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ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО
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ATHLETICS
(high jump)

educational materials in English
for self-study and academic classes
in Sports Specialization

ЛЕГКА АТЛЕТИКА
(стрибки у висоту)

методична розробка з англійської мови
для самостійної й аудиторної роботи
з теми «Спортивна спеціалізація»



Львів
Галицька Видавнича Спілка
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Ухвалено до друку Вченою радою факультету післядипломної та заочної освіти Львівського державного університету фізичної культури імені Івана Боберського (протокол № 6 від 7 липня 2026 р.)

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У методичній розробці представлено тему «Спортивна спеціалізація» (Легка атлетика: стрибки у висоту) для самостійної й аудиторної роботи студентів. Теоретичний та практичний матеріал закріплюється розширеною системою вправ на оволодіння мовним матеріалом зі спеціальності. Матеріали методичної розробки спрямовані на розвиток у студентів мовленнєвих навичок сприйняття і розуміння спеціальної спортивної літератури та формування вмінь читання, говоріння і письма. Методична розробка призначена для студентів галузі фізичної культури і спорту.

Here the topic "Sport specialization" (Athletics: high jump) for self-study and classroom work of students is presented. Theoretical and practical material is reinforced by an extended system of exercises, which are aimed at formation of oral and writing communication skills. Educational materials are intended for students in the field of Physical culture and sport.

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ATHLETICS: HIGH JUMP

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

- agility, n – спритність, гнучкість
- approach run, n – розбіг
- arc, n – дуга
- arch (one's back), v – вигнути спину дугою
- bar / crossbar, n – планка / перекладина
- bend, v – згинатися
- clear (a height), v – подолати (висоту)
- crash mat / landing area, n – зона приземлення
- curve, n – крива, дуга розбігу
- dislodge, v – збити, скинути
- dominant / take-off foot, n – поштовхова нога
- explosive power, n – вибухова сила
- extension, n – розтягнення, випрямлення
- foul jump, n – неправильний (недійсний) стрибок
- height, n – висота
- inward lean, n – нахил тіла всередину
- J-curve run-up, n – J-подібний розбіг
- knock off, v – збити (планку)
- momentum, n – інерція, поштовх
- penultimate stride, n – передостанній крок
- pass, v – пропустити (висоту, не стрибаючи)
- rotation, n – поворот, обертання
- scissors technique, n – техніка «ножиці»
- straddle technique, n – техніка «перекат»
- takeoff, n / v – відштовхування / відштовхнутися
- twist, v – скручуватися
- unaided, adv – без допоміжних засобів
- vertical jump, n – стрибок у висоту (вертикальний)
- Western roll, n – техніка «перекат через планку»

2. Translate without using a dictionary:

technique, classification, international, category, athletics, vertical, horizontal, form, element, metal, rotation, momentum, extension, competition, stadium.

3. Read and translate the text.

Athletics: High Jump

Athletics, often referred to as track & field, is a sport that includes a number of single or team-based events involving running, jumping, throwing or walking. Track and field events are divided into three categories: track events, field events, and combined events. Jumping events are classified as either horizontal (long jump, triple jump) or vertical. The high jump is one of the two vertical jumping events, the other being the pole vault.

World Athletics, formerly known as the International Association of Athletics Federations (IAAF), is the international governing body for the sport of athletics. The IAAF was formed in 1912 and changed its name to World Athletics in 2019.

The High Jump

In the high jump event, the athlete gets a running start and must jump over a bar without knocking it over. They land on a big soft cushion called a crash mat. Like many track and field events, there is a key element to doing well in this sport: being able to jump high, but technique is very important as well. Timing, the point of takeoff, and how the body bends and twists as it goes over the bar are all crucial factors.

