



High Jump

The high jump is made over a cross bar which is raised after each round. Lift-off must be from one foot. Competitors can pass at any height but three successive failures result in elimination. In the event of a tie the competitor with the fewest failures wins

The Fosbury Flop

Dick Fosbury first demonstrated the 'Flop' technique at the Mexico Olympics in 1968 – it has now replaced the traditional 'straddle' technique

Height is measured from the ground to the lowest part of the upper side of the bar

2kg bar

1. Run-up

Initial strides used to build speed. After 5-7 strides jumper curves run-up to create centrifugal force

2. Lift-off

Jumper's heel spikes hit ground, acting as a brake. Momentum of run-up is turned into upward lift

3. Clearance

Centrifugal force naturally rotates jumper. Hips thrust forwards and back arches over bar

4. Legs

Once hips have cleared jumper uses 'sitting-up' action to pull legs away from bar. Athlete lands on back

Shoe worn on take-off foot is built up around the heel area for support, with spikes on both front and heel

Olympic records



Men 2.38m: G. Avdeenko (URS) 1988

Women 2.02m: L. Ritter (USA) 1988

World records

Men 2.44m: J. Sotomayor (CUB) 1989

Women 2.09m: S. Kostadinova (BUL) 1987

