

Pole Vault Skills Check List:

(When you can complete the skill 6 out of 8 times perfectly, show Coach to get your skill checked off)

Beginner - not yet able to compete	Level 1	<input type="checkbox"/> Complete a jogging grass vault <input type="checkbox"/> Pick up the pole and carry it correctly <input type="checkbox"/> Complete a walking 3 left pole plant: 1-2-3-shoulder-head-up <input type="checkbox"/> Complete a jogging 3 left pole plant into a grass vault holding at least 6 inches above standing grip
	Level 2	<input type="checkbox"/> Complete a walking 6 left pole plant: 1-2-3-shoulder-head-up <input type="checkbox"/> Complete a jogging 6 left pole plant <input type="checkbox"/> Complete a running 3 left pole plant: 1-2-3-shoulder-head-up <input type="checkbox"/> Complete a running 3 left take-off into the sand pit holding 1 foot above your standing grip
	Level 3	<input type="checkbox"/> Complete a running 3 left take-off, into the sand pit, holding at least 1.5 feet above your standing grip <input type="checkbox"/> Complete a running 3 left take-off into the sand pit with a turn, finishing with hands at hip, facing the runway <input type="checkbox"/> Girls: Complete a running 3 left vault into the sand pit over a 4 foot bungee with a turn <input type="checkbox"/> Guys: Complete a running 3 left vault into the sand pit over a 6 foot bungee with a turn
	Level 4	<input type="checkbox"/> Complete a running 6 left pole plant <input type="checkbox"/> Complete a 3 left take-off, holding at least 2 feet above your standing grip <input type="checkbox"/> Complete a 3 left swing-up, holding 6-8 inches lower than your highest take-off grip height <input type="checkbox"/> Complete a 3 left long swing to the stomach, holding 6-8 inches lower than your highest take-off grip height
	Level 5	<input type="checkbox"/> Complete all 3 left warm-up drills, holding at least 2.5 feet above your standing grip <input type="checkbox"/> Complete all warm-up drills from 6 lefts, holding a fist higher than your highest take-off grip height <input type="checkbox"/> Girls: Complete a full vault from 6 lefts over a 5 foot bungee on a pole over your body weight <input type="checkbox"/> Guys: Complete a full vault from 6 lefts over a 7 foot bungee on a pole over your body weight
Intermediate - JV*	Level 6	<input type="checkbox"/> Hold a handstand (with a partner) for 30 seconds <input type="checkbox"/> Complete 3 sets of 12 continuous med ball v-ups without letting your feet or the ball touch the ground <input type="checkbox"/> Long jump over 12 feet for the girls and 14 feet for guys <input type="checkbox"/> Complete all 3 left warm-up drills holding at least 3 feet above your standing grip <input type="checkbox"/> Complete a full vault from 6 lefts, over a 6 (girls)/8 (guys) foot bar, in a meet, on a pole over your body weight
	Level 7	<input type="checkbox"/> Hold a handstand (with a partner) for 60 seconds <input type="checkbox"/> Complete 3 sets of 20 continuous med ball v-ups without letting your feet or the ball touch the ground <input type="checkbox"/> Long jump over 13 feet for the girls and 15 feet for guys <input type="checkbox"/> Complete all 3 left warm-up drills holding at least 3.5 feet above your standing grip <input type="checkbox"/> Complete a full vault from 6 lefts, over a 7/9 foot bar, in a meet, on a pole over your body weight

	Level 8	<input checked="" type="checkbox"/> Hold a handstand (with a partner) for 90 seconds <input checked="" type="checkbox"/> Complete 3 sets of 30 continuous med ball v-ups without letting your feet or the ball touch the ground <input checked="" type="checkbox"/> Long jump over 14 feet for the girls and 16 feet for guys <input checked="" type="checkbox"/> Complete all 3 left warm-up drills holding at least 4 feet above your standing grip <input checked="" type="checkbox"/> Complete a full vault from 6 lefts, over an 8/10 foot bar, in a meet, on a pole over your body weight
Advanced - Varsity *	Level 9	<input checked="" type="checkbox"/> Hold a handstand (without a partner) for 10 seconds or walk 10 yards <input checked="" type="checkbox"/> Complete 10 Bubkas on the high bar with a spot <input checked="" type="checkbox"/> Complete a back-extension roll of and onto the pit <input checked="" type="checkbox"/> Long jump over 15 feet for the girls and 17 feet for guys <input checked="" type="checkbox"/> Complete all 3 left warm-up drills holding at least 4.5 feet above your standing grip <input checked="" type="checkbox"/> Complete a full vault from 6-7 lefts, over a 9/11 foot bar, in a meet, on a pole over your body weight
	Level 10	<input checked="" type="checkbox"/> Hold a handstand (without a partner) for 20 seconds or handstand walk 20 yards <input checked="" type="checkbox"/> Complete 10 Bubkas on the high bar without a spot <input checked="" type="checkbox"/> Long jump over 16 feet for the girls and 18 feet for guys <input checked="" type="checkbox"/> Complete all 3 left warm-up drills holding at least 5 feet above your standing grip <input checked="" type="checkbox"/> Complete a full vault from 6-7 lefts, over a 10/12 foot bar, in a meet, on a pole over your body weight
	Level 11	<input checked="" type="checkbox"/> Hold a handstand (without a partner) for 30 seconds or handstand walk 30 yards <input checked="" type="checkbox"/> Complete 2 sets of 10 Bubkas on the high bar <input checked="" type="checkbox"/> Long jump over 17 feet for the girls and 19 feet for guys <input checked="" type="checkbox"/> Complete all 3 left warm-up drills holding at least 5.25 feet above your standing grip <input checked="" type="checkbox"/> Complete a full vault from 7-8 lefts, over an 11/13 foot bar, in a meet, on a pole over your body weight
	Level 12	<input checked="" type="checkbox"/> Hold a handstand (without a partner) for 40 seconds or handstand walk 40 yards <input checked="" type="checkbox"/> Complete 3 sets of 10 Bubkas on the high bar <input checked="" type="checkbox"/> Long jump over 18 feet for the girls and 20 feet for guys <input checked="" type="checkbox"/> Complete all 3 left warm-up drills holding at least 5.5 feet above your standing grip <input checked="" type="checkbox"/> Complete a full vault from 7-8 lefts, over a 12/14 foot bar, in a meet, on a pole over your body weight

*The top 3 girls and top 3 guys (determined by PR) are automatically considered varsity regardless of their skill level.