

STANDING LONG JUMP



OBJECTIVE:

Measure total body power as well as total body deceleration

EQUIPMENT:

measuring tape
dowel



1 PRIOR TO TESTING:

- ☑ Extend measuring tape out at least 15 feet (180 inches)
- ☑ Tape down/weigh down measuring tape at the starting line
- ☑ Make sure the tape is at zero (0) at the back end of the line
- ☑ Mark line or use turf lines as marker for students to line up

2 TEST INSTRUCTION & EXECUTION:

Coach tests student

1. Student lines up, toes on the back side of the starting line
2. Feet hip width, toes forward
3. Student performs a countermovement jump (with arm swing)
4. Jump as far out as possible
5. Stick the landing, making sure not to drag feet forward or fall backward
6. Distance is marked at the heel of the farthest foot back

3 SCORING

- ☑ Standing Long Jump is recorded in inches (XX.X)
- ☑ Disqualification:
 - Student crosses beginning line, or approaches line before jumping
 - Student falls backwards upon landing
 - Student steps forward/backward after jump