

EVENT # 1

VERTICAL JUMP

The Vertical Jump event measures lower body strength. Scoring is determined by the distance between the examinee's recorded reach and the best of the 3 recorded jumps in inches.

- The examinee is required to stand with their side to the wall (either right or left). The examinee must then hold the Velcro cylinder in the hand closest to the wall and position their feet flat on the floor. They then reach up as high as possible to place the Velcro cylinder on the board to establish the point of reference from which the vertical jump will be measured.
- Before jumping, the examinee must be in a position so that either their right or left foot is no more than 12 inches from the wall. The foot closest to the wall must remain stationary prior to the jump. The examinee then jumps as high as possible and places the Velcro cylinder on the vertical jump board using the hand closest to the wall.
- The best of the 3 jumps is recorded on the MCOLES score sheet. The proctor scores the jump to the nearest ½ inch between the two marked positions recorded on the vertical jump test board. In the event the instrument does not record a completed jump, the examinee will be permitted another jump.

Preparing for the Vertical Jump Event

To prepare you will need to do plyometric training. The following are examples of exercises you may wish to perform in preparation for the vertical jump event:

Single and Double Leg Vertical Jump

Jump vertically as high as possible, thrust your arms upward vigorously and reach as high as possible with one or two hands. When your feet hit the ground, jump again immediately without a stutter step. Start out with a few sets to exhaustion and work your way up to several sets. Perform jumping with one leg, and again using both legs.

Double Leg Hop

Jump off of both legs and strive for the maximum forward distance, "hanging in the air." As soon as you land, jump forward again with no stutter step.



Starting Reach



Prepare to Jump



Vertical Jump