

## ***The 10 Tests of the Jumps Decathlon***

You can do these tests in any order. You may use either leg to start most tests.

- Standing long jump — jump off two legs into a sand pit for maximal distance.
- Standing Triple jump — hop, step and jump, starting from a standing position.
- 2 hops, step and jump - start from one foot forward, perform 2 hops, 1 step and a jump onto both feet in the landing pit.
- 2 hops, 2 steps and jump - start from one foot forward, perform 2 hops, 2 steps and a jump onto both feet in the landing pit.
- 2 hops, 2 steps and 2 jumps - start from one foot forward, perform 2 hops, 2 steps and two jumps off both feet.
- 5 spring jumps (Bunny hops) - 5 successive two footed bounds (bunny hops) with the feet kept together in a continuous movement.
- Standing 4 hops and jump - start from one foot forward, perform 4 hops and then a jump onto both feet in the landing pit.
- Running 4 hops and jump - any length run up, perform 4 hops and then a jump onto both feet in the landing pit.
- 25 metre hop for time - Start from a standing position, hop on same leg as quickly as possible.
- 5 stride long jump - performs a long jump off 5 strides into the sand pit, normal long jump rules apply.

| Points | Standing Long Jump | Standing Triple Jump | 2 Hops Step & Jump | 2 Hops 2 Step & Jump | 2 Hops 2 Steps & 2 Jumps | 5 Spring Jumps | Stand 4 Hops & Jump | Run 4 Hops & Jump | 25m Hop in secs |
|--------|--------------------|----------------------|--------------------|----------------------|--------------------------|----------------|---------------------|-------------------|-----------------|
| 30     | 1.60m              | 5.18m                | 6.55m              | 8.33m                | 9.75m                    | 9.04m          | 8.73m               | 12.19m            | —               |
| 29     | 1.57m              | 5.10m                | 6.47m              | 8.22m                | 9.65m                    | 8.94m          | 8.63m               | 12.03m            | 8.05            |
| 28     | 1.54m              | 5.02m                | 6.40m              | 8.12m                | 9.55m                    | 8.83m          | 8.53m               | 11.88m            | —               |
| 27     | 1.52m              | 4.95m                | 6.32m              | 8.02m                | 9.44m                    | 8.73m          | 8.43m               | 11.73m            | 8.06            |
| 26     | 1.49m              | 4.87m                | 6.24m              | 7.92m                | 9.34m                    | 8.63m          | 8.33m               | 11.58m            | —               |
| 25     | 1.47m              | 4.80m                | 6.17m              | 7.82m                | 9.24m                    | 8.53m          | 8.22m               | 11.42m            | 8.07            |
| 24     | 1.44m              | 4.72m                | 6.09m              | 7.72m                | 9.14m                    | 8.43m          | 8.12m               | 11.27m            | —               |
| 23     | 1.42m              | 4.64m                | 5.99m              | 7.61m                | 9.04m                    | 8.33m          | 8.02m               | 11.12m            | —               |
| 22     | 1.39m              | 4.57m                | 5.89m              | 7.51m                | 8.94m                    | 8.22m          | 7.92m               | 10.97m            | 8.09            |
| 21     | 1.37m              | 4.49m                | 5.79m              | 7.41m                | 8.83m                    | 8.12m          | 7.82m               | 10.82m            | —               |
| 20     | 1.34m              | 4.41m                | 5.68m              | 7.31m                | 8.73m                    | 8.02m          | 7.72m               | 10.66m            | —               |
| 19     | 1.29m              | 4.26m                | 5.58m              | 7.21m                | 8.63m                    | 7.92m          | 7.61m               | 10.51m            | 9               |
| 18     | 1.26m              | 4.19m                | 5.48m              | 7.11m                | 8.53m                    | 7.82m          | 7.51m               | 10.36m            | —               |
| 17     | 1.24m              | 4.11m                | 5.38m              | 7.01m                | 8.43m                    | 7.72m          | 7.41m               | 10.21m            | —               |
| 16     | 1.21m              | 4.03m                | 5.28m              | 6.90m                | 8.33m                    | 7.61m          | 7.31m               | 10.05m            | 9.01            |
| 15     | 1.19m              | 3.96m                | 5.18m              | 6.80m                | 8,22m                    | 7.51m          | 7.21m               | 9.90m             | —               |
| 14     | 1.16m              | 3.88m                | 5.07m              | 6.70m                | 8,12m                    | 7.41m          | 7.11m               | 9.75m             | —               |
| 13     | 1.14m              | 3.80m                | 4.97m              | 6.60m                | 8,02m                    | 7.31m          | 7.01m               | 9.60m             | 9.02            |
| 12     | 1.11m              | 3.73m                | 4.87m              | 6.50m                | 7.92m                    | 7.21m          | 6.90m               | 9.44m             | —               |
| 11     | 1.09m              | 3.65m                | 4.77m              | 6.40m                | 7.82m                    | 7.11m          | 6.80m               | 9.29m             | —               |
| 10     | 1.06m              | 3.58m                | 4.67m              | 6.29m                | 7.72m                    | 7.01m          | 6.70m               | 9.14m             | 9.03            |
| 9      | 1.04m              | 3.50m                | 4.57m              | 6.19m                | 7.61m                    | 6.90m          | 6.60m               | 8.99m             | —               |
| 8      | 1.01m              | 3.42m                | 4.47m              | 6.09m                | 7.51m                    | 6.80m          | 6.50m               | 8.83m             | —               |
| 7      | 0.99m              | 3.35m                | 4.36m              | 5.99m                | 7.41m                    | 6.70m          | 6.40m               | 8.68m             | 9.04            |
| 6      | 0.96m              | 3.27m                | 4.26m              | 5.89m                | 7.31m                    | 6.60m          | 6.29m               | 8.53m             | —               |
| 5      | 0.93m              | 3.20m                | 4.16m              | 5.79m                | 7.21m                    | 6.50m          | 6.19m               | 8.38m             | —               |
| 4      | 0.91m              | 3.12m                | 4.06m              | 5.68m                | 7.11m                    | 6.40m          | 6.09m               | 8.22m             | 9.05            |
| 3      | 0.88m              | 3.04m                | 3.96m              | 5.58m                | 7.01m                    | 6.29m          | 5.99m               | 8.07m             | —               |
| 2      | 0.86m              | 2.97m                | 3.86m              | 5.48m                | 6.90m                    | 6.19m          | 5.89m               | 7.92m             | —               |
| 1      | 0.60m              | 2.89m                | 3.75m              | 5.38m                | 6.70m                    | 6.09m          | 5.79m               | 7.77m             | 9.06            |

