

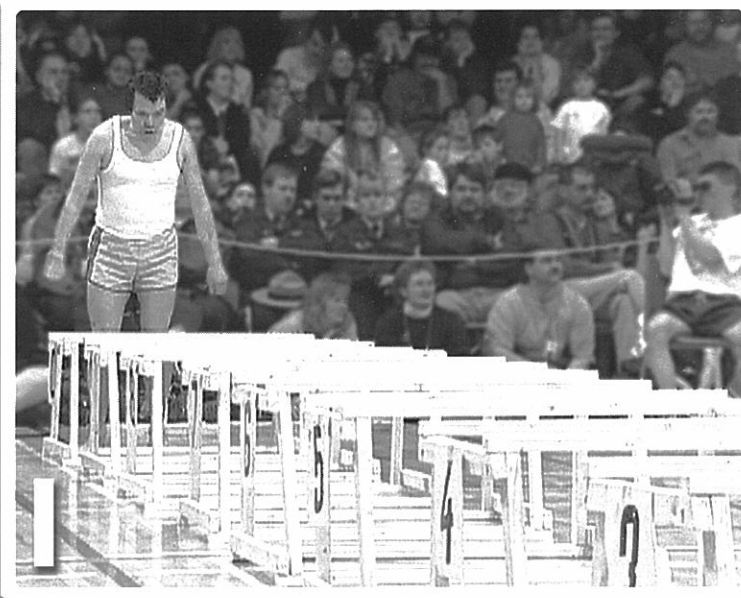
Sledge Jump

The Game

How to Play

The Sledge Jump is similar to the Triple Jump, but it is a test of the athlete's endurance rather than of his power. Instead of traditional sledges, ten wooden 'hurdles' are used and placed in a row. They are 50 cm high, 70 cm deep at the base and 50 cm at the top, and 1.2 to 2 m wide; they should be clearly numbered. The tops may be covered with furs or blankets. The athlete completes as many jumps over the sledges as possible, doing a 180 degree turn at the end, then jumping in the opposite direction.

Place the sledges in a row, leaving a 50 cm distance between sledges. From a standing position, begin two-foot jumps over the sledges, keeping your feet close together. You must not slow down when landing and pushing off between sledges. The attempt ends when you touch a sled, or when you execute a jump from a staggered (step) position.



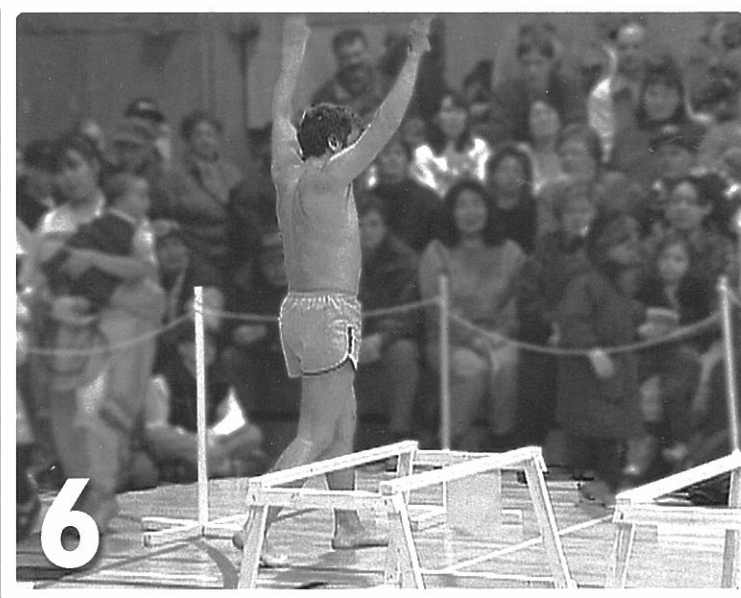
Position yourself at the first sledge, with your feet close together. Begin jumping over the sledges – there is no run-up. Avoid touching any part of the sledge!



