

# HIGH KICK Contest (High Jump)

## Competition Rules 2.0

(= indoor rules)

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1.	The distance for running to the point of jump must be at least 5 meter. For safety of competitors approved mats are necessary in front and behind the point of jump.
2.	Jumping is allowed by bare feet or with shoes. The jump must be made by one foot (like standard track & field High Jump).
3.	Rules for shoes in competition like standard track & field High Jump.
4.	Scoring is based on contact of any part of the foot on the test board. No other part of the body will score.

<b>Classes</b>	<b>Male</b>
	704 High Jump Male –12 Years
	705 High Jump Male 13-17 Years
	706 High Jump Male 18 Years+
	<b>Female</b>
	707 High Jump Female –12 Years
	708 High Jump Female 13-17 Years
709 High Jump Female 18 Years +	
<b>Qualification</b>	Class 704 + 707 = 1,60 Meter Class 705 + 708 = 1,80 Meter Class 706 + 709 = 2,00 Meter
<b>Contest</b>	-After qualification round target will be changed + 10 cm higher each round -All competitors must reach every height in the pre-rounds -3 attempts each height  In the event of a draw the number of attempts will decide the winner. At the same height with the same number of attempts the individual height of the competitors will decide the match.
	In the event of any doubts about the rules the technical committee of ETF will decide finally.