



Vertical Jump

Objective: To measure explosive leg power and see how high you can jump.

Equipment:

- A high wall with plenty of room to jump and land safely (*i.e. outside of a building*)
- Chalk
- Measuring tape

Process: Athletes should stand side on to a wall and reach up with the hand closet to the wall. Keeping their feet flat on the ground, the point of the fingertips is marked; this is their 'Standing Reach Height'.



Measure from the floor to the 'Standing Reach Height' in centimetres (*e.g. 150cm*)



Stand a little away from the wall; take the chalk in the hand closet to the wall.

Jump vertically as high as possible using both arms and legs to propel the body upwards.



On contact with the wall, mark a dot with the chalk at the highest jumped point.

Measure from the floor to the jumped height (*e.g. 210cm*)

To calculate an athletes score, subtract the 'Standing Reach Height' from the jumped height (*e.g. 210cm – 150cm = score 60cm*)

Rules:

- The athlete can take three attempts, with the best attempt submitted as their score.

Scoring: Submit one score per athlete in centimetres (*e.g. 12cm*)