

Pole Vault Document Index

1. Meet Management Requirements
2. Safety Considerations
3. Venue Preparation
4. Box Collar Specifications
5. Pre-Meet Considerations
6. Check-in Checklist
7. Pole Inspection Guidelines
8. Briefing Considerations
9. Event Sheet – 18 Athletes, 16 Heights
10. Pole Label Replacement Contact List
11. State Meet Competition Information

Meet Management Requirements for Pole Vault (Tab 1)

Objective: Provide Meet Management with what is needed to set up and conduct a pole vault competition.

Minimum equipment:

Compliant landing pad (19'8" wide by 20'2" deep)
ASTM F2949-18 box collar (anchored to the ground, 23" wide at opening, unrestricted bend cavity) See ASTM F2949-18 See Best Practice for proper installation instructions (Tab 5)
(Currently under revision)
Standards (can they tip over, if so, need to be anchored to the ground to prevent injury)
Base pads (no gaps between the pit and the base pads)
Two-inch thick padding surrounding the landing pad to cover hard and unyielding surfaces
Rule book and Case book
Certified scale
100' tape measure
Two bar lifters (to raise crossbars)
25' steel tape measure
Stop watch
Three pole vault crossbars (crossbars break)
Two Standard extenders (to jump at lower heights)
Flags (red, white and yellow)
Clip board and pencils
Cone to place on the runway – close runway operations
Chairs
Performance board and Standard Display board
Broom
Bungee (Elastic crossbar)
Level
Plumb bob
Shims
Tape or sharpies for marking and certifying poles
Obstacles, benches, spectators, coaches and equipment no closer than 10' from the pit
Accurate vertical measuring device (to measure beyond 17')
**** Resting a pole against the crossbar is not an accurate measuring device.**

Volunteers: Provide at least two, preferably four volunteers to conduct the event.

Other considerations for Meet Management: this information needs to be provided to all field event officials prior to the coaches meeting.

Time and location of coaches meeting
Location of coaches' box
Excused athlete procedure
Starting heights and increments
State and Meet Records on event sheets
Pole storage location
Spike length restrictions

Pole Vault Safety Considerations (Tab 2)

ALL pole vault coaches MUST take the NFHS “Coaching Pole Vault” course and provide proof of completion to the CHSAA office by emailing a copy of the certificate to Audra Peterson Cathy at apetersoncathy@chsaa.org. This course must be completed every two years. The course is free through NFHS: <https://nfhslearn.com/courses/coaching-pole-vault>

Athletic Directors and coaches need to inspect their track equipment and venue on a regular basis to ensure safety and compliance with NFHS and CHSAA rules and guidelines. Prior to every competition, the host school coach, meet director, meet referees and event officials shall inspect the venue to ensure it is safe and set up properly. Most pole vault accidents are attributed to things that are controllable, and thus, preventable.

EVENT JUDGE RESPONSIBILITIES: Provide a safe and fair competition

Venue - Potentially dangerous issues: Hard objects around the pit that are not covered. Objects too close to the pit. Gaps in the landing pad including the base pads. The top cover does not cover all sections of the landing pad. Leading edge of the box is higher than the runway. Standards tipping over during warm-up or competition (may need to be anchored to the ground. Box collar is not anchored to the ground and not set properly. Landing pad too soft, too small or not set-up properly. The runway and/or takeoff area has holes or cracks. See venue set up for more details.

If there is an issue with any equipment, the competition will not be conducted unless the situation is resolved.

Conflicts with other events – Are there other event locations that conflict with the pole vault, crossing runways, sharing runways or throwing events? Can poles, crossbars or athletes encroach onto the track?

Run backs are not allowed during warm-up or competition! Rule 6-2, Article 7.

Athlete check-in: Have the athletes been weighed on a certified scale with shoes? Have all of the poles been inspected and compliant with the rules? (see Pole Inspection document, Tabs 7a&b)

Properly supervised warm-ups – An official and an athletes coach must be present during warm-ups.

Brief volunteers – Be cautious of falling poles and crossbars.

Electronics - Keep electronic devices out of the competition area.

Please note: Adherence to the NFHS rules may not eliminate all possible injuries. However, we must continually strive to reduce the potential for injury relating to the sport of pole vaulting.

Pole Vault Venue Preparations (Tab 3)

Objective: Provide guidelines regarding how to set up a pole vault pit. This could take up to one hour. The CHSAA web site some videos and pictures for detailed information.

