

SPEED

10 m Sprint time (s)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≤ 1.61	≤ 1.58	≤ 1.59	≤ 1.49	≤ 1.52	≤ 1.59	≤ 1.49	≤ 1.53	> 80
Very good	1.61 - 1.73	1.58 - 1.68	1.59 - 1.68	1.49 - 1.61	1.52 - 1.62	1.59 - 1.66	1.49 - 1.58	1.53 - 1.61	70 - 80
Good	1.73 - 1.85	1.68 - 1.78	1.68 - 1.77	1.61 - 1.73	1.62 - 1.72	1.66 - 1.73	1.58 - 1.67	1.61 - 1.69	60 - 70
Above average	1.85 - 1.91	1.78 - 1.83	1.77 - 1.82	1.73 - 1.79	1.72 - 1.77	1.73 - 1.77	1.67 - 1.72	1.69 - 1.73	55 - 60
Average	1.91 - 2.03	1.83 - 1.93	1.82 - 1.91	1.79 - 1.91	1.77 - 1.87	1.77 - 1.84	1.72 - 1.81	1.73 - 1.81	45 - 55
Below average	2.03 - 2.09	1.93 - 1.98	1.91 - 1.95	1.91 - 1.97	1.87 - 1.92	1.84 - 1.87	1.81 - 1.85	1.81 - 1.85	40 - 45
Poor	2.09 - 2.21	1.98 - 2.08	1.95 - 2.04	1.97 - 2.09	1.92 - 2.02	1.87 - 1.94	1.85 - 1.94	1.85 - 1.93	30 - 40
Very poor	2.21 - 2.33	2.08 - 2.18	2.04 - 2.13	2.09 - 2.21	2.02 - 2.12	1.94 - 2.01	1.94 - 2.03	1.93 - 2.01	20 - 30
Extremely poor	≥ 2.33	≥ 2.18	≥ 2.13	≥ 2.21	≥ 2.12	≥ 2.01	≥ 2.03	≥ 2.01	< 20
Mean ± SD	1.97 ± 0.11	1.88 ± 0.10	1.88 ± 0.12	1.85 ± 0.12	1.81 ± 0.10	1.80 ± 0.07	1.76 ± 0.09	1.78 ± 0.10	

40 m Sprint time (s)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≤ 4.83	≤ 4.95	≤ 5.04	≤ 4.27	≤ 4.74	≤ 4.94	≤ 4.63	≤ 4.57	> 80
Very good	4.83 - 5.24	4.95 - 5.24	5.04 - 5.27	4.27 - 4.74	4.74 - 5.00	4.94 - 5.12	4.63 - 4.87	4.57 - 4.83	70 - 80
Good	5.24 - 5.65	5.24 - 5.53	5.27 - 5.5	4.74 - 5.21	5.00 - 5.26	5.12 - 5.3	4.87 - 5.11	4.83 - 5.09	60 - 70
Above average	5.65 - 5.86	5.53 - 5.68	5.50 - 5.62	5.21 - 5.45	5.26 - 5.39	5.3 - 5.39	5.11 - 5.23	5.09 - 5.22	55 - 60
Average	5.86 - 6.27	5.68 - 5.97	5.62 - 5.85	5.45 - 5.92	5.39 - 5.65	5.39 - 5.57	5.23 - 5.47	5.22 - 5.48	45 - 55
Below average	6.27 - 6.47	5.97 - 6.11	5.85 - 5.96	5.92 - 6.15	5.65 - 5.78	5.57 - 5.66	5.47 - 5.59	5.48 - 5.61	40 - 45
Poor	6.47 - 6.88	6.11 - 6.4	5.96 - 6.19	6.15 - 6.62	5.78 - 6.04	5.66 - 5.84	5.59 - 5.83	5.61 - 5.87	30 - 40
Very poor	6.88 - 7.29	6.40 - 6.69	6.19 - 6.42	6.62 - 7.09	6.04 - 6.30	5.84 - 6.02	5.83 - 6.07	5.87 - 6.13	20 - 30
Extremely poor	≥ 7.29	≥ 6.69	≥ 6.42	≥ 7.09	≥ 6.30	≥ 6.02	≥ 6.07	≥ 6.13	< 20
Mean ± SD	6.06 ± 0.41	5.79 ± 0.31	5.82 ± 0.54	5.68 ± 0.47	5.50 ± 0.25	5.48 ± 0.18	5.36 ± 0.23	5.36 ± 0.26	

