



**PROCEDURAL DOCUMENT FOR
HIGH PERFORMANCE TESTING OF
POTENTIALLY ELITE “UNDER-
AGED” PLAYERS**

UPDATED MARCH 2019

Procedure for submitting High Performance Data on potentially “Elite” Rugby players applying for waiver of restrictions of the SARU under-aged policy regulations of December 2009

The High Performance testing protocol, as a form of preventative intervention, should include the following tests:

1. A complete anthropometric assessment of the player including body mass, height, body fat, bone structure, muscle development etc.
2. Bench Press 1-Repetition Maximum (1RM) strength
3. Maximum number of Push-ups in 1 min
4. Multi-stage shuttle-run test (Bleep test)

The complete testing protocols and procedures are freely available for download on the BokSmart website at www.boksmart.com. If you are still unable to access these for some reason please contact Dr. Wayne Viljoen at **021-9287103**, fax: **086 5720276** or on email at waynev@sarugby.co.za.

The following SARU – Accredited Testing Centres available are:

1. **Sport Science Institute of South Africa (SSISA)** (Western Cape)
 - o Contact: *Dr. Mike Posthumus*
 - o Telephone: 021-659 5640/ 073 190 5805
 - o Email: MPosthumus@ssisa.com
2. **University of Pretoria High Performance Centre (HPC)** (Tshwane)
 - o Contact: *Ms Shona Hendricks, Head of Sport Science*
 - o Telephone: 012-484 1700/082 558 0467
 - o Email: Shona.hendricks@hpc.co.za
3. **Free State University Exercise and Sport Science Centre** (Free State)
 - o Contact: *Dr. Riaan Schoeman*
 - o Telephone: 051- 4013207
 - o Email: SchoemanR@ufs.ac.za
4. **NMMU Biokinetics and Sport Science Unit** (Port Elizabeth) – Summerstrand South Campus
 - o Contact: *Mrs. Lisa Grenfell*
 - o Telephone: 041-504 2603
 - o Email: lisa.grenfell@mandela.ac.za
5. **North West University Institute for Biokinetics** (Potchefstroom)
 - o Contact: *Ms. Esti Kruger* (cc Prof. Cilas Wilders)
 - o Telephone: 018-299 1824/082 807 9686
 - o Email: esti.kruger@nwu.ac.za, cilas.wilders@nwu.ac.za
6. **The Sharks Academy Sports Medicine Centre** (Durban)
 - o Contact: *Rogan Heyns* (cc Jimmy Wright)
 - o Telephone: 031-312 7506/082 560 3546
 - o Email: roganheyns@live.com (jimmywright@vodamail.co.za)
7. **University of Johannesburg, Doornfontein Campus** (Johannesburg)
 - o Contact: *Prof. Yoga Coopoo*
 - o Telephone: 011-5596944/083 415 7466
 - o Email: yogac@uj.ac.za

PROCEDURE:

- Before testing can take place in this capacity, the relevant provincial Union and/or SARU, whichever may be applicable, in writing, has to recommend the player applying for the waiver of restrictions.
- An appointment then has to be made with one of the above SARU – accredited testing centres for the High Performance assessment.
- The costs for these tests will be borne by either the respective Union or the player themselves.
- At no time will SARU be accountable for any of these costs, unless otherwise specified in writing.
- Players need to meet results equal to or better than the SARU “U21 normative standards” or average scores (SARU will determine these standards) for all four tests in the position(s) they are applying for
- Once the tests have been performed, the data needs to be submitted to SARU for attention: Dr Wayne Viljoen.
- The data should be completed on the “BokSmart – waiver application score sheet” provided on the BokSmart website, with accompanying notes and recommendations from the accredited testing centre.
- The dated and signed application form should then be submitted to Dr Viljoen, whereby the data will again be reviewed by an expert in the field of High Performance testing to confirm that the player indeed meets the U21 National Normative standards required of that position(s)
- If the player meets or does not meet the required standard, final approval or rejection will be confirmed respectively in writing to the Union, testing centre and player.



Dr. Wayne Viljoen, Senior Manager: Rugby Safety



Clint Readhead, Senior Manager: Medical