	X	X				3.70	2 / 1	4
6	Graham	O			O			O			O			X	X	X				3.70	1 / 0	2
7	Howe	X	O		X	X	O	X	O		X	X	X							3.60	2 / 4	6 Tie
8	Irons	X	X	O	X	O		X	O		X	X	X							3.60	2 / 4	6 Tie
9	Jackson	O			X	O		X	X	O	X	X	X							3.60	3 / 3	8



Pole Vault Jump Off Procedures

	Pole Vault		
	IAAF/USATF	NCAA	High School
Starting Height	Next height in progression above tie	Next height in progression above tie	Lowest final failing height
Increment	5 cm	5 cm	3 inches

High School Example											
Athlete	Height and Performance						Total Fails	Jump Off			Place
	10'	10'6"	11'	11'6"	12'	12'6"		12'6"	12'3"	12'6"	
A	O	XO	O	XO	PPP	XXX	2	X	O	X	2
B	XO	O	PPP	XO	PPP	XXX	2	X	O	O	1
C	PPP	XO	XO	XO	PPP	XXX	3				3

NCAA, USATF and IAAF Example											
Athlete	Height and Performance						Total Fails	Jump Off			Place
	4.10	4.20	4.30	4.40	4.45	4.50		4.45	4.40	4.45	
A	O	XO	O	XO	P	XXX	2	X	O	X	2
B	XO	O	P	XO	P	XXX	2	X	O	O	1
C	P	XO	XO	XO	P	XXX	3				3



USATF Officials Best Practices

<https://my.usatfofficials.com/resources/tag/vertical-jumps>

Officiating Resources > Vertical Jumps

[Back to Resources Home](#)

BEST PRACTICES

Absence from Competition - Field Events

January 2016

BEST PRACTICE



Field Events - General High Jump Horizontal Jumps Pole Vault Throws Vertical Jumps

Crossbar Preparation for Vertical Jumps

April 2016

BEST PRACTICE



High Jump Pole Vault Vertical Jumps

Evaluation Form - Vertical Jumps

January 2013

BEST PRACTICE



High Jump Pole Vault Vertical Jumps

Event Recording Sheet - Vertical Jumps (Landscape)

December 2010

BEST PRACTICE



Vertical Jumps

Event Recording Sheet - Vertical Jumps (Portrait)

December 2010

BEST PRACTICE



Vertical Jumps

Field Event Scoring and Tie-Breaking

May 2016

BEST PRACTICE



Field Events - General Horizontal Jumps Throws Vertical Jumps

Field Event Time Limits

January 2016

BEST PRACTICE



Field Events - General High Jump Pole Vault Throws Vertical Jumps

OTHER RESOURCES

FieldLynx Quick Start Guide - Vertical Jumps (Palm OS)

November 2007



Electronic Measurement Vertical Jumps

FieldLynx Quick Start Guide - Vertical Jumps (Windows CE/Mobile)

November 2009



Electronic Measurement Vertical Jumps

Five Alive Clinic (2004 Olympic Trials)

July 2004



Field Events - General Vertical Jumps

Five Alive Webinar

April 2010



Field Events - General Vertical Jumps

Vertical Jump Pocket Guide

December 2007



Electronic Measurement Vertical Jumps

Vertical Jumps - USATF Officials Monograph Series

August 2012



Field Events - General Vertical Jumps