

<u>Variable</u>	<u>Position</u>	<u>Mean</u>	<u>Standard deviation</u>
Height	Props	181.1	3.4
	Locks	195.0	5.4
	Loose forwards	181.2	6.0
	Hooker	178.9	6.3
	Fh, SH, C	176.3	8.1
Weight	Fullback	176.4	7.9
	Props	101.9	8.6
	Locks	95.2	8.2
	Loose forwards	87.8	7.5
	Hooker	99.2	10.8
Sum SF	Fh, SH, C	77.6	10.0
	Fullback	77.1	9.5
	Props	118.0	43.1
	Locks	63.7	18.7
	Loose forwards	61.2	9.8
Bodyfat	Hooker	80.5	31.8
	Fh, SH, C	59.0	16.1
	Fullback	57.7	15.3
	Props	19.9	4.4
	Locks	13.4	2.4
% Muscle	Loose forwards	13.5	1.6
	Hooker	15.3	3.7
	Fh, SH, C	13.2	2.6
	Fullback	12.9	2.4
	Props	60.7	4.0
10m	Locks	62.6	2.7
	Loose forwards	63.8	2.8
	Hooker	61.3	5.0
	Fh, SH, C	63.9	6.4
	Fullback	63.2	3.7
40m	Props	2.0	0.1
	Locks	1.9	0.1
	Loose forwards	1.9	0.1
	Hooker	1.9	0.1
	Fh, SH, C	1.8	0.1
Illinois	Fullback	1.8	0.0
	Props	5.8	0.2
	Locks	5.5	0.2
	Loose forwards	5.4	0.1
	Hooker	5.6	0.3
Bench Absolute	Fh, SH, C	5.3	0.2
	Fullback	5.2	0.2
	forwards	15.3	0.7
	backs	14.5	0.4
	Props	103.6	21.0
Bench Relative	Locks	96.2	14.3
	Loose forwards	102.5	19.8
	Hooker	107.5	13.6
	Fh, SH, C	87.3	16.9
	Fullback	90.3	18.9
Pull ups	Props	7.4	1.4
	Locks	7.1	1.0
	Loose forwards	8.0	1.4
	Hooker	7.9	1.0
	Fh, SH, C	7.3	1.2
Pushups	Fullback	7.6	1.3
	Props	6.1	2.7
	Locks	8.2	4.9
	Loose forwards	11.7	4.8
	Hooker	9.8	5.4
Vert. Jump	Fh, SH, C	12.8	6.8
	Fullback	12.6	4.6
	Props	46.7	19.5
	Locks	45.9	5.2
	Loose forwards	53.5	15.2
Bleep	Hooker	54.4	7.0
	Fh, SH, C	46.9	13.4
	Fullback	47.1	14.0
	Props	51.3	6.5
	Locks	53.5	9.2
**	Loose forwards	52.4	5.3
**	Hooker	52.4	5.3
Bleep	Fh, SH, C	54.8	5.6
	Fullback	56.2	7.0
	Props	79.6	12.1
	Locks	91.2	9.9
	Loose forwards	93.7	14.7
Bleep	Hooker	85.8	19.0
	Fh, SH, C	100.1	13.2



© BokSmart 2019
 NORMATIVE DATA (AVERAGE + SD)
 UNDER 18

	Fullback	95.8	15.3
Sit and reach	all	31.9	7.4
SLR (L)	All	95.7	12.8
SLR(R)	All	96.6	12.8
HIP(L)	All	-1.3	7.3
HIP(R)	All	-1.3	7.1
Quad (L)	All	61.8	11.3
Quad (R)	All	59.4	11.6
Sit ups	Props	72.4	14.8
	Locks	80.4	9.4
	Loose forwards	81.2	14.2
	Hooker	81.2	14.2
	Fh, SH, C	84.7	14.2
	Fullback	88.7	13.4
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	214.5556931	23