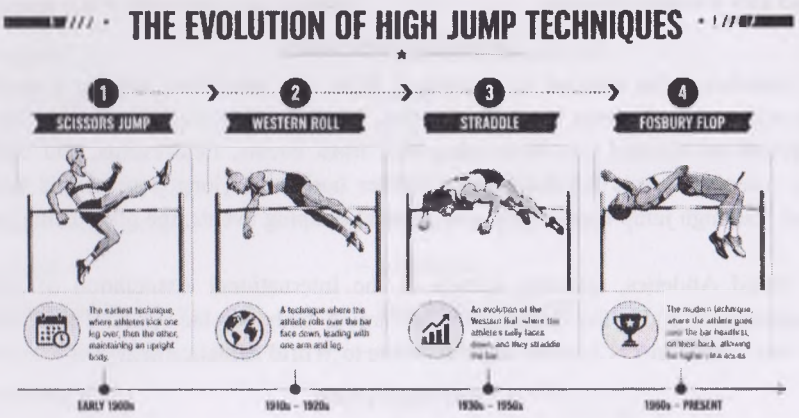
The high jump is a vertical jumping event in which the objective of the competitor is to clear, unaided, the greatest possible height. Competitors take off from one foot over a four-metre long horizontal bar and land on a large padded mat. Three consecutive failures at any height result in elimination from the competition.

Techniques

There have been many techniques used for high jumping over the years. Early jumpers used either a straight-on approach or a scissors technique, in which the legs passed over the bar in a scissors-like motion. Around the turn of the 20th century, techniques began to change. Michael Sweeney's Eastern cut-off was a refinement of the scissors technique, followed by George Horine's Western roll. Athletes later pioneered the straddle technique, in which they rotated their torso face-down around the bar, achieving greater clearance.

However, the most significant revolution came from Dick Fosbury, a solitary innovator at Oregon State University. Taking advantage of raised, softer, artificially cushioned landing areas, Fosbury directed himself over the bar head and shoulders first, going over on his back. Since he used this style – called the Fosbury Flop – to win the gold medal at the 1968 Mexico Olympics, its use spread rapidly, and soon "floppers" were dominating international high jump competitions.

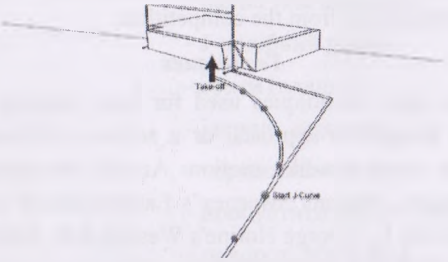
The current, and most successful, technique is the Fosbury Flop. It involves leading with the head over the bar and twisting so that the back faces the ground as the athlete clears it. Jumpers then land on their back.



(Image taken from: https://www.cartwrightfitness.co.uk/high-jump-methods/)

The Run-Up

The approach run in the high jump typically follows a J-curve pattern. The athlete begins running in a straight line and gradually curves into an arc in the final strides. This curved approach creates centrifugal forces that contribute to the rotational movement needed to clear the bar back-first. The penultimate stride is particularly important as it lowers the athlete's centre of gravity in preparation for an explosive takeoff.



Competition Format

At major championships the format is usually a qualification competition followed by a final. Participants may begin jumping at any announced height and may also pass. They have three attempts to clear each height. Three consecutive misses at any combination of heights lead to elimination. In the event of a tie, the winner is determined first by fewer failures at the tied height, and if still tied, by fewer failures throughout the entire competition. A jump-off may also be used to decide the winner.

