

School Sport South Coast
2018 CERTIFICATE OF COMPETENCE
Fosbury Flop

Competitors in the High Jump events at the South Coast Regional Track and Field Championships who intend to use Fosbury Flop Style are required to produce a certificate signed by an accredited coach in this event (minimum Level One A.T & F.C.A.), stating they are competent in the execution of the event and that they have achieved the Regional qualifying heights.

Competency for the purposes of this certification means that the student can execute the technique at a standard, which is not likely to cause an unreasonable risk to the safety of themselves, other competitors, or officials.

This certificate must accompany the nomination of the student. District Convenors or District Managers must hand these certificates to the Regional Convenor prior to the start of competition at the Regional T&F Trials on Tuesday 11 September 2018.

Student Details

Event: _____ Age: _____ Sex: _____
 Name of Student: _____ Date of Birth: _____
 School: _____ District: _____

Certification

I, _____ (*name of accredited coach*) certify that the above mentioned student is competent in the execution of the technique required for the flop high jump event and that they have attained the required qualifying standard as set out below.

Signed: _____ Qualification: _____
 Date: _____

NB. Certificate must be signed by an accredited Level Three coach in this event or Level Two Advance Event Group Coach-Jumps

South Coast Regional Starting Heights

Boys	10yrs	1.10 metres	(State – 1.20m)	Girls	10yrs	1.00 metres	(State – 1.10m)
	11yrs	1.20 metres	(State – 1.30m)		11yrs	1.10 metres	(State – 1.20m)
	12yrs	1.28 metres	(State – 1.38m)		12yrs	1.20 metres	(State – 1.30m)