Equipment needed to conduct the event. Find out what will be provided and bring the rest: level, steel tape measure, a plumb bob, measuring device, stop watch, flags (red, white, and yellow), cone, lifters, extenders, shims, tape measure – 100' to 150', chairs, rule book and case book, performance & standard placement boards, clip board and pencils, broom, electronic scale, athletic & duct tape, sharpies for marking and certifying poles.

Check the Venue: Inspect the pole vault area and pit to ensure the venue is legal, safe and properly aligned. Stand about 40 feet down the runway to verify that the pit and standards are aligned with the runway. The minimum size of the landing pad is 19'8" wide and 20'2" deep. The pit cannot be placed any closer or further than 3 inches from the inside edge of the top of the back of the box. All hard surfaces immediately surrounding the pit must either be removed or covered with at least two inches of dense foam padding; this includes items that extend from under the landing pad or between the planting box and the landing pad. Padding is also recommended for polyurethane, rubberized surfaces, or even hard/frozen grass around the pit. Potentially dangerous objects (benches, chairs, hurdles, poles, lifters, fences, etc.) should be at least 10' from the pit. The standards should be parallel to the runway and parallel to each other. The standard bases must be padded. Caution, if the standards are not anchored to the ground, they could tip over if an athlete lands on top of the crossbar or bungee. How low can the bar be set with and without extenders. The leading edge of the box cannot be higher than the runway surface. A box collar must be in place that meets ASTM F2949-18 specifications (anchored to the ground, at least 23 inches wide at the opening of the collar and the collar cannot impede the bend of the pole - see CHSAA Best Practice "ASTM F2949-18 Box Collar Specifications"). Rules 6.9.26, 27, 28, 29, 31, 33.

Venue Preparation:

Zero Line: Establishing a zero line is essential to setting up the pit. The **zero line is the inside edge of the top of the back of the box**. If these markings are not available, detailed information can be found at the USATF Best Practice Library entitled "*Zeroing Standards and Pit Set Up*". (<https://www.flipsnack.com/USATF/pole-vault/full-view.html>). You will have to remove the front buns to get an accurate zero line. This procedure could take about one hour to accomplish.

Initial Standard Placement: If you are really pressed for time, the following procedure may be used. Place a crossbar on top of the front buns in alignment with the zero line. With the base pads removed, check the standard frames for markings (0" – 31.5"). If the markings are visible, line up the zero-reference point on the standard frame with the crossbar on the front buns. The standards should be able to move to the 31.5" markings on the frames. If the markings are not on the standard frames, move the standards all the way back in the frames. Designate this position as 31.5". Determine a reference point on the standard post to coincide with the 31.5" position on the frames. Not all standards will have the same reference point. Place a strip of athletic tape (at least 33" long) on the frame, from a position slightly further back than the post toward the front of the frame. Place a mark (31.5") on the athletic tape on the frame in alignment with the pre-determined position on the standard post. Use a tape measure to place a mark at zero on the athletic tape on the frame.

Verify the standards are vertical in two axes and move freely. Using a level, check that the standards are level vertically in two directions (front to back and side to side). Some standards have adjustable leveling devices while other standards need shims. Will the standards move freely from 0" to 31.5" with the base pads in place? Are there any gaps between the base pads and the landing pad.

Verify the distance between the pegs from one standard to the other is between 13'8" (4.16m) and 14'8" (4.48m). Place a crossbar on the pegs; if it doesn't fit on the pegs, move the standards to the specified range. The goal is to have each peg centered on each end piece. If it still doesn't fit, there may be a compatibility issue with mixing manufacturers' standards and landing pad, or you may have a high jump crossbar. Rule 6.9.29. Make sure the crossbar remains on the pegs as you check movement of the standards from 0" to 31.5" at the starting height and again at 16'. If the crossbar fails to remain on the pegs, you have to make further adjustments.

Verify that the standards are parallel to the runway and parallel to each other (Parallelogram). If really pressed for time, this step is not needed as long as the crossbar remains on the pegs at all heights and standard settings.

Place a tack on the **center of the runway**, 12' from the center of the back of the top of the box.

Place a second tack in the **center of the runway**, 9'4.5" from the center of the back of the top of the box.

