



Oregon School Activities Association
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February 18, 2009

To: Athletic Directors and Head Track Coaches
From: Brad Garrett, Assistant Executive Director
Subject: NFHS Track and Field Rule 7-5-3

NFHS Track and Field Rule 7-5-3 requires that each state association have a verification procedure in place to ensure that all athletes entered in the Pole Vault competition participate using a pole with a weight rating at or above the athlete's actual weight.

In order to comply with this rule the OSAA will require that all member schools complete and submit an OSAA Pole Vault Verification Sheet to the Meet Referee/Starter or Pole Vault Event Judge prior to the start of warm-ups for any Pole Vault competition in which an athlete is representing your school. Host schools are responsible to retain all verification sheets for one year.

When the athlete checks in at the event, the Meet Referee/Starter or Pole Vault Event Judge will inspect the poles of each participant to compare the signed, OSAA Pole Vault Verification Sheet against the numerical pole rating of all poles to be used by that participant.

The above inspection shall be completed in order to approve each vaulter for subsequent practice vaults and official vaulting attempts. Participants who violate National Federation rule 7-5-3 which requires a vaulter to use a pole with a weight rating at or above the athlete's actual weight will be disqualified from the pole vault event.

The OSAA is not suggesting the event judge check the pole weight rating for every jump taken, rather that the judge spot check the pole during warm-ups and competition for adequate compliance. It is further clarified that should an athlete be disqualified, it would be a disqualification from the pole vault event only and not from the entire meet.

The Meet Referee/Starter or Pole Vault Event Judge may periodically check the poles of each participant during practice or official vaulting attempts to insure:

1. The proper placement of a top hand-hold band
2. The numerical pole ratings located above the top hand hold band and the proper binding of not more than two layers of adhesive tape of uniform thickness. The binding should not be on or above the top hand hold band.

Note A: Events involving multiple teams can list participant's information (Name, Weight, Pole Rating) on a single form provided that coaches are required to verify the information prior to the start of competition.