

EVERY METRIC, ONE PAGE

The sheet to hand an athlete, a parent, or a new coach. What each number is, how the mat gets it, and the range a trained athlete usually lives in.

THE METRICS

METRIC	WHAT IT IS	TRAINED RANGE
FLIGHT TIME	How long the athlete is airborne, timed by the mat to 0.001 s. The raw ingredient under everything else.	400 – 700 ms
JUMP HEIGHT	Computed from flight time, how far the hips actually rise. Runs below reach-and-touch verticals by design.	37 – 59 cm · 14.6 – 23.1"
CONTACT TIME	Ground time between rebounds. The diagnostic number: short and springy or long and grinding.	149 – 175 ms (10/5)
RSI	Flight time ÷ contact time. Rebound produced per unit of ground time, the classic reactive score. Compare only within the same protocol.	3.0 – 3.8 (10/5)
DRI	Jump height ÷ (contact time × √drop height), by Lance Brooks, Ph.D. Reactive score that prices in the box, comparable across drop heights.	1.25 – 3.0 tiers
RSQ	The Reactive Strength Quadrant. Zones every rep by jump height vs contact time: Reactive, Compliant, Stiff, or Developing. Presets resize it per athlete.	4 zones · live
PPS	(Body weight + load) × jump height, in ft·lb. Methodology by Scott Leech. Mass-aware power; the multi-stage profile maps the force–velocity curve.	300 – 500 M · 150 – 350 F
ASYMMETRY %	Gap between legs on any single-leg metric, as a percent of the better side. Green under 8, monitor to 15, flag past 15.	median 5 – 7%
BILATERAL INDEX	Two-leg jump as a percent of left + right singles. Sorts athletes into bilateral expression work vs single-leg capacity work.	72 – 84%
BOUNCE FACTOR	Repeat-hop stamina protocol scored per cycle on five DRI tiers, Warming Up, Rebound Ready, Pretty Springy, Bouncy, Elite.	5 tiers

Trained ranges are the middle half (25th–75th percentile) of aggregate Plyomat testing data from a partner development facility, 2026, except PPS (Plyomat standards levels Efficient–Elite) and the tiered metrics. Full charts for every metric: qr.plyomat.com/standards.



LIVE VERSION
qr.plyomat.com/glossary