



It's OVER

Track and Field Rule Change for 2020 Season

- ❧ National Federation of High School –
- ❧ Track and Field Rule 6-2-6 has been amended to prohibit athletes from running backwards in the opposite (non-legal direction) during warm-ups on horizontal jumps, pole vault and javelin runways

What this means?



NO MORE
RUNBACKS
IN WARMUPS

WHY?



✧ Because of the danger of collisions when an athlete is running the wrong direction on a runway, into the often congested starting end. This is particularly true in Pole Vault, where serious injuries have occurred when athletes can be hit by poles.

High Jump?

❧ High Jump is NOT included in this rule, and athletes may continue to “run back” steps in that event.

How To Get Steps



- ✧ Getting “steps” for long jump and pole vault needs to be a “practice” thing, not just a “meet” thing.
- ✧ Getting accurate steps for either event is basically the same
- ✧ A system for “getting steps” accurately can be learned in practice, then applied at a meet
- ✧ There is no need to “run back” either in practice or at meets – EVER!!

Reasons not to Run Back



- ✧ It's now illegal at meets
- ✧ It was always a safety issue
- ✧ Running back a runway makes all of the conditions reversed – wind, runway elevation changes, etc.
- ✧ You need a better system that gives you an accurate and consistent way to know your steps

The System



❧ Step One

- ❧ Go onto the track – chalk a “Box”
- ❧ Measure back from the box – mark takeoff step
- ❧ Continue to measure back from the box/board – mark off foot measurements from 50 to 100 feet

The System



☞ Step Two

- ☞ Know how many “takeoff foot” steps you take
 - ☞ Beginning vaulters usually are at five takeoff steps
 - ☞ Intermediate and better are at seven, eight or nine
 - ☞ Few vaulters are beyond nine takeoff steps

The System



- ↪ Step Three
- ↪ New Vaulters – for each takeoff step – add 8'
- ↪ HS Girls Vaulters – for each step – add 10'
- ↪ HS Boys Vaulters – for each step – add 12'

The System



- ✧ Using that measurement – have the athlete start at the appropriate mark. They then run their approach, attempting to plant/jump in the marked box on the track
- ✧ The coach catches the appropriate takeoff step wherever it lands (5th for a five-step, 6th for a six-step, etc.)
- ✧ Measure the difference from the correct takeoff step to the actual takeoff step
- ✧ Adjust the starting position accordingly

The System



- ❧ So let's try an example. Jimmy is a high school sophomore. He has vaulted for a couple of years, with a best of 11'. Jimmy is right-handed and uses a 7 left (takeoff foot) approach. Jimmy takes off from the 10' mark.
- ❧ Move Jimmy to the 84' mark. Jimmy does his first approach, and his seventh left hits at the 14' mark from the box.
- ❧ Move Jimmy to the 80' mark and try again.
- ❧ Doing this several times, and as long as Jimmy is consistent with his steps, he should hit the 10' takeoff mark.

The System



- ☞ Once a consistent measurement is established, transfer the measurement onto the runway
- ☞ Do a run-through the correct direction into the pit, not vaulting - Coach catch the takeoff step
- ☞ Do this a few times. As long as the the step is consistently in the same place, make the the necessary adjustment to the starting mark
- ☞ Complete an actual vault. Continue to catch takeoff step. Make adjustments if the takeoff step is consistently off.

The System



- ↻ Vaulter inconsistent – can't keep steps straight?
- ↻ Proceed to the next section – how to get a consistent step!!

COUNTING!!!

consistent run - counting system

*NOTE - Count the "Takeoff Foot" - a 7 step approach is
7 takeoff steps - a total of 14 foot falls*

counting system insures a repeatable rhythm

1. Start beginning vaulters at 40' - work on consistent steps
2. As they get consistent -and learn to count - move them to 5 takeoff steps
3. As they improve - move back to 7 step
4. Most HS vaulters - 7 step approach - some 8 (9 is unusual)
5. Collegiate and professional - 8- 10 step approach

Using 3-2-1's as a counting system - improves rhythm

a seven step approach using three' s would go:

3-2-1, 3-2-1, flat flat (increasing in tempo through the 3' s)

an eight step approach using three' s would go:

1, 3-2-1, 3-2-1, flat flat

(increasing in tempo through the 3' s)

