



<b>Alabama</b>	10 juggles - right foot only	<b>Connecticut</b>	5 heads, 5 right foot and 5 left foot - completed as sets
<b>Alaska</b>	10 juggles - alternating feet	<b>Delaware</b>	5 juggles - alternating feet, sitting down
<b>Arizona</b>	10 heads	<b>Florida</b>	3 juggles - with feet, touching the ground between touches
<b>Arkansas</b>	5 juggles - right foot, sitting down	<b>Georgia</b>	20 juggles - thighs only
<b>California</b>	15 juggles - alternating feet, end with a head	<b>Hawaii</b>	balance ball on foot, toss in the air to start 3 juggles
<b>Colorado</b>	5 juggles - with feet, ball must travel above the head	<b>Idaho</b>	3 juggles - head only, sitting down
<b>Illinois</b>	20 juggles - feet only	<b>New York</b>	10 juggles - with feet, ball must travel above the head
<b>Indiana</b>	5 sets - thigh to foot	<b>North Carolina</b>	factorial juggling with feet - 4's
<b>Iowa</b>	balance ball on foot for 5 seconds - no hands to start	<b>North Dakota</b>	juggle - 40 touches in one minute
<b>Kansas</b>	5 sets - head to foot	<b>Ohio</b>	complete 5s pattern juggling
<b>Kentucky</b>	40 juggles - feet only	<b>Oklahoma</b>	10 sets - right foot to head to foot
<b>Louisiana</b>	10 juggles - double ball with hands	<b>Oregon</b>	10 sets - right foot, left thigh, right foot, left thigh
<b>Maine</b>	5 juggles - with feet, touching the ground between touches	<b>Pennsylvania</b>	5 sets - right thigh, left foot, head
<b>Maryland</b>	5 juggles - left foot only	<b>Rhode Island</b>	2 sets - 10 juggles alternate feet / 10 juggles alternate thighs
<b>Massachusetts</b>	5 sets - left foot, right foot, head	<b>South Carolina</b>	factorial juggling - 4's (thighs and head)
<b>Michigan</b>	2 sets - left thigh, right foot, head, right thigh, left foot	<b>South Dakota</b>	10 juggles - right foot
<b>Minnesota</b>	5 sets - head to thigh	<b>Tennessee</b>	Factorial juggle freestyle – 5's
<b>Mississippi</b>	10 push-ups - ball balanced on back of neck/shoulders	<b>Texas</b>	50 juggles - freestyle
<b>Missouri</b>	2 sets - 5 right thigh, 5 left thigh (without stopping)	<b>Utah</b>	20 sets - right foot, left thigh, right foot
<b>Montana</b>	5 juggles - left foot, sitting down	<b>Vermont</b>	catch ball on chest or back from a juggle
<b>Nebraska</b>	30 juggles - alternating thighs	<b>Virginia</b>	balance ball on head for 5 seconds
<b>Nevada</b>	10 juggles - feet only, by twos (2 left, 2 right, 2 left, 2 right)	<b>Washington</b>	10 juggles - left foot only
<b>N. Hampshire</b>	5 juggles - left foot, right foot, left thigh, right thigh, head	<b>West Virginia</b>	20 juggles - freestyle (feet only)
<b>New Jersey</b>	juggle - 30 touches in one minute	<b>Wisconsin</b>	10 juggles - left foot to left thigh
<b>New Mexico</b>	5 sets - two head, two foot touches	<b>Wyoming</b>	3 sets - right foot, head, left thigh, right foot