



# JUGHEADS

## Elite Membership Standards

Revised for September 2012

### 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. 50 with 7 Ring Passing
10. 10 with 8 Ring Passing
11. 10 Tricks with 3 clubs (Not incl. doubles. Compulsory: one-up pirouettes; one-up half-pirouettes; quarter turns.)
12. 50 RHT with 3 club constant doubles (singles' speed with a left-hand catch, just like in warm-ups)
13. 10 consecutive perfect sets of 5 RHT with 3 Club Constant Doubles (singles' speed, just like in warm-ups)
14. 10 DHT with 4 Clubs
15. 100 with 6 Club Passing
16. 5 tricks with 6 Club Passing
17. 50 with Three-Person Point Passing
18. 20 with the Four-Person Y Pattern (ideally, 20 in each position)
19. 20 with Dropbacks in a Dropback Line
20. 50 with 7 Club Passing
21. One minute (1:00) with Club Balance (chin, nose, or forehead)
22. 20 with 5 ball Drop Bounce
23. Mastery of at least two Auxiliary Props

### COMMITMENT STANDARDS

24. Age minimum: 8<sup>th</sup> grade.
25. One year of JUGHEADS experience.
26. Commitment to juggle outside of club time, whether at home, camp, or elsewhere.
27. Achievement of a new endurance record (or new trick qualified) each and every month of the school year.
28. Join the International Jugglers' Association (IJA) at [www.juggle.org](http://www.juggle.org) for \$24/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 get 100 with 7 club passing and getting 60 with 4 rings —OR—getting four (4) minutes with the club balance (quadrupling the Elite standard of 1:00). 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. *(No halving passing standards. Doubling passing standards must be achieved with a club peer, not a coach. Achieve all passing standards with a club peer by mid-year.)*

Paul Arneberg, JUGHEADS Director—Fall 2012