

What is a standing long jump?

The **standing long jump** is also known as the standing broad jump. It's a two footed horizontal jump from a standing position.



How do you perform the standing long jump?

Start by standing with both feet as close to the take-off line as possible. Both feet should stay in contact with the ground until the start of the jump. You may prefer a crouching or a rocking motion prior to the jump.

No part of the body should touch in front of the take-off line prior to take-off.

Bend your ankles, knees and hips, keeping your eyes focused forward. Swing your arms behind your body and straighten your legs.

Jump as far as possible from a standing position, with a two-footed take-off and swing your arms forwards and up.

Land softly on both feet.

You're not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line to the back of the closest heel on landing.

