



## Pole Vault Coaching at a Meet

### Safety:

- Never let go of the pole
- Don't land on your feet in the pit
- Gradually raise grip
- Don't leave poles on the ground
- Transport poles in a hard case
- At the meet, look for: standards to be set up correctly (zero'd), exposed concrete that needs to be covered, box collar around the box and not over it.

### Steps:

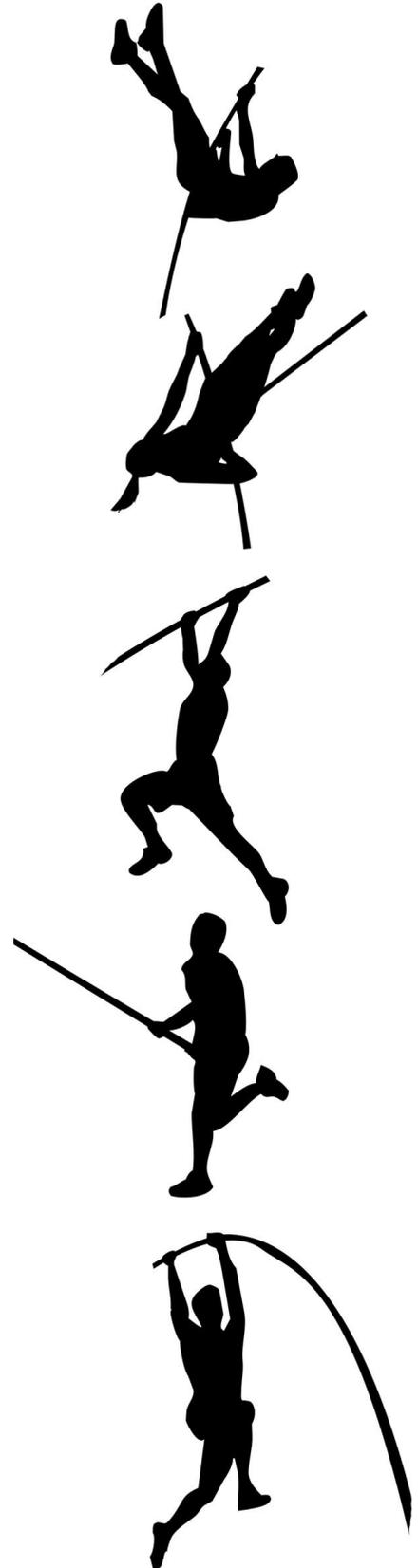
- On: Take off foot is directly under the vaulter's top hand
- Under: Take off foot is in front of the vaulter's top hand
- Out: Take off foot is behind the vaulter's top hand
- Adjust athlete's starting point accordingly

### Standards:

- They range from 18"-31.5"
- Generally we want vaulters somewhere between 24"-31.5"
- Move standards up if the vaulter is coming down on the bar
- Move standards back if the vaulter is blowing into the bar
  - Helpful hint: On the athlete's third jump, they typically have more adrenaline and they run harder... move standards back a couple of inches.

### Pole Selection:

- Raise Grip- pole moves quickly past vertical and if the athlete is deep into the pit
- Get a bigger pole (in weight)- if the pole looks like a wet noodle



- Lower Grip- athlete is not getting into the pit, pole not making it to vertical
- Get a smaller pole (in weight)- the pole stands the athlete up, hits athlete at take off

## General Pole Vault Rules:

- Each vaulter gets 3 attempts at a bar.
- Athletes can pass to any height they would like to “come in at”
  - Helpful hint: A general rule of thumb is come in 1.5 feet below your best jump
- If an athlete has “passed” 3 consecutive bars, then they get 2 minutes (per vaulter) of warm up prior to their opening height.
- Each vaulter is allotted 1 minute to complete their attempt.
  - If there are only 2-3 vaulters left then they get 3 minutes.
  - If there is only 1 vaulter left, they get 5 minutes.
- Fouls:
  - If the vaulter knocks the bar down.
  - If the vaulter runs onto the pit
  - If the vaulter comes off the ground in an attempt.
  - After 3 consecutive fouls, the athlete is out of the competition
- The vaulter with the highest clearance wins
  - If there is a tie in highest clearance, then you look at the number of misses at the winning height. The win goes to the vaulter with the least amount of misses.
  - If there is still a tie at the number of misses a vaulter took at the winning height, then you look at the total misses in the competition to determine the winner.

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