



JUGHEADS

2017-2018 Super-Duper Ultimate Technical Standards

Also known as the “Uber Ultimate Standards,” five-year JUGHEADS Coach Stefan Brancel (Grad Class of 2010) invented these ridiculously difficult standards for the amusement and challenge of our extremely technical Jughead members and grads. His formula was to take the Ultimate Club Technical Juggling Standards (those required for entry into our varsity-level weekly club of Jugheads) and add one prop per hand. For example, Stefan took the JUGHEADS Ultimate Club Standard for 4 Clubs (100 DHT, or Dominant Hand Throws) and added two more clubs, making the Super-Duper Ultimate Standard 100 DHT with 6 Clubs (see #19 below). These Super-Duper Ultimate Standards aren't directly related to our Super-Ultimate Standards (conceived by Stefan In 2006 while a freshman in high school and revised in 2010 and again in 2017), but both sets of these standards are based on our Ultimate Club Standards (UCS): **Super-Ultimate Standards are about 500% more difficult than our UCS**, and **Super-Duper Ultimate Standards add one prop per hand to our UCS for both solo and passing** (see above).

Paul Arneberg, JUGHEADS Director, 5/27/17

On behalf of Stefan Brancel, 8-year Jughead Grad ('10), 5-year JH Coach, 2-time IJA Teams Gold Medalist & World Record Holder, 12/18/13

BALLS

1. 200 catches with 7 Balls
2. 5 tricks with 7 Balls
3. 200 passes each with 12 Ball Passing
4. 24 catches with 8 Balls
5. Qualify 9 Balls (18 catches)
6. Qualify 9 Ball Drop Bounce (18 catches)

RINGS

7. 100 Dominant Hand Throws (DHT) with 6 Rings (200 total catches)
8. 200 with 12 Ring Passing
9. 100 with 7 Rings
10. 16 catches with 8 Rings

CLUBS

11. 20 tricks with 5 Clubs (compulsory: scissors catches & behind-the back catches; team dropback giveaways & side-steals)
12. 100 RHT with 5 Club Constant Triples (200 total catches; doubles' speed)
13. Five consecutive perfect sets of 20 RHT wit 5 Club Constant Triples (doubles' speed)
14. 50 with 10 Club Ultimate Passing (25 catches each hand, synchronous or asynchronous)
15. 400 with 11 Club Passing
16. 200 with 10 Club Back-to-Back Passing
17. 200 with 12 Club Passing
18. Bonus: Qualify 13 Club Passing (13 or more throws from one hand with no drops; 52+ total catches)
19. 100 DHT with 6 Clubs (200 total catches; fountain, double-singles or triple-singles)
20. 5 tricks with 6 Clubs
21. 28 catches with 7 Clubs

MISCELLANEOUS

22. One minute (1:00) with juggling under a balance
23. Qualify the Head Roll (a silicone or stage ball from the forehead to the side, five times each way)
24. Break a World Record in juggling
25. Mastery of at least three sets of three Auxiliary Props (e.g., spinning plate while on the globe and doing yo-yo). See Super-Ultimate Standards for 43 Auxiliary Prop ideas. Mastery means “public performance worthy”—e.g., 10 minutes (10:00) endurance with balance props or five approved tricks with manipulation props.