

DRI VS RSI

Two reactive scores, one difference: RSI ignores where the athlete fell from, DRI does not. Both live on every Plyomat. Use this card to pick the right one for the session in front of you.

RSI

$$\text{RSI} = \text{Flight Time} \div \text{Contact Time}$$

- Thirty years of coaching familiarity, everyone speaks it
- Perfect for flat-ground rebound tests: 10/5, 4/2, Max RSI
- Comparable only when the protocol is identical
- Blind to drop height, never compare across boxes

DRI

$$\text{DRI} = \text{JH} \div (\text{CT} \times \sqrt{\text{DH}})$$

- Developed by Lance Brooks, Ph.D., published 2026
- Built for Drop Jump and Bounce Factor modes
- Comparable across boxes, athletes, and a season
- The honest score for return-to-play and box progressions

SAME ATHLETE, TWO BOXES · WHY RSI CAN'T REFEREE

SCENARIO	WHAT RSI SAYS	WHAT DRI SAYS
12" DROP · 30 CM REBOUND · 0.20 S	RSI 2.5, a strong reactive rep.	DRI 2.72, Bouncy tier. Real reactivity confirmed.
24" DROP · 37 CM REBOUND · 0.22 S	RSI 2.5, "identical." The taller box's free energy hides in the score.	DRI 2.16, a 20% lower score. Part of that rebound was the box's, not the athlete's.

Same RSI, different reps. DRI divides by $\sqrt{\text{drop height}}$, so the second rep's score honestly reports what the athlete added beyond the energy the box handed them.

THE SIMPLE RULE

TESTING FLAT REBOUNDS

10/5, 4/2, Max RSI, use RSI and keep the protocol identical every retest. It is the right tool and the whole industry speaks it.

TESTING OFF A BOX

Drop Jump and Bounce Factor, read DRI. The moment drop height enters the movement, RSI stops being comparable and DRI starts.

REPORTING BOTH

The app shows both on every rep. Coach from the one that matches the movement; keep the other for the athletes and parents who know it.

