



Pole Vault Education Test

(Pass and you get a free 2 hour training session)

Recommended Reading:

- http://www.mansfieldathletics.com/pole_vaulting/docs/the_pole_vault_pole_-_an_engineers_perspective.pdf
- <http://bsdweb.bsdrv.org/~pdvorak/vttfofficialweb/rules/09tfhsrules/tfhsrules.htm> (NFHS Track & Field rule book. See Rule 7. Jumping Events)
- <http://bsdweb.bsdrv.org/~pdvorak/tfweb/vtstate/vtstaterrecords.htm>
- <http://www.bellathletics.com/newpoles.html>
- <http://www.polevaultpower.com/links/buslinks.php>
- <http://www.polevaultpower.com/records/hsrecords.php>
- <http://www.gillathletics.com/PVNews/PicktheTip.html>
- <http://www.gillathletics.com/PVNews/Wise-Up.html>

Vaulting Pole:

1. Which direction does the “soft” side (also known as the compression side) of the pole face when holding the pole in the plant position?
 - a. Up
 - b. Down
2. What are the two types of fiberglass vaulting poles are made of?
 - a. E-Glass
 - b. A-Glass
 - c. S-Glass
 - d. C-Glass
3. What is the trapezoidal piece of fiberglass on the pole that gives it unique stiffness and flex properties known as?
 - a. Mandrel
 - b. Body wrap
 - c. Spiral wrap
 - d. Sail piece
4. When determining the flex rating of a pole, roughly how much weight is suspended from the pole?
 - a. 20lbs.
 - b. 30lbs.
 - c. 50lbs.

- d. 75lbs.
5. The flex number on the pole is in what units?
- a. Millimeters (mm)
 - b. Centimeters (cm)
 - c. Meters (m)
6. The flex number can be different for the multiple poles with the same weight rating?
- a. True
 - b. False
7. Where is one place the pole plug size can be found?
- a. On the weight label of the pole
 - b. Near the bottom of the pole
 - c. Inside the pole plug
8. Which is NOT a pole model or manufacturer?
- a. Rocket
 - b. UCS Spirit
 - c. Gill
 - d. Altius
 - e. Super Pole
 - f. Essx
 - g. Nordic
9. For every six inches you move your hand grip down on the pole from its highest grip label, how much stiffer does that make the pole feel?
- a. 5lbs.
 - b. 10lbs.
 - c. 15lbs.
 - d. 20lbs.
10. When taping the pole for your grip, you always tape the pole in which direction? Then explain why
- a. Towards the top of the pole (from bottom to top)
 - b. Towards the pole plug (from top to bottom)
 - c. Why
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Equipment:

1. Roughly, how deep is the plant box?
- a. 5 – 6 inches
 - b. 6 – 7 inches
 - c. 7 – 8 inches
 - d. 8 – 9 inches
2. The big metal supports that hold the crossbar are called
- a. Poles
 - b. Boxes
 - c. Standards
 - d. Thingys

3. What is the range for standard placement per the NFHS rule book?
 - a. 0" – 32"
 - b. 0" – 31.5"
 - c. 15.5" – 31.5"
 - d. 15.5" – 32"

4. Where is 0" (zero) located for standard placement?
 - a. The front of the plant box
 - b. The top of the back of the plant box
 - c. The bottom of the back of the plant box
 - d. 15.5" behind the plant box

Vermont:

1. What is the Div. I, II and III boys pole vault record?
 - a. Div. I _____
 - b. Div. II _____
 - c. Div. III _____

2. What is the Div. I, II and III girls pole vault record?
 - a. Div. I _____
 - b. Div. II _____
 - c. Div. III _____

High School Rules (NFHS)

1. How many layers of tape are you allowed to put on the pole according to the NFHS rule book?
 - a. 1
 - b. 2
 - c. 3
 - d. 4

2. How many attempts do you get at each height?
 - a. 1
 - b. 2
 - c. 3
 - d. 4

3. What is the minimum amount of consecutive heights must you pass in the beginning of the competition such that you get one warm-up jump without the crossbar before you enter the competition?
 - a. 1
 - b. 2
 - c. 3
 - d. 4

4. How much time do you have once your name has been called to begin your vault?
 - a. 1 minute
 - b. 1 ½ minutes
 - c. 2 minutes
 - d. 3 minutes

5. Write down the following rules from the NFHS Track & Field rule book on pages 61 and 62:

a. ART. 29 b.

b. ART. 29 d.

c. ART. 29 h.

d. ART. 30 a.

e. ART. 30 b.

Athletes:

1. Who holds the men's indoor and outdoor world records and what are they in feet and meters?

- a. Name _____
- b. Indoor _____ ft. _____ in. = _____ meters
- c. Outdoor _____ ft. _____ in. = _____ meters

2. Who holds the women's indoor and outdoor world records and what are they in feet and meters?

- a. Name _____
- b. Indoor _____ ft. _____ in. = _____ meters
- c. Outdoor _____ ft. _____ in. = _____ meters

3. Who holds the boys high school outdoor American record and what is it?

- a. Name _____
- b. Outdoor _____ ft. _____ in.

4. Who holds the girls high school outdoor American record and what is it?

- a. Name _____
- b. Outdoor _____ ft. _____ in.

5. Are Jan Johnson and Chelsea Johnson Related?

- a. True
- b. False

Terminology:

1. The penultimate step for a right handed vaulter is the (Hint -> It's the step you are supposed to initiate the plant motion on):

- a. Last left foot contact
- b. Last right foot contact
- c. 2nd to last left foot contact
- d. 2nd to last right foot contact

2. What does "PR" stand for?

a. _____

3. Which is NOT a mark for Make, Miss or Pass on a vaulting score sheet?

a. P

b. F

c. O

d. X