

High Jump Procedures - Suburban Parochial League

Last amended 2026-02-11

EQUIPMENT TO BE PROVIDED BY THE TEAM RUNNING THIS EVENT:

1. **High Jump Mat and Crossbar:** These are required and are typically provided by the host high school site, but host and volunteer event officials should ensure that this equipment will be available by contacting the site at least a week before the day of the meet in case alternate arrangements need to be made.
2. **Two (2) Crossbar standards:** Elementary school standards are preferred that use measurements in feet/inches. Note: Illinois HS converted to metric so the host site may not have the preferred markings on the standards. A measuring tape will need to be used if elementary standards are not available.
3. **Bungee Cord:** Used for practice jumps.
4. **Chalk or tape:** Used to mark where the standards are set in place prior to competition and before practice jumps. Do not allow standards to butt up against the mat as it may dislodge the bar when the competitor lands on the mat.
5. **Measuring tape:** To be used to verify heights and to be used for measuring increasing heights for the crossbar in the event that a metric high jump standard must be used. SPL utilizes English measurements in all field events.
6. **Stopwatch:** Event officials will need to ensure a jump is attempted one minute after the competitor's name is called.
7. **Push Broom** - Run up area in front of the mat must be kept clear of sand, dirt, and debris.

SUPPLIES PROVIDED BY HOST TEAM: Clipboard, scoring forms, pen, award ribbons. Host school should verify high jump, crossbar and standards are available for use at the meet.

HIGH JUMP PROCEDURES

1. Athlete Check-In by Group (Grade and Gender)

- a. Check in athletes using the provided field event sheet. Confirm athlete name, grade, and team.
- b. Inform competitors that they will compete in the same sequence as they are listed on the scoring sheet for both practice and official attempts. Line up athletes to reduce confusion and improve efficiency.
- c. As competitors are signed up, a volunteer should start running the two (2) allowable practice attempts, in the order of the competition.
 - i. A bungee cord should be used for warmups in place of the crossbar if available.
 - ii. The official should monitor all practice jumps to ensure all athletes are each getting the opportunity to jump.
 - iii. In accordance with NFHS rule 6-2-6, practice jumps are not allowed until there is an event official present and they have signaled that warm-up jumps can begin. Competitors are permitted two (2) warm-up jumps at the beginning of the competition, which will occur in the order of competition. Athletes not following this rule will be warned, and on the second offense will be eliminated from competing in the high jump event for the day.
 - iv. Run-ups to obtain steps in the high jump event are not considered practice jumps provided the competitor does not touch the mat.
- d. Clarifications & Exceptions:
 - i. A coach or teammate may check-in on behalf of an athlete.
 - ii. Field event participants may not be added or changed after the first competitor begins "official" attempts.

High Jump Procedures - Suburban Parochial League

Last amended 2026-02-11

- iii. Important: Ask contestants if they have a conflicting event (ie, are they competing in another field event that is being run at this same time as High Jump?). If so, explain the procedure that allows the athlete to compete in two simultaneous events. (see iv. following)
- iv. Conflict Procedures Involving High Jump (5th and 6th grade)
 1. JV high jump conflicts: long jump and shot put
 2. Athlete checks into conflicting event with high jump, informs the judge of conflict, and proceeds to the High Jump area.
 3. **The athlete then competes in High Jump in its ENTIRETY.** Once the jumper is eliminated from competition, they will return to their second event and compete as normal. Officials must keep the scoring sheets open at those second events until all high jump athletes have returned to that competition. High Jump crossbars will NOT be lowered for a late-arriving competitor.
- v. Conflict Procedures Involving High Jump (7th and 8th grade)
 1. Varsity high jump conflicts: triple jump and discus
 2. Athlete checks into high jump, informs the judge of the conflict, and proceeds to their other field event.
 3. **The athlete is given priority in his or her field event and completes his or her attempts with the first group of throwers/jumpers, regardless of grade level.** Once the athlete has completed his or her attempts, he or she should return to the high jump area and compete as normal. Varsity athletes should be in the high jump area prior to the start of their competition.
- e. There will be a 10-minute practice session immediately following the conclusion of the JV competition. During this time, varsity athletes will

2. Standards (used to support cross bars)

- a. Standards must never be moved after practice jumps begin or during measured competition. The mat will be moved at the request of jumper or coach for reasons of jumper safety...safety first! Please make sure the mat is within a safe distance of the standards but does not rest on the standard.
- b. Do not place the standards where they touch the high jump mat as the bar may be displaced when a jumper lands on the mat.
- c. When standard is capable, place the crossbar on top of standard, instead of resting bar on the pin that extends outward from the standard.
- d. If the standards being used have extending "arms" on which the bar is placed, then the standards should be positioned such that the arms are pointing in towards one another.

3. Starting Height

- a. Starting height for the League Finals Meet will be 3'2" for Junior Varsity (JV) and 3'8" for Varsity competitors, regardless of gender.
- b. The crossbar may be lowered from the initial starting height in Weeks 1-2 Meets to begin the competition **only if no competitors** have cleared the opening height. The bar can be lowered by 2 inch increments until jumpers successfully clear the height. Then the competition will resume as normal, among those jumpers who cleared that height, by **raising** the crossbar in accordance with the rules at 4.A.1. below.
- c. For tiebreaks at the League Finals Meet only, the crossbar can be lowered to break the tie for those individuals competing for first place. No other competitors will be reintroduced for any tiebreaks, even if those competitors previously jumped the tiebreak height. This procedure is solely to break a first place tie. See section 5.b. below. for more detail.

