

Indoor Home Athletics Score Chart

Points	Standing Long Jump	Speed Bounce	High Knees	Power Hop Right	Power Hop Left
	Measured in metres. If off chart add 1 point for every additional 3cm	Count number of bounces in 20 seconds. If off chart add 1 point for each additional bounce.	Count number of knee lifts in 30 seconds. If off chart add 1 point for each additional knee lift.	Measured in metres. If off chart add 1 point for each additional 2cm.	Measured in metres. If off chart add 1 point for each additional 2cm.
70	2.35	70	80	2.10	2.10
69	2.32	69	77	2.08	2.08
68	2.29	68	78	2.06	2.06
67	2.26	67	77	2.04	2.04
65	2.23	65	76	2.02	2.02
64	2.20	64	75	2.00	2.00
63	2.17	63	74	1.98	1.98
62	2.14	62	73	1.96	1.96
61	2.11	61	72	1.94	1.94
60	2.08	60	71	1.92	1.92
59	2.05	59	70	1.90	1.90
58	2.02	58	69	1.88	1.88
57	1.99	57	68	1.86	1.86
56	1.96	56	67	1.84	1.84
55	1.93	55	66	1.82	1.82
54	1.90	54	65	1.80	1.80
53	1.87	53	64	1.78	1.78
53	1.84	52	63	1.76	1.76
51	1.81	51	62	1.74	1.74
50	1.78	50	61	1.72	1.72
49	1.75	49	60	1.70	1.70
48	1.72	48	59	1.68	1.68
47	1.69	47	58	1.66	1.66
46	1.66	46	57	1.64	1.64
45	1.63	45	56	1.62	1.62
44	1.60	44	55	1.60	1.60
43	1.57	43	54	1.58	1.58
42	1.54	42	53	1.56	1.56
41	1.51	41	52	1.54	1.54
40	1.48	40	51	1.52	1.52
39	1.45	39	50	1.50	1.50
38	1.42	38	49	1.48	1.48
37	1.39	37	48	1.46	1.46
36	1.36	36	47	1.44	1.44
35	1.33	35	46	1.42	1.42
34	1.30	34	45	1.40	1.40
33	1.27	33	44	1.38	1.38

	32	1.24	32	43	1.36	1.36
	31	1.20	31	42	1.34	1.34
	30	1.17	30	41	1.32	1.32
	29	1.14	29	40	1.30	1.30
	28	1.11	28	39	1.28	1.28
	27	1.08	27	38	1.26	1.26
	26	1.05	26	37	1.24	1.24
	25	1.02	25	36	1.22	1.22
	24	0.99	24	35	1.20	1.20
	23	0.96	23	34	1.18	1.18
	22	0.93	22	33	1.16	1.16
	21	0.90	21	32	1.14	1.14
	20	0.87	20	31	1.12	1.12
	19	0.84	19	30	1.10	1.10
	18	0.81	18	29	1.08	1.08
	17	0.78	17	28	1.06	1.06
	16	0.75	16	27	1.04	1.04
	15	0.72	15	26	1.02	1.02
	14	0.69	14	25	1.00	1.00
	13	0.66	13	24	0.95	0.95
	12	0.63	12	23	0.90	0.90
	11	0.60	11	22	0.85	0.85
	10	0.57	10	21	0.80	0.80
	9	0.54	9	20	0.75	0.75
	8	0.51	8	19	0.70	0.70
	7	0.48	7	18	0.65	0.65
	6	0.45	6	17	0.60	0.60
	5	0.42	5	16	0.55	0.55
	4	0.39	4	15	0.50	0.50
	3	0.36	3	14	0.45	0.45
	2	0.33	2	13	0.40	0.40
	1	0.30	1	12	0.35	0.35