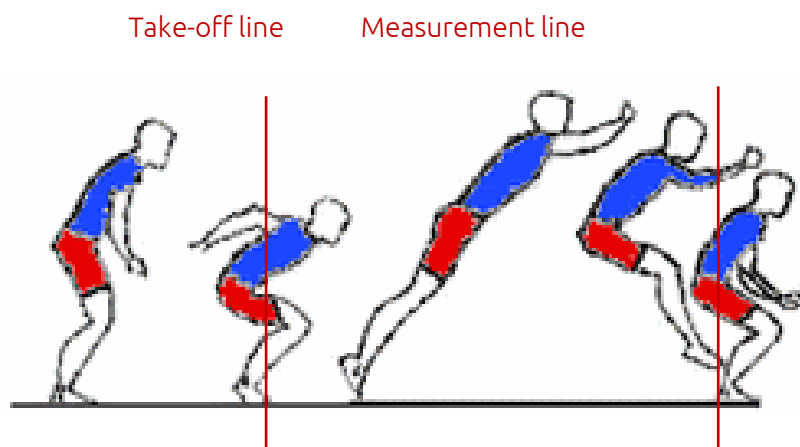


# Special Olympics Challenge

## Athletics Skill 2 "STANDING LONG JUMP"

### Description



### Objective

Jumping, improving jumping strength, learning basic jumping technique

### Results

The length is measured and recorded in centimetres (cm)

### Rules

- The exercise can be done anywhere and on any surface: indoors and outdoors, on asphalt or a hard court
- The jump is made from a marked line
- Before the jump, the toes are entirely behind the marked line (see drawing)
- The jump is made from a standing position
- The jump is made with both feet
- The landing is made on both feet
- The hindmost heel part of both feet is measured, or the hindmost body part if the athlete touches the ground behind the heel.
- Each participant gets three tries; the longest jump counts and is recorded

**Equipment:** Tape measure

If you have any questions regarding this skill, please contact: [challenge@specialolympics.ch](mailto:challenge@specialolympics.ch).