

QUICK SAFETY

- **Gap:** Keep $\geq 10\text{cm}$ space between mats and uprights.
- **Bar Placement** – for Flop only, ensure safety straps are looped over the bar prior to athlete jumping.

FOUL (Mark "X")

- Athlete takes off from two feet
- U10 & U11 fail to use the mandatory scissors style.
- U10 & U11 fail to have their foot being the first contact with the mat
- Bar falls off supports due to athlete's action.
- Touches mat or ground past the upright plane without clearing bar.
- Clock runs past 1 minute to start the attempt.

JUMP RULES

- **Practice:** 1 run-through/jump allowed without the bar up then 1 practice jump.
- **Attempts:** 3 attempts per height. 3 straight misses = out.
- **Passes:** Athletes can choose to pass a height at any time. They cannot go backwards in height
- **Increments:** Raise by 5cm until 6 athletes left then min 2cm.
- **Measure:** Vertically from ground to middle of bar's top edge.

<https://cdn.revolutionise.com.au/cups/waathletics/files/fvquiose5widgxs5.pdf>



HIGH JUMP

STARTING HEIGHTS

Age	Boys	Girls	Style Allowed
U10	90cm	85cm	Scissors Only
U11	95cm	90cm	Scissors Only
U12	1.00m	95cm	Any Style (1 Foot)
U13	1.10m	1.05m	Any Style (1 Foot)
U14	1.15m	1.10m	Any Style (1 Foot)
U15	1.20m	1.15m	Any Style (1 Foot)
U16	1.25m	1.20m	Any Style (1 Foot)
U17	1.30m	1.25m	Any Style (1 Foot)
U18	1.35m	1.30m	Any Style (1 Foot)

*Note: State starting heights differ from MAC.
Check Athletics West website before state events.*