Peak Velocity (m/s)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 10.00	≥ 9.62	≥ 9.80	≥ 12.20	≥ 10.00	≥ 9.80	≥ 10.75	≥ 11.11	> 80
Very good	9.09 - 10.00	9.01 - 9.62	9.17 - 9.80	10.53 - 12.20	9.43 - 10.00	9.35 - 9.80	10.00 - 10.75	10.20 - 11.11	70 - 80
Good	8.33 - 9.09	8.47 - 9.01	8.62 - 9.17	9.26 - 10.53	8.93 - 9.43	8.93 - 9.35	9.35 - 10.00	9.43 - 10.20	60 - 70
Above average	8.00 - 8.33	8.23 - 8.47	8.37 - 8.62	8.73 - 9.26	8.70 - 8.93	8.73 - 8.93	9.05 - 9.35	9.09 - 9.43	55 - 60
Average	7.41 - 8.00	7.78 - 8.23	7.91 - 8.37	7.84 - 8.73	8.26 - 8.70	8.37 - 8.73	8.51 - 9.05	8.47 - 9.09	45 - 55
Below average	7.14 - 7.41	7.58 - 7.78	7.69 - 7.91	7.46 - 7.84	8.06 - 8.26	8.20 - 8.37	8.26 - 8.51	8.20 - 8.47	40 - 45
Poor	6.67 - 7.14	7.19 - 7.58	7.30 - 7.69	6.80 - 7.46	7.69 - 8.06	7.87 - 8.20	7.1 - 8.26	7.69 - 8.2-	30 - 40
Very poor	6.25 - 6.67	6.85 - 7.19	6.94 - 7.30	6.25 - 6.80	7.35 - 7.69	7.58 - 7.87	7.41 - 7.81	7.25 - 7.69	20 - 30
Extremely poor	≤ 6.25	≤ 6.85	≤ 6.94	≤ 6.25	≤ 7.35	≤ 7.58	≤ 7.41	≤ 7.25	< 20
Mean ± SD	7.77 ± 0.61	8.08 ± 0.43	8.08 ± 0.62	8.33 ± 0.70	8.50 ± 0.42	8.58 ± 0.40	8.80 ± 0.51	8.80 ± 0.59	

* Calculated from the fastest 10 m split

Sprint Momentum (kg.m/s)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 756	≥ 622	≥ 711	≥ 648	≥ 504	≥ 524	≥ 570	≥ 583	> 80
Very good	689 - 756	572 - 622	641 - 711	588 - 648	467 - 504	485 - 524	534 - 570	535 - 583	70 - 80
Good	616 - 686	522 - 572	571 - 641	528 - 588	430 - 467	446 - 485	498 - 534	487 - 535	60 - 70
Above average	581 - 616	497 - 522	536 - 571	498 - 528	412 - 430	427 - 446	480 - 498	463 - 487	55 - 60
Average	511 - 581	447 - 497	466 - 536	438 - 498	375 - 412	388 - 427	444 - 480	415 - 463	45 - 55
Below average	476 - 511	422 - 447	431 - 466	408 - 438	356 - 375	368 - 388	426 - 444	391 - 415	40 - 45
Poor	406 - 476	372 - 422	361 - 431	348 - 408	319 - 356	329 - 368	390 - 426	343 - 391	30 - 40
Very poor	336 - 406	322 - 372	291 - 361	288 - 348	282 - 319	290 - 329	354 - 390	295 - 343	20 - 30
Extremely poor	≤ 336	≤ 322	≤ 291	≤ 288	≤ 282	≤ 290	≤ 354	≤ 295	< 20
Mean ± SD	546 ± 69	475 ± 50	501 ± 70	468 ± 60	392 ± 36	407 ± 38	462 ± 36	440 ± 48	