(Originated from: https://www.ducksters.com/sports/trackandfield/jumping.php; Our Sport. World Athletics; https://www.topendsports.com/sport/list/athletics-high-jump.htm)

Post-text exercises

4. Give Ukrainian equivalents to the following phrases:

1. a running start

2. to knock the bar over

3. the penultimate stride

4. taking advantage of a cushioned landing area

5. to lead with the head over the bar

6. three consecutive failures

7. an explosive takeoff

8. the international governing body for the sport of athletics

9. techniques and skills must be executed to perfection

10. to clear the greatest height

5. Form word-combinations and translate them into Ukrainian:

1)	cushioned	a)	event
2)	vertical	b)	jump
3)	explosive	c)	power
4)	take-off	d)	governing body
5)	international	e)	landing area

6. Match the synonyms:

1)	athlete	a)	crossbar
2)	lastly	b)	in the past
3)	formerly	c)	finally
4)	bar	d)	sportsman
5)	take off	e)	launch

7. Match the antonyms:

1)	clear	a)	failure
2)	land	b)	knock off
3)	unaided	c)	horizontal
4)	vertical	d)	take off
5)	success	e)	assisted

8. Match the terms with their definitions:

1) crossbar a) the padded mat where athletes land after clearing the bar
2) takeoff b) the curved approach run used in modern high jump
3) J-curve c) the horizontal bar set at a certain height that athletes must clear
4) straddle d) a technique in which the athlete faces down as they go over the bar
5) crash mat e) the moment the athlete leaves the ground to jump

9. Write appropriate terms for the following definitions:

1. the governing body of athletics worldwide

_____

2. a way of jumping using head-first back-facing technique

_____

3. three jumps that result in disqualification from competition

_____

4. the distance from the ground to the crossbar

_____

5. the sprint down the runway before takeoff

_____

10. Form derivatives from the following verbs:

jump, rotate, approach, compete, clear, land, perform, associate, classify, recognize, extend, execute, prepare, describe, perfect, qualify, eliminate, change, develop.

11. Insert prepositions where necessary.

1. The events of athletics are divided _____ track events, field events, and combined events.
2. The IAAF was formed ____ 1912 and changed its name ____ World Athletics ____ 2019.
3. The athlete gets a running start and must jump ____ a bar.
4. The Fosbury Flop technique involves leading ____ your head ____ the bar.
5. Jumpers then land ____ their back.

6. Three consecutive failures ____ any height lead to elimination.
7. ____ the high jump event, the athlete takes ____ from one foot.
8. The curved run-up contributes ____ the rotational movement needed ____ clear the bar.
9. Timing and leaving your feet ____ the right point are crucial.
10. The winner is the athlete ____ the fewest failures ____ the competition.

12. Complete the sentences with appropriate terms.

1. The current technique for high jumping is called the F_____ Flop.
2. After the jump over the bar, athletes land on a large soft c_____ m_____.
3. There are two types of v_____ jumps – the high jump and the pole vault.
4. Three c_____ failures at the same height lead to elimination.
5. The J-curve r_____ allows the athlete to create rotational force for the jump.
6. The athlete takes off from one f_____ and lands on their b_____.
7. The I_____ was formed in 1912 and changed its name to W_____ Athletics in 2019.
8. World Athletics is the international g_____ body for the sport of athletics.
9. At major championships the format is usually a q_____ followed by a final.
10. The p_____ stride lowers the centre of gravity before takeoff.

13. Match two parts of the sentences.

1)	Athletics, often referred to as track & field, …	a)	namely high jump and pole vault.
2)	The high jump is a vertical event in which …	b)	lowers the centre of gravity in preparation for takeoff.
3)	Track and field events are divided into …	c)	lead to elimination from the competition.
4)	The Fosbury Flop technique involves …	d)	the athlete aims to clear the greatest possible height.
5)	There are two types of vertical jumping events, …	e)	take off from one foot and land on a crash mat.
6)	The J-curve approach …	f)	creates centrifugal forces that aid rotation over the bar.
7)	In the high jump event, athletes …	g)	with the fewest failures throughout the competition.
8)	Three consecutive failures at the same height …	h)	leading with the head and going over on the back.
9)	The penultimate stride …	i)	three categories: track, field, and combined events.
10)	The winner is the athlete …	j)	is a sport that includes events involving running, jumping, throwing or walking.

