

BASKETBALL STANDARDS

FEMALE · HIGH SCHOOL VARSITY

STANDING VERT

JJ MODE

LEVEL	STANDARD
WORLD CLASS	> 71 cm
ELITE	64 – 71 cm
ADVANCED	58 – 64 cm
EFFICIENT	51 – 58 cm
DEVELOPMENTAL	43 – 51 cm
POOR	< 43 cm

10/5 RSI

LEGACY

LEVEL	STANDARD
WORLD CLASS	> 3.9
ELITE	3.65 – 3.9
ADVANCED	3.4 – 3.65
EFFICIENT	3.0 – 3.4
DEVELOPMENTAL	2.7 – 3.0
POOR	< 2.7

APPROACH JUMP

JJ MODE

LEVEL	STANDARD
WORLD CLASS	> 79 cm
ELITE	69 – 79 cm
ADVANCED	64 – 69 cm
EFFICIENT	56 – 64 cm
DEVELOPMENTAL	48 – 56 cm
POOR	< 48 cm

SL MAX RSI

LEGACY

LEVEL	STANDARD
WORLD CLASS	> 2.55
ELITE	2.35 – 2.55
ADVANCED	2.10 – 2.35
EFFICIENT	1.85 – 2.10
DEVELOPMENTAL	1.50 – 1.85
POOR	< 1.50

All four tests give a complete jump and reactive profile. Standing vert and 10/5 RSI from the GAC girls varsity rosters 2018–2024 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.

