



**PROCEDURAL DOCUMENT FOR  
HIGH PERFORMANCE TESTING OF  
POTENTIALLY ELITE  
'UNDER-AGED' PLAYERS**

**UPDATED OCTOBER 2024**

## Procedure for *submitting High-Performance Data* on potentially 'Elite' Rugby players applying for waiver of restrictions of the SARU under-aged policy regulations of December 2009

The High-Performance testing protocol, as a form of preventative intervention, must include the following tests:

1. A complete anthropometric assessment of the player including body mass, height, body fat, bone structure, muscle development etc.
2. Bench Press 1-Repetition Maximum (1RM) strength.
3. Maximum number of Push-ups in 1 min
4. Multi-stage shuttle-run test (Bleep test)

The complete testing protocols and procedures are freely available for download on the BokSmart website at [www.boksmart.com](http://www.boksmart.com). If you are still unable to access these for some reason, please contact Dr. Wayne Viljoen at **021-9287103** or on email at [waynev@sarugby.co.za](mailto:waynev@sarugby.co.za).

### The following SARU – Accredited Testing Centers available are:

1. **Sport Science Institute of South Africa (SSISA)** (Western Cape)
  - Contact: *Dr. Mike Posthumus / Sonwabile Boo*
  - Telephone: 021-659 5640/073 190 5805 (Mike Posthumus)
  - Email: [MPosthumus@ssisa.com](mailto:MPosthumus@ssisa.com); [SBooi@ssisa.com](mailto:SBooi@ssisa.com)
2. **University of Pretoria Sport, Exercise, Medicine, and Lifestyle Institute (SEMLI)** (Tshwane)
  - Contact: *Ms Kirsty Elliott, Senior Sport Scientist, Head of SEMLI Education and Training*
  - Telephone: 012 484 1711/072 100 7496
  - Email: [kirsty.elliott@semli.co.za](mailto:kirsty.elliott@semli.co.za)
3. **Free State University Exercise and Sport Science Centre** (Free State)
  - Contact: *Mark Nicholls*
  - Telephone: 083 974 1886
  - Email: [nichollsm@ufs.ac.za](mailto:nichollsm@ufs.ac.za)
4. **NMMU Biokinetics and Sport Science Unit** (Port Elizabeth) – Summerstrand South Campus
  - Contact: *Mrs. Lisa Grenfell*
  - Telephone: 041-504 2603
  - Email: [lisa.grenfell@mandela.ac.za](mailto:lisa.grenfell@mandela.ac.za)
5. **The Sharks Academy Sports Medicine Centre** (Durban)
  - Contact: *James Gallagher* (cc Jimmy Wright)
  - Telephone: 031-312 7506/082 0528800
  - Email: [jgallagher@sharksmedical.co.za](mailto:jgallagher@sharksmedical.co.za) ([jimmy@thesharks.co.za](mailto:jimmy@thesharks.co.za))
6. **University of Johannesburg, Doornfontein Campus** (Johannesburg)
  - Contact: *Prof. Yoga Coopoo*
  - Telephone: 011-559 6944/083 415 7466
  - Email: [yogac@uj.ac.za](mailto:yogac@uj.ac.za)
7. **Stellenbosch Academy of Sport (SAS)** (Stellenbosch, Western Cape)
  - Contact: *Werner Botha*
  - Telephone: 021-861 7809/076 989 0733
  - Email: [werner@sastraining.co.za](mailto:werner@sastraining.co.za)
8. **NWU Centre for Health & Human Performance (NWU-CHHP)** (Potchefstroom, North-West)
  - Contact: *Dr Yolandi Willemse*
  - Telephone: 018-299 1811/082 562 4781
  - Email: [Yolandi.Willemse@nwu.ac.za](mailto:Yolandi.Willemse@nwu.ac.za)

## PROCEDURE:

- Before testing can take place in this capacity, the relevant provincial Union and/or SARU, whichever may be applicable, in writing, must recommend the player applying for the waiver of restrictions.
- An appointment then must be made with one of the above SARU – accredited testing centres for the High-Performance assessment.
- The costs for these tests will be borne by either the respective Union or the player themselves.
- At no time will SARU be accountable for any of these costs, unless otherwise specified in writing (by SARU).
- Players need to meet results equal to or better than the SARU “SA Rugby Under-aged rugby Women's Rugby normative data” or “SARU elite normative data for Adult Under-aged rugby testing” for females and males respectively for all four tests in the position(s) they are applying for. SARU will determine these standards. These can be found here:  
<https://my.boksmart.com/Documents/BokSmart#TestingNormativeData>
- Once the tests have been performed, the data needs to be submitted to SARU for attention: Dr Wayne Viljoen.
- The data should be completed on the “BokSmart – waiver application score sheet” provided on the BokSmart website, *with accompanying notes and recommendations from the accredited testing centre.*
- The dated and signed application form should then be submitted to Dr Viljoen, whereby the data will again be reviewed by an expert in the field of High-Performance testing to confirm that the player indeed meets the corresponding “SA Rugby Under-aged rugby Women's Rugby normative data” or “SARU elite normative data for Adult Under-aged rugby testing” standards required of that position(s)
- If the player meets or does not meet the required standard, final approval or rejection will be confirmed respectively in writing to the Union.



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**Dr. Wayne Viljoen**  
**Senior Manager: Rugby Safety**



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**Clint Readhead**  
**General Manager: Medical**