

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	> 22"	> 27"	> 31"	> 34"
AVERAGE	15 - 22"	18 - 27"	23 - 31"	26 - 34"
DEVELOPING	< 15"	< 18"	< 23"	< 26"

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 17" at 11-12 to 29" 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.

