

# Pole Vault Vocabulary List

Flight Deck Athletics, Inc.



Pole	The pole used to compete with
Vault	The action of jumping a height using a pole
Plant	The action of putting the pole in the ground and initiating a jump
Take-off	The leaving of ground initiating the vault
Drive Phase	The hang posture, or pause, that happens immediately after take-off
Knee Drive	The forceful upward movement of the free knee at take-off
Trail Leg	The take-off leg after the vaulter leaves the ground (should be straight)
Reverse C	The arch from the top hand to the foot of the trail leg during the drive phase
Rock-back	The tucking and rocking back of the vaulter after the drive phase is done
Extension	The extending out of the rock-back to straight posture as the pole approaches vertical
Crossbar (bar)	The poles, set at various heights, that the athlete goes over during a vault
Pitts	The 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
Adjusting Standards	Sliding the standards (adjusting the distance the crossbar is from the box)
Putter	Any tool that helps put the crossbar on the standards
Step	The very 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 from take-off. Coach verifies during approach
Check Step	A mark the athlete should hit. Athlete verifies during approach
Coaches Mark	Same as Mid-mark
Magic Step	A vaulters stride-length, used to predict multiple Athlete starting marks
Butt Plug	The round plug that is at the bottom of the pole
Grip height	The distance from the top of the top hand, to the butt plug
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	A number indicating the strength, or how resistant a pole is to bending (smaller means stiffer)
Pre-bend	The poles have a small bend naturally--have it bending away from the vaulter at take-off
Pole Spin	The pole spins in the hands during a jump, caused by the vaulter not having the pre-bend facing the correct way
Bungee Cord	A flexible crossbar
Skid 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
Spirit	The premium poles made by UCS
Pacer	The premium poles made by Gill Athletics
Skypole	The intermediate poles made by Gill Athletics--best for high school
MsStic	The beginner poles made by Gill Athletics--not truly any better for girls than any other pole
Carbon	The premium poles made by Gill Athletics--the lightest and strongest poles made
Spiking the pole	When the spikes on your shoe hit the pole
Carbon vs. Fiberglass	Carbon poles are significantly lighter in weight, allowing for faster approach speeds
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 without any bend in the pole at all.
Coaches assist	A drill where the athlete takes three steps into a plant and is picked up, pushed, and held by the coach
Tap	Now illegal--coach shoves the athletes shoulders as athlete plants and leaves the ground