



## PLAN B – STUDY GUIDE 6 – VERTICAL JUMPS – COMMON RULES

### Study Guide 6 – Vertical Jumps – Common Rules - High Jump/ Pole Vault Learning/Performance Objectives

#### Junior Official Program Study Guidelines

The purpose of the Study Guides in this program are to help you acquire the knowledge needed to be able to understand and create a brief statement of the information that you will need for course completion and future knowledge. You might think of this Study Guide as a mini-outline to the different official positions that are contained in Track and Field competitions. Consider this Study Guide as a condensed version of all of the important information that you will need to complete the Junior Officials Program successfully.

Each Officials duties, skills and behaviors are contained in the 17 Different Study Guides offered in this program. These Study Guides are a combination of

- Adopted USATF 2020 Competitions Rules.
- Best Practices (those skills that describe “what works best” in a particular situation or environment). These Study Guides are data supported successes and researched supported over time, as offered by Track & Field officials in the quest for accountability for reliable methods.
- USATF Code of Ethics
- USATF Professional Guidelines

#### Procedures

Once you have the Study Guide in front of you, do more than just read it. Take the time to look at the material to understand what you will be asked to do. Start by reading the description to formulate a big-picture idea of what your Mentors assessment will look like. Then, review the list of concepts.

Quizzing yourself is a highly effective study technique. Make a copy of the Mentors Checklist and carry it with you to the meets so you can review the questions and answers periodically throughout the day and across several days/meets. Identify the questions that you don't know and quiz yourself on only those questions. Say your answers aloud.

The important skills needed in this Guide correspond to the Learning and Performance Objective numbers that begin with the abbreviation **VJCR (Vertical Jumps Common Rules). (VJCR1)**

Ask questions of your Mentors, they are there to answer your questions and guide you to learning and performing as a USATF official.

Good Luck to you on your journey to become a USATF Certified Official



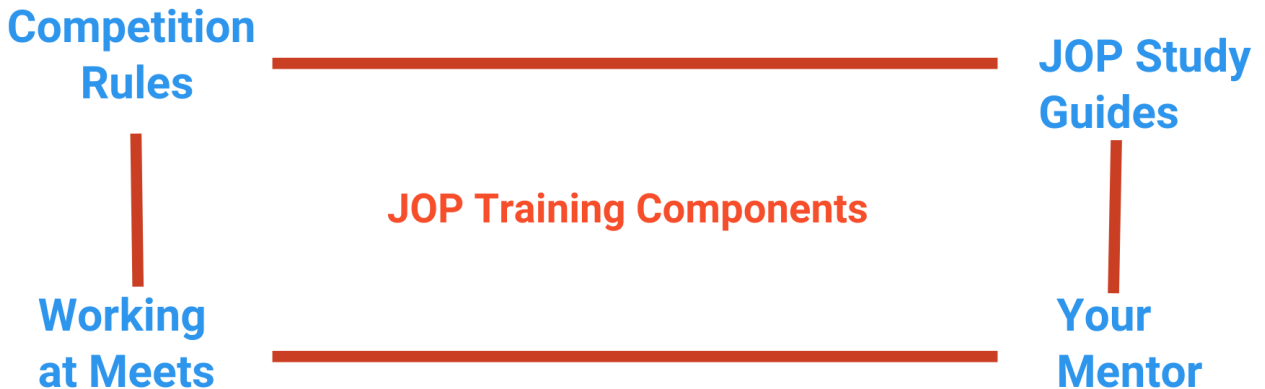
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This is one of 17 Study Guides available to you. Each Guide covers a different track and field event. You are welcome to review all the guides, but the JOP program would like you and your mentor to **select ten (10)** of these Guides to concentrate on as your primary focus while participating in the JOP program. JOP Participants who are in the program for longer than two (2) years will have the opportunity to experience all of the 17 Study Guides. This will help you prepare for the Officials Association Level that the 3-4 year participants can qualify you to become. You will be evaluated by your mentor on your knowledge of your 10 Study Guide events. Also, an Alternative List of Study Guides will be produced for your furthering your knowledge in your officiating experience.

The content of these Study Guides is primarily drawn from these resources:

- USATF Competition Rules
- Best Practices
- USATF Code of Ethics
- USATF Professional Guidelines

These Study Guides, your mentor, the USATF Competition Rules, and experience working track and field meets are the four key components of the Junior Officials Program.



You will need to become very familiar with the following rule(s) as listed in your copy of the 2020 Competition Rule Book or found at: [2020 Competition Rule Book](#) (page 92)

Important objectives contained in Rule 181 that your Mentor will instruct you on and assess your ability:

- **USATF RULE 181 (VJCR1)**– Vertical Jumps – High Jump and Pole Vault.



