STATIC SQUAT JUMP (SJ) TEST

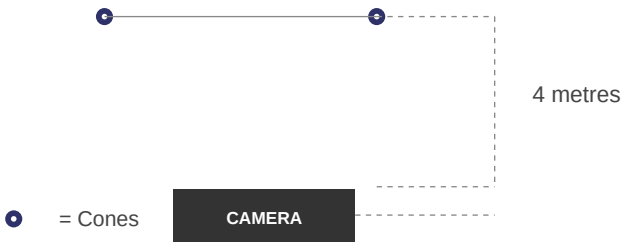
Test setup and player instructions

About the test

The static Squat Jump (SJ) test is typically used to measure a player's explosive lower-body power (i.e. speed-strength ability). The player pauses in a flexed semi-squat position (upper thigh horizontal) for three seconds before jumping. Jump height is calculated from the reference position to the player's maximum vertical position.

Mount the camera about **10–20 cm above the height of the belt** and ensure it is level using the spirit level. When the squat timer is enabled, a sound plays after the player has paused in the squat position for three seconds. Any jump before this wait time cancels the test.

Instructions



Setup: Position the camera approximately 2 metres from the player and ensure it is level. The player should stand in the marked area, facing away from the camera.

Player instructions

1. Put on the **waist belt**. Make sure the **reflective side is out**.
2. When the camera has started, it will play a *get ready sound* — stand at the jump line.

   Play get ready sound
3. Stand still in an upright stance, with your hands on your hips, **facing away** from the camera.
4. A *start sound* will play, indicating that the camera has registered you and is ready to record your jump.

   Play start sound
5. Start the downward motion to the squat position. **Pause for 3 seconds** in the squat position, then perform a squat jump.
6. After landing, **return to an upright start stance** until you hear the *completed sound*. This ensures an accurate measurement.

   Play completed sound

Important: Remain still in the start stance until the start sound is heard. Complete the full movement sequence for an accurate measurement.