



Pole Vault Vocabulary List

Fuzion Athletics, Inc.

Pole	Pole used to compete with (vaulting pole)-made of carbon fiber or fiberglass
Vault	Action of jumping a height using a pole
Plant	Action of putting the pole in the ground and initiating a jump
Take-Off	Leaving of ground initiating the vault
Drive Phase	Hang posture, or pause, that happens immediately after take-off
Knee Drive	Forceful upward movement of the free knee at take-off
Trail Leg	Take-off leg after the vaulter leaves the ground (should be straight)
C Position	Arch from the top hand to the foot of the trail leg during the drive phase
Rock-back	Tucking and rocking back of the vaulter after the drive phase is done
Extension	Extending out of the rock-back to straight posture as the pole approaches vertical
Crossbar (bar)	The bar is set at various heights, that the athlete goes over during a vault
Pits	Soft foam that vaulters should land on, after the vault is completed
Standards	The tall stands on either side of the pits that hold the crossbar
Box	The metal hole that pole is placed in during a vault
Moving Standards	Sliding the standards (adjusting the distance the crossbar is from the box)
Putter upper	Any tool that helps put the crossbar on the standards
Step	The last step taken in a vault (Take-off step)
“Catch my Step”	A request to have someone spot where the vaulters take-off step was
“Under”	Indicating that the take-off step was too close to the pits
“Out”	Indicating that the take-off step was too far away from the pits
Athlete Mark	The place the athlete begins the approach from (starting mark)
Mid (or mid-mark)	A mark the athlete should hit, 6 steps or 4 from take-off.
Coaches Mark	Same as Mid-mark
Magic Number	A vaulters stride-length, used to predict multiple Athlete starting marks
Butt Plug (tip)	The round plug that is at the bottom of the pole
Grip Height	The distance from the top of the top hand
Pole Length	How long the pole is from tip-to-tip
Pole Weight	The manufacturers rating of the maximum weight a vaulter can be to safely use a pole
Flex Number	Number that indicating the strength to bend it (smaller means stiffer)
Pre Bend	The poles have a small bend naturally--have it bending away from the vaulter at takeoff
Bungee Cord	A flexible crossbar
Slide Box	A small obstacle that athletes can practice planting into, especially when running
Invert	The act of getting upside-down while on the pole
Penetration	How deeply a vaulter lands on the pits
Spiking the pole	When the spikes on your shoe hit the pole
Stay Down	A drill where the vaulter puts a full bend on the pole, without inverting
Pop-ups	A drill where the vaulter inverts fully in a vault
Tap	Coach shoves the athletes shoulders as athlete plants and leaves the ground