14. Answer the questions.

1. How is athletics often referred to?

2. When was the International Association of Athletics Federations formed?

3. When did the name World Athletics appear first?

4. What are the two types of jumping events in athletics?

5. How are high jump and pole vault different from long jump and triple jump?

6. The Fosbury Flop is a unique technique, isn't it? Describe it.

7. What happens after three consecutive failures at the same height?

8. What is the role of the J-curve approach run in the high jump?

9. Who invented the Fosbury Flop, and when did he first use it at the Olympics?

10. How is a tie broken in the high jump competition?

15. Finish the sentences.

1. Athletics, often referred to as track & field, is a sport that includes…

2. Track events consist of …

3. The goal in the vertical jumping events is …

4. In the high jump the athlete must have …

5. The main characteristic feature of the Fosbury Flop is …

6. In the high jump athletes should go over the bar…

7. The IAAF was formed in …

8. Three consecutive failures at any height lead to …

9. The J-curve approach run is important because …

10. The high jump competition format at major championships is …

History of High Jump

1. Read the text to find the information about:

– which jumping events were present at the ancient Olympic Games;

– the early techniques used in high jumping;

– how the Fosbury Flop revolutionised the high jump;

– why earlier techniques were replaced by the Fosbury Flop;

– what equipment innovations made the Fosbury Flop possible;

– when and where the first recorded high jump event took place;

– what role Dick Fosbury played in the history of the high jump.

The ancient Olympic Games included a number of athletics events that sports fans today would recognise, including running, long jump, shot put and javelin. High jump was also an event at the ancient Olympic Games, though the precise techniques used at that time remain unclear. By the time of the first modern Olympic Games in Athens in 1896, athletics was once again one of the main features of the programme.

The first recorded high jump event in the modern sense took place in Scotland in the 19th century. Early jumpers used either an elaborate straight-on approach or a scissors technique, in which the bar was approached and the inside leg was thrown first followed by the other, with the jumper passing over the bar in a scissors-like motion. In later years, the bar was approached diagonally, making the scissors action more effective.

Around the turn of the 20th century, techniques began to change significantly. The Irish-American Michael Sweeney developed the Eastern cut-off as a variation of the scissors technique, reaching a world record of 1.97 m in 1895. Another American, George Horine, developed an even more efficient technique, the Western roll, in which the lead leg was swung upward while the rest of the body rolled over the bar on the lead leg side. Soon after, athletes pioneered the straddle technique: straddle jumpers took off as in the Western roll but rotated their torso face-down around the bar, achieving the most efficient clearance up to that time.

However, it would be a solitary innovator at Oregon State University, Dick Fosbury, who would bring the high jump into the next century. Taking advantage of the raised, softer, artificially cushioned landing areas that were in use by then, Fosbury added a new twist to the outmoded Eastern cut-off. He directed himself over the bar head and shoulders first, going over on his back and landing in a fashion that would likely have resulted in serious injury on the old ground-level landing pits filled with sawdust or sand.

Since Fosbury used his new style – called the Fosbury Flop – to win the gold medal at the 1968 Mexico City Olympics, its use spread quickly. Soon "floppers" were

dominating international high jump competitions. The technique enabled jumpers to have a lower centre of mass relative to the bar at the moment of clearance, making it biomechanically more efficient than any previous technique.

The progression of world records in the men's high jump tells the story of these innovations. The straddle record of 2.28 m by Valeriy Brumel (USSR) stood for years, but once the Fosbury Flop took hold, records were broken rapidly. Javier Sotomayor of Cuba set the current world record of 2.45 m in 1993, a record that has stood for over three decades.

On the women's side, the world record was held for 37 years by Stefka Kostadinova of Bulgaria at 2.09 m, set in 1987. This remarkable record was finally broken on 7 July 2024 in Paris by Ukrainian athlete Yaroslava Mahuchikh, who cleared 2.10 m. Later Mahuchikh won the Olympic gold medal at the 2024 Paris Games with a jump of 2.00 m.

