**Vertical Jump Test**

|  |  |
| --- | --- |
| males | females |
| rating | (inches) | (cm) | (inches) | (cm) |
| excellent | > 28 | > 70 | > 24 | > 60 |
| very good | 24 - 28 | 61-70 | 20 - 24 | 51-60 |
| above average | 20 - 24 | 51-60 | 16 - 20 | 41-50 |
| average | 16 - 20 | 41-50 | 12 - 16 | 31-40 |
| below average | 12 - 16 | 31-40 | 8 - 12 | 21-30 |
| poor | 8 - 12 | 21-30 | 4 - 8 | 11-20 |
| very poor | < 8 | < 21 | < 4 | < 11 |