

SDHSAA POLE VAULT  
WEIGH-IN PROCEDURE & INSTRUCTIONS  
UPDATED: MARCH 2017

Beginning with the 2017 SDHSAA Track & Field Season, it is now a prerequisite to participation that all competitors in the pole vault be weighed-in prior to competition. This weigh-in may take place either on-site at the event, or earlier in the day of the event at the student's school. Specifically:

HOME WEIGH-INS:	ON-SITE WEIGH-INS:
<ol style="list-style-type: none"> <li>1) Athletes may weigh-in to certify their weight prior to a day's competition at home. This weigh-in must be conducted in the presence of their coach and a local administrator.</li> <li>2) Weigh-ins should be conducted on a properly calibrated (not necessarily certified) scale.</li> <li>3) Official weights should be recorded on the SDHSAA Pole Vault Weigh in form, located on the SDHSAA website.</li> <li>4) This form must be signed by the athlete's coach certifying the weights, as well as the school administrator who helped with the weigh-in process. Administrator could include principal, superintendent, athletic director, or assistant to any of those positions.</li> <li>5) Weigh in form must then be presented to the event judge on site when poles are being checked-in as well.</li> <li>6) The event judge shall record the official weights of the athletes on his/her event card next to each individual entry.</li> </ol>	<ol style="list-style-type: none"> <li>1) Athletes may weigh-in to certify their weight prior to a day's competition at the site of the meet. Weigh-ins may be administered by the weighmaster, meet director, or their designee and must be in the presence of the athlete's coach.</li> <li>2) Weigh-ins should be conducted on a properly calibrated (not necessarily certified) scale.</li> <li>3) Official weights will be recorded by the meet official on the SDHSAA Pole Vault Weigh In form, located on the SDHSAA website.</li> <li>4) The coach must also sign off on the form to certify his/her athlete's weights.</li> <li>5) This weigh-in form must then be presented to the event judge on site when poles are being checked in.</li> <li>6) The event judge shall record the official weights of the athletes on his/her event card next to each individual entry.</li> </ol>
<ol style="list-style-type: none"> <li>7) To verify that an athlete is using a proper pole, the event judge should, prior to each attempt, verify the weight rating of the pole meets or exceeds the weight of the competitor as they step on the runway after their name has been called for an attempt. Any athlete who enters the runway with a pole rated below their daily weight shall not attempt the vault and instead be given a "foul" for that attempt.</li> </ol>	

Other FAQ's on the process:

- Athletes are free to weigh in wearing a minimum of suitable undergarments. This includes a minimum of compression shorts/boxers/bottoms for male competitors, and a minimum of sports bra/tanktop and bottoms for female competitors. Athletes do not need to wear their uniform, competition gear, helmets, shoes, socks, etc., when weighing in if they do not choose to do so. Ultimately, the removal of these items will only increase the weight of the competitor and do not harm the purpose of this process.
- It is the responsibility of meet management to ensure that a weigh-in opportunity exists on site for meets that will feature the pole vault. If the desire is to have all athletes weigh-in at home prior to competition, that is allowable, but should be communicated a minimum of 48 hours in advance to the participating schools' coaches and AD's.

- There is no factor of allowance for athletes weights. For example, an athlete who weighs in at 150.2 pounds would not be eligible to use a pole rated at 150# or lower – they would have to go to a stronger pole.
- “Re-weighs” are not permitted. Once an athlete steps on the scale for their recorded weight, either at home or on site, the weight recorded remains official for that day of competition.

SDHSAA Official POLE VAULT Weigh-In Form of Record  
Please Complete this form in its Entirety

This form is to be used by schools to record the results of a weigh-in either at their home school or the host site of an event. This form must be filled out in its entirety and presented to the Event Judge prior to that day's competition. The name and weight of each vaulter must be included. Event Judges shall verify before each attempt that the vaulter is using a pole that is rated properly for that individual athlete. Should an athlete attempt to use a pole that is "too light" for their weight, a foul will be recorded for that attempt.

Name of High School:	
Name of Event:	

Event Location:	
Event Date:	

COMPETITOR'S NAME:

COMPETITOR'S RECORDED WEIGHT:

Please sign below to attest to the information above being accurate:

School Administrator:	
Head Coach:	
Host-Site Administrator: (For On-Site Weigh-Ins)	