* Calculated from the first 10 m split

POWER

Countermovement Jump Height (cm)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 47.2	≥ 47.8	≥ 46.4	≥ 51.7	≥ 53.9	≥ 51.4	≥ 56.0	≥ 59.0	> 80
Very good	41.1 - 47.2	42.7 - 47.8	41.4 - 46.4	45.9 - 51.7	48.3 - 53.9	46.2 - 51.4	50.3 - 56.0	52.3 - 59.0	70 - 80
Good	38.1 - 41.1	37.6 - 42.7	36.4 - 41.4	40.1 - 45.9	42.7 - 48.3	41.0 - 46.2	44.6 - 50.3	45.6 - 52.3	60 - 70
Above average	32.0 - 35.0	35.1 - 37.6	33.9 - 36.4	37.2 - 40.1	39.9 - 42.7	38.4 - 41.0	41.8 - 44.6	42.3 - 45.6	55 - 60
Average	25.9 - 32.0	30.0 - 35.1	28.9 - 33.9	31.4 - 37.2	34.3 - 39.9	33.2 - 38.4	36.1 - 41.8	35.6 - 42.3	45 - 55
Below average	22.8 - 25.9	27.4 - 30.0	26.4 - 28.9	28.5 - 31.4	31.5 - 34.3	30.6 - 33.2	33.2 - 36.1	32.2 - 35.6	40 - 45
Poor	16.7 - 22.8	22.3 - 27.4	21.4 - 26.4	22.7 - 28.5	25.9 - 31.5	25.4 - 30.6	27.5 - 33.2	25.5 - 32.2	30 - 40
Very poor	10.6 - 16.7	17.2 - 22.3	16.4 - 21.4	16.9 - 22.7	20.3 - 25.9	20.2 - 25.4	21.8 - 27.5	18.8 - 25.5	20 - 30
Extremely poor	≤ 10.6	≤ 17.2	≤ 16.4	≤ 16.9	≤ 20.3	≤ 20.2	≤ 21.8	≤ 18.8	< 20
Mean ± SD	28.8 ± 6.0	33.0 ± 5.5	31.4 ± 4.9	34.3 ± 5.8	37.6 ± 5.8	35.4 ± 5.3	38.7 ± 5.7	38.7 ± 6.6	

Countermovement Jump Peak Power (W)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 7188	≥ 6533	≥ 6432	≥ 6496	≥ 5151	≥ 5565	≥ 6513	≥ 6415	> 80
Very good	6441 - 7188	5829 - 6533	5755 - 6432	5781 - 6496	4747 - 5151	5010 - 5565	5897 - 6513	5722 - 6415	70 - 80
Good	5694 - 6441	5125 - 5829	5078 - 5755	5066 - 5781	4343 - 4747	4455 - 5010	5281 - 5897	5029 - 5722	60 - 70
Above average	5321 - 5694	4773 - 5125	4740 - 5078	4709 - 5066	4141 - 4343	4178 - 4455	4973 - 5281	4683 - 5029	55 - 60
Average	4574 - 5321	4069 - 4773	4063 - 4740	3994 - 4709	3737 - 4141	3623 - 4178	4357 - 4973	3990 - 4683	45 - 55
Below average	4200 - 4574	3717 - 4069	3724 - 4063	3636 - 3994	3535 - 3737	3345 - 3623	4049 - 4357	3643 - 3990	40 - 45
Poor	3453 - 4200	3013 - 3717	3047 - 3724	2921 - 3636	3131 - 3535	2790 - 3345	3433 - 4049	2950 - 3643	30 - 40
Very poor	2706 - 3453	2309 - 3013	2370 - 3047	2206 - 2921	2727 - 3131	2235 - 2790	2817 - 3433	2257 - 2950	20 - 30
Extremely poor	≤ 2706	≤ 2309	≤ 2370	≤ 2206	≤ 2727	≤ 2235	≤ 2817	≤ 2257	< 20
Mean ± SD	4947 ± 747	4421 ± 704	4401 ± 677	4351 ± 715	3939 ± 404	3900 ± 555	4665 ± 616	4336 ± 693	

