

Variable	Position	Mean	Standard deviation	
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	
	Fh, SH, C	54.7	16.4	
	Fullback	49.2	11.4	
Bodyfat	Props	21.9	5.9	
	Locks	17.8	3.0	
	**	Loose forwards	17.4	3.5
	**	Hooker	17.4	3.5
		Fh, SH, C	16.2	2.5
		Fullback	14.9	2.7
% Muscle	Props	45.1	12.9	
	Locks	49.9	10.5	
	Loose forwards	53.1	8.7	
	Hooker	48.1	5.2	
	Fh, SH, C	49.2	8.5	
	Fullback	52.8	6.8	
SLR (L)	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



**Normative Data (Average + SD) Form
Under 12**

BokSmart normative data (display only Average + SD)

ISO hold	Props	42.6	29.7	(this test is done as an alternative to the pull up test in players under 14 years - measured in seconds)
	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	
Vert. Jump	all	47.3	23.0	