

USATF-MONTANA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBERS

Coaches will be required to complete the **Pole Vaulters' Weight Certification Form** listing each athlete participating in the pole vault event. The head coach must verify, on the day of the meet, the weight of each contestant and the proper ratings of all poles to be used by each contestant. This form must be completed and presented to the Head Pole Vault Official prior to the start of warm-ups, on the day of competition.

Club Name: _____

Name of Vaultler	USATF Members Number	Athlete's Weight *	Pole Rating
1.			
2.			
3.			
4.			
5.			
* Includes full competition uniform and footwear			

Date:	
Print Coaches Name:	
Coaches Signature:	-----

USATF meet directors reserve the right to use this form to compare the manufacturer's pole rating and the weight of each vaulter.

Safe pole vaulting practices include:

Athletes....

1. Should always compete with the proper equipment.
2. Are prohibited from switching poles during competition unless certified for that pole.
3. Should not compete when suffering from an illness or any other ailment or when overtired.
4. Must continually inspect their pole for stress cracks, chips, etc. which might cause it to break during competition.
5. Must refrain from jumping when weather or other conditions might lead to an accident.
6. Must continually check the landing surface, planting box, and standards to ensure that they are in proper shape and/or adjustment.
7. Should not attempt heights for which they are not practiced at or in condition to jump for.

Note To Athletes, Coaches, Officials and Meet Administrators:

The following are rules and regulations relevant to pole vault safety:

Rule 7-5-2: The vaulting pole may be of any material and of any length and diameter. It may have binding of layers of adhesive tape of uniform thickness on the grip end. The plant end of the pole may be protected by 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 the competition the coach must verify that all of the club's pole vaulters meet these requirements.

Note: Etchings, serial numbers, etc. that appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole.

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/her weight, or any equipment that is not legal during warm-up's or competition. **Altering the pole** in any fashion renders it illegal...**Penalty:** Disqualification from the event.

Rule 7-5-5: Prior to warm-up, the field referee, head field, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3. This includes checking the placement of a top handhold band, numerical pole ratings a minimum of 3/4-inches in a contrasting color located within or above the top handhold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top handhold band.

Rule 7-5-23: A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate. **Penalty:** Disqualification from the event.

Rule 7-5-29h: It is a foul if the competitor grips the pole above the top handhold band. **Penalty:** An unsuccessful trial is charged, but not measured.

Special Note: It is no longer permissible for a coach to "re-mark" a top handhold band. ONLY the initial manufacturer's marking is legal or those done by a coach between 1996-2002 are legal. Worn markings may be re-done.