Set the left standard at zero. Measure the distance from the tack at 12' to a mark (e.g., approx. 15' on the standard).

Move the left standard to 31.5". Measure the distance from the tack at 9'4.5" to the same mark (e.g., approx. 15' on the standard).

Repeat the same procedure on the right standard. The goal is to be within 1 inch, on each of all four measurements (e.g., 15'6", 15'5.5", 15'6.5", 15'6"). If greater than these measurements, the standards may have to moved either forward, backward, inward or outward (make small adjustments) to reach the goal.

Verify height markings on the standards are accurate. The scale on the standards may not be accurate due to inaccurate markings on the standards decals, different amount of sag between crossbars, or the ground not being level (may slope down on one side).

Verify the crossbar is level: Put a crossbar on the pegs at a reachable height (e.g., 7'). With the standards set at zero, place a level on the crossbar and adjust the standards as necessary. If the crossbar is too high to reach and you cannot place a level on the crossbar, tape a level to the center of the crossbar and place it on the pegs. You may have to raise or lower one standard until the crossbar is level. Make a note of the height setting on each standard (e.g., left standard reads 6'11", right standard reads 7'). These numbers (offsets) will be needed to quickly set the proper height on the standards during the competition. For example, to set 12' on the standards, set 11'11" on the left standard and 12' on the right standard. Measure the height to confirm the height is correct. This procedure tells you that you need to set the left standard 1 inch lower on the left standard decal and set the exact number on the right standard decal.

Verify starting height: Set the crossbar at the starting height and confirm this height with a measuring device. Every time the crossbar is raised to a new height or a crossbar is replaced, an accurate measurement must be confirmed with a measuring device (*holding a pole up against the crossbar does not satisfy this requirement*)

Crossbar plumbed to zero: Place a crossbar on the pegs at starting height with the end pieces centered on each peg. With the standards set at zero, drop a plumb bob over the *front* center of the crossbar (side facing the runway) at the starting height, and then again at 16', to confirm the standards are set at zero. Make minor adjustments to the standard frames (forward or backward) so that the plumb bob is directly over the zero line and re-align the standard frames accordingly. Move the standards from 0 to 31.5 inches with the base pads in place to make sure that the standards can reach the desired setting. Once completed, place and/or extend an additional zero line on the ground, outside the base pads.

During warm-ups and competition, the pit and standards may move away from the zero line. Periodically check to ensure the distance between the pit and inside edge of the top of the box does not exceed 3". The competition may have to be stopped periodically to realign the pit and standards as needed. Rule 6.9 Figures 11-14.

Crossbar check: Crossbars used in the competition (recommend 3 crossbars). The greatest sag should be on the bottom of the crossbar. Place each end of the crossbar (just inside of each end piece) on a hurdle. Determine the greatest sag and align the flat side of the end pieces with the sag. Place the end pieces on each hurdle; at the center of the bar try to wiggle or rotate it. If there's movement, make minor adjustments to align the end pieces until the crossbar does not wiggle. Mark each crossbar end piece "L" for left side and "R" for right side - to ensure it's always placed on the pegs the same way facing forward. Draw a short thin continuous line connecting the inside edge of the end piece to the crossbar – this will help realign the end pieces if they twist. For crossbars where the end pieces slide over the crossbar, draw a circular line around the crossbar where the end piece and the crossbar meet (used to correct end piece alignment). To prevent end pieces from sliding or rotating, place a small strip tape on the crossbar, but totally under the end piece (the tape shall not be exposed). Measure and mark a point on the bottom center of the crossbar - used as an aim point for height measurements. Do not tape the end pieces to the crossbar. Rule 10.3.2.b.

ASTM F2949-18 Pole Vault Box Collar Specifications (Tab 4)

Pole vault box collars are used to reduce the risk and severity of injury in and around the plant box area.

Officials should inspect box collar positioning prior to an event, constantly during warm-ups and competitions, and repositioning the collar whenever misalignment is detected.

