High Jump

In response to many inquiries regarding high jump, especially the Fosbury Flop, the Lismore Diocesan Sports Council offers the following clarification and points to consider:

• Each school and each zone chooses whether it includes high jump and, if so, whether or not it allows participants to engage in the Fosbury Flop technique.
• The scissors technique (which is included in the current PDHPE syllabus) is recommended for primary age students by Level 3 and international athletics coach Terry West for the following reasons:
  * Safety considerations
  * A sound preparation / development stage for attempting Fosbury flop at a later stage.
  * Concerns regarding the lack of physical development of primary age children for attempting flop e.g. back.
  * Because few teachers or others are qualified or students trained in flop technique.
  * Elite athletes spend much of their time training time using the scissors.
• However, as Fosbury flop is still an acceptable form of high jump technique at PSSA and CPS Polding carnivals, it will be permitted at the Lismore Diocesan Carnival providing:
  * qualified personnel are present at each jump – this is being organised at present
  * participants provide written evidence from a qualified person or Little Athletics secretary, and parent, of having been trained in this technique.
• It is recommended that schools and zones which allow Fosbury flop technique, have similar requirements.
• Regarding diocesan level, it is hoped that this early notice will give families of aspiring Fosbury floppers time to organise training – if available in your area.
• Schools need also to consider availability / cost of recommended mats and other safety equipment (see p 92 and 93 below)

Please also refer pages 92 and 93 of “Guidelines for the Safe Conduct of Sport and Physical Activities in Schools”