

1. Adult Norms (cm)

Grade	Men	Women
Superior	254+	206+
Excellent	226-253	174-205
Good	197-225	140-173
Average	169-196	106-139
Poor	168 & below	105 & below

Performance grades from a study of young adults (17-22). General adult (18-64) average: 164cm men, 121cm women — see full breakdown online.

2. Youth Norms by Age (cm, 50th percentile)

Age	Boys	Girls
6 years	124	116
9 years	133	123
12 years	164	151
15 years	170	139
18 years	178	123

Median (50th percentile) values — full 10th-90th percentile tables available online.

3. Athlete Performance Level — Basketball (cm)

Position	1st Division	2nd Division
All positions	251	238
Guards	255	239
Forwards	256	239
Centres	244	235

Professional male basketball players — standing broad jump clearly tracks competition level within the same sport.

4. Reading a Standing Long Jump

Distance is measured from the takeoff line to the nearest point of contact at landing (usually the heel), from a static start with both feet remaining on the ground until takeoff. Re-test under the same conditions (footwear, warm-up, surface) for the most reliable comparisons.

Quick Conversion

1 inch = 2.54 cm. An 80-inch standing long jump is approximately 203cm; a 96-inch jump is approximately 244cm.

Sources: Marin-Jimenez N, et al. The Adult-Fit project. Eur J Sport Sci. 2024;24(9):1379-1392. | Rahman ZA, et al. Norm References of Standing Broad Jump. Revista Geintec. 2021;11(3):1340-1354. | Thomas E, et al. Percentile values of the standing broad jump. Eur J Transl Myol. 2020;30(2):240-246. | Pehar M, et al. Evaluation of different jumping tests. Biology of Sport. 2017;34(3):263-272.