



JUGHEADS

Elite Membership Standards

Revised for September 2010

TECHNICAL JUGGLING STANDARDS

1. 100 dominant hand throws (DHT) with 4 balls
2. 5 tricks with 4 balls
3. 50 with 5 balls
4. Flash 6 balls (must be a clean flash—no drops)
5. 50 with 7 ball passing
6. 25 with 8 ball passing
7. 30 DHT with 4 rings
8. Qualify 5 rings
9. 30 with 7 ring passing
10. 10 tricks with 3 clubs (Not incl. doubles. Compulsory: one-up pirouettes; one-up half-pirouettes; quarter turns.)
11. 50 RHT with 3 club constant doubles (singles' speed with a left-hand catch, just like in warm-ups)
12. 10 consecutive perfect sets of 5 RHT with 3 club constant doubles (singles' speed, just like in warm-ups)
13. 10 DHT with 4 clubs
14. 100 with 6 club passing
15. 5 tricks with 6 club passing
16. 50 with three-person point passing
17. 20 with the four-person Y pattern (ideally, 20 in each position)
18. 20 with dropbacks in a dropback line
19. 25 with 7 club passing
20. 30 seconds with club balance: chin, nose, or forehead
21. 20 with 5 ball drop bounce.
22. Mastery of at least two auxiliary props

COMMITMENT STANDARDS

23. Age minimum: 7th grade.
24. One year of JUGHEADS experience.
25. Commitment to juggle outside of club time, whether at home, camp, or elsewhere.
26. Achievement of a new endurance record each and every month of the school year.
27. Join the International Jugglers' Association (IJA) at www.juggle.org for \$31/year (Youth Membership).

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 5 DHT with 4 clubs has been achieved, the Jughead could make up for this shortfall by getting 50 with 7 club passing and getting 60 with 4 rings —OR—getting two (2) minutes with the club balance (quadrupling the Elite standard of 30 seconds). 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, and each standard should be fully achieved by the end of the first year of Elite Club.

Paul Arneberg, JUGHEADS Director
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