

## REQUIREMENTS

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
Vertical Jump <i>Inches</i>	5	6	7	10	12	14	17	19	22
Sit-Up and Throw <i>Feet</i>	5	6	7	10	12	14	17	19	22
Chest Pass <i>Feet</i>	5	6	7	10	12	14	17	19	22
Shuttle Run <i>Seconds</i>	13.3	12.8	12.2	11.9	11.5	11.1	10.6	10.2	9.9

## JUNIOR LEVELS

**LEVEL 1**



**LEVEL 2**



**LEVEL 3**



**LEVEL 4**



**LEVEL 5**



**LEVEL 6**



**LEVEL 7**



**LEVEL 8**



**LEVEL 9**

