

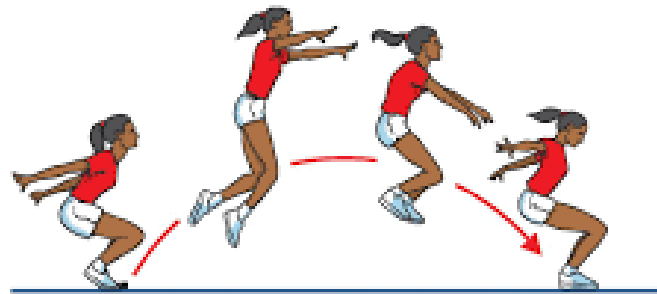
Standing Long Jump

Objective: To measure how far you can jump from a standing position.

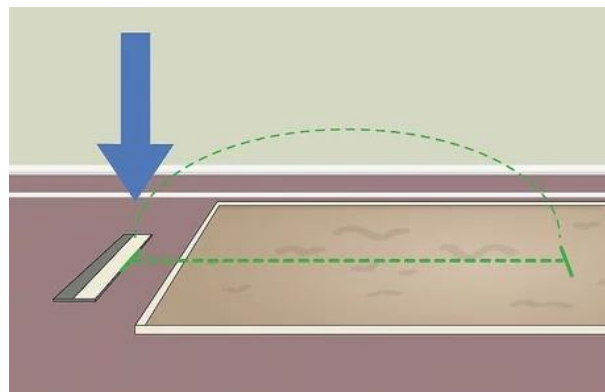
Equipment:

- Landing area (*somewhere soft i.e. sand, grass, or non-slip mat*)
- 'Take-Off Line' (*i.e. sticky tape, chalk, rope*)
- 'Marker' (*i.e. cone, lollipop stick, spike*)
- Measuring tape

Process: Place the 'take-off line' at the edge of the landing area. Athlete's should position themselves with their toes behind the 'take-off line', two feet parallel (*hip width apart*). The athlete can rock to gain momentum, but must not lift either foot completely off the ground.



On landing, use a 'marker' to identify the landing point (*i.e. the body part or clothes that lands closest to the take-off line*). Measure a perpendicular (*straight*) line from the 'take-off line' to the landing point to get the athlete's score.



Rules:

- The athlete cannot cross the take off line before the jumping action.
- The athlete can take three attempts, with the furthest distance submitted as their score.

Score: Submit one score per athlete in centimetres (*e.g. 125cm*)