To be effective and compliant, the box collar needs to be installed in accordance with the ASTM Designation F2949-18 "Standard Specifications for Pole Vault Box Collars". Detailed information regarding ASTM F2949-18 terminology, performance requirements, dimensions, and impact testing can be found at the following link: <https://www.astm.org/Standards/F2949.htm> Further details of the standard follow:

- 1) **Minimum dimensions** of the box collar - A pole vault box collar shall be **at least 122 cm (48 inches) wide and 146 cm (57 1/2 inches) long.**
- 2) **Width of the cutout at the front** of the box collar - At the box collar's uppermost surface, the horizontal distance from left to right across the leading edge of the box collar cutout **shall be no less than 56 cm (22 inches) and no more than 58 cm (23 inches).**
- 3) **Maximum thickness** of the box collar - A pole vault box collar **shall be no more than 10 cm (4 inches) thick.**
- 4) **The body** of the box collar **shall extend rearward at least 30 cm (12 inches) and shall extend laterally at least 15 cm (6 inches) under the front buns** of the pole vault landing system.
- 5) Installation **shall not impede the bend of the pole.**
- 6) The box collar **shall be fixed to the ground or the inner walls of the planting box.**
- 7) Placement of the pit relative to the box:

NFHS - Rule 6.9.27: The edges of the front of the landing system immediately behind the planting box shall not be placed more than 3 inches (76 millimeters) from the top of the back of the planting box.

If the box collar is not positioned correctly or is not properly anchored to the ground, it may move under the landing pad, creating potentially dangerous situations where the size of the plant box opening is reduced, preventing the pole from rotating in the plant box (e.g., if the leading edge of the box collar wings move closer together, or the size of the bend cavity opening is reduced).

PV Officials Pre-Meet, Competition and Post-Meet Guidelines (Tab 5)

Objective: This document will provide some guidelines regarding how to conduct a competition.

Pre-meet preparations: Review the rule book/case book to refresh knowledge of the rules the day before the meet.

Meet with the Field Referee: Arrive early enough to obtain any special instructions from the Referee/Meet Management before going to the competition site. Items to be aware of: where to pick up and return event sheets; starting heights and progressions; meet and state records; adjusted start time; time limit for athletes excused to compete in other events; max spike length; coaching boxes; restricted areas and authorized activities in the restricted/coaching areas; how to contact the Head Field Judge or Referee; and will athletes be allowed to wear warm ups during competition in cold weather.

Prepare check-in location: Officials need to start setting up the venue at least 90 minutes or more before the start time (this provides 45-minutes for venue set up and 45 minutes for athlete check-in and warm-up). Place a cone or chair on the runway to prevent athletes from using the venue until it is ready for competition. Determine a location away from the runway to weigh athletes and inspect poles (See document "Pole Inspection Procedures" Tab 7a&b).

Athlete Check-In: Weigh each athlete on a certified scale with the shoes they will be jumping in and annotate the weight on the event sheet. Check the athlete's uniform (logos, colors, and compliance), excessive jewelry, and spike length if necessary. Undergarments are foundation garments and not subject to uniform restrictions. Prior to warm-ups, the Field Referee or the Head Judge shall inspect each pole to be used in competition to verify that the poles are legal equipment. Rules 3.10.1, 6.8.17. Notify athletes that run backs are not allowed during warm-up or competition! Once athletes have been weighed and poles inspected, they may begin their warm-up on the runway as long as an official/coach/volunteer is present and briefed to monitor the warm-ups. If you are the only one available during check-in, keep the runway closed until all athletes have been weighed and their poles inspected.

Warm-ups: Warm up jumps may not be conducted unless a pole vault official, and preferably each athlete's coach is near the takeoff area to ensure a safe environment at all times. Officials should be aware that coaches need to confirm that each athlete is using a pole with a weight rating above the athlete's weight before every jump -- during warm-ups and in competition. Periodically announce the time remaining for warm-ups and a start time for the event. The Flight Coordinator needs to obtain starting heights and standards settings from each athlete before warm-ups end and annotate this information on the event sheet. Find out if anyone will be competing in another event during your competition and determine if jumping out of order may be necessary. Stop warm-ups 5 minutes prior to the start of competition; conduct a short briefing (2-3 minutes). If you have the pit crew, set up the pit and verify the starting height during the athlete briefing. Without volunteers, you may have to verify the starting height, subsequent heights and standard settings throughout the competition.

Athlete Briefing: See Tab 8

Competition: When athletes are "On Deck" for each jump, have them show the Flight Coordinator/Recorder the weight rating and the day's mark from the pole inspector. Prior to every jump, compare the weight rating on the pole with the athlete's weight recorded on the event sheet to verify that each vaulter is using a compliant pole. After each bar height, the Recorders and Flight Coordinator compare misses and makes for that bar height. The Flight Coordinator then tells the Pit Boss what height to raise the bar to. The Pit Boss repeats the new height to confirm the new height. The Pit Boss shall inform the pit crew what height to set on each standard. The Pit Boss shall measure each new height with an accurate measuring device to verify the correct height. Before starting at the next height, call out all athletes' names, in order, that are jumping at the new height.

