

<u>Variable</u>	<u>Position</u>	<u>Mean</u>	<u>Standard deviation</u>
Height	Props	177.8	5.4
	Locks	188.6	6.3
	Loose forwards	181.7	3.6
	Hooker	175.3	2.1
	Fh, SH, C	172.2	6.9
Weight	Fullback	175.3	6.3
	Props	94.3	14.1
	Locks	86.9	9.4
	Loose forwards	80.9	7.3
	Hooker	79.3	6.1
Sum SF	Fh, SH, C	67.2	10.7
	Fullback	70.9	6.8
	Props	107.3	35.2
	Locks	71.4	30.8
	Loose forwards	63.1	18.3
Bodyfat	Hooker	73.4	17.2
	Fh, SH, C	52.9	10.0
	Fullback	56.8	16.8
	Props	20.3	5.7
	Locks	14.4	4.2
% Muscle	Loose forwards	13.7	2.8
	Hooker	15.6	2.4
	Fh, SH, C	12.4	1.9
	Fullback	13.1	3.4
	Props	62.4	6.6
SLR (L)	Locks	65.1	4.8
	Loose forwards	63.4	4.0
	Hooker	62.8	4.0
	Fh, SH, C	62.7	4.0
	Fullback	66.0	5.1
SLR (R)	All	83.0	11.2
HIP (L)	All	80.8	10.7
HIP (R)	All	-6.3	5.5
Quad (L)	All	-6.1	5.0
Quad (R)	All	48.6	9.3
10m	All	48.6	8.4
	Props	2.0	0.1
	Locks	1.9	0.1
	Loose forwards	1.9	0.1
	Hooker	1.9	0.1
40m	Fh, SH, C	1.8	0.1
	Fullback	1.8	0.1
	Props	5.8	0.2
	Locks	5.6	0.1
	Loose forwards	5.5	0.1
Illinois	Hooker	5.6	0.1
	Fh, SH, C	5.4	0.2
	Fullback	5.4	0.2
Bench Absolute	forwards	15.2	0.7
	backs	14.6	0.4
	Props	91.9	13.9
Bench Relative	Locks	80.0	11.2
	Loose forwards	81.9	17.9
	Hooker	80.8	10.7
	Fh, SH, C	69.7	14.1
	Fullback	69.4	6.6
Pull ups	Props	7.2	1.1
	Locks	6.2	0.9
	Loose forwards	6.7	1.6
	Hooker	6.7	1.0
	Fh, SH, C	6.4	1.4
Push ups	Fullback	6.1	0.7
	Props	5.0	5.1
	Locks	7.0	4.4
	Loose forwards	10.9	6.0
	Hooker	7.7	4.5
Vert. Jump	Fh, SH, C	11.6	3.6
	Fullback	10.6	2.7
	Props	30.2	9.4
	Locks	40.8	13.7
	Loose forwards	42.0	16.7
	Hooker	44.3	14.1
	Fh, SH, C	41.9	10.7
	Fullback	36.8	7.9
	Props	46.3	7.6
	Locks	53.6	6.8
	Loose forwards	53.1	7.2
	Hooker	52.4	9.0
	Fh, SH, C	53.5	7.3



© BokSmart 2019
 NORMATIVE DATA (AVERAGE + SD)
 UNDER 16

	Fullback	54.4	5.1
Bleep	Props	64.4	13.0
\$	Locks	81.3	7.3
	Loose forwards	91.3	22.8
\$	Hooker	81.3	7.3
*	Fh, SH, C	82.7	10.7
*	Fullback	82.7	10.7
Sit and reach	all	31.9	7.4
Sit ups	all	69.2	16.8
Broad jump	all	201.8	23.0