



High Jump Specifications

Scissors Technique

U6 – U9 – are to use the "scissors" jump only.

A fair SCISSORS jump is one where:

- ♣ Head of athlete cannot go over the bar before the leading foot (foot closest to the bar at take-off).
- ♣ The head of the competitor is not below the buttocks when the buttocks clear the bar.
- ♣ The competitor's lead foot **must** touch the mat before any other part of the body.

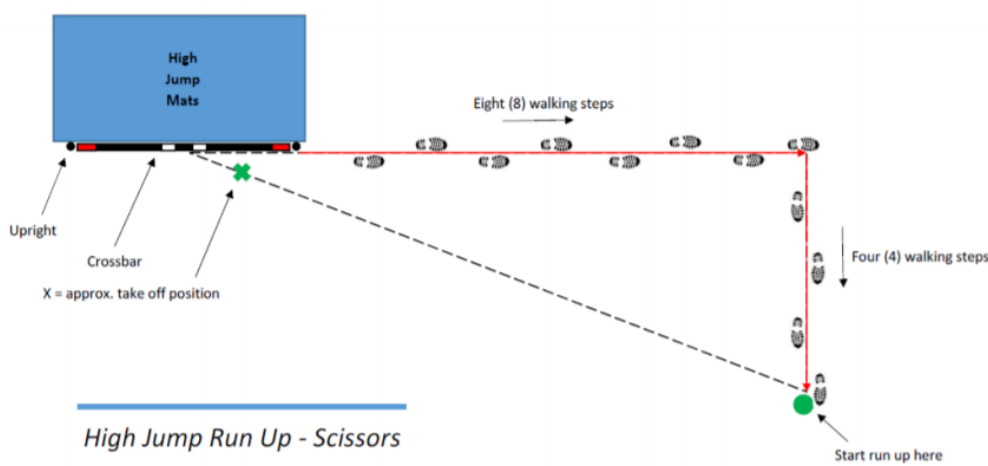
In order to encourage correct technique and reduce the risk of injury, the Kew LAC HJ rules for U6-9 will state:

"If any U6-U9 competitor attempts a jump which does not comply with the definition of a fair scissors jump, the jump will be considered an invalid jump." Any child who does a fosbury style jump will be given a warning and if it happens again will be disqualified from competition. This is for their own safety.

- A foul/miss is recorded when an athlete knocks the bar off the support.
- If the bar falls off as a result of the athlete touching it on their way over then a miss/foul is recorded, whether or not the athlete has made it off the mat.
- Each athlete is allowed three (3) attempts for each height. If they miss the bar on three (3) consecutive attempts they are out of the competition.

Measuring in High Jump

Measurements for high jump are taken from the **TOP** of the **middle** of the bar. The height should also be checked at each end of the bar to ensure that it is level.



Run ups for scissor jumps should not be curved – they should be done in a straight line approximately 30 degree angle from the cross bar

Suggested Starting height for KLAC centre competition	U6-U7	U8	U9	U10
	Girls	0.60	0.70	0.80
Boys	0.65	0.75	0.85	1.00



High Jump Specifications

Fosbury Flop Technique

(in 2016/17) U10– U15 may use scissors style or the "fosbury flop" technique.

(In 2018/19 only U11-15 may use the fosbury technique.)

Only those athletes that have been coached or trained in the fosbury flop should attempt high jump using that technique.

BASIC RULES

- Athletes must take off from one foot
- Athletes may have up to three attempts at each height
- Athletes can come in to start jumping at any height
- Athletes can choose to skip a height if they made the height below, they can come back into the competition when they are ready
- It is a foul if
 - If the athlete knocks the bar off the upright supports
 - Athlete touches the mat or uprights or bar with their hands to help them get over the bar
 - Athlete jumps from two feet
 - Athlete touches the ground beyond the plane of the uprights.
 - Has does not commence their attempt for a jump within 60 seconds of their name being called (during this 60 secs they can have as many baulks as time allows)
- U/11 and above can wear spikes

