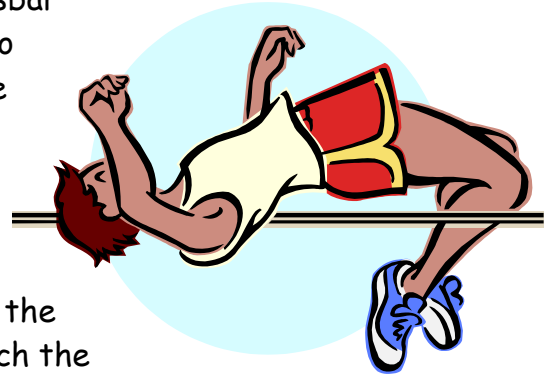


## High Jump

The aim in high jumping is to clear (leap over) a crossbar resting at progressively greater heights between two upright standards about 4 m (about 13 ft) apart. The contestant is allowed three attempts to clear each height. Most jumpers today employ the style known as the Fosbury flop to clear the bar. The Fosbury flop was named for its originator, American jumper Dick Fosbury, who used the style to win the event in the 1968 Olympics. To execute the flop, jumpers approach the crossbar nearly straight on; they leap and twist on takeoff, rise above the bar headfirst, clear the bar with their backs oriented toward the ground, and land on the foam pad with their shoulders.



Height in the high jump heights are measured perpendicularly from the ground to the lowest point of the crossbar. You can fail if you:

1. Dislodge the bar from its pegs.
2. Touch the landing area beyond the plane of the uprights without clearing the bar.
3. Take off from both feet.