



Vertical Jump Power Rating

<u>Females</u>	<u>Males</u>	<u>Rating</u>
> 21	> 34	10
20	32	9
19	31	8
18	30	7
17	29	6
16	28	5
15	27	4
14	26	3
13	25	2
< 12	< 24	1