Countermovement Jump Relative Peak Power (W/kg)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 68.0	≥ 71.1	≥ 46.4	≥ 70.7	≥ 75.0	≥ 70.4	≥ 74.2	≥ 75.2	> 80
Very good	60.7 - 68.0	64.0 - 71.1	60.7 - 70.7	64.1 - 70.7	68.4 - 75.0	64.5 - 70.4	68.5 - 74.2	68.7 - 75.2	70 - 80
Good	53.4 - 60.7	56.9 - 64.0	54.4 - 60.7	57.5 - 64.1	61.8 - 68.4	58.6 - 64.5	62.8 - 68.5	62.2 - 68.7	60 - 70
Above average	49.8 - 53.4	53.4 - 56.9	51.3 - 54.4	54.2 - 57.5	58.5 - 61.8	55.7 - 58.6	60.0 - 62.8	59.0 - 62.2	55 - 60
Average	42.5 - 49.8	46.3 - 53.4	45.0 - 51.3	47.6 - 54.2	51.9 - 58.5	49.8 - 55.7	54.3 - 60.0	52.5 - 59.0	45 - 55
Below average	38.8 - 42.45	42.7 - 46.3	41.8 - 45.0	44.3 - 47.6	48.6 - 51.9	46.8 - 49.8	51.4 - 54.3	49.2 - 52.5	40 - 45
Poor	31.5 - 38.8	35.6 - 42.7	35.5 - 41.8	37.7 - 44.3	42.0 - 48.6	40.9 - 46.8	45.7 - 51.4	42.7 - 49.2	30 - 40
Very poor	24.2 - 31.5	28.5 - 35.6	29.2 - 35.5	31.1 - 37.7	35.4 - 42	35.0 - 40.9	40.0 - 45.7	36.2 - 42.7	20 - 30
Extremely poor	≤ 24.2	≤ 28.5	≤ 29.2	≤ 31.1	≤ 35.4	≤ 35.0	≤ 40.0	≤ 36.2	< 20
Mean ± SD	46.1 ± 7.3	49.8 ± 7.1	48.1 ± 6.3	50.9 ± 6.6	55.2 ± 6.6	52.7 ± 5.9	57.1 ± 5.7	55.7 ± 6.5	

