



Elite Membership Standards

Revised for September 2008

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. 20 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 including doubles)
11. 10 consecutive perfect sets of 5 RHT with 3 club constant doubles (singles' speed, just like in warm-ups) [NEW]
12. 25 RHT with 3 club constant doubles (singles' speed with a left-hand catch, just like in warm-ups) [NEW]
13. 10 DHT with 4 clubs
14. 100 with 6 club passing
15. 5 tricks with 6 club passing
16. 25 with 7 club passing (INCREASED for 2008-2009)
17. 30 seconds with club balance: chin, nose, forehead, or between eyes (INCREASED for '08-'09)
18. Mastery of at least two auxiliary props

COMMITMENT STANDARDS

19. Commitment to juggle outside of club time, whether at home, camp, or elsewhere.
20. Achievement of a new endurance record each and every month of the school year.
21. Join the International Jugglers' Association (IJA) at www.juggle.org for \$23/year.

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 achieved in full by the end of the first year of Elite Club membership.

Paul Arneberg, JUGHEADS Director
June 2008