

Vertical Jump Chart & Tracker

Benchmarks, hang-time conversions & a progress log

Vertical Jump Benchmarks

Vertical (in)	Vertical (cm)	Rating
Under 12	Under 30	Beginner
12 - 16	30 - 40	Average
16 - 20	40 - 51	Above average
20 - 24	51 - 61	Very good
24 - 28	61 - 71	Excellent
28 and up	71 and up	Elite

Hang-Time to Height (height = $122.6 \times t^2$, in cm)

Hang time (s)	Height (in)	Height (cm)
0.40	7.7	19.6
0.44	9.3	23.7
0.48	11.1	28.3
0.52	13.1	33.2
0.56	15.1	38.5
0.60	17.4	44.1
0.64	19.8	50.2
0.68	22.3	56.7
0.72	25.0	63.6
0.76	27.9	70.8
0.80	30.9	78.5
0.84	34.1	86.5

My Vertical Jump Tracker

Date	Standing reach	Jump reach	Vertical

Measure the same way each time: same shoes or barefoot, same wall, one-arm reach. Vertical equals jump reach minus standing reach.