

<u>Variable</u>	<u>Position</u>	<u>Mean</u>	<u>Standard deviation</u>
Height	Props	181.8	6.1
	Locks	196.6	5.0
	Loose forwards	183.5	6.1
	Hooker	177.4	4.3
	Fh, SH, C	177.2	7.1
	Fullback	176.2	5.4
Weight	Props	110.2	9.9
	Locks	107.3	5.2
	Loose forwards	93.3	8.3
	Hooker	93.3	8.3
	Fh, SH, C	82.5	10.3
	Fullback	79.4	7.7
Sum SF	Props	110.5	35.9
	Locks	69.6	23.1
	Loose forwards	71.8	19.5
	Hooker	95.7	34.9
	Fh, SH, C	62.4	17.6
	Fullback	52.9	9.7
Bodyfat	Props	20.7	1.9
	Locks	15.4	3.6
**	Loose forwards	15.8	3.3
**	Hooker	15.8	3.3
% Muscle	Fh, SH, C	13.4	3.4
	Fullback	12.7	2.1
	Props	54.5	4.3
	Locks	57.4	2.4
	Loose forwards	59.0	3.8
	Hooker	58.2	4.3
SLR (L)	Fh, SH, C	57.5	4.0
	Fullback	60.2	3.8
	All	96.6	13.2
SLR(R)	All	98.0	12.9
HIP(L)	All	-0.1	5.8
HIP(R)	All	0.2	6.3
Quad (L)	All	60.5	10.5
Quad (R)	All	59.3	9.5
10m	Props	1.8	0.2
	Locks	1.8	0.1
	Loose forwards	1.8	0.1
	Hooker	1.8	0.1
	Fh, SH, C	1.7	0.1
	Fullback	1.7	0.1
40m	Props	5.6	0.3
	Locks	5.4	0.2
	Loose forwards	5.3	0.2
	Hooker	5.4	0.2
	Fh, SH, C	5.2	0.2
	Fullback	5.1	0.1
Agility T	forwards	11.7	1.0
	backs	10.9	0.5
Illinois	forwards	15.7	0.6
	backs	15.2	0.6
Bench Absolute	Props	130.2	19.5
	Locks	117.9	13.6
	Loose forwards	107.7	19.7
	Hooker	120.0	14.8
	Fh, SH, C	100.3	19.9
	Fullback	98.5	18.2
Bench Relative	Props	8.6	1.1
	Locks	8.1	1.0
	Loose forwards	8.2	1.3
	Hooker	8.5	1.2
	Fh, SH, C	8.3	1.4
	Fullback	8.3	1.2
Pull ups	Props	11.0	4.8
	Locks	10.5	4.8
	Loose forwards	12.5	4.9
	Hooker	11.8	5.4
	Fh, SH, C	14.7	4.9
	Fullback	14.9	3.5
Push ups	Props	60.2	15.7
	Locks	49.2	9.8
	Loose forwards	53.2	12.5
	Hooker	59.1	13.3
	Fh, SH, C	59.8	17.2
	Fullback	57.0	13.3
Sit ups	Props	72.4	14.8
	Locks	80.4	9.4



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 NORMATIVE DATA (AVERAGE + SD)
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	Loose forwards	81.2	14.2
	Hooker	81.2	14.2
	Fh, SH, C	84.7	14.2
	Fullback	88.7	13.4
Vert. Jump	Props	48.8	7.4
	Locks	58.4	7.6
	Loose forwards	57.4	7.8
	Hooker	57.4	7.8
	Fh, SH, C	57.2	6.1
	Fullback	61.5	5.9
Bleep	Props	80.1	17.4
	Locks	97.9	19.3
	Loose forwards	102.2	14.9
	Hooker	84.3	17.3
	Fh, SH, C	105.1	14.9
	Fullback	103.1	18.0
3RM squat	Props	239.8	21.2
	Locks	189.6	26.2
	Loose forwards	180.6	26.3
	Hooker	197.7	36.4
	Fh, SH, C	168.9	23.3
	Fullback	160.7	43.4
Squat kg/kg	Props	4.1	0.3
	Locks	4.7	0.5
	Loose forwards	4.2	0.3
	Hooker	4.2	0.4
	Fh, SH, C	3.8	0.5
	Fullback	4.0	1.0
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
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
Broad jump	all	241.1	46.0