

HIGH JUMP

BASICS FOR LITTLE ATHLETICS

*Only for U/8 to U/17 athletes
U/8 and U/9 athletes must use scissor technique*

BASIC RULES

- Athletes must take off from one foot
- U/8 and U/9 must jump using scissor technique
 - They cannot land on their backs (land on feet or bottom)
 - Head of athlete cannot go over the bar before the leading foot
- Athletes may have up to three attempts at each height
- Athletes can come in to start jumping at any height
- Athletes can choose to skip a height if they made the height below, they can come back into the competition when they are ready
- It is a foul if
 - If the athlete knocks the bar off the upright supports
 - U/8 and U/9 do not use correct scissor technique
 - Athlete touches the mat or uprights or bar with their hands to help them get over the bar
 - Athlete jumps from two feet
 - Athlete touches the ground beyond the plane of the uprights.
 - Has more than one baulk attempt for a jump
- U/11 and above can wear spikes
- Use bigger bags for the older athletes

NB – if the bar wobbles but falls off after the athlete is off the mat, then this is still a foul (regardless of whether the athlete rushes off the mat before the bar falls)

WHICH IS THE TAKE OFF FOOT???

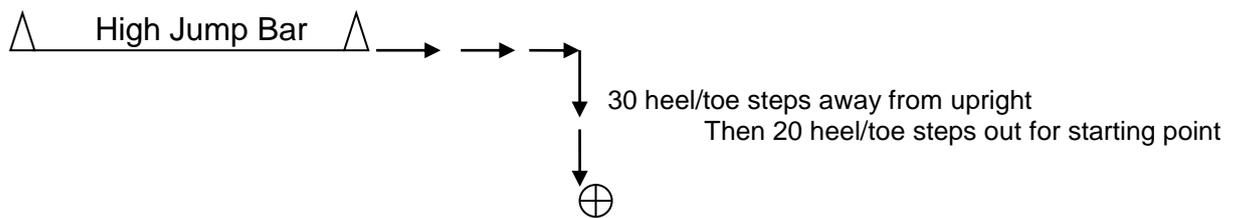
- Most athletes will take off from their non kicking leg
- One method to check the take off foot is to ask the athlete to take a short run up straight at the bag and jump onto it from one foot. The foot they take off from is likely to be their take-off foot. Try this on several occasions to ensure consistency.

WHICH SIDE SHOULD THE ATHLETE APPROACH THE BAR FROM????

- The take-off foot is the foot furthest from the bar when planting for take-off. Therefore, if you are a left foot take-off, you will approach the bar from the right side of the uprights
- The leg that comes up in the air first needs to be the leg closest to the bar

SCISSOR JUMP TECHNIQUE

- Young or inexperienced athletes should use a 6 to 10 stride run up (U8 and U/9 athletes must do scissor jumps in competition)
- More experienced athletes can use 11-13 stride run ups – if they do not already have rhythm and speed, then continue with shorter run up
- Run ups for scissor jumps should not be curved – they should be done in a straight line approximately 30 degree angle from the cross bar
- The leg closest to the bar is driven up and over the bar first
- The other leg follows – both legs go over in a scissor action over the bar
- Athletes should try to land on their feet, but landing sitting in an upright position is acceptable
- U/8 and U/9 athletes must not land on their back – this is a foul
- Run up for scissor jumps can be roughly measured as follows:



COACHING CUES

- Scissor Jump
 - Use a straight run up at 30 degree angle from the crossbar
 - Leg closest to the bar comes up first
 - Run and jump tall – keep hips high
 - Try to jump straight up when reaching bar – not into the bar
 - Kick leg closest to the bar in front of body (like kicking a footy) then second leg is also kicked up in front of body
 - Accelerate for last few strides of run up
- Fosbury Flop
 - Only learn this once scissor jump has been mastered
 - Must be U/10 before starting to use Fosbury Flop
 - Run up is a curve like a J
 - Run in tall with hips high
 - Stay tall at the take-off and drive knee up high with take off
 - Swing arms up when taking off to drive body up
 - Make sure you jump up high, rather than into the bar
 - Arch back and lift the hips up towards the sky as body is going over the bar
 - Tuck the heels under the bar to lift the hips up as the body goes over the bar
 - Land on the mat with top half of back/shoulders

COACHING CUES

- Short run ups – PLENTY of 3 to 5 strides
- Practice jumping up at high, but reachable objects whilst remaining in the take-off position.
- Practice with a floppy bar
- Always warm up with scissor jumps
- Remember when a child is proficient with scissors, then and only then, should they be taught to do the fosbury flop.
- Practice back flip over the bar from a standing position to enforce the back arch and landing on shoulders/upper back with feet finishing up in the air (not towards bar)

RUN UP – FOSBURY FLOP

- Run up for fosbury flop high jump should be run at a curve - below is how to measure the run up for a five stride run up for flop:

