

## POLE VAULT QUIZ

Name:

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Grade:

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# Seasons

Vaulting:

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Date:

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*Read each question and circle the letter of a correct answer.*

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1. In high school competition, the range in inches that the standards may be set is:
  - a. 15 inches to 25 inches
  - b. 18 inches to 30 inches
  - c. 18 inches to 31.5 inches
  
2. During a jump-off scenario in which there are two or more competitors tied for first place, what is the first bar set at:
  - a. the last height attempted
  - b. 3 inches below the last height attempted
  - c. 6 inches below the last height attempted
  
3. If a pole breaks during an attempt, what is the correct action:
  - a. the attempt counts as a miss
  - b. it is considered no-attempt, the vaulter will redo the attempt
  - c. the attempt counts as a miss, the vaulter is disqualified from competition
  
4. How long does a competitor have to execute their jump from the time the standards are set:
  - a. 60 seconds
  - b. 90 seconds
  - c. 30 seconds
  
5. How high may a vaulter hold on a pole:
  - a. the top of the pole, as long as their hand does not overlap the top
  - b. the top of athletic tape wrapped around the pole
  - c. below the manufacturer's official weight marking

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6. During warm-ups, the following may be used in the State of NJ:
  - a. a crossbar, as long as all competitors agree to the placed height
  - b. a bungee, as long as all competitors agree to the placed height
  - c. a bungee or crossbar, as long as all competitors agree to the placed height
  - d. no bar or bungee may be used
  
7. What does PLZ stand for:
  - a. "Planned Limit Zone"
  - b. "Preferred Landing Zone"
  - c. "Preferential Limit Zone"
  - d. "Partial Landing Zone"
  
8. The box collar is used to:
  - a. prevent poles from falling into the bar
  - b. cushion area around the box if the vaulter falls short of landing area
  - c. help a vaulter stop their attempt when they plant
  
9. If a vaulter is landing short of the landing area they should do the following:
  - a. raise their grip
  - b. move back another step to gain more speed
  - c. switch to a longer pole
  - d. lower their grip
  
10. If a vaulter is landing too deep in the pit, but they are not over-bending the pole they should do the following:
  - a. raise their grip
  - b. move to a stiffer pole
  - c. lower their grip
  - d. run slower
  
11. Which pole is essentially the same stiffness as a 12' 120 pole:
  - a. 12' 125
  - b. 12' 6" 130
  - c. 12' 6" 110
  - d. 12' 6" 115
  
12. What is the relationship relating grip height and pole speed:
  - a. higher grip/more pole speed
  - b. lower grip/ less pole speed
  - c. higher grip/ less pole speed
  - d. lower grip/ more pole speed

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13. During the plant phase, top arm should be:
  - a. extended towards the pit
  - b. extended upwards
  - c. pulled towards body
  
14. Runway measurements are taken from:
  - a. the top back end of box
  - b. the bottom back end of the box
  - c. the front end of the box
  
15. During an attempt, it is a legal jump if:
  - a. one end of the crossbar falls to a lower peg, but stays on
  - b. both ends of the crossbar fall to a lower peg, and it stays on
  - c. one end of the crossbar bounces to a higher peg, but falls to rest on it's original peg, and it stays on
  - d. both ends of the crossbar bounce to a higher peg, and it stays on
  
16. If a vaulter moves up a full grip on the pole, they should move their step:
  - a. in a half shoe
  - b. in a full shoe
  - c. back a full shoe
  
17. Which direction does the "soft side" face when holding the pole in the planting position:
  - a. up
  - b. down
  
18. What is the flex number on a pole:
  - a. how much the pole weighs
  - b. the maximum weight limit of vaulter for that specific pole
  - c. the pole's stiffness
  
19. When taping a pole, the wrapping direction should go from:
  - a. bottom of pole to top
  - b. top of pole to bottom
  - c. any direction, as long as it is neatly done
  
20. How deep is the plant box at its lowest point:
  - a. 8 inches
  - b. 6 inches
  - c. 10 inches

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- d. 12 inches
21. How many layers of tape is allowed on a pole:
- a. 1
  - b. 2
  - c. 3
  - d. no limit
22. Where is the “zero” mark located for the standards placement:
- a. beginning of the runway
  - b. beginning of the box
  - c. back of the box
  - d. middle of the standards
23. How many attempts do you get at each height:
- a. 2
  - b. 3
  - c. 4
24. How many consecutive heights must a competitor (who has not yet entered competition) pass to get a run through practice jump:
- a. 1
  - b. 2
  - c. 3
25. If you attempt a height and miss, you may skip to a higher height bar:
- a. True
  - b. False
26. Which step is called a “penultimate”:
- a. last step
  - b. second to last step
  - c. third step during run
  - d. middle of run
27. What is a “free” takeoff:
- a. vaulter jumps before the plant foot is down
  - b. vaulter jumps before the pole hits the back of the box
  - c. vaulter does not drive
  - d. vaulter does not swing

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28. The last competitor remaining has how many minutes to jump from time standards are set:
- 2 minutes
  - 3 minutes
  - 5 minutes
29. During a jump-off, which height is officially recorded at the end of competition:
- last height cleared before jump-off
  - top jump-off height cleared
  - the highest height cleared overall
  - average of last height cleared and top jump-off height cleared
30. When is it safe to let go of the pole:
- after the plant
  - after the swing
  - when the pole reaches vertical
  - when you land on the mat
31. What does the weight number on each pole mean:
- vaulter must weigh that exact amount
  - vaulter must weigh above that amount
  - vaulter must weigh below that amount
  - vaulter must weigh at or below that amount
32. How far down should bottom hand be placed below top hand:
- one foot
  - three hand widths
  - shoulder width
  - does not matter
33. What is "five-alive":
- last five competitors remaining in competition
  - top five seeded competitors
  - next five competitors up in competition
34. When does the clock start for each vaulter to complete jump:
- when the standards are set
  - after the previous vaulter steps off the mat
  - when you have your pole and step on the runway
  - when you tell the official you are ready

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35. The final remaining competitor may place the next bar height at:
- any height they wish
  - any height in 3 inch increments
  - any height in 6 inch increments
36. A push or “tap” from a coach during warm-up at a competition is legal when:
- they are an official school coach from competitor’s school
  - the official is made aware
  - never
37. Any part of the body is allowed to touch the bar:
- as long as there is no effort to hold the bar up
  - false - cannot touch the bar at all
  - false - only hands cannot touch the bar
38. Where can replay video be watched:
- in the coaches’ box
  - outside of the infield
  - any place
  - coaches box, in a manner that does not interfere with competition
39. What does running speed do to help pole vaulters:
- pole speed
  - drive
  - swing
  - potential height of vault
  - all the above
40. How many poles are you allowed to jump on in a meet:
- 1
  - 2
  - 5
  - no max.
41. What is the number one reason for injuries in pole vault:
- bad technique
  - broken poles
  - lack of knowledge in event
42. Where can a vaulter mark their step:
- on the runway
  - outside white line of runway

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- c. anywhere off of runway
43. If the vaulter attempts and clears a bar with their body, but the pole knocks the bar down, it is considered:
- a. successful jump
  - b. missed attempt
  - c. official's call
44. What is a pole vault pole allowed to be made of:
- a. wood, fiberglass, carbon-fiber, steel, bamboo
  - b. fiberglass, carbon-fiber
  - c. fiberglass, carbon-fiber, bamboo
  - d. any material
45. What must be done to set an official record:
- a. official and meet director notified
  - b. measurement of bar prior to attempt
  - c. no verification needed
  - d. both a and b
46. During a pole vault relay competition, in order to score:
- a. both competitors must clear a height
  - b. both competitors must have attempted a height
  - c. one competitor can miss all their attempts, as long as the second competitor clears the highest overall height
47. You are allowed to listen to headphones during competition:
- a. at all times
  - b. never
  - c. only during warm-ups
  - d. with the approval of the official
48. Once the bar has been raised in competition:
- a. it can be lowered at the official's approval
  - b. it cannot be lowered
  - c. it can be lowered for a competitor who came from another event
49. Pole vaulters are allowed to tape their hands:
- a. as long as they are only wrapped twice around
  - b. never
  - c. for a cut or injury if approved by official

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50. During the approach run, the vaulter should do what with their pole:
- a. gradually lower the pole each step
  - b. wait until the last step to lower the pole
  - c. lower the pole after the first step so that the pole tip is horizontal to the runway for the rest of the approach
  - d. gradually lower the pole each step, allowing gravity to push the tip of the pole down while reaching the top hand up at the final two steps