



Events

Standing Long Jump

- The athlete must stand with both feet behind the take-off line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- The athlete should jump as far as possible from a standing position, with a two footed take off.
- The athlete must land on the mat with both feet. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

Speed Bounce

- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible in 20 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped, provided an explanation and permitted a fresh trial after an adequate rest period.
- The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

Chest push

- The athlete holds the ball to their chest and pushes with both hands. The chest must face forward with no trunk rotation.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- Once thrown, the ball doesn't have to land on the mat.
- The distance is measured from the throwing line to where the ball lands marked down to the nearest 25cm. The athlete is permitted 3 consecutive trials.

Shuttle Run

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete runs 10 metres to the set of cones opposite.
- The athlete must place one foot over the return line before turning and running in the opposite direction.
- After completing the 10 metre distance 10 times the clock is stopped when they re-cross the start line.
- Alternatively a 20 x 5m distance can be completed where indoor space prohibits a 10m course distance.
- The time is taken to the tenth of a second.
- 0.2 second must be added if the athlete turns short of the line.