

## 2025 HIGH JUMP RULES COMPARISON

GOVERNING BODY	WA	USATF	NCAA	NFHS
<b>MARKS ON APPROACH</b>	2 Markers max. No Indelible Marks, Chalk	2 Markers max. (3-Youth) No Indelible Marks, Chalk	2 Markers 7 X 15 cm max. not within 2 m of standards	ALLOWED
<b>SHOE RESTRICTIONS</b>	SOLE 20 mm max. SPIKES 12 mm, 25 Non-Syn	SOLE 20 mm max. SPIKES 12 mm, 25 Non-Syn	HEEL 19 mm SOLE 13 mm SPIKES 12 mm, 25 Non-Syn	Shoes must be worn No aids
<b>DISTANCE BETWEEN UPRIGHTS</b>	4.00-4.04 m 10 cm min. to landing area	4.00-4.04 m 10 cm min. to landing area	4.00-4.04 m	12' Minimum
<b>LANDING SURFACE</b>	6 m x 4 m x 0.7 m	6 m x 4 m x 0.712 m	4.88 m x 2.44 m x 66cm	4.80 m x 2.40 m x 60cm 16' x 8' x 24"
<b>CROSSBAR LENGTH</b>	3.98-4.02 m	3.98-4.02 m	3.98-4.02 m	3.66 - 4.52 m 12'-14'10"
<b>LATE ARRIVAL AFTER COMPETITION STARTS</b>	START AT CURRENT HEIGHT IF ENTERED	START AT CURRENT HEIGHT IF ENTERED	CAN'T JUMP	CAN'T JUMP
<b>PASSES</b>	PASS HEIGHT	PASS HEIGHT	PASS ATTEMPT	PASS ATTEMPT
<b>JUMPER LEAVES GROUND BUT DOES NOT COMPLETE JUMP</b>	ALLOWED	ALLOWED	ALLOWED	ALLOWED
<b>5 ALIVE SYSTEM ABANDONED</b>	NOT USED	NOT USED	NOT USED	Fewer than 9 at height
<b>LOWERING BAR AFTER COMPETITION STARTS</b>	NOT ALLOWED EXCEPT TO JUMP OFF FIRST PLACE	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED
<b>PRACTICE TRIALS AFTER COMPETITION STARTS</b>	NOT ALLOWED	NOT ALLOWED EXCEPTS for MASTERS/YOUTH	1.5 MINUTES/JUMPER ALLOWED AFTER ONE HOUR at ENTRY HEIGHT w/o crossbar	1 JUMP AFTER 3 CONSECUTIVE PASSED HEIGHTS AT ENTRY HT. w/o crossbar
<b>ELECTRONIC DEVICES IN COMPETITION AREA</b>	NOT ALLOWED (may view outside competition area)	NOT ALLOWED (may view outside competition area)	NOT ALLOWED (may view outside competition area)	NOT ALLOWED except in coaches boxes
<b>TIME RULES</b>				
<b>4 OR MORE JUMPERS</b>	1 MINUTE*	1 MINUTE*	1 MINUTE*	1 MINUTE*
<b>2-3 JUMPERS</b>	1.5 MINUTES	1.5 MINUTES	1.5 MINUTES	3 MINUTES
<b>1 JUMPER IN COMPETITION</b>	3 MINUTES	3 MINUTES	3 MINUTES if winner	5 MINUTES if winner
<b>CONSECUTIVE JUMPS</b>	2 MINUTES	2 MINUTES	2 MINUTES within height	2 MINUTES within height
<b>COMBINED EVENTS-4 or more</b>	1 MINUTE*	1 MINUTE*	1 MINUTE*	1 MINUTE*
<b>COMBINED EVENTS--2 OR 3</b>	1.5 MINUTES	1.5 MINUTES	1.5 MINUTES	3 MINUTES
<b>COMBINED EVENTS--1 JUMPER</b>	2 MINUTES	2 MINUTES	2 MINUTES	5 MINUTES
<b>COMBINED EVENTS CONSECUTIVE * or if first attempt in competition</b>	2 MINUTES	2 MINUTES	2 MINUTES	2 MINUTES
<b>BAR RAISE INCREMENTS</b>	Minimum 2 cm	Minimum 2 cm	3-5 cm	Not Addressed
<b>FIRST INCREMENT</b>	Not Addressed	Not Addressed	5 cm	Not Addressed
<b>COMBINED EVENT INCREMENT</b>	3 cm	3 cm (5 cm-Youth)	3 cm	Not Addressed
<b>TIE BREAKER INCREMENTS</b>	2 cm	2 cm	2 cm	1 inch (2 cm)
<b>TIME EXPIRATION WARNING METHOD</b>	At 15 seconds left Raise Yellow Flag	At 15 seconds left Raise Yellow Flag At end, lower flag	At 15 seconds left Raise Yellow Flag At end, lower flag	At 15 seconds left Give verbal warning or signal
<b>SCORING SYMBOLS</b>				
<b>CLEARED / FAILED / PASSED</b>	O / X / — (dash)	O / X / — (dash)	O / X / — (dash)	O / X / — (dash)

Prepared by John F. Shirey, Pacific Association, 1/21/2025