

Standing Long Jump

Tests the ability to accelerate the body forward from a standstill

Equipment Needed

- Tape Measure, Dowel
- Tape measure is secured to the ground and positioned from a start line
- Set-up as many stations as there are measuring tapes
- One coach per set-up, measuring and recording scores

Description

- Athlete starts in a standing position standing on a yard line
- Toes are lined up with the back side of the line
- The athlete jumps out as far as they can with counter-movement trying to achieve maximal horizontal distance and must stick their landing
- Falling forwards is acceptable as long as the foot placement does not move
- Falling backward/hand touching the ground behind hips not acceptable
- The total distance is measured from the start line to the athletes back heel
- Use PVC/Dowel to assess position in relation to tape measure

Repetitions and Scoring

- Record the best result of 2 scores
- If the 2 scores are both fouls (described below), the score is considered a disqualification
- The score is listed in FEET & INCHES ("X" feet, "X" inches)
- The FURTHER the distance, the BETTER the score.
- Distance recorded to the full inch measure, (e.g. 7 feet and 8 ½ inches would be recorded as 7 feet 8 inches)
- Possible to operate two lines per measuring tape

DQ/Penalty

- Failure to keep feet planted on the counter-movement (depth, drop, step, etc.)
- Feet moving forward on the landing of the jump (hop, step, etc.)
- Hand coming down behind hips on the landing and/or falling down

