



TEAMGOLDUSA USA1 | DRY TESTING | SBJ

Standing Broad Jump Test

Coach administration packet

PURPOSE

A standardized two-foot horizontal jump recorded as distance. It is a practical field score, not direct peak force, impulse, rate of force development, swim-start power or turn power.

PRIMARY OUTPUT

Best valid distance in cm

EQUIPMENT

Tape, line, non-slip floor

1

Prepare the course

Mark a fixed takeoff line and tape measure perpendicular to it. Use a dry, level, non-slip landing area with clear run-off space.

2

Standardize the start

Toes remain immediately behind the line, feet approximately shoulder-width. Preserve the same footwear, surface, warm-up and arm-swing rule.

3

Jump and land

After two practice attempts, complete three scored jumps with adequate recovery. Take off and land on two feet. A step back, fall or rearward contact invalidates the attempt.

4

Measure and score

Measure from the line to the nearest landing contact. Record all attempts and invalid trials; report the best valid distance in centimeters.



Standing Broad Jump Test

Multi-athlete recording sheet

Date _____ Assessor _____ Location _____ Warm-up/version _____

FIELD / UNIT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6	ATHLETE 7	ATHLETE 8
Attempt 1 cm								
Attempt 1 valid?								
Attempt 2 cm								
Attempt 2 valid?								
Attempt 3 cm								
Attempt 3 valid?								
Best valid cm								
Surface/footwear								
Landing note								
Symptoms/notes								

RECORD THE EXACT PROTOCOL AND STOP REASON.
Compare like-for-like conditions. Do not convert this sheet into medical diagnosis, clearance or unsupported universal pass/fail standards.

INTERPRETATION LIMITS

- Distance is the field score; do not label it force, power or RFD without appropriate instrumentation.
- Do not use elite adult distances as youth pass/fail standards.
- Compare only like surfaces, footwear, warm-ups and measurement rules.
- Stop for pain, dizziness or unsafe landing control.

SAFETY AND MEDICAL BOUNDARY

Stop testing for pain, dizziness, chest symptoms, unusual shortness of breath, numbness, tingling, illness, loss of safe control or an individualized restriction. Follow parent/guardian communication, qualified clinical guidance and the emergency action plan.

SCIENTIFIC JOURNALS - HOT LINKS

Castro-Pinero et al. Youth muscular fitness field tests

<https://doi.org/10.1136/bjsm.2009.058321>

Thomas et al. Standing broad jump youth percentiles

<https://doi.org/10.4081/ejtm.2020.9050>

Bergeron et al. IOC youth development consensus

<https://doi.org/10.1136/bjsports-2015-094962>

Cruz-Leon et al. Field fitness test safety review

<https://doi.org/10.1186/s40798-024-00799-1>