

BROAD JUMP

Average broad jump distances in softball measure explosive lower-body power, which directly translates to pitching velocity and base-running speed. For high school softball players, the average score is approximately **65 inches (5'5")**, while NCAA college-level athletes average around **78 inches (6'6")**.

Average Broad Jump Benchmarks by Level

Broad jump distances typically increase with age as athletes develop muscle mass and coordination:

Level / Age Group	Average Range (Inches)	Elite Goal (Inches)
Youth (10u-12u)	45 – 55 (3'9" - 4'7")	60+ (5'+)
Middle School (13u-14u)	55 – 63 (4'7" - 5'3")	70+ (5'10"+)
High School (15u-18u)	60 – 70 (5' - 5'10")	75 – 80+ (6'3" – 6'8"+)
College (NCAA D1-D3)	72 – 82 (6' - 6'10")	84 – 90+ (7' – 7'6"+)

Sources: [NFCA - BATS Metrics](#), [Cartwright Fitness](#)

Key Metrics & Recruitment Standards

- **The Power Correlation:** Explosive power in the lower body is a key indicator of performance. Research shows that athletes with broad jumps over **100 inches (8'4")** often achieve significantly higher [peak pitching velocities](#).
- **College Recruiting:** While specific broad jump minimums are rarely listed as "must-haves," a jump exceeding your height is considered a baseline for a "good" athlete. Top Division I prospects frequently aim for **78-84+ inches**.
- **Plateau Effect:** Studies indicate that jumping performance in female athletes often reaches a plateau around ages **12-13**, requiring specialized [explosive power training](#) to continue improving into late high school and college.

Standardized Testing Protocol

To accurately compare your results against these averages, use the NFCA standardized procedure:

1. Stand with toes behind a marked line, feet shoulder-width apart.
2. Explosively jump forward, landing on both feet.
3. Measure from the start line to the **back of the heel** closest to the start line.
4. Record two attempts and use the best score.