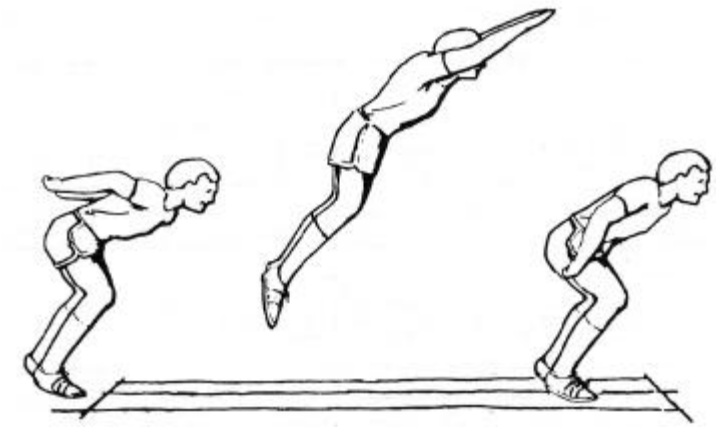
Performing the Exercises

Standing Long Jump

EQUIPMENT: Any level surface where competitor can jump into a soft area. Take off line should be clearly marked. Tape measure is required to measure distance.

TIME LIMIT: Three jumps to be completed in three minutes.

IMPORTANT: Only the best of three jumps will be recorded for score. Measuring is from take-off line to the nearest point of contact on the landing. Stepping over the line and continuing the jump is a foul and counts as an attempt. Foul jumps are not measured. Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.



EXERCISE

Position: Competitor stands with feet comfortably apart, toes just behind an established take off line. Knees may be flexed, and arms may be swung forward and backward in a rhythmical motion to build momentum.

Execution: Jump forward as far as possible. Landing may be on one or both feet.

Standing Long Jump Scoring Chart

FT.	IN.	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
3'	0"	AS DETERMINED BY FITNESS INSTRUCTOR	18	10	2	-	-	-	-	-	-	-	-	-	-	-
3'	2"		22	14	6	-	-	-	-	-	-	-	-	-	-	-
3'	4"		26	18	10	2	-	-	-	-	-	-	-	-	-	-
3'	6"		30	22	14	6	-	-	-	-	-	-	-	-	-	-
3'	8"		36	26	18	10	2	-	-	-	-	-	-	-	-	-
3'	10"		42	30	22	14	6	-	-	-	-	-	-	-	-	-
4'	0"		48	36	26	18	10	2	-	-	-	-	-	-	-	-
4'	2"		54	42	30	22	14	6	-	-	-	-	-	-	-	-
4'	4"		60	48	36	26	18	10	2	-	-	-	-	-	-	-
4'	6"		68	54	42	30	22	14	6	-	-	-	-	-	-	-
4'	8"		76	60	48	36	26	18	10	4	-	-	-	-	-	-
4'	10"		84	68	54	42	30	22	14	8	2	-	-	-	-	-
5'	1"		92	76	60	48	36	26	18	12	6	-	-	-	-	-
5'	2"		100	84	68	54	42	30	22	16	10	4	-	-	-	-
5'	4"		"	92	76	60	48	36	26	20	14	8	2	-	-	-
5'	6"		"	100	84	68	54	42	30	24	18	12	6	-	-	-
5'	8"		"	"	92	76	60	48	36	28	22	16	10	4	1	-
5'	10"		"	"	100	84	68	54	42	33	26	20	14	8	4	-
6'	0"		"	"	"	92	76	60	48	39	30	24	18	12	8	-
6'	2"		"	"	"	100	84	68	54	45	36	28	22	16	12	12
6'	4"		"	"	"	"	92	76	60	51	42	33	26	20	16	16
6'	6"		"	"	"	"	100	84	68	57	48	39	30	24	20	20
6'	8"		"	"	"	"	"	92	76	64	54	45	36	28	24	24
6'	10"		"	"	"	"	"	100	84	72	60	51	42	33	28	28
7'	0"		"	"	"	"	"	"	92	80	68	57	48	39	32	32
7'	2"		"	"	"	"	"	"	100	88	76	64	54	45	36	36
7'	5"		"	"	"	"	"	"	"	100	88	76	64	54	42	42
7'	8"		"	"	"	"	"	"	"	"	100	88	76	64	48	48
7'	11"		"	"	"	"	"	"	"	"	"	100	88	76	54	54
8'	2"		"	"	"	"	"	"	"	"	"	"	100	88	60	60
8'	5"		"	"	"	"	"	"	"	"	"	"	"	100	66	66
8'	8"		"	"	"	"	"	"	"	"	"	"	"	"	72	72
9'	0"		"	"	"	"	"	"	"	"	"	"	"	"	80	80
9'	4"		"	"	"	"	"	"	"	"	"	"	"	"	88	88
9'	8"		"	"	"	"	"	"	"	"	"	"	"	"	96	96
9'	10"		"	"	"	"	"	"	"	"	"	"	"	"	100	100