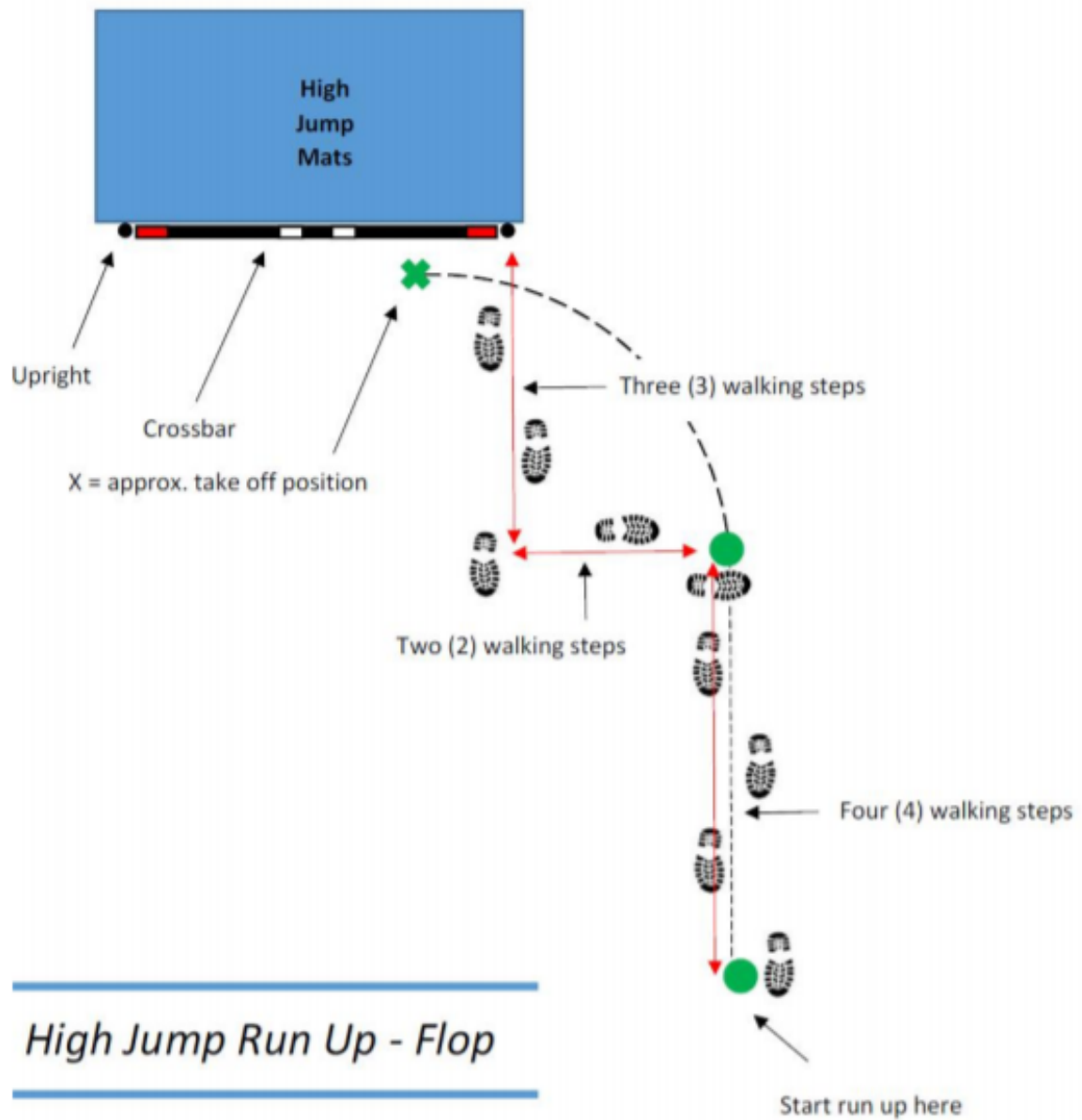
NB – if the bar wobbles but falls off after the athlete is off the mat, then this is still a foul (regardless of whether the athlete rushes off the mat before the bar falls)

WHICH SIDE SHOULD THE ATHLETE APPROACH THE BAR FROM?

- The take-off foot is the foot furthest from the bar when planting for take-off. Therefore, if you are a left foot take-off, you will approach the bar from the right side of the uprights
- The leg that comes up in the air first needs to be the leg closest to the bar A foul/miss is recorded when an athlete knocks the bar of the support.

Measuring in High Jump

Measurements for high jump are taken from the **TOP** of the **middle** of the bar. The height should also be checked at each end of the bar to ensure that it is level.



Suggested starting heights for KLAC centre competition

	U10	U11	U12	U13	U14	U15
Girls	0.90	1.00	1.05	1.15	1.20	1.25
Boys	1.00	1.05	1.15	1.20	1.30	1.35