Post Competition:

Close runway – place a cone or chair on runway (practice at the venue after the competition is over is prohibited).

Record places - have 2 officials verify results, sign the event sheet, and give it to the Head Field Judge.

Clean-up - remove previous competition runway markers and competitors' poles, and clean up venue.

Subsequent competition - If another competition is scheduled, quickly repeat process of checking in athletes.

Crew debriefing – discuss problems, suggestions for improvement, evaluate crew, statistics.

Planning - 9 to 10 athletes per hour.

Goal - average 60 seconds per jump.

Pole Vault Check-in and Pole Inspection Check List (Tab 6)

MEET: _____

DATE _____

EVENT: _____

HEAD EVENT JUDGE _____

INSPECTORS _____

NAME	SCHOOL	WEIGHT (w/spikes)	UNIFORM (legal)	SPIKES (3/16" max.)	POLES (inspected and coaches initials)
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

Pole Inspection requirements:

- Verify top hand hold band with 3/4" numerical weight rating in contrasting color
- Verify pole weight rating and etchings/engravings/embedded information match
- Verify pole length and etchings/engravings/embedded information match
- Tape at top of pole is of uniform thickness

CHSAA Pole Vault Pole Inspection Considerations (Tab 7a)

The purpose of this document is to ensure that athletes, coaches, officials and meet administrators are compliant with NFHS rules and to provide safe equipment for each athlete and to avoid litigious situations.

Inspecting poles: Officials should take a **reasonable approach to inspecting poles**, but need to adhere to the following rules:

NFHS 6.8.15 Note 2. Each state association shall determine its own procedure regarding coaches' verification.

NFHS Rule 3.10.1 The **field referee or head field judge shall have jurisdiction over all judges in all field events**; shall oversee the measuring, weighing and inspection of the implements and apparatus, **including vaulting poles**; check records; and see that the field events start on time and continue without delay.

NFHS Rule 6.8.17. Prior to warm-up, the field referee or the head field judge shall inspect each pole to be used in competition to verify that the poles are legal equipment, per Rule 3.10.1. This includes checking the placement of the top hand hold band, numerical pole ratings a minimum of $\frac{3}{4}$ inches in contrasting color located within or above the top hand hold band and proper taping of uniform thickness.

There is an inconsistency in the application of rules and procedures for pole inspections by officials from state to state and within each state. Some officials disqualify poles based on their personal interpretations and concepts while other officials do not inspect poles. Using the following guidelines prior to every competition should help ensure athletes use a legal pole on every jump and to protect the officials from any liability implications.

Weigh each athlete on a certified scale. The 2023 NFHS Pre Meet Notes state the benefits of weighing athletes on the day of competition on a certified scale. Suggest writing the athlete's weight next to the athlete's name on the event sheet. Do not write the weight on the athletes' body. During the weigh in, also check the athlete's uniform (logos, school colors, and compliance), excessive jewelry, and spike length. Undergarments are now called foundation garments and are no longer subject to logo, trademark, or color restrictions.

What makes a pole illegal?

NFHS Rule 6.8.16 Note and 6.8.15 Note 1. Altering the pole in any fashion renders it illegal. All poles, no matter how old they are, have either etchings, engravings, tags, or permanent embedded information indicating the length and weight rating when shipped from the manufacturer. If this information is not on the pole, it has been altered. Older poles that might not meet the specifications of today's rule can be recertified through the manufacturer.

Officials need to check the following four specific items: pole length, pole weight, top hand hold band, and tape at the grip end.

