

| Variable | Position | Mean | Standard deviation | |
|-----------------|-----------------|----------------|---------------------------|-----|
| Height | Props | 181.8 | 6.1 | |
| | Locks | 196.6 | 5.0 | |
| | Loose forwards | 183.5 | 6.1 | |
| | Hooker | 177.4 | 4.3 | |
| | Fh, SH, C | 177.2 | 7.1 | |
| | Fullback | 176.2 | 5.4 | |
| Weight | Props | 110.2 | 9.9 | |
| | Locks | 107.3 | 5.2 | |
| | Loose forwards | 93.3 | 8.3 | |
| | Hooker | 93.3 | 8.3 | |
| | Fh, SH, C | 82.5 | 10.3 | |
| | Fullback | 79.4 | 7.7 | |
| Sum SF | Props | 110.5 | 35.9 | |
| | Locks | 69.6 | 23.1 | |
| | Loose forwards | 71.8 | 19.5 | |
| | Hooker | 95.7 | 34.9 | |
| | Fh, SH, C | 62.4 | 17.6 | |
| | Fullback | 52.9 | 9.7 | |
| Bodyfat | Props | 20.7 | 1.9 | |
| | Locks | 15.4 | 3.6 | |
| | ** ** | Loose forwards | 15.8 | 3.3 |
| | Hooker | 15.8 | 3.3 | |
| | Fh, SH, C | 13.4 | 3.4 | |
| | Fullback | 12.7 | 2.1 | |
| % Muscle | Props | 54.5 | 4.3 | |
| | Locks | 57.4 | 2.4 | |
| | Loose forwards | 59.0 | 3.8 | |
| | Hooker | 58.2 | 4.3 | |
| | Fh, SH, C | 57.5 | 4.0 | |
| | Fullback | 60.2 | 3.8 | |
| SLR (L) | All | 96.6 | 13.2 | |
| SLR(R) | All | 98.0 | 12.9 | |
| HIP(L) | All | -0.1 | 5.8 | |
| HIP(R) | All | 0.2 | 6.3 | |
| Quad (L) | All | 60.5 | 10.5 | |
| Quad (R) | All | 59.3 | 9.5 | |
| 10m | Props | 1.8 | 0.2 | |
| | Locks | 1.8 | 0.1 | |
| | Loose forwards | 1.8 | 0.1 | |
| | Hooker | 1.8 | 0.1 | |
| | Fh, SH, C | 1.7 | 0.1 | |
| | Fullback | 1.7 | 0.1 | |
| 40m | Props | 5.6 | 0.3 | |
| | Locks | 5.4 | 0.2 | |
| | Loose forwards | 5.3 | 0.2 | |
| | Hooker | 5.4 | 0.2 | |
| | Fh, SH, C | 5.2 | 0.2 | |
| | Fullback | 5.1 | 0.1 | |
| Agility T | forwards | 11.7 | 1.0 | |
| | backs | 10.9 | 0.5 | |
| Illinois | forwards | 15.7 | 0.6 | |
| | backs | 15.2 | 0.6 | |



**Normative Data (Average + SD) Form
Under 21**

BokSmart normative data (display only Average + SD)

| | | | |
|-----------------------|----------------|-------|------|
| Bench Absolute | Props | 130.2 | 19.5 |
| | Locks | 117.9 | 13.6 |
| | Loose forwards | 107.7 | 19.7 |
| | Hooker | 120.0 | 14.8 |
| | Fh, SH, C | 100.3 | 19.9 |
| | Fullback | 98.5 | 18.2 |
| Bench Relative | Props | 8.6 | 1.1 |
| | Locks | 8.1 | 1.0 |
| | Loose forwards | 8.2 | 1.3 |
| | Hooker | 8.5 | 1.2 |
| | Fh, SH, C | 8.3 | 1.4 |
| | Fullback | 8.3 | 1.2 |
| Pull ups | Props | 11.0 | 4.8 |
| | Locks | 10.5 | 4.8 |
| | Loose forwards | 12.5 | 4.9 |
| | Hooker | 11.8 | 5.4 |
| | Fh, SH, C | 14.7 | 4.9 |
| | Fullback | 14.9 | 3.5 |
| Push ups | Props | 60.2 | 15.7 |
| | Locks | 49.2 | 9.8 |
| | Loose forwards | 53.2 | 12.5 |
| | Hooker | 59.1 | 13.3 |
| | Fh, SH, C | 59.8 | 17.2 |
| | Fullback | 57.0 | 13.3 |
| 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 |
| Vert. Jump | Props | 48.8 | 7.4 |
| | Locks | 58.4 | 7.6 |
| | Loose forwards | 57.4 | 7.8 |
| | Hooker | 57.4 | 7.8 |
| | Fh, SH, C | 57.2 | 6.1 |
| | Fullback | 61.5 | 5.9 |
| Bleep | Props | 80.1 | 17.4 |
| | Locks | 97.9 | 19.3 |
| | Loose forwards | 102.2 | 14.9 |
| | Hooker | 84.3 | 17.3 |
| | Fh, SH, C | 105.1 | 14.9 |
| | Fullback | 103.1 | 18.0 |
| 3RM squat | Props | 239.8 | 21.2 |
| | Locks | 189.6 | 26.2 |
| | Loose forwards | 180.6 | 26.3 |
| | Hooker | 197.7 | 36.4 |
| | Fh, SH, C | 168.9 | 23.3 |
| | Fullback | 160.7 | 43.4 |
| Squat kg/kg | Props | 4.1 | 0.3 |
| | Locks | 4.7 | 0.5 |
| | Loose forwards | 4.2 | 0.3 |
| | Hooker | 4.2 | 0.4 |
| | Fh, SH, C | 3.8 | 0.5 |
| | Fullback | 4.0 | 1.0 |
| 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 |

BokSmart normative data (display only Average + SD)

| | | | |
|------------|----------------|-------|------|
| | Fullback | 12 | 23 |
| 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 | 241.1 | 46.0 |