Counting on the Runway

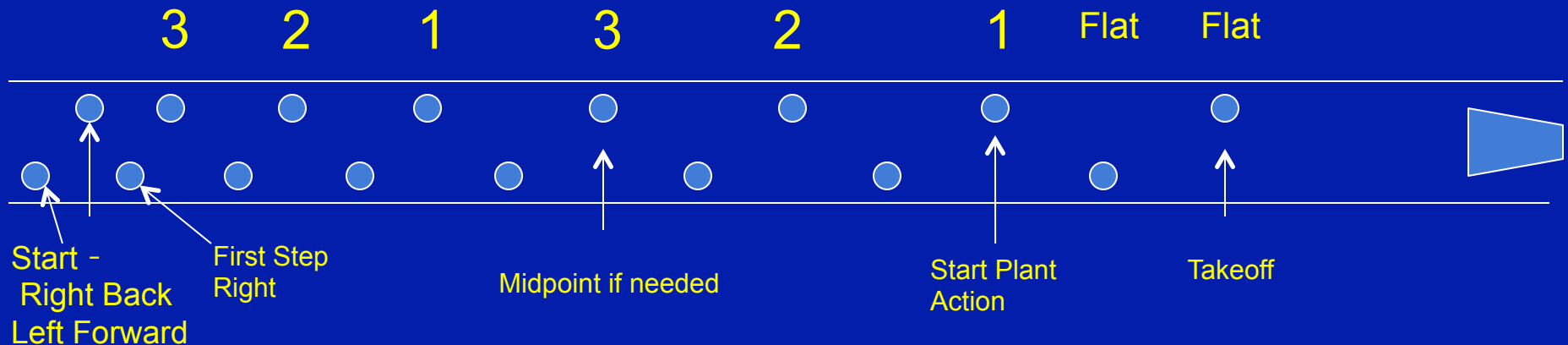
Counting Takeoff Steps - in Sets of 3 for a seven step approach

Start with drive foot back takeoff foot forward

First step is with drive - then count takeoffs

Penultimate and Takeoff steps are FLAT/FLAT

to increase quickness of takeoff action and
set up high hip position



Note - Right Handed Vaulter counts Lefts

Note- Left Handers will count Rights

Note - Drive and accelerate from the first step

avoid walk in's - hops - all make it harder to stay consistent

Still having trouble?

