



Pole Vault Coaching at a Meet

Pole Selection and Grip:

- Start with the beginner's reach pole grip (see video).
- Choose a pole that accommodates the vaulter's reach and weight.
- Slowly move your grip up and get bigger poles as the vaulter gets deeper into the pit.

Safety:

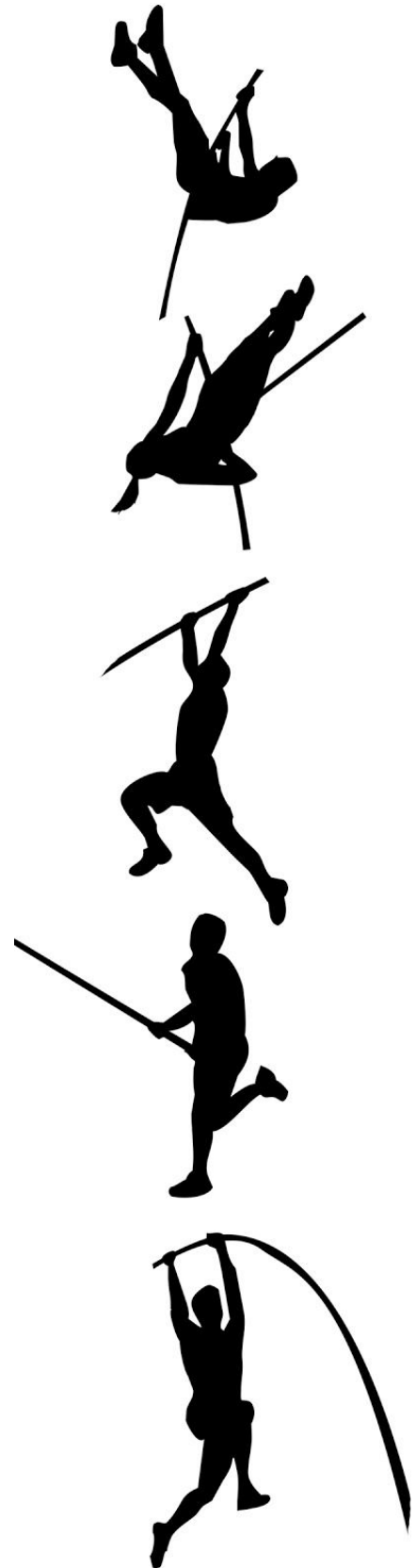
- Never let go of the pole
- Don't land on your feet in the pit
- Gradually raise grip
- Don't leave poles on the ground
- Transport poles in a case
- At the meet, look for: standards to be set up correctly (zero'd), exposed concrete that needs to be covered, box collar around the box and not over it.

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 run accordingly

Standards:

- They range from 18"-32.5"
- Generally we want vaulters somewhere between 24"-32.5"
- 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.

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 is 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 fouls at the same bar, 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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