

| <u>Variable</u> | <u>Position</u> | <u>Mean</u>    | <u>Standard deviation</u> |      |
|-----------------|-----------------|----------------|---------------------------|------|
| Height          | Props           | 166.1          | 7.0                       |      |
|                 | Locks           | 174.8          | 3.8                       |      |
|                 | Loose forwards  | 166.2          | 5.8                       |      |
|                 | Hooker          | 162.2          | 3.9                       |      |
|                 | Fh, SH, C       | 158.7          | 9.0                       |      |
|                 | Fullback        | 163.3          | 5.9                       |      |
| Weight          | Props           | 67.2           | 8.6                       |      |
|                 | Locks           | 61.3           | 6.0                       |      |
|                 | Loose forwards  | 58.4           | 6.0                       |      |
|                 | Hooker          | 61.4           | 8.5                       |      |
|                 | Fh, SH, C       | 49.8           | 8.8                       |      |
|                 | Fullback        | 54.4           | 8.6                       |      |
| Sum SF          | Props           | 97.4           | 46.7                      |      |
|                 | Locks           | 58.8           | 20.1                      |      |
| **              | Loose forwards  | 64.1           | 22.2                      |      |
| **              | Hooker          | 64.1           | 22.2                      |      |
| Bodyfat         | Fh, SH, C       | 54.7           | 16.4                      |      |
|                 | Fullback        | 49.2           | 11.4                      |      |
|                 | Props           | 21.9           | 5.9                       |      |
|                 | Locks           | 17.8           | 3.0                       |      |
|                 | **              | Loose forwards | 17.4                      | 3.5  |
|                 | **              | Hooker         | 17.4                      | 3.5  |
| % Muscle        | Fh, SH, C       | 16.2           | 2.5                       |      |
|                 | Fullback        | 14.9           | 2.7                       |      |
|                 | Props           | 45.1           | 12.9                      |      |
|                 | Locks           | 49.9           | 10.5                      |      |
|                 | Loose forwards  | 53.1           | 8.7                       |      |
|                 | Hooker          | 48.1           | 5.2                       |      |
| SLR (L)         | Fh, SH, C       | 49.2           | 8.5                       |      |
|                 | Fullback        | 52.8           | 6.8                       |      |
|                 | All             | 84.5           | 11.9                      |      |
|                 | SLR(R)          | All            | 84.7                      | 9.3  |
|                 | HIP(L)          | All            | -1.0                      | 5.4  |
| HIP( R)         | All             | -0.6           | 5.8                       |      |
| Quad (L)        | All             | 67.8           | 8.3                       |      |
| Quad ( R)       | All             | 66.0           | 8.3                       |      |
| 10m             | Props           | 2.0            | 0.2                       |      |
|                 | Locks           | 2.0            | 0.1                       |      |
|                 | **              | Loose forwards | 1.9                       | 0.1  |
|                 | **              | Hooker         | 1.9                       | 0.1  |
|                 | Fh, SH, C       | 2.0            | 0.1                       |      |
|                 | Fullback        | 1.9            | 0.1                       |      |
| 40m             | Props           | 6.2            | 0.6                       |      |
|                 | Locks           | 6.0            | 0.3                       |      |
|                 | **              | Loose forwards | 6.0                       | 0.3  |
|                 | **              | Hooker         | 6.0                       | 0.3  |
|                 | Fh, SH, C       | 6.0            | 0.3                       |      |
|                 | Fullback        | 5.7            | 0.2                       |      |
| Illinois        | Props           | 17.7           | 1.0                       |      |
|                 | Locks           | 17.4           | 0.4                       |      |
|                 | **              | Loose forwards | 17.7                      | 0.6  |
|                 | **              | Hooker         | 17.7                      | 0.6  |
|                 | Fh, SH, C       | 17.1           | 0.6                       |      |
|                 | Fullback        | 16.6           | 0.6                       |      |
| ISO hold        | Props           | 42.6           | 29.7                      |      |
|                 | Locks           | 55.5           | 17.3                      |      |
|                 | **              | Loose forwards | 49.4                      | 27.5 |
|                 | **              | Hooker         | 49.4                      | 27.5 |
|                 | Fh, SH, C       | 55.3           | 22.4                      |      |
|                 | Fullback        | 58.8           | 28.2                      |      |
| Push ups        | Props           | 27.2           | 8.5                       |      |
|                 | Locks           | 28.5           | 8.5                       |      |
|                 | **              | Loose forwards | 31.5                      | 16.4 |
|                 | **              | Hooker         | 31.5                      | 16.4 |
|                 | Fh, SH, C       | 28.6           | 12.1                      |      |
|                 | Fullback        | 34.2           | 7.2                       |      |
| Sit-ups         | Props           | 35.5           | 5.1                       |      |
|                 | Locks           | 45.8           | 6.2                       |      |
|                 | **              | Loose forwards | 37.6                      | 8.7  |
|                 | **              | Hooker         | 37.6                      | 8.7  |
|                 | Fh, SH, C       | 40.4           | 4.5                       |      |
|                 | Fullback        | 41.4           | 3.6                       |      |
| Bleep           | Props           | 66.2           | 24.6                      |      |
|                 | Locks           | 76.3           | 22.1                      |      |
|                 | Loose forwards  | 70.7           | 16.1                      |      |
|                 | Hooker          | 71.5           | 16.4                      |      |
|                 | Fh, SH, C       | 74.0           | 19.3                      |      |
|                 | Fullback        | 82.8           | 23.0                      |      |



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 NORMATIVE DATA (AVERAGE + SD)  
 UNDER 12

(this test is done as an alternative to the pull up test in players under 14 years (measured in seconds))

Vert. Jump

all

47.3

23.0