

12. Power Jumps



Figure 1
Mat height



Figure 2



Figure 3

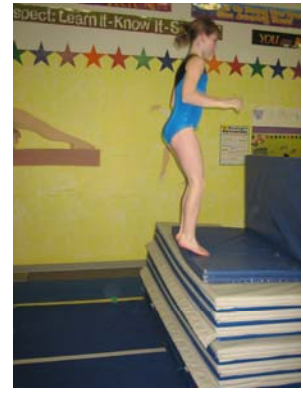


Figure 4

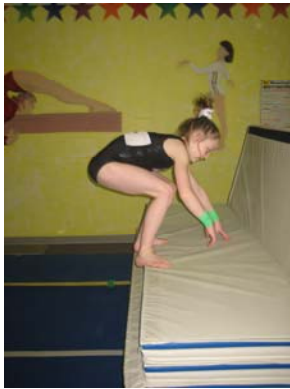


Figure 5
Hands touching



Figure 6
Foot slips off

EQUIPMENT NEEDED:

- Rod Floor
- Panel Mats
- Level

STARTING POSITION:

The athlete begins standing in front of a pile of panel mats on the rod floor. The height of the panel mat stack should be at the top of the inseam. (Figure 1)

DIRECTIONS:

The athlete jumps to the top of the panel mats, then rebounds off the top, and returns to the floor **with arms above the head**. The athlete continues rebounding from the top of the mats and back to the floor until a maximum of 50 jumps has been completed or the test is interrupted. (Figures 2-4)

NOTES:

- If the athlete lands on the top of the mat stack with 1 foot, the test will be interrupted.
- If the athlete lands on top of the mat stack with both feet and one foot slips off the top of the mat sack and the athlete can continue to rebound off the mat that attempt will not be counted, but it is not an interruption.
- If the athlete puts their hands down of the mats or the floor at anytime, the test will be interrupted. (Figure 5)
- If the athlete stops at anytime, the test is interrupted.
- No warm-up will be given for this test. If an athlete falls or is interrupted in the first 5 repetitions, they will be allowed to restart. Maximum of 1 restart.