(Originated from: Our Sport. World Athletics; https://olympics.com/en/sports/athletics/)

2. Are the sentences true or false? Correct any false sentences:

1. High jump was an event at the ancient Olympic Games.
2. The first recorded modern high jump event took place in Ireland in the 19th century.
3. The scissors technique involves passing over the bar face-down.
4. George Horine developed the Western roll technique.
5. The Fosbury Flop was first used at the 1972 Munich Olympics.
6. The Fosbury Flop would have been dangerous without cushioned landing areas.
7. Javier Sotomayor's world record of 2.45 m was set in 1993.
8. Stefka Kostadinova held the women's world record for over three decades.
9. Yaroslava Mahuchykh broke the world record in 2024.
10. The straddle technique involved going over the bar face-up.

3. Work in pairs. Ask and answer your own questions on the text.

4. Write an abstract of the text. Pick up 5 keywords.

1. Read the text. Translate it in a written form.

High Jump Rules and Competitions

Competitors in the high jump take off (unaided) from one foot over a four-metre-long horizontal bar. They seek to clear the greatest height without knocking the bar to the ground. Athletes land on a crash mat. All competitors have three attempts per height, although they can elect to "pass", i.e. advance to a greater height despite not having cleared the current one. Three consecutive failures at the same height, or combination of heights, leads to elimination.

If competitors are tied on the same height, the winner is the one with fewest failures at that height. If competitors are still tied, the winner will have had the fewest failures across the entire competition. Thereafter, a jump-off will decide the winner. The jump-off will start at the next greater height. Each jumper has one attempt and the bar is lowered and raised until one jumper succeeds.

The event demands speed, explosive power and agility among other qualities. At major championships the format is usually a qualification competition followed by a final. Participants can begin jumping at any height announced by the judge. They have three attempts to clear the height. Once the jumper has three consecutive misses, they are out of the competition and the highest height they cleared is their result.

The participants cannot take off on both feet; they must take off on one foot. A failed jump is when the bar is dislodged by the action of the participant while jumping. It is important to note that if the bar falls after the jumper has left the landing area, it is still considered a failure.

At the elite level, the runway is an all-weather polyurethane surface leading to the bar. The crossbar is four metres long and can be set at any height from 1 cm increments. At World Athletics competitions, the qualifying standard for men's high jump is typically set around 2.33 m and for women around 1.95 m.

Each athlete has a set amount of time in which to make an attempt, typically one minute in a normal competition and two minutes when only one athlete remains. If the athlete fails to begin an attempt within this time, the attempt counts as a miss.

(Originated from: https://www.topendsports.com/sport/list/athletics-high-jump.htm; Our Sport. World Athletics)

2. Compile a vocabulary of High Jump terms.

3. Make a presentation of the High Jump. Include short information about the athlete/s that you consider your role model in this kind of sport.

READER

I. Read the text below and answer the questions:

– What was the name of the governing body for the sport of athletics over 120 years ago?

– What was the reason for establishing the IAAF?

– Which countries are among those where the IAAF's headquarters were located throughout its history?

– Does the President and other departments work in the same building?

About World Athletics

After 100 years of athletics excellence, the International Association of Athletics Federations embarked on its second century with drive and determination. On 17 July 1912 in Stockholm, Sweden, following the closing ceremony of the Olympic Games, the International Amateur Athletic Federation (IAAF) was founded as the world governing body for the sport of track and field athletics. During the decades that followed, athletics underwent many changes which reflected the political and socio-economic evolution of the wider world. The IAAF's name changed in 2001, becoming the International Association of Athletics Federations, and then again in 2019, when it became World Athletics.

The IAAF was founded to fulfil the need for a world governing authority, a competition programme, standardised technical equipment and an official list of world records. These requirements remain as relevant today as they were in 1912.

