

**2022 HIGH JUMP RULES COMPARISON**

| <b>GOVERNING BODY</b>   | <b>WA</b>                                   | <b>USATF</b>   | <b>NCAA</b>   | <b>NFHS</b>   |
|---|---|--|---|---|
| <b>MARKS ON APPROACH</b>  | 2 Markers max.<br>No Indelible Marks, Chalk | 2 Markers max. (3-Youth)<br>No Indelible Marks, Chalk        | 2 Markers 7 X 15 cm max.<br>not within 2 m of standards                   | ALLOWED   |
| <b>SHOE RESTRICTIONS</b>  | SOLE 20 mm max.<br>SPIKES 12 mm, 25 Non-Syn | SOLE 20 mm max.<br>SPIKES 12 mm, 25 Non-Syn                  | HEEL 19 mm<br>SOLE 13 mm<br>SPIKES 12 mm, 25 Non-Syn                      | Shoes must be worn<br>No aids                                       |
| <b>DISTANCE BETWEEN UPRIGHTS</b>  | 4.00-4.04 m<br>10 cm min. to landing area   | 4.00-4.04 m<br>10 cm min. to landing area                    | 4.00-4.04 m   | 12' Minimum   |
| <b>LANDING SURFACE</b>  | 6 m x 4 m x 0.7 m                           | 6 m x 4 m x 0.712 m  | 4.88 m x 2.44 m x 66cm  | 4.80 m x 2.40 m x 60cm<br>16' x 8' x 24"                            |
| <b>CROSSBAR LENGTH</b>  | 3.98-4.02 m                                 | 3.98-4.02 m  | 3.98-4.02 m   | 3.66 - 4.52 m<br>12'-14'10"   |
| <b>LATE ARRIVAL AFTER COMPETITION STARTS</b>                            | START AT CURRENT HEIGHT IF ENTERED          | START AT CURRENT HEIGHT IF ENTERED                           | CAN'T JUMP  | CAN'T JUMP  |
| <b>PASSES</b>   | PASS HEIGHT                                 | PASS HEIGHT  | PASS ATTEMPT  | PASS ATTEMPT  |
| <b>JUMPER LEAVES GROUND BUT DOES NOT COMPLETE JUMP</b>                  | ALLOWED                                     | ALLOWED  | ALLOWED   | ALLOWED   |
| <b>5 ALIVE SYSTEM ABANDONED</b>   | NOT USED                                    | NOT USED   | 9 or fewer at a height at end of height                                   | Fewer than 9 at height  |
| <b>LOWERING BAR AFTER COMPETITION STARTS</b>                            | NOT ALLOWED EXCEPT TO JUMP OFF FIRST PLACE  | NOT ALLOWED  | NOT ALLOWED   | NOT ALLOWED   |
| <b>PRACTICE TRIALS AFTER COMPETITION STARTS</b>                         | NOT ALLOWED                                 | NOT ALLOWED EXCEPTS for MASTERS/YOUTH                        | 1.5 MINUTES/JUMPER<br>ALLOWED AFTER ONE HOUR at ENTRY HEIGHT w/o crossbar | 1 JUMP AFTER 3 CONSECUTIVE PASSED HEIGHTS AT ENTRY HT. w/o crossbar |
| <b>ELECTRONIC DEVICES IN COMPETITION AREA</b>                           | NOT ALLOWED                                 | NOT ALLOWED  | NOT ALLOWED (may view outside competition area)                           | NOT ALLOWED except in coaches boxes                                 |
| <b>TIME RULES</b>   |   |  |   |   |
| <b>4 OR MORE JUMPERS</b>  | 1 MINUTE*                                   | 1 MINUTE*(0.5 min. Masters)*                                 | 0.5 MINUTE*   | 1 MINUTE  |
| <b>2-3 JUMPERS</b>  | 1.5 MINUTES                                 | 1.5 MINUTES  | 1.5 MINUTES   | 3 MINUTES   |
| <b>1 JUMPER IN COMPETITION</b>  | 3 MINUTES                                   | 3 MINUTES  | 3 MINUTES if winner   | 5 MINUTES if winner   |
| <b>CONSECUTIVE JUMPS</b>  | 2 MINUTES                                   | 2 MINUTES  | 2 MINUTES within height   | 2 MINUTES within height   |
| <b>COMBINED EVENTS-4 or more</b>  | 1 MINUTE*                                   | 1 MINUTE*(0.5 min. Masters)*                                 | 0.5 MINUTE*   | 1 MINUTE  |
| <b>COMBINED EVENTS--2 OR 3</b>  | 1.5 MINUTES                                 | 1.5 MINUTES  | 1.5 MINUTES   | 3 MINUTES   |
| <b>COMBINED EVENTS--1 JUMPER</b>  | 2 MINUTES                                   | 2 MINUTES  | 2 MINUTES   | 5 MINUTES   |
| <b>COMBINED EVENTS CONSECUTIVE * or if first attempt in competition</b> | 2 MINUTES                                   | 2 MINUTES  | 2 MINUTES   | 2 MINUTES   |
| <b>BAR RAISE INCREMENTS</b>   | Minimum 2 cm                                | Minimum 2 cm   | 3-5 cm  | NOT ADDRESSED   |
| <b>COMBINED EVENT INCREMENT</b>   | 3 cm  | 3 cm (5 cm-Youth)  | 3 cm  | NOT ADDRESSED   |
| <b>TIE BREAKER INCREMENTS</b>   | 2 cm  | 2 cm   | 2 cm  | 1 inch (2 cm)   |
| <b>TIME EXPIRATION WARNING METHOD</b>                                   | At 15 seconds left<br>Raise Yellow Flag     | At 15 seconds left<br>Raise Yellow Flag<br>At end, drop flag | At 15 seconds left<br>Raise Yellow Flag                                   | NOT ADDRESSED   |
| <b>SCORING SYMBOLS</b>  |   |  |   |   |
| <b>CLEARED / FAILED / PASSED</b>  | O / X / — (dash)                            | O / X / — (dash)   | O / X / — (dash)  | O / X / — (dash)  |

Prepared by John F. Shirey, Pacific Association, 2/22/2022