

Variable	Position	Mean	Standard deviation
Height	Props	177.0	5.5
	Locks	189.8	3.7
	Loose forwards	177.8	6.5
	Hooker	172.5	4.1
	Fh, SH, C	169.8	6.8
	Fullback	169.6	8.0
Weight	Props	95.1	13.1
	Locks	82.5	7.2
	Loose forwards	77.6	7.7
	Hooker	80.0	12.7
	Fh, SH, C	66.6	7.0
	Fullback	63.9	7.7
Sum SF	Props	136.8	42.8
	Locks	62.4	16.4
	Loose forwards	65.2	18.3
	Hooker	98.6	29.8
	Fh, SH, C	54.9	13.5
	Fullback	51.7	14.8
Bodyfat	Props	27.6	4.5
	Locks	17.8	2.8
	Loose forwards	18.3	2.7
	Hooker	20.3	3.4
	Fh, SH, C	15.9	2.4
	Fullback	15.1	3.1
% Muscle	Props	48.6	9.7
	Locks	63.1	12.2
	Loose forwards	57.8	10.9
	Hooker	57.0	6.1
	Fh, SH, C	64.3	16.0
	Fullback	67.9	20.6
SLR (L)	All	91.8	12.2
SLR(R)	All	90.9	12.0
HIP(L)	All	-0.1	9.0
HIP(R)	All	0.7	8.4
Quad (L)	All	56.2	11.6
Quad (R)	All	56.9	10.9
10m	Props	2.0	0.1
	Locks	1.8	0.1
	Loose forwards	1.9	0.1
	Hooker	1.8	0.2
	Fh, SH, C	2.0	0.1
	Fullback	1.8	0.1
40m	Props	6.0	0.4
	Locks	5.6	0.2
	Loose forwards	5.6	0.2
	Hooker	5.5	0.5
	Fh, SH, C	5.8	0.2
	Fullback	5.4	0.2
Illinois	Props	16.8	1.0
	Locks	16.5	0.4
	Loose forwards	16.2	0.4
	Hooker	16.2	0.4
	Fh, SH, C	15.8	0.4
	Fullback	16.1	0.5
Bench Absolute	Props	67.5	12.8



**Normative Data (Average + SD) Form
Under 15**

BokSmart normative data (display only Average + SD)

	Locks	62.8	18.9
	Loose forwards	63.3	17.4
	Hooker	65.0	24.2
	Fh, SH, C	54.7	8.9
	Fullback	49.1	8.3
Bench Relative	Props	5.3	1.0
	Locks	5.2	1.1
	Loose forwards	5.3	1.4
	Hooker	5.2	1.5
	Fh, SH, C	5.1	0.7
	Fullback	4.6	0.7
Pull ups	Props	3.8	3.6
	Locks	7.7	2.8
	Loose forwards	8.9	4.4
	Hooker	6.3	2.9
	Fh, SH, C	10.3	3.4
	Fullback	11.0	3.6
Push ups	Props	31.3	13.6
	Locks	28.9	9.3
	Loose forwards	40.3	12.5
	Hooker	34.8	11.0
	Fh, SH, C	42.2	10.5
	Fullback	36.9	8.3
Sit ups	all	69.2	16.8
Bleep	Props	64.6	20.5
	Locks	85.1	15.4
	Loose forwards	85.4	19.9
	Hooker	76.2	14.6
	Fh, SH, C	89.5	15.7
	Fullback	91.7	13.5
Sit and reach	all	31.9	7.4
Vert. Jump	all	52.9	23.0