

POLE VAULTERS' WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS:

Member schools will be required to process the Pole Vaulters' Weight Verification Form listing each student participating in the pole vault event. ***This form is to be on file in the Activities Director's Office prior to a pole vaulter's first interscholastic competition.***

SCHOOL:

| | Name of Vaulter | Vaulter's Weight* | Pole Rating Weight |
|----|-----------------|-------------------|--------------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |

* Includes full competition uniform and footwear.

Date _____ Signature of Principal _____

Date _____ Signature of Activities Director _____

Date _____ Signature of Coach _____

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

Rule 7-5-2: **The vaulting pole** may be of any material and of any length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.

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 handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters meets these requirements.

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

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