

HIGH JUMP

SCISSORS

The scissors leads naturally into the flop – bad scissors habits become bad flop technique. It is important young jumpers learn and master the scissors before starting on the flop. (Scissors jumps are an important part of experienced jumpers' flop training.)



1. Measure a 5-stride run up – any longer is inefficient. (Some may want to go to 6 paces – if so, let them) The jumper should be running their fastest at take off, not half way through the run up as happens with the long runs favoured by young jumpers.
2. Run up approximately 30° angle to the bar.
3. Take off mid-way between centre of bar and nearest upright, which means the jumper clears the bar at its mid-point.
4. Ensure take off foot is in front of hip and hip is ahead of shoulder.
5. Develop strong drive UPWARDS of lead (inside leg).
6. At the same time there must be a strong upward drive of arms.
7. Develop an accelerating run up with feet rhythm of ONE TWO ONE-TWO-THREE. First two strides relaxed, final three fast. (Or, with 6 paces: ONE ... TWOTHREE-ONE-TWO-THREE.)
8. Ensure jumper does not lean in towards bar.

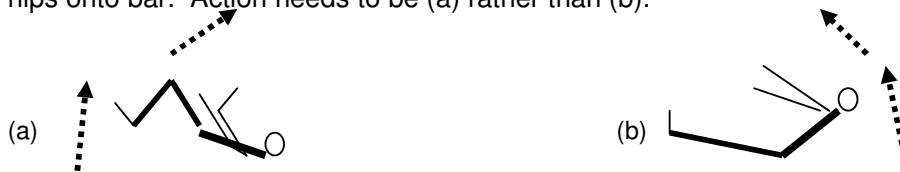
THE FLOP

The flop is a progression from scissors. Important aspects to watch are:

1. Run up is accurate (see next page)
2. Athlete is in control throughout run up, i.e. is not trying to go too fast and losing co-ordination and technique.
3. Run accelerates in pace.
4. Run up is "J" shape and curve retains the arc (see next page).
5. Take off foot must be ahead of knee and hip, with hip ahead of shoulders.
6. Lead (inside) leg has knee ahead of foot and is driven vigorously upwards with knee driven across the body towards the opposite shoulder.
7. Take off foot should be pointing INSIDE the far upright, i.e. avoid having foot parallel to bar.



8. At take off jumper should be eyeing the bar upright with eyes looking along the bar at clearance – do not look down at mat.
9. Take off foot is dragged back under the body, raising the hips and accentuating the curve of the body. (note picture previous page and next page).
10. Avoid reaching over bar with inside arm or leaning towards bar – force must be vertical, not lateral. When take off foot hits ground arms should be low, when take off foot leaves ground arms should be high – i.e. drive arms and lead leg vigorously up.
11. When hips are over the bar the feet are raised up to clear bar. Watch for and correct any tendency for jumper to raise torso from waist, which puts them in a pike position and lowers hips onto bar. Action needs to be (a) rather than (b).

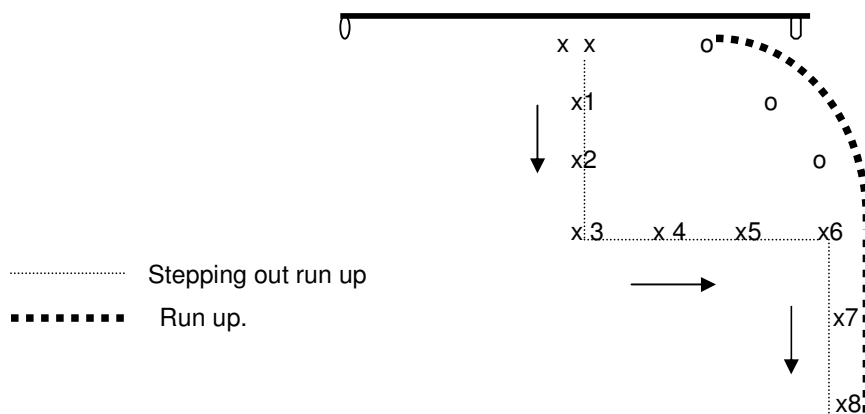


THISnot THIS

Progression from scissors is taught by:

1. Back flips – make sure jumper lowers hip, drives heels back under body.
2. Polish twists – feet point straight ahead at take off, no anticipating the turn.
3. Jumps with lead knee driving across body, creating turn in air.
4. Running in arc to get used to inwards lean.
5. Practise run up, particularly the ONETWOONE..TWO..THREE rhythm.
6. Practise hitting second check mark accurately.
7. At practise concentrate on one aspect at a time before moving onto the next. Jumper should concentrate on the one skill being practised, get that right then progress.

MEASURING 5-PACE HIGH JUMP RUN UP FOR FLOP.



(see notes next page ...)

1. Start in centre of bar with back to bar approx half an arm length out from the bar. Take three large strides straight out. (To x3)
2. Take three large paces parallel to the bar to the side the jumper jumps from – when facing away from the bar left footed jumpers turn to the left, right footed jumpers to the right. Mark the spot at x6.
3. Take two paces straight back and mark the spot (x8)
4. Run up is a “J” shape, NOT a “C” or opened up “L”.
5. On the run up start at x8 with feet together. First step is with take off foot. Run the two paces to the mark at x6, staying in control and with relaxed, accelerating rhythm.
6. Outside foot (for left footed jumpers this is the right foot) must land beside the x6 mark.
7. Next three paces are on a curve, taking the jumper to take off position.

Important that the jumper hits the mark at x6 – this is the key to arriving at correct take off position. First two paces are relaxed, final three paces fast.

Run up rhythm is ONETWOONE..TWO..THREE.

It is important that the run up is on a curve and the athlete is leaning in towards the centre. The change in direction from straight-ahead to curve (at x6) must not be a side step. Look for the feet pointing in the direction the athlete is running at all times, i.e. no crabbing, no side step. And make sure the curve is a full quarter circle with an appropriate arc.

When the jumper gets accomplished and confident the run up can be increased to 3 paces out, three paces to the side and four paces back to give a seven pace run up.



BASIC RULES

- Take off must be from one foot. (No diving or forward rolls).
- Knocking the bar off, knocking the uprights over or touching the ground or landing area beyond the plane of the uprights (both between and outside the uprights) without first clearing the bar is a failure. However, if a jumper touches the mat with his foot while jumping and the judge believes no advantage is gained, it is not counted as a failure.
- A jumper is out after three failures. These do not have to be at the same height, so a jumper can miss twice at one height then pass to the next height.
- Jumpers do not have to jump at every height. 2cm is the minimum the bar can be raised each round. However, if there is only one competitor left he or she can nominate the height, including 1cm increases.
- Ties: the jumper with fewest attempts at the tying height is placed higher. If tie still remains the jumper with the lowest number of failures throughout the competition shall be awarded the higher place. If there is still a tie and it involves first place, there should be a jump off with athletes given one attempt at the height they missed at. If all are successful the bar goes up 2cm and jumpers given one more attempt each. If result not determined the bar is lowered 2cm and each has one more attempt. This continues until the winner is found. There cannot be a tie for first place (hence the jump off) but all other places can have a tie.