1. Pole Length - All poles must be measured to determine if they have been altered (cut). Some poles are marked metrically, some have English/Imperial markings; and some have both. The chart below may be used to verify length and weight conversions from metric to English. At times a coach may have to file rough edges off the bottom of the pole to prevent further splitting to prolong the pole life. So, there could be a slight disagreement of about one inch between the actual length and what is etched or embedded on the pole; this is considered reasonable. *If a pole has been cut or altered beyond the reasonable considerations, the pole is not legal.*

2. Pole markings - NFHS Rule 6.8.15. Note 1: Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum $\frac{3}{4}$ inch marking in contrasting color on each pole. The etchings, engravings and serial numbers are used to verify the information on the top hand hold band. Sometimes the weight rating etching, engraving or embedded information may not match exactly to what is located on the top hand hold band. This is primarily an issue with older Gill poles. In 2003 the Gill Company recalibrated the weight ratings on some poles which changed weight ratings by 5-10 pounds. When replacing worn out or unreadable top hand hold bands/labels on older poles, the weight rating on the new band/label may not match with what is etched on the pole. In this case officials need to understand that weight ratings etched on the Gill poles manufactured in 2003 and earlier may differ by as much as 5-10 pounds from the information on the new top hand hold bands/labels. According to the Gill Company, these poles have not been altered, just recalibrated and should be allowed for warm up and competition. Gill has published a letter reflecting these issues. This is also considered reasonable. If the manufacturer's weight rating is no longer visible or recognizable on or above the top hand hold band, the top hand hold band must be replaced before using the pole during warm-ups or competition. **Using a magic marker or sharpie to write the weight rating on a top hand hold band does not satisfy this requirement.** *If the original weight rating label or the replacement weight rating label does not otherwise match the etched/engraved information on the pole, with respect to the information above, the pole is not legal.*

3. Labels - NFHS Rule 6.8.15: The manufacturer must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ inch in contrasting color located within or above the top hand hold position; a 1-inch circular band indicating the top hand hold position with the position being determined by the manufacturer. The placement of the top hand hold band varies with manufacturers, from approximately 6 inches from the top of the pole (UCS) to the very top of the pole. The top hand hold band placement does not need to be an exact placement, *just reasonable*. Manufacturers have either engraved or embedded pole information at the top or the bottom of each pole (Gill, at the top or approximately six inches down from the top of the pole). Some manufacturers include pole information on the top hand hold bands/labels. You need to become familiar with how each manufacturer labels poles so you know where to look and how to find this information. When labels need to be replaced, encourage coaches to place the new label in a location that does not cover up the etched/engraved information and ensure the labels are placed on the correct pole. *If the manufacturer's top hand hold band is missing or unreadable, the pole is not legal.* See Best Practice entitled "Pole Vault Pole Label Replacement Contact List".

4. Tape - NFHS Rule 6-8-14. The pole may have binding layers of adhesive tape of uniform thickness on the grip end. Simply check to make sure the tape at the grip end of the pole is uniform/smooth and provides no unfair advantage to the athlete.

English versus Metric Pole Length and Weight Comparisons (Tab 7b)

Length Comparisons

Gill

Imperial	Metric
10'	310
10'6"	325
11'	335
11'6"	350
12'	360
12'6"	375
13'1"	400
13'6"	415
14'	425
14'6"	440
15'	460
15'6"	470
16'1"	490
16'5'	500
16'9	510

UCS

Imperial	Metric
10'8"	325
11'6"	350
12'1.5"	370
12'7.5"	385
13'1.5"	400
13'7"	415
14'1.5"	430
14'7"	445
15'1"	460
15'7"	475
16'	490
16'5"	500
17'	520

ESSX

Imperial	Metric
9'	275
10'	305
10'6"	320
11'	335
11'6"	350
12'	365
12'7"	385
13'1"	400
13'7"	415
14'1"	430
14'7"	445
15'1"	460
15'7"	475
16'1"	490
16'5"	500
16'9"	510

Weight Comparisons

Pounds	Kilograms
80	36
90	41
100	45
110	50
115	52
120	54
125	57
130	59
135	61
140	63
145	66
150	68
155	70
160	73
165	75
170	77
175	80
180	82
185	84
190	86
195	88
200	91
205	93
210	95

Pole Vault Official's Pre-Meet Athlete Considerations (Tab 8)

Competition Briefing Guidelines: Keep the briefing short (2-3 minutes max)

Call outs are: UP, ON DECK, ON HOLD. At every height change, call out everyone jumping at that height. Line up athletes jumping at that height on the runway and in order.

5 alive will/will not be used.

Confirm standard placement while "On Deck" (range 18"-31.5") and show top hand hold band to official.

Time limits: Once called up, athletes will have one minute, or the prescribed time limit, to initiate the trial. Passing a trial must be confirmed before being called for that attempt. Time will start when called up for a trial. Provide a 15 second remaining call out.

