

Event Description

The high jump is an event where athletes run towards a horizontal bar and attempt to jump over it without knocking it down. Athletes may have up to three attempts at each height. After all athletes have completed their jumps, the bar is raised in set increments.

Event Equipment

- Large landing mats
- 2 uprights on bases
- Crossbar
- Measuring stick
- Event sheet and pen

Event Location

Please use the high jump mats located in the centre of the field at the container end of Hudson Park.

Starting Heights	
U11	85cm
U12	90cm
U13	1.00m
U14+	At least 1.10m



Safety Considerations

- Ensure the high jump area is clear of all obstructions and hazards before beginning the event.
- The crossbar support brackets must face toward the opposite upright, not toward the front or back.
- Ensure no one crosses the runway while athletes are running.

Event Rules

- Athletes may approach the crossbar from any direction, but must take off from one foot.
- Athletes may have up to three attempts to clear each height. Three consecutive failed attempts, regardless of height, will eliminate the athlete from the event.
- Athletes may choose to pass a particular height. A pass does not count as a failure, and passes may be taken after a failed attempt.
- The crossbar should not be lowered once competition begins.
- The crossbar is raised in 5 cm increments until only three athletes remain. After this point, the bar is raised in 2 cm increments. The remaining athlete may choose the height they wish to attempt.

It is a foul if:

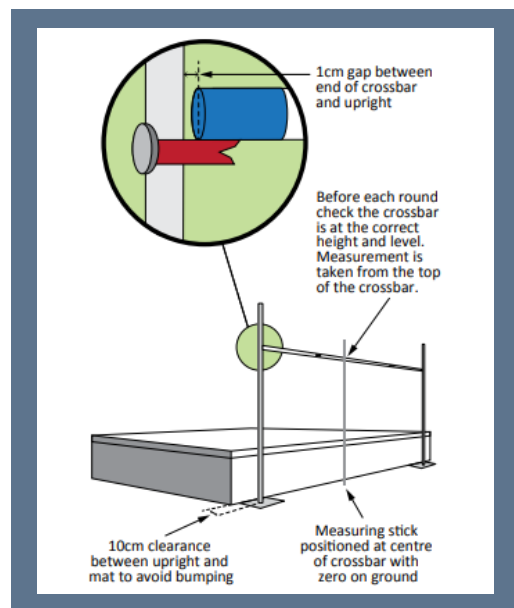
- the athlete takes off with both feet.
- the crossbar is dislodged by the athlete during the jump.
- any part of the athlete's body (foot, hand, etc.) touches under the bar or the mat beneath the bar.
- the athlete performs any form of somersault during the jump.

How to run the Event

- Maintain a 10 cm gap between the mat and the uprights.
- Ensure there is a 1 cm gap between the ends of the crossbar and the uprights.
- Record the athlete's preferred starting height on the event sheet.
- Allow athletes a practice jump to check and mark their run-up.
- Instruct athletes to clear the crossbar in the middle, rather than near the uprights.

How to Measure

- Measurements are taken using a measuring stick held perpendicular from the ground to the top of the crossbar.
- Measure at the lowest point of the bar (usually the middle due to sag) and at each end near the uprights.
- When the crossbar is raised to a new height, take measurements before athletes attempt the jump.
- Record measurements in metres and centimetres (e.g. 1.25m).
- Use the following notation when recording each attempt:
O = valid jump X = failure — = pass
- The last height successfully cleared by the athlete is recorded as their best performance.



Learn More

For more information and guidance, scan the QR code below to view the *Little Athletics Australia Officiating Video* for this event.