The Principality of Monaco has been home to World Athletics since October 1993. After more than 30 years in Sweden (1912–1946) and over 40 years in England (1946–1993), the headquarters moved to Southern Europe. The association is housed in two buildings: the Villa Miraflores serves as the executive offices of the President, while the operational headquarters are at 6-8, Quai Antoine 1er, Monaco's main port. World Athletics has a staff of approximately 90 from nearly 20 different nationalities.

(Originated from: https://worldathletics.org/about-iaaf)

II. Read the text and circle the appropriate preposition (1–4).

Dick Fosbury and the Flop

Dick Fosbury was born *(1) on/in/at* Medford, Oregon, USA in 1947. As a high school athlete, he struggled *(2) by/with/for* the conventional straddle technique and began experimenting with going over the bar on his back. His coaches were initially sceptical, but the results were undeniable. By the time he arrived *(3) at/to/on* Oregon State University, Fosbury had refined his technique to near perfection. He qualified *(4) for/to/in* the 1968 Mexico City Olympics and, to the world's surprise, cleared 2.24 m using his

back-first method, winning the gold medal. The technique – instantly dubbed the "Fosbury Flop" by a journalist – was biomechanically superior to any existing method. Fosbury passed away *(5) on/in/at* 2023, but his legacy lives on in every high jump competition.

(Originated from: Our Sport. World Athletics)

III. Read the text and decide whether the statements are true or false.

The Wanda Diamond League

The Wanda Diamond League is athletics' premier one-day meeting series. The competition encompasses 15 of the sport's most prestigious meetings, with men and women competing in 16 of its primary disciplines, including the high jump. Athletes compete for points at 14 series meetings from May to September, with the most successful in each discipline qualifying for the Wanda Diamond League Final.

At each series meeting, athletes are awarded 8, 7, 6, 5, 4, 3, 2 or 1 points for ranking 1st to 8th respectively. Those who qualify compete in a winner-takes-all competition at the final to be crowned Wanda Diamond League Champion. Each champion is awarded a prestigious Diamond Trophy, US$30,000 prize money, and a wild card for the World Athletics Championships.

Place	Points	Place	Series Prize (USD)	Final Prize (USD)
1st	8	1st	$10,000	$30,000
2nd	7	2nd	$6,000	$12,000
3rd	6	3rd	$3,500	$7,000
4th	5	4th	$2,000	$4,000
5th	4	5th	$1,250	$2,500
6th	3	6th	$1,000	$2,000
7th	2	7th	$750	$1,500
8th	1	8th	$500	$1,000

Something truly legendary occurred on 7 July 2024 in the Charléty Stadium in Paris. Clearing 2.10 m on her first attempt, Yaroslava Mahuchykh erased the 2.09 m world record set by Stefka Kostadinova, which had stood since 1987. Later that year, on 10 August 2024, Mahuchykh won her first Olympic gold medal at 2.00 m at the Stade de France.

(Originated from: https://www.diamondleague.com/rules/*)*

Statements (True / False):

1. The Diamond League includes both men and women competing in high jump.
2. Athletes compete for points at all 15 meetings in the series.
3. The Diamond League Champion receives a cash prize of US$10,000.
4. Yaroslava Mahuchykh broke the world record that had stood since 1987.
5. The Diamond League Final takes place in Monaco.

IV. Read the text and share your thoughts about this competition.

IDIOMS

in for the high jump
meaning – likely to be in serious trouble or to be punished
example – When I find out who slashed my tyres, they'll be in for the high jump.

raise the bar
meaning – increase the quality, standard or expectations of something
example – The teacher said I raised the bar; it was the best poem she had ever read.

jump through hoops
meaning – complete many difficult challenges in order to achieve something
example – My friend has been jumping through hoops to get us tickets to the World Athletics Championship.