Runway shall not be used for warm-up during competition (exception: authorized warm-up after 1 hour).

Electronic devices are not allowed in the competition area. Videos or pictures may be viewed, but only outside the competition area or in a designated coaches' box.

Athletes competing in other events: Athletes must check out and check in with the event official and the times will be recorded on the event sheet. The Games Committee shall determine the procedure for excused athletes (Rule 3.2.3.p and Rule 6.2.3 and 4). **Recommend the following procedure at local and qualifying meets to prevent long delays waiting for athletes to return to the competition.**

"After checking out to compete in another event, an athlete will have 10 minutes to return. If the athlete does not return within the 10-minute excused time limit, the competition will continue in the athlete's absence. All efforts shall be taken to allow the athletes to jump out of order, either before or after being excused, to preclude delays."

RULE CHANGE: A competitor who has not entered the competition within 60 minutes of the first attempt of the competition shall be allowed 2 minutes of warm-up without the use of a bungee cord or crossbar under the supervision of an official. The warm-up jumps will only take place at the beginning of a height change. If more than one athlete is entering the competition at the same time, each athlete is allowed 2 minutes. This time is not aggregated for the group. When more than one athlete is taking warm-up jumps at a height change, have them jump in their order on the event sheet. Competitors must take at least one attempt at that height.

Time limits in minutes

Number of athletes remaining in the competition at the start of a bar height	Pole Vault
First attempt in competition	1
More than 3	1
2 or 3 remaining	3
1 remaining (winner)	5
Consecutive trials	3

Consecutive trials are within a height or at a height change.

At any given bar height, the time remains the same until the next bar height or a clear winner is determined.

Pole Vault Pole Label Replacement Contact List Updated (Tab 10)

Altius, *Altius Vaulting Poles*, Located in Jacksonville, TX, Jeff Erickson, 1-903-284-6205, www.altiuspoles.com Call Jeff and provide the poles length, weight and flex number. There is a \$5 charge per label. Routine shipping will apply.

Big Stick, *On Track and Field*, Located in Simi Valley, CA. Big Stick poles have been discontinued but some replacement labels are still available. <https://www.ontrackandfield.com/big-stick-vaulting-pole/>. Call 1-800-697-2999 and provide the poles length and weight for availability and cost.

Cata-A-Pole, *Maxima 4 Vaulting Poles are no longer in production and replacement labels are not available. Rocket vaulting pole labels are not available at this time.*

ESSX, *ESSX Vaulting Poles*, Located in Ft Worth, TX, 1-877-367-3779, Customer Service. To request a new label, go to the ESSX web site: www.ust-essx.com. Select the “**Contact Us**” link. Complete the required information on the page to include your **Name**, **Email Address**, **Subject line**: Pole Replacement Label, **Location**: home address, and **Message**: provide the pole’s length, weight, flex number and serial number. Labels for poles older than 10 years may not be available. Labels are approximately \$5-\$10 and FedEx shipping is approximately \$15.

FiberSport, Located in Ft Worth, Tx, Bruce Caldwell, 1-817-819-1472, Send digital photos of the length, weight and flex number (engravings at the top of the pole) or digital photos of the old label to: Office@fibersportusa.com. Each label will cost about \$15. Ask for shipping options and charges. For more information regarding FiberSport poles visit: <https://fibersportpoles.com/about-weight-labels-%26-why>.

Gill Athletics, the following poles have been discontinued but you can still get labels for these poles: **Carbon FX, Pacer FX, Carbon Mystic, Mystic, Skypole Carbon and Skypole**. The new line of poles is the **Pacer Composite, Pacer FXV and the Pacer One**. Located in Champaign, IL.

To obtain a new label, send an email to customerservice@gillathletics.com or call 1-800-637-3090. The following link is for information only, not ordering labels:

https://gillporter.com/search.php?search_query=replacement%20labels%20for%20poles&category=1160

For poles manufactured prior to mid-2003, include the poles’ length, weight, and date which are engraved in the fiberglass near the top of the pole. Newer poles, late 2003 to present, will have a serial number and bar code embedded in the fiberglass, located within the top eight inches of the pole. For example, serial number 202300530 – the first four digits of the serial number is the year the pole was manufactured, 2023. The following numbers indicate the exact numbered pole produced during that calendar year, 00530 is the 530th pole made that year. Labels will cost \$8 and the cheapest shipping charge via FedEx is about \$15 for up to about 10 labels.

