

ONE QUADRANT, THREE DIALS

The RSQ's zone lines are midpoints, and midpoints should match the athlete. The app ships three built-in presets, Beginner, Default, Advanced, that move the jump-height and contact-time lines so the quadrant grades the athlete against the right bar. Pick by training age, not calendar age.

THE BUILT-IN PRESETS

BEGINNER



8" / 240 ms

JH MIDPOINT · CT MIDPOINT

Softer lines for younger and newer athletes. An honest 8-inch rebound with a 240 ms contact is real reactive work at this stage, let the quadrant say so.

DEFAULT



10" / 200 ms

JH MIDPOINT · CT MIDPOINT

The canonical dial for trained high-school and adult athletes. If you only ever use one preset, use this one, it is the scale the standards charts assume.

ADVANCED



14" / 180 ms

JH MIDPOINT · CT MIDPOINT

Varsity and elite. Higher rebound demanded on a faster contact, reps that flatter on Default get graded like the room they compete in.

WHEN TO MOVE UP

THE 70% RULE

When roughly seven of ten reps land Reactive on the current preset across two or three consecutive sessions, the bar is too low. Move up one preset and let the quadrant get demanding again.

MOVING DOWN IS COACHING TOO

Post-injury, post-layoff, or a young athlete drowning in Developing on Default, drop a preset. A quadrant an athlete can never reach teaches nothing.

KEEP IT FIXED INSIDE A BLOCK

Change presets between training blocks, not between sessions. Zone history only means something when the lines held still while it was written.

Preset midpoints are the built-in values in the Plyomat 3.0 app (Settings → RSQ presets). Custom presets are supported, these three are the field-tested starting points. A fourth built-in, Single-Leg (6" / 280 ms), auto-applies on unilateral assessments; see the Unilateral RSQ chart.



LIVE VERSION
qr.plyomat.com/rsq-presets