(Originated from: Track and field idioms and phrases – Mingle-ish)

PHRASAL VERBS WITH "JUMP"

jump at
meaning – eagerly accept an opportunity
example – She jumped at the chance to compete in the Diamond League.

jump in
meaning – enter something quickly or enthusiastically
example – The coach jumped in and corrected the athlete's approach run.

jump off
meaning – leap off a surface
example – The high jumper jumps off one foot at the moment of takeoff.

jump over
meaning – leap across something
example – The athlete's goal is to jump over the bar without knocking it down.

jump on
meaning – physically attack or criticise someone quickly
example – The commentators jumped on the athlete's poor run-up technique.

(Originated from: https://mingle-ish.com/phrasal-verbs/phrasal-verbs-groups/phrasal-verbs-with-jump)

GLOSSARY

Approach Run: the sprint down the runway that allows the high jumper to build up the necessary speed and momentum before takeoff. In modern high jump, this is typically a J-curve run.

Arena: the stadium in which all track and field events are held, broadly composed of the running track, the grass field, and the spectator stands.

Athlete: a sportsperson; any person who competes in sport at international or national level.

Athletics: (British) the sport of competing in track and field events, including running, jumping and throwing; (North American) physical sports and games of any kind.

Competition: an event or series of events held over one or more days.

Crossbar: the horizontal bar that marks the minimum height the high jumper must clear. A successful jump is defined as one in which the position of the crossbar remains intact throughout the entire attempt.

Double Arm Takeoff: a takeoff technique used in the high jump in which the athlete powerfully swings both arms upward to help launch themselves over the crossbar.

Eastern Cut-Off: a high jump technique developed by Michael Sweeney as a variation of the scissors technique, in which the body passes over the bar with the back facing downward.

Fair Jump: the execution of a valid jump in the high jump event, traditionally signalled by raising a white flag.

Field Event: an athletic event which takes place on the field, inside the track. All jumping and throwing events are classified as field events.

Flop Style / Fosbury Flop: the dominant modern technique in which the athlete travels head-first over the bar, facing upwards (back to the bar). Invented by Dick Fosbury and first used at the 1968 Olympics.

Foul Jump: the execution of an invalid jump in the high jump event, signalled by raising a red flag.

High Jump: a jumping event in track and field in which the objective is to clear, unaided, the greatest possible vertical height.

IOC: the International Olympic Committee, the international non-governmental organisation responsible for the Olympic movement.

J-Curve Run-Up (also 10-step approach): the most popular approach run style in the high jump, in which the first strides are straight and the final strides curve towards the centre of the crossbar, generating centrifugal force.

Jump-Off: a tie-breaking format in which tied athletes must attempt progressively greater heights, one attempt per height, until one succeeds.

Landing Area: the thickly padded crash mat placed directly behind the crossbar, designed to ensure the safety of the athlete.

Pass: a decision made by a competitor to advance to the next designated height without attempting to clear the prior one.

Penultimate Stride: the second-to-last step in the approach run, crucial in the high jump as it lowers the athlete's centre of gravity to prepare for an explosive takeoff.

Runway: the designated all-weather polyurethane surface where the approach run takes place.

Single Arm Takeoff: a takeoff technique used in high jumping in which the athlete powerfully swings only one arm to help launch themselves over the crossbar.

Standards (also uprights): the two upright posts that support the crossbar from either side.

Straddle Technique: a high jump technique in which the athlete rotates their torso face-down around the bar, obtaining greater clearance than the scissors or Western roll techniques.

Takeoff: the step following the approach run in which the athlete launches themselves into the air from one foot.

Vertical Jump: a jumping event in which the primary objective is to maximise the height cleared rather than the distance travelled; includes the high jump and pole vault.

Western Roll: a high jump technique developed by George Horine in the early 20th century, in which the lead leg is swung upward while the body rolls over the bar on the same side.

World Athletics: the association of member federations that is the international authority for athletics worldwide, formerly known as the IAAF.

(Originated from: https://www.rookieroad.com/track-and-field/track-and-field-lingo-and-terminology/)

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