

## POLE VAULT

NNTOA v.9Nov2020

**Safety is the primary concern.** Supervise warmups. Control the runway. Ensure adequate takeoff and landing areas. Ensure that each athlete uses a legal pole. During both warmups and competition attempts, the athlete is not to be touched by a coach, official, or another athlete.

**Rule 6.5.3** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer must include on each pole: the **pole rating** that shall be a minimum of  $\frac{3}{4}$  inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the **maximum top hand-hold position** with the position being determined by the manufacturer (6 inches below the top of the pole). Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements. Have each coach verify this.

**Rule 6.5.5 Prior to warmup,** the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of  $\frac{3}{4}$  inch in a contrasting color located within or above the top hand-hold position, and the **proper binding of adhesive tape of uniform thickness** when used. The binding shall not be on or above the top hand-hold band.

**Rule 6.5.4** A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warmup or competition. Altering the pole in any fashion renders it illegal. **PENALTY:** Disqualification from the event. Call the Referee for disqualifications.

**Rule 6.2.6 Warmups** shall not be allowed unless supervised by an official. . . . **It is illegal to run backward or in the opposite direction (non-legal direction) on the pole vault runway.** At the conclusion of the event, there shall be no further practice and vaulting poles shall be removed from the area. Once the competition has begun, competitors are not allowed to use the takeoff area for practice purposes. . . . **PENALTY:** First offence shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet. Call the Referee for disqualifications.

**Calibrating and replacing the crossbar.** Determine which way the bar sags. Place each end of the crossbar (just inside the end piece) on a hurdle. Determine the greatest sag and align the flat side of the end pieces with the sag. Place the end pieces on each hurdle; at the center of the bar try to wiggle or rotate it. If there is movement, make minor adjustments (twist the end pieces) to align the end pieces until it doesn't wiggle. Mark the right and left front sides. Draw a short thin line connecting the inside edge of the end piece to the crossbar – to help realign the end pieces if they twist. Draw a circular line on the crossbar around the inside edge of each end piece to identify the placement of the end piece. Measure and mark a point on the bottom center of the crossbar - used as an aim point for height measurements. The bar shall be placed on the standards the same way each time (i.e., the sag is down) with each end roughly **centered on the pegs and flush against the upright.** It is best to calibrate three crossbars.

**Calibrating and setting the standards.** Mark the zero point on the ground outside the pads. Keep the Velcro scale aligned to the zero point. Verify the distance between the pegs from one standard to the other – must be between 13'8" (4.16 m) and 14'8" (4.48 m). Verify the standards are level vertically in two axes, are parallel to the runway, and move freely. Shims may be necessary. Verify the height markings on the standards. Place a level on the crossbar (on the pegs) and make adjustments to ensure that the crossbar is level. Check the actual reading on the scale on each standard and make a note of the difference (plus or minus offset). Set the crossbar at the starting height and confirm the height with your measuring device. Every time the crossbar is raised or a crossbar is replaced, an accurate measurement must be confirmed with a measuring device. Periodically check to ensure that the distance between the pit and the inside edge of the top of the box does not exceed 3 inches. The competition may have to be stopped periodically to realign the pit.

The athlete may direct the standards be placed between 18 and 31.5 inches past the zero point in the direction of the landing surface. If the standards are incorrectly set and the vaulter misses the attempt, it shall be ruled as a non-attempt, and the vaulter awarded another attempt.

**Rule 6.5.18** A mark or marker shall not be placed on the runway, but it is permissible to place markers on the side of the runway.

**Rule 6.5.19** Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, the use of a forearm cover to prevent injuries is permitted. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands or directly on the pole during competition.

**Rule 6.5.21** A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate.

**Rule 6.5.23** No person shall be allowed to touch the vaulting pole except the pole may be caught by an assigned official, assigned pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the bar. If there is a tailwind that might cause a properly released pole to fall forward, the referee should appoint an official and authorize him/her to catch the pole after it has been properly released.

**Rule 6.5.24** After the competition has started, **the bar shall not be lowered,** except in a jump off for first place (see below).

**Rule 6.5.25** An accurate measurement of the height of the crossbar shall be taken before each record attempt. Any displaced crossbar should be placed on the standards in exactly the same position as before displacement.

**Rule 6.5.26** Measurements shall be recorded to the nearest lesser  $\frac{1}{4}$  inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). **Measurement** of the official height shall be from a point on the same level as the takeoff to the **lowest point on the upper side of the crossbar.** Use tape or a tack to mark the aim point on the ground.

Competitors who has passed three consecutive heights are allowed two minutes per the number of competitors entering at that height to warm up without the bar in place (Officials Manual).

Starting heights and progressions (normally 6 inches or 15 centimeters) are established by meet management or the games committee. An athlete who has won the competition may choose his/her successive heights (Officials Manual).

**Rule 6.2.20 Elimination:** A competitor is eliminated once he/she has had **three consecutive unsuccessful attempts** regardless of height or heights at which the attempts were made.

A competitor may pass either a trial or a height. A pass must be indicated before the start of the clock (Officials Manual).

