

# NATIONAL FEDERATION H.S. POLE VAULT RULES

1. The Referee shall meet with coaches and captain(s) before the meet. Emphasize the uniform rules: a school issued uniform must be worn during the competition, all visible undershirts must be a solid color, singlet cannot be knotted, no visible jewelry (exception: religious jewelry must be taped to the body), body suit is OK if school issued. No blood allowed on athlete or uniform.
2. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice shall be allowed once the event has concluded.
3. The vaulter's weight must be at or below Manufacturer's pole rating as verified by the Coach. The pole must have a 1" circular band which indicates top hand-hold position and a  $\frac{3}{4}$ " patch with pole weight. It is considered a missed attempt if the vaulter holds above the hand-hold band. A vaulter will be disqualified if they use a pole under their weight.
4. Pole may have a binding of not more than two layers of adhesive tape of uniform thickness taped from the bottom up. If the tape that is used to wrap the pole overlaps the preceding layer by more than half, it is considered a double thickness. Anything in excess of two layers of adhesive tape is illegal.
5. No training poles may be used in warm-ups or competition. No warm-ups without a coach or official present after poles have been inspected and approved. No further practice after event concludes. No tapping allowed at any time.
6. After three (3) passed heights in a row a vaulter is allowed 1 warm-up jump. The vaulter must then make an attempt at that height.
7. The games committee may specify the marking material, if any, and the number and location of check marks allowed.
8. Vaulters have 1½ minutes to initiate a trial carried to completion. When 2 or 3 vaulters remain, they have four minutes to jump. When one vaulter remains they will have six minutes to jump.
9. Any competitor may have standards moved from 40 cm (15.5") behind top of back of the vault box to a maximum of 80 cm (31.5"). Base of standards must be covered or padded.
10. An **unsuccessful attempt** is when:
  - a. When bar is displaced from original pins by the body or the pole,
  - b. Vaulter leaves the ground and fails to clear the crossbar,
  - c. When part of vaulter's body or pole touches the ground or landing pit beyond the vertical plane of the stopboard without clearing bar,
  - d. When after clearing the bar, vaulter stumbles against standard and displaces crossbar
  - e. Vaulter steadies the crossbar with a hand or arm,
  - f. Grips pole above hand hold mark
  - g. Fails to initiate an attempt within allotted time period
11. After competition starts, the bar shall not be lowered except in a jump-off to determine first place. Normal tie breaking procedure will be used following Rule 7-5-30. (2007)
12. No viewing of visual aids during the competition. A competitor using a wireless communication device will be disqualified.
13. No taping on any part of hands or fingers unless there is an open wound or cut.
14. Measurements will be to nearest lesser 1/4" inch or lesser centimeter.
16. The head Pole Vault official may change the order of competition to accommodate those excused to participate in other events. The time limit for excused competitors is determined by the Games Committee.

# NATIONAL FEDERATION H.S. POLE VAULT INSTRUCTIONS

1. We will be using National Federation High School rules for this competition.
2. This is a final event so you will continue jumping until you have **three (3) consecutive misses**.
3. A foul will be called if you touch the ground or landing area beyond the "0" plane of the box or its extension on an approach.
4. A jumper has **90 SECONDS** to initiate a jump after being called;
  - a. Three or fewer jumpers left = 4 minutes to jump
  - b. One jumper left = 6 minutes to jump
5. Foul if vaulter leaves ground in an attempt and does not clear bar
6. There will be \_\_\_ scoring places in this contest
7. Your call up order will be: **"UP, ON DECK, ON HOLD, THEN, CALLED UP AGAIN."**  
**Your 90 seconds will start at that time.** Please respond immediately to my calls.
8. No viewing of visual aids during competition. Penalty is Disqualification.
9. Standards must be set between 15.5 - 31.5 inches beyond "0" plane
10. Your competition order will be: ....

Good Luck.

Only Manufacturer's Pole Rating Mark  
Acceptable

(2009) (Rule 7-5-3 Note 1 and 7-5-4)

The failure to have the manufacturer's 3/4-inch contrasting color weight rating band on or above the top handhold position renders the pole illegal for use in competition.

Etchings, serial numbers, etc., although containing pole characteristics for the manufacturer, shall not replace the pole rating manufacturer's mark.

Homemade marks placed on poles are not acceptable. (This includes pre-1995 poles.)