

BASKETBALL BY AGE

MALE BASKETBALL ATHLETES · GRADE AGAINST YOUR OWN AGE

STANDING VERT

 $n = 94 \cdot 190 \cdot 117 \cdot 39$
JJ MODE

LEVEL	11 - 12	13 - 14	15 - 16	17 - 18
ELITE	> 56 cm	> 69 cm	> 79 cm	> 86 cm
AVERAGE	38 – 56 cm	46 – 69 cm	58 – 79 cm	66 – 86 cm
DEVELOPING	< 38 cm	< 46 cm	< 58 cm	< 66 cm

10/5 RSI

 $n = 94 \cdot 192 \cdot 114 \cdot 39$
LEGACY

LEVEL	11 - 12	13 - 14	15 - 16	17 - 18
ELITE	> 3.10	> 3.50	> 3.80	> 3.90
AVERAGE	2.50 – 3.10	2.60 – 3.50	3.00 – 3.80	3.10 – 3.90
DEVELOPING	< 2.50	< 2.60	< 3.00	< 3.10

SL MAX RSI

per side · $n = 85 \cdot 186 \cdot 105 \cdot 35$
LEGACY

LEVEL	11 - 12	13 - 14	15 - 16	17 - 18
ELITE	> 2.00	> 2.25	> 2.55	> 2.60
AVERAGE	1.50 – 2.00	1.65 – 2.25	2.00 – 2.55	2.05 – 2.60
DEVELOPING	< 1.50	< 1.65	< 2.00	< 2.05

WHY AGE BANDS

One table would be misleading. Median standing vert climbs from 43 cm at 11–12 to 74 cm at 17–18, so one set of numbers calls a strong younger athlete Developing and a soft older one Elite. Grade against his own age, then track him against himself. Triple F testing, every trial.

Standing vert is Just Jump mode · both RSI figures are the Legacy convention (flight time ÷ contact time)

Elite is roughly the top tenth, Developing the bottom quarter of basketball athletes at that age, and the 17–18 column lines up with the varsity sheet. Ages 9–10 and 19+ are not shown, too few measurements exist.

