



## 2015 Advanced Club Membership Standards

### TECHNICAL JUGGLING STANDARDS)

1. 7 tricks with 3 Balls (compulsory: one-up pirouettes, one-up half pirouettes)
2. 50 with 6 Ball Passing
3. 50 with 4 Balls (INCREASED in '13)
4. 5 tricks with 4 balls (suggestions: half shower; columns variations; reverse fountain; multiplex) (INCREASED for '15)
5. 20 with 7 Ball Passing
6. 10 with 5 Balls
7. 100 with 3 Rings
8. 30 with 6 Ring Passing
9. 10 with 7 Ring Passing (NEW for '15)
10. 10 with 4 Rings
11. 100 with 3 Clubs
12. 5 tricks with 3 Clubs (*Not incl, doubles*. Suggestions: triples, butterflies; one trick each of body throws, starts, and finishes.)
13. 20 RHT with 3 club constant doubles (ideally, learn both singles' speed/low and slow/5-club height; end with left hand catch)
14. Three consecutive perfect sets of 5-5 (5 RHT with 3 club singles then 5 RHT with constant doubles at singles' speed)
15. 50 with 6 Club Passing
16. 3 tricks with 6 Club Passing (Compulsory: left-to-left doubles; right-to-right doubles) (NEW for '15)
17. 10 with 3-Person Point Passing (passing from the point). (NEW for '15)
18. 10 with 7 Club Passing
19. Mastery of one Auxiliary Prop other than a balance prop (see Super-Ultimate Standards for a list of auxiliary prop ideas)
20. 30 seconds (:30) with Club Balance (chin, nose, or forehead)

### COMMITMENT STANDARDS

21. Age minimum: 6<sup>th</sup> grade. (*All 6<sup>th</sup> grade candidates should consult with Paul before registering.*)
22. One year of JUGHEADS experience.
23. No more than seven (7) absences (5 excused, 2 non-excused).
24. Watch the official movie of JUGHEADS, *Rudy* (1993; PG for mild language and football violence). (NEW for '15)

**EXEMPTION NOTE:** If a non-passing standard is not met, the Jughead must: 1) achieve 50% of that standard, and 2) *double two* other standards OR *quadruple one* other standard. For example, if only 50 DHT with 3 Clubs has been achieved, an Advanced prospect could make up for this shortfall by getting 200 with 3 Rings and getting 100 with 6 Club Passing (with a student\*) —OR—getting 2:00 with Club Balance (400% of 30 seconds). Even with this exemption, fully qualified candidates (and H.S. upperclassmen) receive membership priority, and each standard should be fully achieved by the end of the Jughead's first Advanced Club year.  
*\*Doubling passing standards must be achieved with a peer. Achieve all passing standards with a club peer by mid-year.*

Paul Arneberg, JUGHEADS Director—July 2015