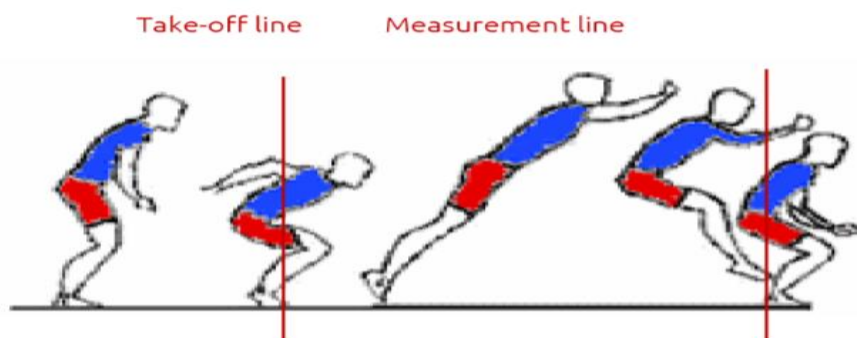


Special Olympics Challenge - Athletics

Athletics Skill "STANDING LONG JUMP"

Description



Objective Jumping, improving jumping strength, learning basic jumping technique

Results The length is measured and recorded in centimetres (cm)

Rules:

- The exercise can be done anywhere and on any surface: indoors and outdoors, on asphalt or a hard court but please make sure you have enough room and there are no obstacles or furniture in your way.
- The jump is made from a marked line
- Before the jump, the toes are entirely behind the marked line (see drawing)
- The jump is made from a standing position
- The jump is made with both feet
- The landing is made on both feet
- The hindmost heel part of both feet is measured, or the hindmost body part if the athlete touches the ground behind the heel.
- Each participant gets three tries; the longest jump counts and is recorded

Equipment needed: Tape measure

If you have any questions regarding this skill, please contact your regional office.