

READING HEIGHT SCORES:

1. With a little practice, jump-height scores can be read quickly - knowing the bottom vane height, and remembering the vane color code: red & blue vanes - full inches, with red vanes every 6th inch; white vanes - half inches. To determine the height of the highest touched/displaced vane, simply look towards the axis area of the vane stack, and scan your eyes upwards from the bottom - first looking for any higher displaced 6th inch red vanes, then for full-inch blue vanes, and finally for (one) half-inch white vane, if any. For example, with the head adjusted for a bottom-vane height of 9 feet, and one higher red, three blue, and one white vanes displaced, the score would be 9' 9 1/2".

快速的讀取跳高分數方法 – 確認最底下測量片對應測量桿的高度，並熟記顏色代碼：紅色 6 英吋，藍色 3 英吋，白色半英吋。例如，最底部測量片的高度是 9 英尺，加一個紅色、三個藍色和一個白色，分數將記為 9 英尺 9.5 英吋。

2. When figuring a number of NET vertical jump values (distance gained over standing reach) you may find it easier to convert both the standing and jump reach values into straight inches, and then perform an easy subtraction. The new VERTEC pedestal height-scale lists the 6-inch bottom-vane increments in straight inches, as well as in feet & inches to facilitate this, or you can use the conversion table included with this manual.

可以使用轉換表計算出實際跳躍的高度（跳躍高度減去站立高度）

JUMP HEIGHT MEASUREMENT WITH THE VERTEC:

1. To measure maximum jump reach and also compute the net vertical jump (distance actually jumped over the standing reach), it is usually best to make the standing reach measurement first (on the entire group to be tested). This can be readily done on the VERTEC also, but if there are a large number of individuals to be tested, and/or only a limited amount of time available, consider making the simple, static, standing-reach measurement against a wall-mounted (or other vertically supported) tape measure which works well for this purpose, and frees your VERTEC to simultaneously begin making the actual jump measurements.

進行垂直跳測量前，可以使用本器材測量站立高度先測量站立時高度。但如果測量人數過多，或時間有限，可在標有精確刻度的牆壁上測量站立高度。

2. We suggest making level, two-handed measurements of the standing reach because they are less subject to individual variations in the degree of one-arm, one-sided stretching, and therefore allow for better current and future comparisons of actual jumping ability. Also, it is doubtful that individuals are able to achieve their full one-arm stretching potential during the brief final instant of actual jumps.

測量站立高度時，將雙手垂直向上申請量測，不可使用單手，以免產生誤差。

3. The athlete must be BOTH comfortably warmed up AND loosened up to jump to his or her true current capacity, so preparation with calisthenics and stretching is desirable prior to any important vertical jump test. On the other hand, fatigue will significantly reduce jumping ability so it is best to not conduct a jump test well into or after intensive athletic practice session (unless an athlete's fatigued jump height capability is in fact what you want to determine).

測量前必須充分熱身，並且放鬆身體。

4. If the jump test is conducted on a gym floor (or other striped area), position the VERTEC (freestanding version only) so that the outer edge of the target vanes is marked at right angles - by some particular floor stripe. This then will be the normal approach line for the center of the body, and the up-stretched arm will intersect naturally with the outer portions of the vanes.

測量器放置於木板地面時，測量片需與地板條文成垂直。

5. Conventional jump tests as conducted with the VERTEC can entail natural standing jumps, one or two-step jumps, or full-speed running jumps. If necessary, demonstrate the appropriate or desired approach to the group before beginning. Of course, tests of jump-height capability with other unique situation approaches, techniques, etc. can be conducted any way you would like, and devise.

不論使用一步墊步，兩步墊步、衝刺跳或是任何跳躍方式，必須於測量前示範標準動作。

6. The 24-inch VERTEC head/vane span can usually be positioned at a height that will accommodate most, if not all, of the jump-reach capabilities of any group of similar jumpers. If you know, or can predict the probable range, adjust the pedestal height so that the bottom vane height will accommodate the lowest jumper(s), because it is normally preferable to have to raise the unit to accommodate someone better than the general group, than vice versa.

整組測量片高度有 24 英吋，測量前可將跳躍能力（站立高度）差不多的測量者安排在一起，以免每個測量者量測時都必須調整測量桿高度。

7. With all the vanes extended and aligned, instruct each jumper to make one preliminary jump, to gently tap forward a few vanes marking his/her approximate jump reach limit. Then, while the jumper waits, use the Reset Tool to push all the vanes, up to and including the highest touched vane, out of the way.

當首次接觸垂直跳測量器的人，可先練習一～二次，練習完成後再進行測量。

8. Following the preliminary jump (plus one or two more familiarization jumps if it is the athlete's first time using the VERTEC), allow the jumper to make some specified number of attempts to better the initial mark, or allow them to continue their jump trials as long as they keep improving on the mark, and then cannot touch any higher vanes in two successive attempts.

There is no need to reset the touched vanes between efforts in this type of jump test.

測量時，可規定測量者必須在二次或三次內觸摸特定高度，直到無法增加高度為止。此時，同一人測量完畢前不需重設。

9. With some first-time VERTEC users, after they have made some initial jumps to familiarize themselves, you may want to advise them to shift their attention from contacting the VERTEC vanes, to concentrating on attaining their best possible jump action (with a maximum terminal vertical velocity and jump height). Also, with certain current or would-be volleyball "power hitters," you may want to suggest that, for this purpose, a better vertical jump mark might result if they focused more of their abundant energy into their lower-limb jumping muscles, rather than into using their arm muscles to needlessly "smash" the VERTEC vanes forward. If possible, have some good jumpers lead off to demonstrate good, efficient jumping form. Finally, if practical with first-time jump test subjects, allow a second test bout after a minimum of five

minutes rest, or in the following day(s).

首次接觸垂直跳測量器的使用者，會將注意力放在『打擊』測量片，而不是注意跳躍能力。過度的注意測量片，會無法完全的發揮跳躍的能力。提醒測量者，不需用力的『打擊』測量片，僅需『觸摸』即可。