



BROAD JUMP

The broad jump test is a test to measure how well an athlete can generate force in a horizontal direction. The takeoff phase will be assessed by the mechanism in which the athletes use to project themselves forwards. The athlete will stand behind the starting line (they can cheat their toes up as close to the edge of the start line without going over). Using the arm swings, they will then project themselves forward and stick the landing. If the athlete shuffles the feet at the beginning, stumbles or falls during landing the test will not count or be recorded. Measurements will be from the back of the heel where the athlete landed that is closest to the starting line. Athletes will get two attempts at the broad jump with the best attempt being graded and recorded.

