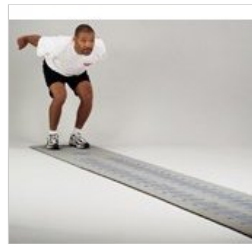


Standing Long Jump Test (Broad Jump)

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power. It is one of the fitness tests in the [NFL Combine](#). The standing long jump was also once an event at the [Olympic Games](#), and is also an event in Sports Hall competitions in the UK.

- **purpose:** to measure the explosive power of the legs
- **equipment required:** [tape measure](#) to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial [Long Jump Landing Mats](#) are also available. The take off line should be clearly marked.
- **procedure:** The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed. See some [long jump video examples](#).



Standing Long Jump Equipment

SHARE AN OFFICE BUILDING, NOT YOUR BANDWIDTH.
Get **GIGABIT INTERNET** with the reliability of a **DEDICATED** circuit.
GET YOUR GIG ON!
TIME WARNER CABLE **Business Class**

- **scoring:** The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts. The table below gives a rating scale for the standing long jump test for adults, based on personal experiences. See some [athlete results for the long jump test](#). You can also use this [calculator to convert cm to feet and inches](#).

rating	males		females	
	(cm)	(feet, inches)	(cm)	(feet, inches)
excellent	> 250	> 8' 2.5"	> 200	> 6' 6.5'
very good	241-250	7' 11" — 8' 2.5"	191-200	6' 3" — 6' 6.5'
above average	231-240	7' 7" — 7' 10.5"	181-190	5' 11.5" — 6' 2.5"
average	221-230	7' 3" — 7' 6.5"	171-180	5' 7.5" — 5' 11"
below average	211-220	6' 11" — 7' 2.5"	161-170	5' 3.5" — 5' 7"
poor	191-210	6' 3" — 6' 10.5"	141-160	4' 7.5" — 5' 2.5"
very poor	< 191	6' 3"	< 141	< 4' 7.5"

* table results adapted from personal experience and various sources.

- **variations / modifications:** A long jump landing pit may be used instead of a hard surface, which enables the subject to confidently put more effort into the jump, and to extend the legs further in front of the body for landing. This technique also allows those with greater skill to score longer jumps, which is undesirable if you are trying to test for leg power only. Generally longer distances should be achieved with this technique, so the norm table above would not be accurate. The [Eurofit Test](#) recommends using a graduated mat for ease of recording jump distance on the landing surface.
- **advantages:** this test is simple and quick to perform, requiring minimal equipment.
- **disadvantages:** there is some skill component in this test.
- **comments:** Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched. Some subjects will try to use a step at take-off, which is not allowed. The World Record for the standing long jump is held by Norwegian Arne Tvervaag, who jumped 3.71 meters.

mudderella
THE PREMIER WOMEN'S MUD RUN
FIND OUT MORE NY & NJ June 18th

follow Topend Sports



More Fitness Testing

AdChoices

- ▶ [Assessment Test](#)
- ▶ [Fitness Test](#)
- ▶ [Body Test](#)

- [Index](#)
- [Categories](#)
- [Test List](#)
- [Specific Groups](#)
- [Test Results](#)
- [Test Records](#)
- [Testing Resources](#)
- [Images](#)
- [Calculators](#)
- [Products](#)
- [Help](#)

1. Jump Videos
2. Long Jump Mat
3. Buy Jump Ropes



Beep T-Shirt Designs

Barcelonabygaudi.com
Discover Barcelona through the art of Antoni Gaudí

Related Pages

- see [video examples of the long jump test](#) in action.
- buy [standing long jump mats](#) and other equipment.
- See some [athlete results for the long jump test](#).
- a similar test of leg power is the [vertical jump test](#).
- see the [list of anaerobic tests](#) for other fitness tests of leg power.
- this test is part of the [NFL Combine](#), and was once part of the [Football Pro Rating SPARQ](#).
- this test is part of the [Eurofit Test Battery](#).
- The [Standing Long Jump](#) was an athletics event at the early Olympic Games.
- Use this [calculator to convert cm to feet and inches](#).



26 Comments [Topend Sports](#)

[Login](#) 1

[Recommend](#) 5

[Share](#)

[Sort by Best](#)



Join the discussion...



amanda · 3 years ago

i need help with jumping higher and farther what should i do
i am in 5th grade

5 [^](#) | [v](#) · [Reply](#) · [Share](#)



Derek Darwin → [amanda](#) · 3 years ago

Unfortunately being so young, in terms of explosive muscular development, anything you do won't be of real great advantage to you until you hit puberty and create testosterone. However, what is of a great advantage to anyone would be to practice jumping both far and high. What this will do is help your body create an efficient neurological connection/pattern for jumping. I wouldn't jump with any weight or with anything in your hands (you could but...) as this will alter how you jump and therefore your neurological patterning. You can also do sprints because this will help teach your muscles to fire quickly as they rarely fire quicker than when you sprint. Hope that helps.

5 [^](#) | [v](#) · [Reply](#) · [Share](#)



tanne12321 → [Derek Darwin](#) · 3 years ago

Sir,
You are talking to a female, who cannot create testosterone. I thought it would be just good to let you know this. Amanda keep up the good work!

[^](#) | [v](#) · [Reply](#) · [Share](#)



Derek Darwin → [tanne12321](#) · 3 years ago

Tanne, women DO create testosterone, and even if they didn't everything else I stated would still be true.

6 [^](#) | [v](#) · [Reply](#) · [Share](#)



Dharmendra Dwivedi → [amanda](#) · 7 months ago

Do practice of rope jump

[^](#) | [v](#) · [Reply](#) · [Share](#)



Future Coach → [amanda](#) · 3 years ago

Try jumping with a resistance vest you can handle or use light pair of dumbbells on each hand. Make sure you are landing on a soft surface though (shock absorbing mat, turf, etc).

[^](#) | [v](#) · [Reply](#) · [Share](#)



Avery · 2 days ago

lol im 14 I got that 240cm though in gym