REACTIVITY

10/5 Repeated Jump Height (cm)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 37.7	≥ 35.1	≥ 47.2	≥ 41.0	≥ 53.9	≥ 51.4	≥ 56.0	≥ 59.0	> 80
Very good	32.3 - 37.7	32 - 35.1	40.7 - 47.2	36.0 - 41.0	41.2 - 47.4	36.7 - 41.2	39.7 - 44.8	41.6 - 47.9	70 - 80
Good	26.9 - 32.3	28.9 - 32	34.2 - 40.7	31.0 - 36.0	35.0 - 41.2	32.2 - 36.7	34.6 - 39.7	35.3 - 41.6	60 - 70
Above average	24.2 - 26.9	27.4 - 28.9	30.1 - 34.2	28.5 - 31.0	31.9 - 35	30.0 - 32.2	32.1 - 34.6	32.2 - 35.3	55 - 60
Average	18.8 - 24.2	24.3 - 27.4	24.5 - 30.1	23.5 - 28.5	25.7 - 31.9	25.5 - 30.0	27.0 - 32.1	25.9 - 32.2	45 - 55
Below average	16.1 - 18.8	22.7 - 24.3	21.2 - 24.5	21.0 - 23.5	22.6 - 25.7	23.2 - 25.45	24.4 - 27.0	22.7 - 25.9	40 - 45
Poor	10.7 - 16.1	19.6 - 22.7	14.7 - 21.2	16.0 - 21.0	16.4 - 22.6	18.7 - 23.2	19.3 - 24.4	16.4 - 22.7	30 - 40
Very poor	5.3 - 10.7	16.5 - 19.6	8.2 - 14.7	11.0 - 16.0	10.2 - 16.4	14.2 - 18.7	14.2 - 19.3	10.1 - 16.4	20 - 30
Extremely poor	≤ 5.3	≤ 16.5	≤ 8.2	≤ 11.0	≤ 10.2	≤ 14.2	≤ 14.2	≤ 10.1	< 20
Mean ± SD	21.5 ± 5.4	25.8 ± 3.1	27.7 ± 6.5	26 ± 5	28.8 ± 6.2	27.7 ± 4.5	29.5 ± 5.1	29 ± 6.3	

10/5 Repeated Jump Reactive Strength Index (AU)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 3.22	≥ 3.11	≥ 3.60	≥ 3.44	≥ 4.12	≥ 3.63	≥ 3.69	≥ 3.84	> 80
Very good	2.82 - 3.22	2.86 - 3.11	3.17 - 3.60	3.06 - 3.44	3.62 - 4.12	3.30 - 3.63	3.30 - 3.69	3.42 - 3.84	70 - 80
Good	2.42 - 2.82	2.61 - 2.86	2.74 - 3.17	2.68 - 3.06	3.12 - 3.62	2.97 - 3.3	2.91 - 3.30	3.00 - 3.42	60 - 70
Above average	2.22 - 2.42	2.49 - 2.61	2.53 - 2.74	2.49 - 2.68	2.87 - 3.12	2.81 - 2.97	2.72 - 2.91	2.79 - 3.00	55 - 60
Average	1.82 - 2.22	2.24 - 2.49	2.10 - 2.53	2.11 - 2.49	2.37 - 2.87	2.48 - 2.81	2.33 - 2.72	2.37 - 2.79	45 - 55
Below average	1.62 - 1.82	2.11 - 2.24	1.88 - 2.10	1.92 - 2.11	2.12 - 2.37	2.31 - 2.48	2.13 - 2.33	2.16 - 2.37	40 - 45
Poor	1.22 - 1.62	1.86 - 2.11	1.45 - 1.88	1.54 - 1.92	1.62 - 2.12	1.98 - 2.31	1.74 - 2.13	1.74 - 2.16	30 - 40
Very poor	0.82 - 1.22	1.61 - 1.86	1.02 - 1.45	1.16 - 1.54	1.12 - 1.62	1.65 - 1.98	1.35 - 1.74	1.32 - 1.74	20 - 30
Extremely poor	≤ 0.82	≤ 1.61	≤ 1.02	≤ 1.16	≤ 1.12	≤ 1.65	≤ 1.35	≤ 1.32	< 20
Mean ± SD	2.02 ± 0.40	2.36 ± 0.25	2.31 ± 0.43	2.30 ± 0.38	2.62 ± 0.50	2.64 ± 0.33	2.52 ± 0.39	2.58 ± 0.42	

* Calculated as: flight time (s) / contact time (s)

