



Vertical jump

- The athlete stands with their back, head and heels touching the wall.
- Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- Younger athletes can find it difficult to push the slide up and the judge may assist by raising the slide first and then bringing it down to meet the athlete's fingertips. The practice of "straightening" an athlete's arms cannot be permitted. The following practice is recommended:
- The judge should encourage the athlete to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.
- If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.
- The athlete is given 3 consecutive trials.
- The athlete must dip their fingertips in powder and stand sideways on to the wall with the jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.
- An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they take their jump.
- Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale.

Equipment / alternatives

- ✓ Standing Long Jump Mat (Standing Long Jump) *or meter sticks/ measuring tape*
- ✓ Speed Bounce Mat and Wedge (Speed Bounce) *or 3 cones*
- ✓ Graduated Measuring Mat (Chest Push) *or meter sticks/ measuring tape / Marker cones*
- ✓ 1kg / 2kg Med Ball (Chest Push) *or size 5 Basketball*
- ✓ Tape Measure (Shuttle Run)
- ✓ 4 x Cones (Shuttle Run)
- ✓ Vertical Jump Board (Vertical Jump) *or measure with chalk/ sticky note*
- ✓ 5 x Stopwatch (1 per Group)
- ✓ 5 x Clipboards