



Advanced Club Membership Standards

Revised for September 2010

TECHNICAL JUGGLING STANDARDS

1. 7 tricks with 3 Balls (compulsory: 5 one-up pirouettes; 5 one-up half pirouettes)
2. 50 with 6 Ball Passing
3. 30 with 4 Balls
4. 20 with 7 Ball Passing
5. 10 with 5 Balls
6. 1 trick with 4 balls (suggestions: half shower; inside-out columns; half-split columns; reverse fountain; multiplex)
7. 100 with 3 Rings
8. 30 with 6- Ring Passing
9. 10 with 4 Rings
10. 100 with 3 Clubs
11. 25 with 6 Club Passing
12. 5 tricks with 3 Clubs (Not incl, doubles. Suggestions: triples, butterflies, one body trick, one start, and one finish.)
13. 20 RHT with 3 club constant doubles (at singles' speed with a left-hand catch, just like in warm-ups)
14. Three consecutive perfect sets of 5 RHT with 3 club constant doubles (at singles' speed, just like in warm-ups)
15. Mastery of 1 Auxiliary Prop (see Super-Ultimate Standards for a list of auxiliary prop ideas)
16. 10 seconds with Club Balance (chin, nose, or forehead)

COMMITMENT STANDARDS

17. Age minimum: 6th grade
18. 1 year of JUGHEADS experience
19. No more than 7 absences (5 excused, 2 non-excused)

NOTE: If a standard is not met, the Jughead must at least achieve 50% of that standard. As a "make-up," the Jughead must *double two* other standards or *quadruple one* other standard. For example, if only 50 DHT with 3 Clubs has been achieved, the Jughead could make up for this shortfall by getting 200 with 3 Rings and getting 50 with 6 Club Passing —OR— getting 40 with 5 balls (quadrupling the Advanced standard of 10 catches). Even with this "make-up," however, the Jughead is subject to being passed over for membership in favor of other Jugheads who have met *every* standard.

Paul Arneberg, JUGHEADS Director
June 21, 2010