

BASKETBALL STANDARDS

MALE · HIGH SCHOOL VARSITY

STANDING VERT

JJ MODE

LEVEL	STANDARD
WORLD CLASS	> 97 cm
ELITE	86 – 97 cm
ADVANCED	76 – 86 cm
EFFICIENT	69 – 76 cm
DEVELOPMENTAL	58 – 69 cm
POOR	< 58 cm

10/5 RSI

LEGACY

LEVEL	STANDARD
WORLD CLASS	> 4.2
ELITE	3.9 – 4.2
ADVANCED	3.5 – 3.9
EFFICIENT	3.1 – 3.5
DEVELOPMENTAL	2.7 – 3.1
POOR	< 2.7

APPROACH JUMP

JJ MODE

LEVEL	STANDARD
WORLD CLASS	> 107 cm
ELITE	94 – 107 cm
ADVANCED	84 – 94 cm
EFFICIENT	74 – 84 cm
DEVELOPMENTAL	64 – 74 cm
POOR	< 64 cm

SL MAX RSI

LEGACY

LEVEL	STANDARD
WORLD CLASS	> 2.85
ELITE	2.60 – 2.85
ADVANCED	2.30 – 2.60
EFFICIENT	2.05 – 2.30
DEVELOPMENTAL	1.85 – 2.05
POOR	< 1.85

All four tests give a complete jump and reactive profile. Standing vert and 10/5 RSI from GAC varsity rosters 2018–2022 and Triple F testing. SL Max RSI from Triple F, per side. **Approach jump is projected** from standing vert, not yet measured directly.

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

Grade every retest in the same mode. JJ mode reads higher than flight-time mode, and Legacy RSI is a different number from Standard RSI.

