

Pole Vault Instructions - NCAA Rules

- 1) Number need to be worn on the back of your jersey.
- 2) No warm-ups on the runway after competition begins.
- 3) Tell the Flight Coordinator your standard settings. We will continue to use these same settings until you tell us to change. We will use a small performance board to set your standards and will try to show the setting to you before the standards are set. If you want to change your standard settings after the cone is removed, you are still on the clock – time will not be reset. Minimum standard setting is 45 cm, with a maximum of 80 cm
- 4) The Flight Coordinator will call who is up, who is on deck, and who is on hold.
“Five Alive” ?
- 5) Time limit is 1 minute to initiate the jump. When there are 3 or fewer competitors remaining, the time goes to 3 minutes, when there is 1 competitor remaining it goes to 5 minutes. If you are taking a consecutive jump you will be on a 3 minute clock. You will be on the clock as soon as the cone is removed from the runway. When 15 seconds remain on the clock, a yellow flag will be raised by the timer.
- 6) All passes must be indicated before the start of the clock. You will be eliminated as soon as you have three consecutive misses at any height or heights.
- 7) It will be a foul if you or your pole touches the ground , landing area, or pad beyond the vertical plane of the top of the stopboard without clearing the bar. You may leave the ground in an attempt, not clear the bar and still be on the clock as long as no other foul is committed.
- 8) When clearing the bar do not steady the bar with your hand or it will be a foul.
- 9) **Outdoors** – Allowances will be made for windage. It will be a judgement call by the Bar Judge, but as long as a sufficient attempt is made to push the pole back away from the bar, it will not be counted as a foul.
- 10) One hour after the beginning of competition any competitors not having entered competition will be allowed two minutes per vaulter each for run throughs at a height change of the height you are entering competition.
- 11) No more than two markers shall be placed **outside** the runway, but not **on** the runway.
- 12) If you need to leave the competition area for any reason let the Flight Coordinator know.
- 13) Starting height will be _____, and the bar will be raised by _____ cm increments.

Any questions? Good luck ladies/gentlemen.

(Call out first five, if Five Alive is in effect. Also call the name of the next (6th) jumper in the rotation.)