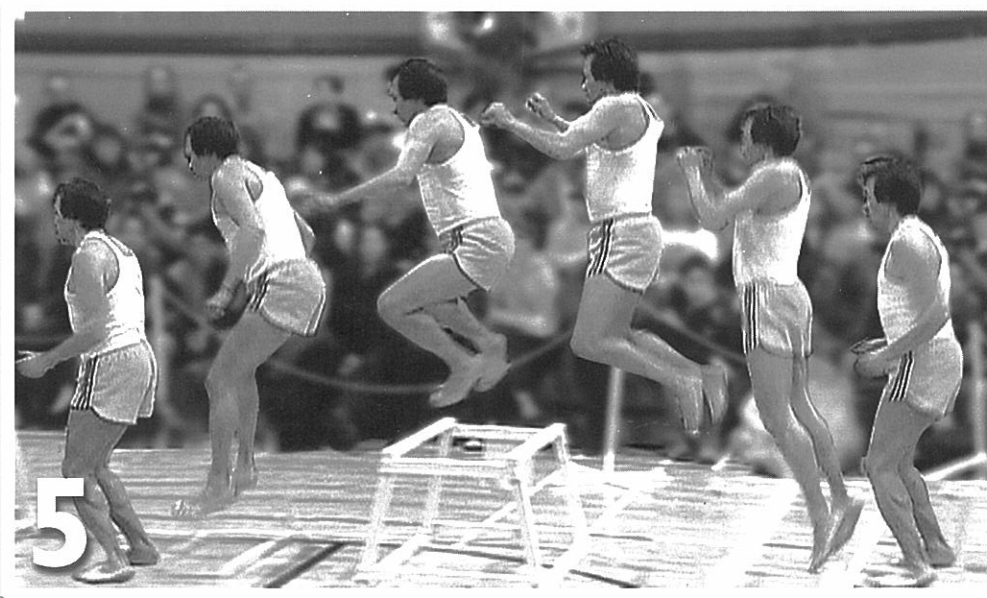
The more you bend your hips and knees when jumping over the sledge, the lower your jump can be, and the more energy you will save. When pushing off, move your arms upward to gain more energy for the jump.



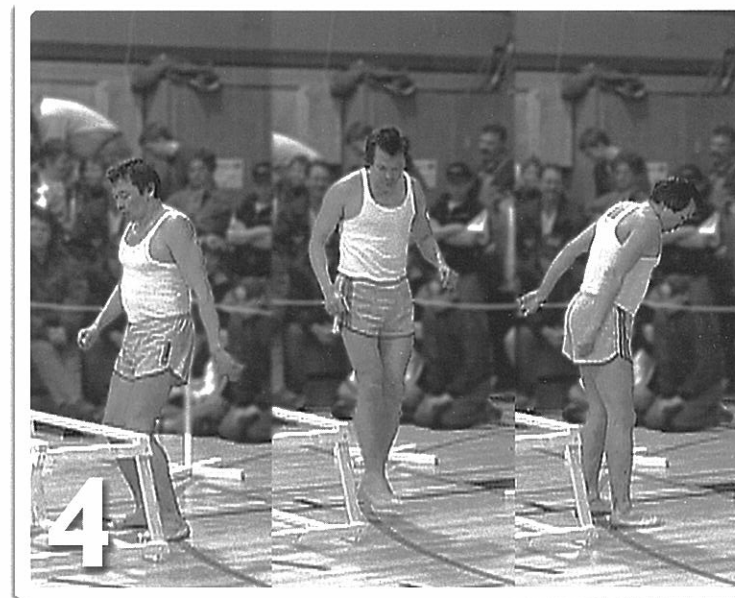
Each jump ends with a two-foot landing; the feet are close together. Avoid slowing down when changing direction from the landing to the push-off movement.



The attempt ends when you touch any part of a sledge. The greatest number of jumps wins the competition.



Remember to use your arms when pushing off. Try and push off from the balls of your feet only. You must not touch any part of the sledge.



At the end of the row, perform a single 180 degree hop. Resume jumping no later than 5 seconds after the hop.