

SAFETY CONSIDERATIONS

1. Pole Vault

- A. Landing Area—Check your complete landing area with Rule 7, Section 5, Art. 7 to 14.
 - 1. The edges of the front of the landing pad immediately behind the planting box shall not be placed more than 3 inches from the top of the back of the planting box.
 - 2. The front pad shall be attached to the main landing pad, or encased in a common cover.
- B. Cross Bar
 - 1. The cross bar must be non-metal..
- C. Planting Box
 - 1. The front edge of the box shall not extend above the grade of the runway surface.
- D. Hard and Unyielding Surfaces
 - 1. All surfaces around the landing pit, shall be padded or cushioned with a minimum of 2” dense foam or other suitable material.
 - 2. The space between the stop board and landing pad should also be covered with 2” padded material. (box collar)
 - 3. Gymnastics tri-fold mats are not 2” thick, they are only 1 1/2”. Two would be required.
- E. Upright Standards
 - 1. Standards
 - a. The pole vault standards must be anchored in a way so as to prevent them from tipping over.
 - b. All exposed projections on the base of the standards or uprights must be padded or covered with 2” of padding. Adjustment knobs must be located on the outside of the standards.
 - c. The standards or uprights must be set to position the crossbar from a point 15.5” beyond the vertical plane of the top of the stop board, up to a maximum distance of 31.5” in the direction of the landing surface.
 - d. Cantilevered uprights may be used.
 - 2. Zeroing the Standards
 - a. See the separate handout for this procedure.
 - b. Standards should be zeroed prior to the first meet and a permanent extended line ½ inch wide drawn through the top (zero point) extending 10 ft. on each side of the box.
- F. Pole Used by Vaulters
 - 1. The competitor’s weight shall be at or below the manufacturer’s pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.
 - 2. The competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

PENALTY: Disqualification from event.

 - a. Prior to warm-up the referee or head field judge shall inspect each pole to be used in competition to verify that the poles are legal. This includes checking the placement of top hand-hold band, numerical pole ratings a minimum of ¾ inches in a contrasting color located within or above the top hand-hold band not be on or above the top hand hold band.
 - 1. The pole should be measured. Altering the pole in any fashion renders the pole illegal.
 - 2. If a pole vault competitor wishes to use the pole of another competitor, the owner must give consent. The event judge then must approve the use of the

borrowed pole and verify it is weight appropriate.

- b. It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight. The event judge should record the weight of each vaulter next to their name on the scoring form, as this information has to be readily available to the judge, meet director or the referee as appropriate. If entries are mailed in, this weight should be recorded on the entry form. **THE COACH MUST SIGN THE SCORING FORM VERIFYING THE VAULTERS WEIGHT..**

G. Marks on the Runway

1. Meet management may provide check marks, not more than three inches long, on the runway. Starting at the back of the planting box, mark intervals in the following manner: 6', 7', 8', 9', 10', 11', 12', 13', 20', 30', 40', 50', 60', 70', 80', 90', 100', 110', 120'. Include the mark in the measurement. Meet management may also place a mark on the runway 100 feet from the stop board.

H. Pole Vault Coaching Box. It is recommended that a coaching box be painted on the cover of the landing pad that is 8' deep and 10' wide. The box would start 3'6" back from the back edge of the vault box.

1. The purpose of the coaching box is to serve as a guide to help coaches and athletes make good decisions and performance adjustments.
2. For the safest and most efficient vaulting, vaulters head and shoulders should land inside the box during all drills and competitive jumps.
3. If the head and shoulders are landing outside the rear of the box, then the vaulter needs a stiffer pole to slow their pole speed down. This adjustment is approximately 5 pounds.
4. If the vaulter is landing off to one side or the other with the head and shoulders outside the coaching box, the vaulter needs to lower their grip and learn how to plant and swing in a straight line into the middle of the pad.
5. If the vaulter is landing with his/her head and shoulders in front of the coaches box, they need to lower their grip and perhaps go to a slightly softer pole that meets rule requirement

2. High Jump.

A. Landing Pad—Check your complete landing area with Rule 7, Section 4, Art. 3 to 6.

1. The rule requires 2-inch thick padding for all surfaces extending out from under the sides and back of the landing pad with padding similar to the pole vault. All areas around the landing pad will be padded as specified for the pole vault. Again, the width of the padding should be what a prudent person would choose.

B. Upright Standards

1. Adhesive tape, chalk, or paint should be used to mark the location of the standards. They cannot be moved during competition.

C. The Crossbar

1. Only a non-metal square, triangular, or circular crossbar may be used.

3. Throwing Events

A. Discus protective cage—See Appendix A, page 83 of the Rules Book.

1. Can be portable or permanent
2. Should be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.

B. The Shot put Stopboard

1. When converting from the 60 degree sector to the 34.92 degree sector the stop board must be clearly marked (permanently) to delineate the sector lines.

C Safety Considerations

1. The landing sector must be corded off with rope, fence, or flags placed well outside the sector lines (30 feet--discus, 20 feet--shot put) and as far as competitors in the competition may throw. Within the 34.92 degree sector **DO NOT** move the safety

- rope, flags or fence in. Do not bring the spectators any closer to the landing areas.
2. Spectators must be located behind the throwing area or a safe distance behind the marking judges. Spectators must never be allowed within the range of an implement reaching the landing area.
 3. It is recommended that the end of the cage should be within 4 to 5 feet from the section line. **NOTE: With 34.92-degree sector, the cage must be altered to meet these specifications.**
 4. Practice throws without the supervision of an official or coach shall not be allowed. . EVENT CLOSED signs should be used. Event judges should report a minimum of 60 minutes prior to the start of an event.
 5. A trial may not be initiated until the event judge indicates that the landing area is clear and the marking judges are ready.
 6. During both practice and competition, implements must be carried outside the sector and returned to the throwing area. (never thrown back)
 7. Once competition begins, competitors awaiting their turn shall not be allowed to throw implements in any other location.
 8. At the conclusion of the event, no further practice shall be allowed. All implements shall be removed from the area.

Work/boys/track/rules meetings/safety considerations-08
Updated 12/26/07