

<u>Variable</u>	<u>Abbreviations and units</u>	<u>Positions</u>	<u>Mean</u>	<u>Standard deviation</u>
Height	cm	Fh flyhalf	average score	about 68% of the values are within 1 standard deviation of the mean,
Weight	kg	SH scrumhalf		about 95% of the values are within 2 standard deviations,
Sum SF	sum of 7 skinfolds (mm)	C centre		and about 99.7% lie within 3 standard deviations.
Bodyfat	% (using the Durnin and Womersley equation)			
% Muscle	% muscle (using the Martin equation)			
SLR (L)	straight leg raise (left) (measured as the angle of displacement from the horizontal)			
SLR (R)	straight leg raise (right) (measured as the angle of displacement from the horizontal)			
HIP (L)	modified Thomas test (measured in degrees)			
HIP (R)	modified Thomas test (measured in degrees)			
Quad (L)	modified Thomas test (measured in degrees)			
Quad (R)	modified Thomas test (measured in degrees)			
10m	10m sprint (s)			
40m	40m sprint (s)			
Agility T	(s)			
Illinois	(s)			
Bench Absolute	bench press (kg)			
Bench Relative	bench press (kg)/body mass ^{0.60} (kg)			
1RM from 5RM Squat	1 repetition max from 5 repetition max squat			
5RM Rel. squat	1 repetition max from 5 repetition max squat/body mass ^{0.57} (kg)			
Pull ups	maximum number of pull ups			
Push ups	number of push ups in 1 minute			
Sit ups	number of sit ups in 1 minute (12-13 years) and 2 minutes (14 years and above)			
Vert. Jump	vertical jump height (cm) (standing height subtracted from jump height)			
Bleep	20 m shuttle test - measured as number of completed shuttles			
Mod. Bleep	modified 20 m shuttle test - measured as number of completed shuttles			
RSA	Repeat sprint test - (measured in m)			
Sit and reach	cm (0 point set at 26 cm)			
3km time trial	minutes and seconds			
Broad jump	cm (measured from take-off line to back of heel)			



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NORMATIVE DATA (AVERAGE + SD)

NOTES

** (Symbols in the first column show that the scores of these positions have been merged).

i.e. in the example below, the data for loose forwards and hookers have been merged

Sum SF	Props	97.4	46.7
	Locks	58.8	20.1
**	Loose forwards	64.1	22.2
**	Hooker	64.1	22.2