

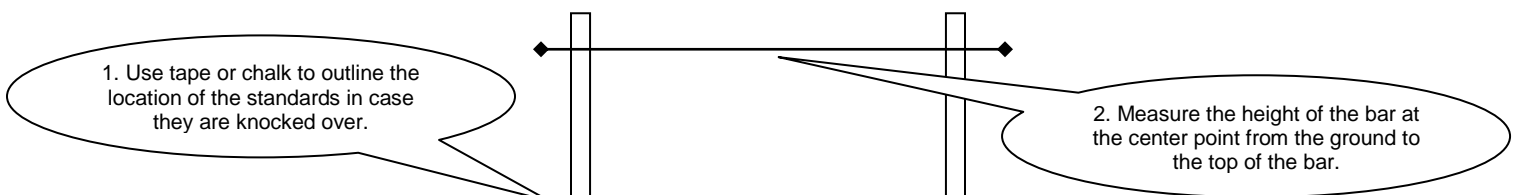
CYO HIGH JUMP

A. General Rules

1. When you are ready for the next level to start competition, you should inform the Field Referee and announcer to call the next division.
2. The competitor will be eliminated when he/she has reached three (3) consecutive misses.
3. Each Athlete will check-in by their level and will compete in the order of the sheets on the track pad. After each attempt the height will be marked on the ticket. When the last attempt is complete the athlete will be given their ticket to give to their coach.
4. If an athlete "checks-in" after the event has begun, that athlete is only entitled to the attempts at the current height and higher.
5. The athlete should not "check-out" of the high jump in order to compete in another event, If an athlete does so, the competition at that height is continued and then the bar is held until the athlete returns or the Field Referee instructs the bar to be raised.
6. All competitors must complete their jumps before moving to the next height unless he or she passes. The competitor needs to pass before he or she is called
7. A competitor shall be charged with an unsuccessful attempt if he/she does not initiate an attempt or pass within one (1) minute of being called.
8. At the conclusion of an event, the area will be closed. One warning will be issued to those in a closed area; second will result in disqualification from the meet.
9. Throughout the competitions, athletes will be called as "Up", "On Deck" and "On Hold"

B. High Jump

1. **Order of Event: Developmental girls followed by boys. Intermediate girls followed by boys, Youth girls followed by boys, Cadet girls followed by boys.**
2. Based upon the number of competitors the event judge may decide to compete the girls and boys of a division simultaneously.
3. Spiked shoes may be worn during the competition of the high jump.
4. The competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot.
5. The competitor will be eliminated when he/she has reached three (3) consecutive misses.
6. The competitor that has passed three (3) consecutive heights may be permitted one warm-up jump without the crossbar in place. The warm-up must occur at the time of the height change.
7. Starting heights for Boys for the regular season and area meets will be as follows:
 - a. Developmental - 3'0"
 - b. Cadet - 3'6"
 - c. Youth – 3'8"
 - d. Intermediate – 4'2"
8. Starting heights for Girls for the regular season and area meets will be as follows:
 - a. Developmental - 3'0"
 - b. Cadet - 3'4"
 - c. Youth – 3'6"
 - d. Intermediate – 3'8"
9. The bar will move up at increments of 2" until a winner is declared, after which the winner can determine what height he/she will attempt.
10. In the high jump, the event judge will write the attempted height on the result slip and indicate a made attempt with an "O", a missed attempt with an "X" and a passed height with a "P".
11. It is a foul if the competitor:
 - a. Displaces the bar in an attempt to clear it.
 - b. Breaks the plane of the crossbar without clearing the bar.
 - c. After clearing the bar, contacts the uprights and displaces the bar or steadies the bar.
 - d. Fails to go over the bar.
 - e. Fails to initiate an attempt or pass within one minute.
12. The crossbar and standards should be marked so that they may be replaced in the same manner for each competitor. Measurements should be made from a point on the takeoff plane to the lowest point on the upper side of the crossbar.



**DIOCESE OF CLEVELAND
CYO TRACK & FIELD**

(Circle those that apply)

BOYS				GIRLS			
GRADE:	3	4	5	6	7	8	

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1: _____

DISTANCE # 2: _____

DISTANCE # 3: _____

BEST DISTANCE: _____

NAME: _____

TEAM: _____



Endeavoring to help young people be more Christ-like in the way they live.



Sample of a form - completed at check-in of the field event ↓

Sample of a completed field event form that is given to the athlete ↓

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(Circle those that apply)

BOYS				GIRLS			
GRADE:	3	4	5	6	7	8	

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1: _____

DISTANCE # 2: _____

DISTANCE # 3: _____

BEST DISTANCE: _____

NAME: 2194

TEAM: _____



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**DIOCESE OF CLEVELAND
CYO TRACK & FIELD**

(Circle those that apply)

BOYS				GIRLS			
GRADE:	3	4	5	6	7	8	

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1: 3-0 -X0

DISTANCE # 2: 3-2-0 3-4-X0

DISTANCE # 3: 3-6-XX0 3-8-XXX

BEST DISTANCE: 3-6

NAME: 2194

TEAM: _____



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