

# VERTICAL JUMP ASSESSMENT PROTOCOL

**Objective:** To evaluate standing vertical jump height

**Equipment:**

- ▶ A smooth wall with a relatively high ceiling
- ▶ A flat, stable floor that provides good traction
- ▶ Chalk (different color than the wall)
- ▶ Measuring tape or stick
- ▶ Stepstool or small ladder

**Assessment protocol and administration:**

- ▶ After explaining the purpose of the vertical jump assessment, describe and demonstrate the procedure. Allow the client to perform a few practice trials before administering the assessment.
- ▶ Instruct the client to stand adjacent to a wall, with the inside shoulder of the dominant arm approximately 6 inches (15 cm) from the wall. Measure the client's standing height by marking the fingers with chalk, extending the inside arm overhead, and marking the wall. This mark will then be compared to the maximal

height achieved on a vertical jump.

- ▶ The client then lowers the arms and, without any pause or step, drops into a squat movement before exploding upward into a vertical jump.
- ▶ The goal of this assessment is to jump as high as possible from a standing position.
- ▶ Since proper technique plays a role in achieving maximal jump height, encourage the client to use the arms and legs for propulsion.
- ▶ At the highest point, the athlete touches the wall, marking it with chalk.
- ▶ The vertical jump measurement is determined by the vertical distance between the new chalk mark and the starting height.
- ▶ Allow three repetitions and record the maximal height achieved on the assessment form.
- ▶ Use the table below to categorize the client's performance.

## Norms for the Vertical Jump Assessment (cm)

Men						
Age (years)	15-19	20-29	30-39	40-49	50-59	60-69
<b>Excellent</b>	≥56	≥58	≥52	≥43	≥41	≥33
<b>Very good</b>	51-55	54-57	46-51	36-42	34-40	29-32
<b>Good</b>	46-50	48-53	40-45	32-35	28-33	25-28
<b>Fair</b>	42-45	42-47	31-39	26-31	18-27	18-24
<b>Needs Improvement</b>	≤41	≤41	≤30	≤25	≤17	≤17
Women						
Age (years)	15-19	20-29	30-39	40-49	50-59	60-69
<b>Excellent</b>	≥40	≥38	≥36	≥31	≥25	≥19
<b>Very good</b>	36-39	34-37	32-35	27-30	21-24	15-18
<b>Good</b>	32-35	29-33	28-31	23-26	16-20	11-14
<b>Fair</b>	28-31	25-28	24-27	18-22	10-15	7-10
<b>Needs improvement</b>	≤27	≤24	≤23	≤17	≤9	≤6

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