Nordic Sports, *Nordic Vaulting Poles*, Located in Sweden. <http://www.nordicsport.se/> Contact Tobias Marklund, pole vault manager, at 011-46-910-76-40-03 or tobias@nordicsport.se for replacement labels. Include your name and address, along with the length and weight of the pole. Nordic will send the labels to a U.S. distributor who will send them to you. Information last provided January 2025.

UCS, *Spirit Vaulting Poles*, Located in Minden, NV, 1-800-537-7117, <https://www.ucsspirit.com/vaulting-poles>. Send a clear digital picture of the pole’s etchings at the top of the pole (length, weight, date -- three lines of data) to either: lane@spiritpoles.com, stevechappell@ucsspirit.com, or michaelc@ucsspirit.com. Make sure that the digital photo is readable. If not, rub a dry or wet erase marker (not a sharpie) over the numbers and wipe off to highlight the numbers. Include your name, address and phone number with your request. No charge for labels or routine shipping.

2026 State Meet Pole Vault Competition Information (Tab 11)

General Info:

Start heights: Start at the next whole inch above the current state class record, working down 6" increments to a starting height at least 6" below the lowest qualifying height in 2A-3A-4A-5A, & 12" below the lowest qualifying height in 1A.

Progressions: 6 inches until there are 3 athletes' remaining, then 3 inches starting at the next height.

Warm-up bungee height settings: 2 bungee heights will be determined by officials.

Run backs are not allowed!

Pole vaulters should have priority entering the facility at 7:15am through the North East gate at Jeffco.

Coaches are not allowed inside the fence (competition area) except to momentarily, bring in or takeout pole bags.

Ball caps are permitted as long as worn properly (bill facing forward).

Check-in procedures:

Check-in at the West end of the runway. Athletes may check-in early on their competition day, official availability permitting.

Weigh-in: competition uniform, with shoes.

Spikes: 3/16 inch or less will be checked.

Pole inspection location: next to the weigh-in location.

Poles will be measured to ensure that they haven't been cut. Labels must show the entire weight rating. Labels and etchings/bar codes will be compared to confirm pole weight rating. Tape may have to be removed to check etchings. Tape at the top of the pole must be uniform, no notches.

Warm-ups: a countdown clock will display the time when warm-ups will end, which is typically 4 minutes prior to the competition start time.

Athlete and Coach briefing: Coaches and athletes will be given a briefing explaining how the competition will be conducted.

Coaches box: There will be a cordoned off area located outside of the fence near the takeoff area for coaches to video their athletes. When an athlete is up, only that coach will be allowed in the coaches' box. All other coaches must remain outside the coaches' box. After the vault is completed, the coach and athlete must move to the secondary coaches' box under the scoreboard to watch the video.

Electronic devices (phones, iPads, etc.) are not allowed inside the fence. Coaches may take videos from anywhere outside the fence, athletes may view videos next to the fence under the scoreboard.

Changes to standard settings: Any changes to standard settings must come from the athlete.

Runway markers (2) will be available to each athlete. Chalk and shoes will not be allowed on the runway. A tape measure will be taped to the edge of the runway.

Athletes will be polled during warm-ups to obtain starting heights and standard settings.

Athletes competing in multiple events simultaneously during their pole vault competition: Athletes will not leave the pole vault area any earlier than **10 minutes** prior to the scheduled track event they are competing in. Competitors must check-out with the flight coordinator before leaving to compete in another event. If they leave to participate in a track event, they are expected to check back in with the flight coordinator within **five minutes** of the completion of that competitor's heat or final. If they leave to participate in another field event, they are expected to check-out and check back in with the same event judge within **10 minutes**. If the athlete does not return in the allotted time, the competition will continue during the athlete's absence. Upon arrival, the athlete will re-enter the competition at the current height being allowed the number of trials remaining when excused. Event judges will make every attempt to facilitate the competitors' needs; however, the athlete is expected to be available in a timely fashion to take their attempts in order.

Weather contingencies: Officials may suspend the competition for safety reasons: rain, lightning and snow. A final decision will be made by the Referee or Games Committee (GC). Warm-ups following a substantial delay will be determined by the Referee or GC.