STRENGTH

Isometric Belt Squat Peak Force (N)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 10230	≥ 8307	≥ 8203	≥ 8410	≥ 8274	≥ 7695	≥ 9162	≥ 8402	> 80
Very good	8767 - 10230	7228 - 8307	6994 - 8203	7249 - 8410	7020 - 8274	6656 - 7695	7849 - 9162	7234 - 8402	70 - 80
Good	7304 - 8767	6149 - 7228	5785 - 6994	6088 - 7249	5766 - 7020	5617 - 6656	6536 - 7849	6066 - 7234	60 - 70
Above average	6573 - 7304	5610 - 6149	5181 - 5785	5508 - 6088	5139 - 5766	5098 - 5617	5880 - 6536	5482 - 6066	55 - 60
Average	5110 - 6373	4531 - 5610	3972 - 5181	4347 - 5508	3885 - 5139	4059 - 5098	4567 - 5880	4314 - 5482	45 - 55
Below average	4378 - 5110	3991 - 4531	3367 - 3972	3766 - 4347	3258 - 3885	3539 - 4059	3910 - 4567	3730 - 4314	40 - 45
Poor	2915 - 4378	2912 - 3991	2158 - 3367	2605 - 3766	2004 - 3258	2500 - 3539	2597 - 3910	2562 - 3730	30 - 40
Very poor	1452 - 2915	1833 - 2912	949 - 2158	1444 - 2605	750 - 2004	1461 - 2500	1284 - 2597	1394 - 2562	20 - 30
Extremely poor	≤ 1452	≤ 1833	≤ 949	≤ 1444	≤ 750	≤ 1461	≤ 1284	≤ 1394	< 20
Mean ± SD	5842 ± 1443	5070 ± 1079	4576 ± 1209	4927 ± 1161	4581 ± 1260	4521 ± 1048	5223 ± 1313	4860 ± 1176	

* Peak force values include body mass included

Nordic Peak Force (N)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 629	≥ 603	≥ 588	≥ 620	≥ 528	≥ 574	≥ 550	≥ 523	> 80
Very good	544 - 629	519 - 603	505 - 588	531 - 620	456 - 528	488 - 574	499 - 550	465 - 523	70 - 80
Good	459 - 544	435 - 519	422 - 505	442 - 531	384 - 456	402 - 488	448 - 499	407 - 465	60 - 70
Above average	417 - 459	393 - 435	381 - 422	398 - 442	348 - 384	359 - 402	423 - 448	378 - 407	55 - 60
Average	332 - 417	309 - 393	298 - 381	309 - 98	276 - 348	273 - 359	372 - 423	320 - 378	45 - 55
Below average	289 - 332	267 - 309	256 - 298	264 - 309	240 - 276	230 - 273	346 - 372	291 - 320	40 - 45
Poor	204 - 289	183 - 267	173 - 256	175 - 264	168 - 240	144 - 230	295 - 346	233 - 291	30 - 40
Very poor	119 - 204	99 - 183	90 - 173	86 - 175	96 - 168	58 - 144	244 - 295	175 - 233	20 - 30
Extremely poor	≤ 119	≤ 99	≤ 90	≤ 86	≤ 96	≤ 58	≤ 244	≤ 175	< 20
Mean ± SD	374 ± 85	351 ± 84	339 ± 83	353 ± 89	312 ± 72	316 ± 86	397 ± 51	349 ± 58	

* Mean of left and right legs

Hip Adduction-90° Peak Force (N)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 602	≥ 517	≥ 532	≥ 590	≥ 499	≥ 508	≥ 608	≥ 622	> 80
Very good	530 - 602	465 - 517	472 - 532	516 - 590	445 - 499	455 - 508	542 - 608	537 - 622	70 - 80
Good	458 - 530	413 - 465	412 - 472	442 - 516	391 - 445	402 - 455	476 - 542	452 - 537	60 - 70
Above average	422 - 458	387 - 413	382 - 412	405 - 442	364 - 391	378 - 402	443 - 476	410 - 452	55 - 60
Average	350 - 422	335 - 387	322 - 382	331 - 405	310 - 364	323 - 387	377 - 443	325 - 410	45 - 55
Below average	314 - 350	309 - 335	292 - 322	294 - 331	283 - 310	396 - 323	344 - 377	282 - 324.5	40 - 45
Poor	242 - 314	257 - 309	232 - 292	220 - 294	229 - 283	243 - 296	278 - 344	197 - 282	30 - 40
Very poor	170 - 242	205 - 257	172 - 232	146 - 220	175 - 229	190 - 243	212 - 278	112 - 197	20 - 30
Extremely poor	≤ 170	≤ 205	≤ 172	≤ 146	≤ 175	≤ 190	≤ 212	≤ 112	< 20
Mean ± SD	≥ 602	≥ 517	≥ 532	≥ 590	≥ 499	≥ 508	≥ 608	≥ 622	

