



High Jump Specifications

"Scissors" Jump

Only U8 - U17 athletes compete in the High Jump event.

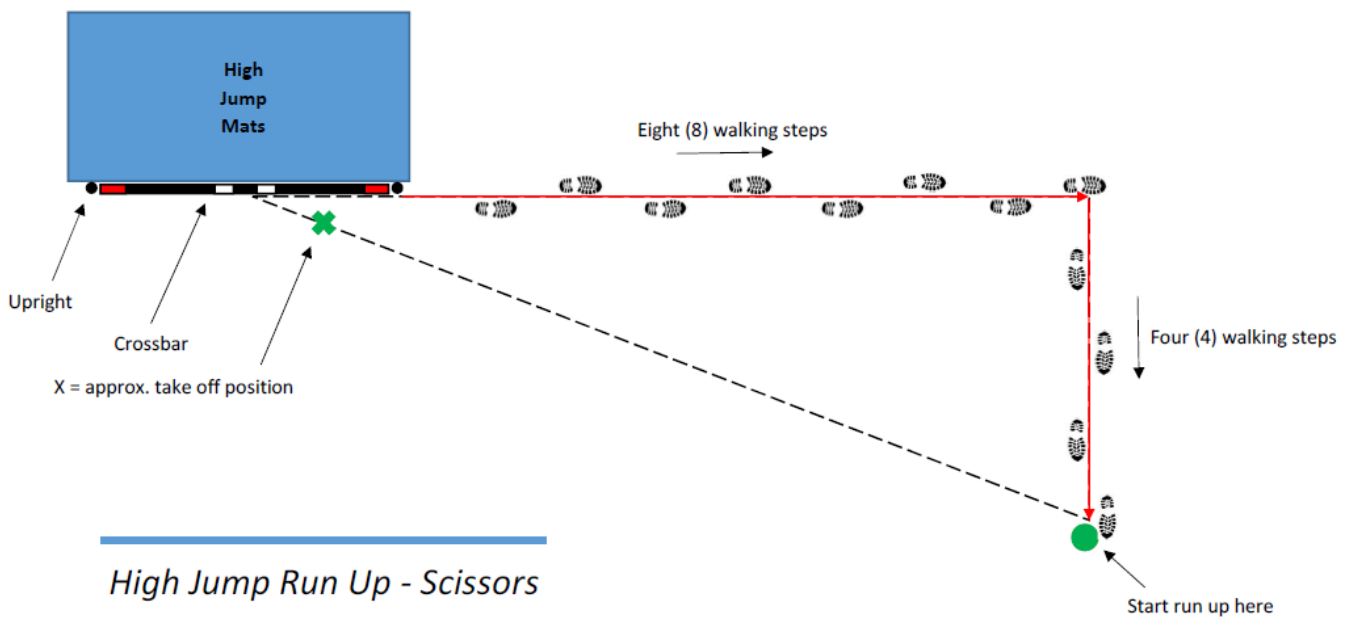
U8 - U10 - use the "scissors" jump only. Athletes must attempt to land on their feet not their bottoms or back.

A **foul/miss** is recorded when an athlete knocks the bar of 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 AT 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.



High Jump Run Up - Scissors



High Jump Specifications

"Fosbury Flop" Jump

Only U8 - U17 athletes compete in the High Jump Event

U11 - U17 - may use the "scissors" jump or the "fosbury" flop. Only those athletes that have been coached or trained in the fosbury flop can attempt high jump using that technique.

A **foul/miss** is recorded when an athlete knocks the bar of 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 AT 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.

