

Variable	Position	Mean	Standard deviation
Height	Props	182.0	4.7
	Locks	194.8	4.4
	Loose forwards	183.9	6.2
	Hooker	175.0	5.7
	Fh, SH, C	176.5	6.1
	Fullback	176.3	6.5
Weight	Props	109.9	8.2
	Locks	100.5	8.4
	Loose forwards	91.9	6.9
	Hooker	93.2	9.8
	Fh, SH, C	80.4	8.7
	Fullback	77.3	9.6
Sum SF	Props	116.1	36.4
	Locks	66.2	27.0
	Loose forwards	66.8	18.8
	Hooker	90.2	32.9
	Fh, SH, C	55.3	13.2
	Fullback	49.0	13.2
Bodyfat	Props	20.7	3.7
	Locks	14.3	3.5
	Loose forwards	14.6	2.8
	Hooker	17.8	3.4
	Fh, SH, C	12.4	2.2
	Fullback	12.2	2.0
% Muscle	Props	55.6	4.0
	Locks	59.4	3.1
	Loose forwards	58.5	3.4
	Hooker	57.0	4.5
	Fh, SH, C	58.2	3.3
	Fullback	60.1	3.5
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
10m	Props	1.9	0.1
	Locks	1.8	0.1
	Loose forwards	1.8	0.1
	Hooker	1.8	0.1
	Fh, SH, C	1.8	0.1
	Fullback	1.8	0.1
40m	Props	5.8	0.3
	Locks	5.4	0.2
	Loose forwards	5.4	0.2
	Hooker	5.5	0.2
	Fh, SH, C	5.3	0.2
	Fullback	5.1	0.1
Illinois	forwards	15.8	0.8
	backs	15.3	0.5
Bench Absolute	Props	119.7	20.4
	Locks	100.9	17.7
	Loose forwards	101.2	16.2
	Hooker	112.4	18.7
	Fh, SH, C	94.6	16.6
	Fullback	91.9	17.2



**Normative Data (Average + SD) Form
Under 19**

BokSmart normative data (display only Average + SD)

Bench Relative	Props	8.2	1.4
	Locks	7.3	1.1
	Loose forwards	7.8	1.3
	Hooker	8.4	1.3
	Fh, SH, C	7.8	1.2
	Fullback	7.7	1.2
Pull ups	Props	7.7	4.5
	Locks	9.3	4.6
	Loose forwards	12.1	4.0
	Hooker	12.2	6.2
	Fh, SH, C	13.8	4.3
	Fullback	14.6	4.4
Push ups	Props	51.7	15.3
	Locks	46.2	11.8
	Loose forwards	54.7	15.5
	Hooker	61.1	12.2
	Fh, SH, C	56.9	12.4
	Fullback	55.0	13.3
Vert. Jump **	Props	50.7	6.2
	Locks	55.8	6.9
	Loose forwards	55.8	6.9
	Hooker	55.8	6.9
	Fh, SH, C	57.6	10.1
	Fullback	59.2	4.8
Bleep	Props	85.2	17.2
	Locks	104.4	18.1
	Loose forwards	104.3	13.5
	Hooker	96.5	17.3
	Fh, SH, C	111.6	16.1
	Fullback	110.4	15.6
Sit and reach	all	31.9	7.4
3km time trial **	Props	13.75	23
	Locks	13.25	23
	Loose forwards	12.75	23
	Hooker	12.75	23
	Fh, SH, C	12.25	23
	Fullback	12	23
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	225.1596535	23