## **PLAN B – STUDY GUIDE 6 – VERTICAL JUMPS – COMMON RULES**

- Placing - High Jump and Pole Vault
- High Jump And Pole Vault Apparatus
- Crossbar (*VJCR4*)
- Crossbar in the High Jump
- Crossbar in the Pole Vault
- Indicator Lines - High Jump
- Indicator Lines - Pole Vault
- Supports for Crossbar in the High Jump
- End Space )
- Support for Crossbar in Pole Vault
- Take-Off Box for Pole Vault
- Landing Areas – High Jump
- Landing Areas – Pole Vault

### **Resources for this Study Guide (Online)**

#### **RESOURCES – HIGH JUMP**

- Event Preparations - High Jump, Feb 2018
- Five Alive – Verticals, Jan 2019
- Flight Coordinator Activities, Jan 2019
- Head Official Protocols - High Jump, Jan 2019
- High Jump - High School Rules, Jan 2019
- HJ Instructions & Rules - NCAA, Feb 2019
- Instructions to Athletes & Rules - High Jump - USATF, Feb 2018
- Resolving Ties – HJ & PV, Mar 2018
- Time Limits & Absence From Competition, Jan 2019
- Venue Diagram and Officials Assignments - HJ, Mar 2019
- Crossbar Preparations, Feb 2016 ([Video](#)) \*\* Very Good
- Evaluation Form - Vertical Jumps, Jan 2013



## PLAN B – STUDY GUIDE 6 – VERTICAL JUMPS – COMMON RULES

- Five Alive Webinar ([Link](#))
- High Jump Setup Presentation - 2011 Annual Meeting ([PPT](#))
- Vertical Events Recording Sheet – Landscape -Jan. 2018
- Vertical Events Recording Sheet – Portrait – Jan. 2018
- Vertical Jumps Monograph Series, Aug. 2012

All of the above RESOURCES are available at: [High Jump Resources](#)

### Resources – POLE VAULT

- Five Alive – Verticals, Feb 18
- Flight Coordinator Activities, Aug 2018
- Head Official Protocol – PV, Jul 2017
- Pole Vault Clinic Situations, Apr 2016
- Pole Vault Event Preparations, Sep 2018
- Pole Vault High School Instructions Preps & Instructions, Feb 2018
- Pole Vault Instructions & Rules – NCAA, Nov 2018
- Pole Vault Instructions & Rules – USATF, Mar 2018
- Pole Vault Officials Duties, Mar 2018
- Pole Vault Pit Boss Reference Card, Oct 2018
- Pole Vault Venue Assignments, Jun 2018
- Pole Vault Zeroing Standards, Jan 2017
- Resolving Ties – HJ & PV, Mar 2018
- Time Limits & Absence From Competition, Jan 2019
- Crossbar Preparations, Feb 2016
- Five Alive Webinar
- Laser Measuring, Jul 2013
- Metric Conversion Table, Feb 2016
- Pole Vault Head Officials Clinic Outline, Oct 2018
- Pole Vault High School Pole Inspections, Feb 2018
- Pole Vault High School Replacement Labels, Feb 2018
- Pole Vault Rules Comparison - Full, Mar 2018
- Rules Comparison - Pole Vault, April 2020
- Vertical Events Recording Sheet Landscape, Jan 2018



## **PLAN B – STUDY GUIDE 6 – VERTICAL JUMPS – COMMON RULES**

- Vertical Events Recording Sheet Portrait, Jan 2018
- Vertical Jumps Evaluation Form, Jan 2013
- Vertical Jumps Monograph Series, Aug 2012

**All of the above RESOURCES are available at**

<https://www.flipsnack.com/USATF/pole-vault/full-view.html>

- USAFT Code of Ethics/ Professional Guidelines  
[USATF Code of Ethics and Performance Guidelines](#)



# PLAN B – STUDY GUIDE 6 – VERTICAL JUMPS – COMMON RULES

## Study Guide 6 – Vertical Jumps – Common Rules -L.O/P.O. - Mentor Checklist

Participant Name \_\_\_\_\_ Mentor Name \_\_\_\_\_

Learning/Performance Objective What should the JOP be able to explain or do?	PO #	Date Completed	Mentor Initials
USATF Rule 181; Rule 143.3	VJCR1		
Placing High jump and Pole Vault	VJCR2		
Uprights	VJCR3		
Crossbar	VJCR4		
Crossbar in the High Jump	VJCR5		
Crossbar in the Pole Vault	VJCR6		
Indicator Line - High Jump	VJCR7		
Indicator Line – Pole Vault	VJCR8		
Supports for the Crossbar in High Jump	VJCR9		
End space	VJCR10		
Supports for the Crossbar in Pole Vault	VJCR11		
Take-off Box for Pole Vault	VJCR12		
Landing Areas – High Jump	VJCR13		
Landing Areas – Pole Vault	VJCR14		

The Learning/Performance Objectives for Module 6 are contained in the Mentor Assessments Field of Play Evaluations for Module 7 – High Jump and in Module 8 – Pole Vault.