

(Page 2 of 2)

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

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 $\frac{3}{4}$ -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.

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. **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 $\frac{3}{4}$ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of not more than two layers of adhesive tape of uniform thickness. The binding shall not be on or above the top handhold band.

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

Questions and Answers:

Q: How often should a pole vaulter be weighed-in in order to comply with the NFHS Track and Field Rule 7-5-3?

A: At a minimum, actual weight for each vaulter should be recorded at the beginning of each week of the season. The Head Coach or any other school administrator should be present to verify this actual weight.

Q: Who has the responsibility to record each pole vaulter's actual scale weight on the Pole Vault Verification Form?

A: The Head Coach has the responsibility to verify that the weight listed accurately reflects the pole vaulter's actual weight on the day of competition.

Q: Can individual leagues/districts create Standard Operating Procedures to require that pole vaulters weigh-in at the site prior to the competition?

A: Each league/district has the authority to create Standard Operating Procedures that are required of all league members as long as those procedures are not less restrictive than NFHS or OSAA rules.

Q: Who is allowed to "re-mark" poles with the appropriate designations?

A: Only the pole's original manufacturer or manufacturer representatives are allowed to "re-mark" poles that may have lost or otherwise have become unreadable. All poles must be clearly identifiable in order to be used in practice or competition.

Q: Do manufacturers differ on how high the hand hold is placed and the locations and designation of the pole ratings?

A: Yes, manufacturers differ on how the locations of the maximum hand hold and pole ratings are designated. Pole ratings are sometimes etched into the fiberglass while others use a colored label as an indicator. Maximum hand hold positions on poles also vary by manufacturer. Questions about proper marking locations and pole ratings should be directed to the pole's manufacturer.