

# Louisiana High School Athletic Association

12720 Old Hammond Hwy. Baton Rouge LA 70816

225-296-5882 Fax 225-296-5919

**To:** Principals, Athletic Directors, Track & Field Coaches  
**From:** Keith Alexander, LHSAA Assistant Commissioner  
**Date:** January, 2014  
**Subject** **LHSAA RULES FOR THE POLE VAULT EVENT – INDOOR & OUTDOOR TRACK**

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The LHSAA issues the enclosed rules for implementation in the pole vault event. National Federation Track & Field Rules 7-5-3; 7-5-4; and 7-5-5 in the pole vault require important and necessary modifications in the conduct of the event. State High School Associations may exercise their authority to require a stricter enforcement of these rule changes. LHSAA coaches and officials must comply with and enforce all National Federation and State LHSAA rules. Failure to do so may jeopardize the safety of the event.

1. **Verification of Weight**

All coaches of high school track and field teams are required to present written verification to the starter-referee listing the current weight of each student pole vaulter prior to each high school meet. Such verification is to be recorded on an official **pole vault event card** appropriately designed with a space for the listing of the vaulter's weight plus the signature/initials of the coach. The pole vault event card is an **official record**.

- a) **Dual Meets** - Each school shall enter competitors on their own event cards i.e. entrants from two or more schools should not be on the same entry card. Each school will be responsible for retaining a permanent file of the event cards in the office of its athletic director.
- b) **Invitationals, District Championships, Regional Championships, State Championships** - All entrants may be listed on a single event form and coaches are required, at check-in time, to enter the current weight for each vaulter, and place their initials on that official event form. The meet director is responsible for retaining the event form as an official record on permanent file.

2. **Inspection of the Poles - Penalty for Violation**

- a). When the athlete checks in at the event, the pole vault event judge and/or the starter-referee will inspect the poles of each student vaulter to compare the signed, official pole vault event card (which lists each vaulter's current weight) against the numerical pole rating of all poles to be used by that student-vaulter. The above inspection shall be completed in order to approve each vaulter for subsequent practice vaults and official vaulting attempts. **Athletes who violate National Federation rule 7-5-3 which requires a vaulter to use a pole rated at the vaulter's body weight, or above, will be disqualified from the pole vault event.**

**NOTE:** *The LHSAA is not suggesting the event judge check the pole weight rating for every jump taken, but the judge spot check the pole during warm-ups and competition for adequate compliance. It is further clarified that should an athlete be disqualified, it would be a disqualification from the pole vault event only and not from the meet itself.*

- b). The pole vault event judge and/or starter referee may periodically check the poles of each student vaulter during practice or official vaulting attempts to insure: 1) the proper placement of a top hand-hold band 2) the numerical pole ratings in one-inch numerals above the top hand hold band and the proper binding of not more than two layers of adhesive tape of uniform thickness. The binding should not be on or above the top hand hold band.
- c). 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.(7-5-3).

**Remarking of Older Poles:**

*When the etching or printing listing the manufacturer's pole rating is no longer clearly visible, the pole may be remarked for possible use provided the pole has been reflexed according to the original manufacturer's specifications. The poles' numerical rating must be clearly marked according to National Federation rule specifications.*

3. **Safe Handhold Zone - LHSAA Penalty for Violation**

The top of the safe handhold zone shall be clearly marked with a one-inch circular band around the pole in contrasting color (National Federation Rule 7-5-3).

*When checking for compliance, the one-inch circular band marking the top of the safe handhold zone must be "clearly visible" after the vaulter places his/her hand next to that band.*

## POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the Pole Vaulter's Weight Verification Form listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's Office prior to a pole vaulter's first interscholastic competition.

School \_\_\_\_\_

<u>Rating</u>	<u>Name of Vaulter</u>	<u>Weight*</u>	<u>Pole</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

\*Includes full competition uniform and footwear

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

### NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

Rule 7-2-21: Forearm covers may be worn to prevent injuries and competitors may also use chalk or an adhesive or similar substance such as rosin directly on the pole during competition.

Rule 7-5-3: 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 hand hold position; a one-inch circular band indicating the maximum top hand hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the schools' pole vaulters meet these requirements. It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his or her weight.

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 3/4-inch marking in contrasting color on each pole.(7-5-3).
2. Each state association shall determine its own procedure regarding coaches' verification.

Rule 7-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his or her weight during warm-up or competition. NOTE: Alternating the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

Rule 7-5-5: Prior to warm-up, the field referee, head field judge or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment as per Rule 7-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of 3/4 inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top handhold band.

Rule 7-5-29h: It is a foul if the competitor grips the pole above the top handhold band.