4. Jumping Rules

- a. Two(2) attempts are allowed at each specific height. The event officials will follow the

High Jump Procedures - Suburban Parochial League

Last amended 2026-02-11

following guidelines:

- i. At meets **OTHER** than LEAGUE FINALS: Crossbar will be raised at two (2) inch intervals, until six (6) or fewer jumpers remain in the competition, then the crossbar will be raised in one (1) inch intervals.
 - ii. In the **LEAGUE FINALS meet only**, the crossbar will be raised two (2) inches for JV, and three (3) inches for Varsity, when each round is completed until six (6) competitors are remaining. Then the bar will be raised two (2) inches per round until three (3) competitors are remaining. For the last three competitors, the bar will be raised one (1) inch per round until the competition is over.
- b. Passing:
- i. Jumpers may "pass" at any height.
 - ii. Jumpers may pass after 1 unsuccessful attempt at a specific height.
 1. However, at the next height, he/she is allowed only one attempt to bring the total to two (2).
 2. A jumper who has passed 3 consecutive heights is permitted a warm-up jump without the crossbar in place.
- c. Take-off must be off of one foot; a two-feet take-off is judged a "miss".
- d. If a jumper hits the crossbar or standard during an attempt and the crossbar falls, it is called a "miss", even if the jumper has left the jumping pit, and *if it is determined by the officials that the jumper caused the bar to fall* (vs. wind, etc.). (see item G. below)
- e. If the jumper clears the crossbar and, in the opinion of the Judge, the wind blows the crossbar off the standard, the attempt will count as "good" and it will not be a "miss." (see item G. below)
- f. Jump is considered a "miss", if the jumper does any of the following:
- i. displaces the bar,
 - ii. moves or extends any part of their body under the crossbar during an attempted jump (for example, if they touch the mat while attempting their jump),
 - iii. moves across the plane of the crossbar extended,
 - iv. leaves ground on attempted jump AND the jumper does not successfully clear the crossbar,
 - v. does not start the jump attempt within 1 minute after jumper's name is announced,
 - vi. hits the crossbar when exiting the mat. All competitors should exit the mat at the back or sides of the mat so as to not dislodge the crossbar. NOTE: The event officials should explain the rules for missed attempts so that there is no confusion. Attempts scored as a miss should be clearly announced during the event to the jumper.
 - vii. The official running the event will allow one minute for the competitor to complete his/her jump. **A stopwatch must be used** for this purpose to keep the event running in a timely manner and to provide all competitors with an equal amount of time to complete their jump. The official should clearly indicate when the timing of the jump begins. If the competitor does not make an attempt at jumping within the announced minute, they will be charged with a missed attempt and the competition will continue with the next jumper.
- g. A crossbar displaced by a force disassociated with the competitor after he/she is legally and clearly over the cross bar shall **not** be a fault. To clarify Rule 4.d, if in the judges opinion, the bar was cleared, but the crossbar fell with no fault of the jumper's actions, then the attempt is good. For example, If the jumper leaves the pit after clearing the bar, and the mat hits the standards causing the bar to fall, it would no longer be considered a fault. Note: Encompasses Rule 4.e as well.

5. Judging Decisions

- a. A tie is broken by the fewest number of misses between the athletes in the tie (unless for first place, then see item b. below)
 - i. First, at the height at which the tie occurred,

High Jump Procedures - Suburban Parochial League

Last amended 2026-02-11

- ii. Second, over the entire competition.
- iii. Third, if the tie is still not resolved, the total number of "passes" will be considered. The competitor with the highest number of passes is judged the winner.
- iv. If still tied for a place other than first, the judge will assign a split of points to teams involved, and will award ribbons to both competitors.
- b. If a tie for 1st place cannot be broken with the number of misses, it is resolved by resuming jumping competition (for only the tied competitors), by re-jumping at the last missed height. If the tied competitors cannot clear that height, the bar should be lowered to start at the last "cleared" height and the competition continues as normal.
- c. Jumper winning the event, upon request, may make two (2) attempts at any one additional height, for the purpose of breaking a meet or school record. Exception: ONLY at John Mulholland Relays: when only one jumper is remaining, he or she must be allowed to continue competing, one inch at a time until their "team" total height is the best. At that time, he or she may be allowed to attempt at the chosen height.

6. General Safety Tips

- a. Ensure the mat is properly placed for the safety of the jumpers.
- b. Sweep the take-off area, to allow it to be free of debris/sand.
- c. Only meet contestants are allowed to practice jumps when the official starts the competitions. NO ONE is permitted to play on the mat; sit on the mat; or to practice when there is NO High Jump official or supervising coach present.
- d. If jumpers are being distracted by spectators around the high jump area, the High Jump officials should take control of the situation. Examples of this distraction would include spectators being too close to the competitors' running paths, unruly conduct, etc. Concentration is a crucial part of HJ competition.
- e. At the conclusion of each session, there shall be no practice jumps or otherwise using the jumping mat. The event officials should remove any practice implements or lay them on the mat, indicating the event is closed until it is reopened again for the next session by the event official.
- f. **TIME is precious in running a Track Meet. Run this event efficiently and keep it moving!**

Change Brief

2026-02-11	Added bungee cord to required equipment. Updated check-in procedures to account for pre-registration. Added 10-minute practice session between JV and Varsity. Updated conflict rules to account for new field event sequence. Removed all references to the Divisional Meets. Reduced official attempts from three (3) to two (2). Edited for clarity, fixed misnumbering, and updated document format.
2024-02-21	Added Note #2 under High Jump Procedures.
2023-06-09	Added clarification of minimum height needed to advance from Divisional to Final Meet. Clarified procedures on opening heights and time allotted for jumping attempts. English measurements are used for field events.
2022-04-23	Added High Jump priority when conflicts with other field events arise.
2019-04-25	Added new starting guidelines.
2015-04-21	Added 4.G. to rules.
2013-04-11	Added cover sheet with recommended equipment.