

BASKETBALL STANDARDS

MALE HIGH SCHOOL VARSITY BASKETBALL

STANDING VERT

JJ MODE

LEVEL	JUMP HEIGHT
WORLD CLASS	> 38" · 97 cm
ELITE	34 – 38" · 86 cm
ADVANCED	30 – 34" · 76 cm
EFFICIENT	27 – 30" · 69 cm
DEVELOPMENTAL	23 – 27" · 58 cm
POOR	< 23" · 58 cm

10/5 RSI

LEGACY

LEVEL	RSI
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	JUMP HEIGHT
WORLD CLASS	> 42" · 107 cm
ELITE	37 – 42" · 94 cm
ADVANCED	33 – 37" · 84 cm
EFFICIENT	29 – 33" · 74 cm
DEVELOPMENTAL	25 – 29" · 64 cm
POOR	< 25" · 64 cm

SL MAX RSI

LEGACY

LEVEL	RSI
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. **SL Max RSI** is per side. **Approach jump is projected** from standing vert, not yet measured directly.

Data from GAC and Triple F varsity testing, 2018–2026. Grade every retest in the same mode.

