

2026 HIGH JUMP RULES COMPARISON

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

Prepared by John F. Shirey, Pacific Association, 1/26/2026