

VERTICAL JUMP STANDARDS

The first number every athlete asks about. These standards are flight-time jump heights from the mat, the strictest honest measure of how far the hips actually rise. Mat numbers run below reach-and-touch verticals, which credit arm span and a mid-air reach; compare mat to mat.

WHAT TRAINED ATHLETES POST · BEST REP, FLIGHT-TIME HEIGHT

PERCENTILE	MALE (N=51)	FEMALE (N=9) PROVISIONAL	ALL (N=82)
95TH	65.6 cm · 25.8"	45.6 cm · 18.0"	65.1 cm · 25.6"
90TH	62.5 cm · 24.6"	44.2 cm · 17.4"	62.5 cm · 24.6"
75TH	59.7 cm · 23.5"	38.5 cm · 15.2"	58.6 cm · 23.1"
MEDIAN	48.7 cm · 19.2"	37.5 cm · 14.8"	46.0 cm · 18.1"
25TH	41.1 cm · 16.2"	35.0 cm · 13.8"	37.0 cm · 14.6"
10TH	36.2 cm · 14.3"	29.6 cm · 11.7"	30.8 cm · 12.1"

Aggregate Plyomat testing data from a partner youth athletic-development facility, per-athlete best reps from trained, program-age athletes. Female sample is small this season; treat those bands as provisional until the pool grows.

READING THE NUMBER

MAT HEIGHT IS HONEST HEIGHT

Flight time credits nothing but hang time: no arm reach, no approach step, no generous wall-chalk. Expect mat numbers 4–8 inches under a Vertec claim, the gap is measurement, not weakness.

TEST IT CLEAN

Hands free or on hips, land where you launched, stick the landing tall. Three reps, best counts. A tucked landing inflates flight time, the app's rep review catches it.

THEN LOOK PAST IT

Jump height is the outcome, not the diagnosis. Pair it with contact time on a reactive test and PPS under load to see where the height comes from, and where the next inch will.