* Mean of left and right legs

Hip Abduction-90° Peak Force (N)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 614	≥ 505	≥ 518	≥ 575	≥ 477	≥ 477	≥ 455	≥ 504	> 80
Very good	535 - 614	446 - 505	451 - 518	495 - 575	416 - 477	414 - 477	455 - 508	435 - 504	70 - 80
Good	456 - 535	387 - 446	384 - 451	415 - 495	355 - 416	351 - 414	402 - 455	366 - 435	60 - 70
Above average	417 - 456	358 - 387	351 - 384	375 - 415	325 - 355	320 - 351	378 - 402	332 - 366	55 - 60
Average	338 - 417	299 - 358	284 - 351	295 - 375	264 - 325	257 - 320	323 - 378	263 - 332	45 - 55
Below average	298 - 338	269 - 299	250 - 284	255 - 295	233 - 264	225 - 257	296 - 323	228 - 263	40 - 45
Poor	219 - 298	210 - 269	183 - 250	175 - 255	172 - 233	162 - 225	243 - 296	159 - 228	30 - 40
Very poor	140 - 219	151 - 210	116 - 183	95 - 175	111 - 172	99 - 162	190 - 243	90 - 159	20 - 30
Extremely poor	≤ 140	≤ 151	≤ 116	≤ 95	≤ 111	≤ 99	≤ 190	≤ 90	< 20
Mean ± SD	377 ± 79	328 ± 59	317 ± 67	335 ± 80	294 ± 61	288 ± 63	349 ± 53	297 ± 69	

* Mean of left and right legs

Hip Adduction-0° Peak Force (N)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 313	≥ 261	≥ 312	≥ 344	≥ 295	≥ 263	≥ 345	≥ 309	> 80
Very good	268 - 313	231 - 261	268 - 312	292 - 344	254 - 295	233 - 263	300 - 345	267 - 309	70 - 80
Good	223 - 268	201 - 231	224 - 268	240 - 292	213 - 254	203 - 233	255 - 300	225 - 267	60 - 70
Above average	201 - 223	186 - 201	202 - 224	214 - 240	193 - 231	188 - 203	233 - 255	204 - 225	55 - 60
Average	156 - 201	156 - 186	158 - 202	162 - 214	152 - 193	158 - 188	188 - 233	162 - 204	45 - 55
Below average	133 - 156	141 - 156	136 - 158	136 - 162	131 - 152	143 - 158	165 - 188	141 - 162	40 - 45
Poor	88 - 133	111 - 141	92 - 136	84 - 136	90 - 131	113 - 143	120 - 165	99 - 141	30 - 40
Very poor	43 - 88	81 - 111	48 - 92	32 - 84	49 - 90	83 - 113	75 - 120	57 - 99	20 - 30
Extremely poor	≤ 43	≤ 81	≤ 48	≤ 32	≤ 49	≤ 83	≤ 75	≤ 57	< 20
Mean ± SD	178 ± 45	171 ± 30	180 ± 44	188 ± 52	172 ± 41	173 ± 30	210 ± 45	183 ± 42	

