

## Pole Vault Rules Summary for Competitor Meeting Before Meets (NFSHSA 2009)

**Suggest Coaches review all with vaulters at start of season and officials review at least the red items with vaulters at start of competitions.**

(Note: #23 changed back to 2007 rule. Also, bungees and crossbars not allowed during meet warmup.)

### Disqualification items

1. Uniforms, Shirts to be tucked in. Uniforms worn properly.
2. Numbers, Wear if issued for meet.
3. **Jewelry, None worn**, exception religious or medical medals that are taped and worn under uniform. **No hats or chewing gum.**
4. Conduct, no unsportsmanlike behavior, taunting, profanity, disrespecting anyone.
5. Viewing videotape or pictures of performance prior to being out of competition.

### PV Rules

6. Poles used must have weight rating above your weight for both competition and warm up.
7. Cannot hold above the weight band at top of pole.
8. Markers are allowed on side of runway.
9. **Run event in order of scorecard. If in other events advise now and when leaving pit area to go to other event. Reasonable allowance will be made to fit into competition. If away too long and bar goes higher, bar will not be lowered for missed attempts. We can alter order while someone is in other events to keep vault going.**
10. You continue in competition till 3 consecutive misses (may be at different heights if any passes).
11. May pass whenever you desire, but advise scorer prior to being called or as called. If you do not tell scorer of pass before or immediately when called, it will be a miss.
12. Once you make a clearance you restart having three attempts coming again.
13. **If you pass three consecutive heights, you may have one warm up jump during the height change to the height you are entering at. You may take a full jump but no crossbar.**
14. **Starting height will be \_\_\_\_\_. (If anyone wants lower advise now.)**
15. **Increment in bar height will be \_\_\_\_\_. When single competitor left, they choose heights.**
16. **Standards may be set anywhere from 15.5" (40 cm) to 31.5" (80 cm) behind box.**
17. No gloves, no hand taping unless protecting an open wound.
18. Chalk or adhesive is allowed on your hands to grip pole better.
19. If a pole breaks in an attempt, attempt will not count as a miss, you get a retake.
20. Use only your personal or school's poles unless permission received from pole owner.
21. **If going for a record height let us know before jump for formal measurement. (to 1/4")**
22. **Miss if displace crossbar whether still in pit or not, including if pole causes bar to come off. Tailwinds causing a pushed back pole to reverse and take off crossbar will be scorer's judgment.**
23. **Miss if make attempt leaving ground and do not clear crossbar. Key is "making attempt", if obviously attempting to stop, leaving ground is not a miss except if you or your pole touch anything past the backside of the box. Touching the pit or standards behind the box with pole or yourself is a miss. Pole may break the plane of the box but not if it touches anything.**
24. **When called have 1.5 minutes to start run with your jump. When 3 jumpers left you have 4 minutes. When one left you have 6 minutes. Time will (will not) be strictly kept today.**
25. **Ties – 1<sup>st</sup> place determined by fewest misses at winning height. If same, then total number of misses in competition. If same, fourth attempt at final missed height. If all miss, lower 3" and one jump. If two or more make, raise 3" and one jump. Continues till a winner. No passes.**
26. **Ties allowed for other than 1<sup>st</sup> place.**
27. **Listen for when your try is coming. Call is up, on deck and in the hole (on hold).**
28. **If have not already told scorer, what start height and standards do you each want? If you wish to change standards setting advise scorer. It is your responsibility to ensure the standards are set where you want. No re-jump if not set correctly.**
29. **Poor weather may cause event to stop. Results determined at that point if no restart.**
30. **Be safe, have fun, support each other and good luck. Starts at \_ height. First three jumpers are \_\_.**