

Rugby Physical Performance Standards

STRENGTH 3RM KG's	ELITE					NATIONAL					CLUB				
	75kg	85kg	95kg	105kg	110kg	75kg	85kg	95kg	105kg	110kg	75kg	85kg	95kg	105kg	110kg
Box Squat	160	170	185	200	220	150	160	170	190	210	140	150	160	170	200
Bench press	120	130	135	140	145	110	120	130	135	135	105	110	120	120	125
Power Clean	110	120	125	130	135	105	110	120	125	127	90	100	110	115	120
PullUp	40%+Body Weight					25%+ BodyWeight					15%+ Bodyweight				
Trap Bar Dead lift	190	200	215	225	230	180	190	200	210	220	160	180	190	220	205

ALL STRENGTH SCORES WILL BE BASED OFF A 3RM TEST

CMJ	ELITE	NATIONAL	CLUB	SPEED 10m	ELITE	NATIONAL	CLUB
PROPS	72cm	68cm	65cm	PROPS	1.8	1.85	1.9
HOOKERS	75cm	70cm	65cm	HOOKERS	1.75	1.8	1.9
SECOND ROWS	78cm	72cm	68cm	SECOND ROWS	1.73	1.78	1.88
BACK ROW	81cm	76cm	71cm	BACK ROW	1.7	1.75	1.85
HALF BACKS	85cm	80cm	75cm	HALF BACKS	1.65	1.7	1.8
CENTERS	85cm	80cm	75cm	CENTERS	1.65	1.7	1.8
BACK 3	93cm	90cm	83cm	BACK 3	1.6	1.65	1.75

YO YO IR2	ELITE	NATIONAL	CLUB	RSD	ELITE	NATIONAL	CLUB
PROPS	17+	16.4+	16+	PROPS	1400m+	1350m+	1300m+
HOOKERS	18+	17.4+	17+	HOOKERS	1450m+	1400m+	1350m+
SECOND ROWS	17.4+	17+	16.4+	SECOND ROWS	1425m+	1375m+	1350m+
BACK ROW	19.4+	19+	18+	BACK ROW	1475m+	1425m+	1400m+
HALF BACKS	20+	19.4+	18+	HALF BACKS	1500+	1450m+	1400m+
CENTERS	20+	19.4+	18+	CENTERS	1500+	1450m+	1400m+
BACK 3	20+	19.4+	18+	BACK 3	1500+	1450m+	1400m+

% BODY FAT	Elite % BF	Club % BF
PROPS	<15%	<18%
HOOKERS	<11%	<14%
SECOND ROWS	<12%	<15%
BACK ROW	<10%	<13%
HALF BACKS	<9%	<12%
CENTERS	<9%	<12%
BACK 3	<9%	<12%

Testing should be seen as part of sessions and not a stand alone series of testing.