* Mean of left and right legs

Hip Abduction-0° Peak Force (N)*

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 303	≥ 252	≥ 284	≥ 299	≥ 219	≥ 228	≥ 291	≥ 273	> 80
Very good	268 - 303	227 - 252	245 - 284	260 - 299	198 - 219	204 - 228	255 - 291	238 - 273	70 - 80
Good	233 - 268	202 - 227	206 - 245	221 - 260	177 - 198	180 - 204	219 - 255	203 - 238	60 - 70
Above average	216 - 233	190 - 202	187 - 206	202 - 221	167 - 177	168 - 180	201 - 219	186 - 203	55 - 60
Average	181 - 216	165 - 190	148 - 187	163 - 202	146 - 167	144 - 168	165 - 201	151 - 186	45 - 55
Below average	163 - 181	152 - 165	128 - 148	143 - 163	135 - 146	132 - 144	147 - 165	133 - 151	40 - 45
Poor	128 - 163	127 - 152	89 - 128	104 - 143	114 - 135	108 - 132	111 - 147	98 - 133	30 - 40
Very poor	93 - 128	102 - 127	50 - 89	65 - 104	93 - 114	84 - 108	75 - 111	63 - 98	20 - 30
Extremely poor	≤ 93	≤ 102	≤ 50	≤ 65	≤ 93	≤ 84	≤ 75	≤ 63	< 20
Mean ± SD	198 ± 35	177 ± 25	167 ± 39	182 ± 39	156 ± 21	156 ± 24	183 ± 36	168 ± 35	

* Mean of left and right legs

ENDURANCE

30-15 Intermittent Fitness Test (km/h)

Rating	Prop	Hooker	2nd Row	Back Row	Scrum half	Outside half	Centre	Back 3	T Score
Excellent	≥ 20.8	≥ 21.9	≥ 21.8	≥ 22.4	≥ 22.1	≥ 22.8	≥ 22.9	≥ 22.9	> 80
Very good	19.0 - 20.8	20.0 - 21.9	20.2 - 21.8	20.9 - 22.4	21.0 - 22.1	21.6 - 22.8	21.4 - 22.9	21.2 - 22.9	70 - 80
Good	17.3 - 19.0	18.1 - 20.0	18.6 - 20.2	19.4 - 20.9	19.8 - 21.0	20.3 - 21.6	20.0 - 21.4	19.5 - 21.2	60 - 70
Above average	16.5 - 17.3	17.2 - 18.1	17.9 - 18.6	18.6 - 19.4	19.2 - 19.8	19.7 - 20.3	19.3 - 20.0	18.6 - 19.5	55 - 60
Average	14.7 - 16.5	15.3 - 17.2	16.3 - 17.9	17.1 - 18.6	18.1 - 19.2	18.4 - 19.7	17.8 - 19.3	16.9 - 18.6	45 - 55
Below average	13.9 - 14.7	14.4 - 15.3	15.5 - 16.3	16.4 - 17.2	17.5 - 18.1	17.8 - 18.4	17.1 - 17.8	16.0 - 16.9	40 - 45
Poor	12.1 - 13.9	12.5 - 14.4	13.9 - 15.5	14.9 - 16.4	16.3 - 17.5	16.5 - 17.8	15.7 - 17.1	14.3 - 16.0	30 - 40
Very poor	10.4 - 12.1	10.7 - 12.5	12.3 - 13.9	13.4 - 14.9	15.2 - 16.3	15.3 - 16.5	14.2 - 15.7	12.6 - 14.3	20 - 30
Extremely poor	≤ 10.4	≤ 10.7	≤ 12.3	≤ 13.4	≤ 15.2	≤ 15.3	≤ 14.2	≤ 12.6	< 20
Mean ± SD	15.6 ± 1.7	16.3 ± 1.9	17.1 ± 1.6	17.9 ± 1.5	18.6 ± 1.2	19.0 ± 1.3	18.5 ± 1.4	17.7 ± 1.7	