

<u>Variable</u>	<u>Position</u>	<u>Mean</u>	<u>Standard deviation</u>
Height	Props	183.7	4.3
	Locks	197.7	4.0
	Loose forwards	188.3	5.1
	Hooker	181.0	5.0
	Fh, SH, C	179.3	6.5
	Fullback	181.3	5.5
Weight	Props	118.4	8.0
	Locks	112.7	7.9
	Loose forwards	102.4	9.5
	Hooker	104.8	8.5
	Fh, SH, C	88.7	8.3
	Fullback	100.2	14.1
Sum SF	Props	111.3	25.3
	Locks	78.3	23.3
	Loose forwards	73.8	19.5
	Hooker	92.5	27.4
	Fh, SH, C	62.0	17.0
	Fullback	57.1	14.8
Bodyfat	Props	20.0	3.1
	Locks	16.6	3.2
	Loose forwards	15.2	2.9
	Hooker	17.4	3.3
	Fh, SH, C	13.7	2.8
	Fullback	12.3	2.2
% Muscle	Props	55.1	4.8
	Locks	58.7	4.2
	Loose forwards	60.9	4.7
	Hooker	58.9	5.9
	Fh, SH, C	59.6	3.8
	Fullback	59.2	4.3
SLR (L)	All	96.6	11.2
SLR(R)	All	96.7	11.2
HIP(L)	All	3.0	5.0
HIP(R)	All	3.0	4.7
Quad (L)	All	58.2	8.5
Quad (R)	All	58.2	8.7
10m	Props	1.9	0.1
	Locks	1.8	0.1
	Loose forwards	1.8	0.1
	Hooker	1.8	0.1
	Fh, SH, C	1.8	0.1
	Fullback	1.7	0.1
40m	Props	5.7	0.2
	Locks	5.4	0.2
	Loose forwards	5.3	0.2
	Hooker	5.5	0.2
	Fh, SH, C	5.2	0.2
	Fullback	5.1	0.1
Agility T	forwards	11.5	0.7
	backs	10.8	0.4
Illinois	Props	16.1	0.5
	Locks	15.6	0.8
	Loose forwards	15.4	0.6
	Hooker	15.9	0.5
	Fh, SH, C	14.9	0.4
	Fullback	14.9	0.4
Bench Absolute	Props	142.6	21.3
	Locks	123.2	19.0
	Loose forwards	125.9	20.6
	Hooker	133.1	18.5
	Fh, SH, C	119.0	17.2
	Fullback	111.9	15.0
Bench Relative	Props	9.4	1.3
	Locks	8.3	1.1
	Loose forwards	9.0	1.3
	Hooker	9.3	1.4
	Fh, SH, C	9.2	1.1
	Fullback	8.9	1.1
1RM from 5RM Squat	Props	180.7	50.1
	Locks	152.9	27.0
**	Loose forwards	153.7	23.8
**	Hooker	153.7	23.8
	Fh, SH, C	156.7	36.9
	Fullback	147.7	33.0
5RM Rel. squat	Props	5.4	1.0
	Locks	5.6	1.0
**	Loose forwards	5.0	0.5
**	Hooker	5.0	0.5



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NORMATIVE DATA (AVERAGE + SD)
SENIOR

	Fh, SH, C	4.4	0.5
	Fullback	4.5	0.6
Pull ups	Props	10.2	5.0
	Locks	11.5	4.5
	Loose forwards	15.5	4.8
	Hooker	12.3	6.1
	Fh, SH, C	17.3	3.6
	Fullback	18.7	5.2
Push ups	Props	54.2	12.1
	Locks	50.2	10.9
	Loose forwards	58.7	13.9
	Hooker	55.6	15.9
	Fh, SH, C	63.3	13.0
	Fullback	57.6	11.2
Sit ups	Props	86.5	15.9
	Locks	87.8	13.1
	Loose forwards	99.4	14.4
	Hooker	97.2	18.7
	Fh, SH, C	97.6	16.1
	Fullback	96.0	15.0
Vert. Jump	Props	52.9	8.9
	Locks	61.2	4.9
	Loose forwards	62.2	4.7
	Hooker	52.8	6.9
	Fh, SH, C	61.7	6.3
	Fullback	62.4	6.0
Bleep	Props	86.7	15.7
	Locks	101.4	19.6
	Loose forwards	108.9	12.9
	Hooker	102.4	19.8
	Fh, SH, C	110.4	16.0
	Fullback	107.4	14.9
Mod. Bleep	Forwards	178.8	21.1
	Backs	190.1	16.8
RSA	Props	701.7	34.1
	Locks	725.3	33.2
	Loose forwards	747.4	24.8
	Hooker	719.8	34.7
	Fh, SH, C	758.1	23.3
	Fullback	756.1	23.8
Sit and reach	Props	6.7	8.2
	Locks	8.4	9.7
	Loose forwards	9.8	6.9
	Hooker	6.6	5.0
	Fh, SH, C	11.2	6.7
	Fullback	9.6	7.5
Sit and reach	all	31.9	7.4
3km time trial	Props	13.75	23
	Locks	13.25	23
**	Loose forwards	12.75	23
**	Hooker	12.75	23
	Fh, SH, C	12.25	23
	Fullback	12	23
Broad jump	all	262.1	46.0