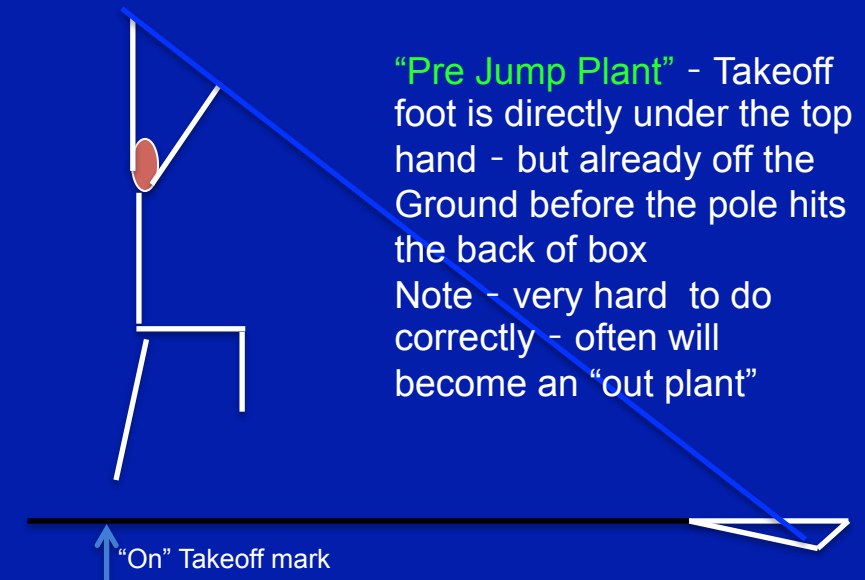
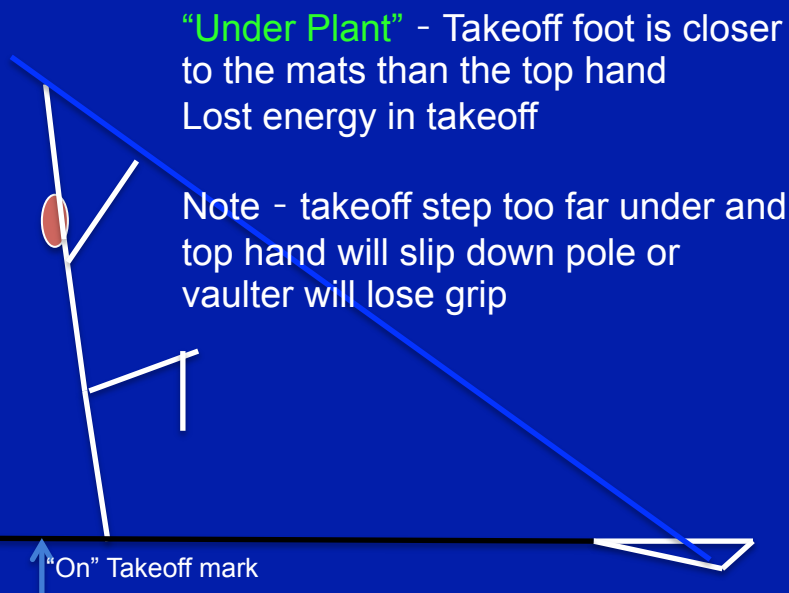
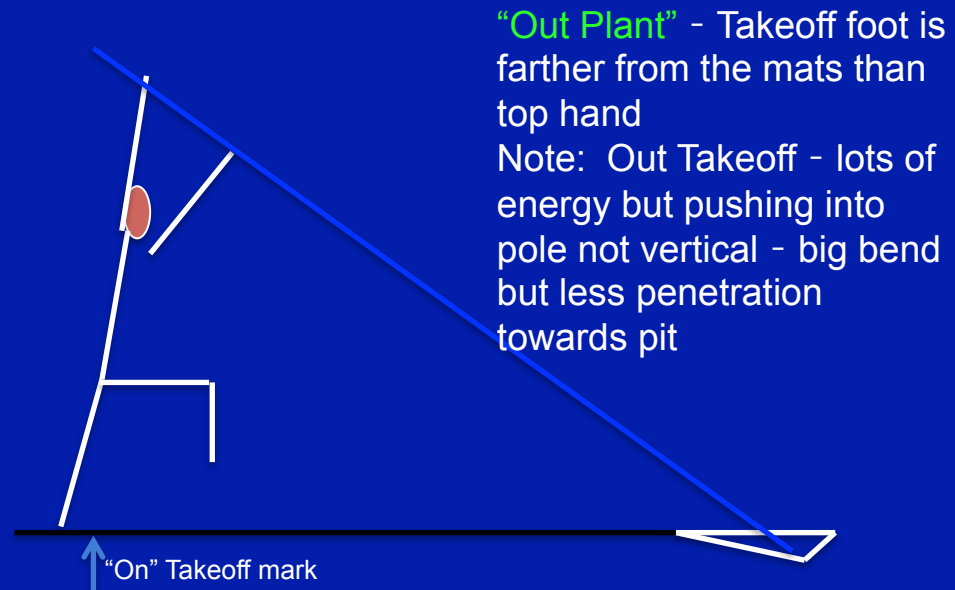
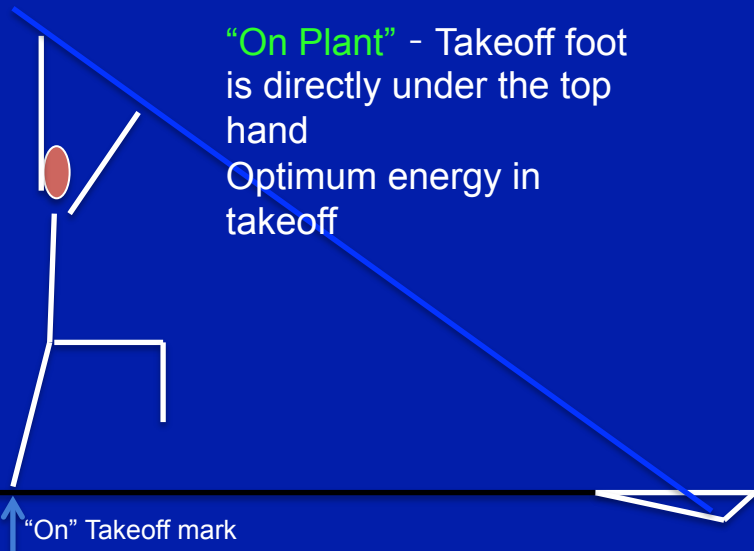
- On a six takeoff step or longer approach
 - working on the track “chalk” box:
- Catch the third takeoff step, and the final takeoff step
- When the takeoff step is correct mark the third step as well - that is the midpoint

Using the Midpoint

- Using a midpoint allows for a more consistent run if the vaulter is having trouble.
- You cannot (by Rule) put a mark on the runway - but you can place one beside the runway
- The Vaulter runs through the mark, adjusting the step to be on the midpoint
- The vaulter only needs to maintain step and rhythm for four takeoff steps - most can do that.

Adjusting the Midpoint

- If a vaulter is consistently under, move the midpoint (and starting point) back the distance that they are under
- Do the reverse if they are out



Questions????

- Check out Pole Vault Safety Presentation on www.ohiopolevault.wordpress.com
- *Lots of good pole vault info there*
- Contact me!! - Marty Dahlman
- dahlman@aol.com