



PROP							
		U17	U18	U19	U20	PRO	NAT
Mass (kg)		90-103	95-107	95-108	110	108	114
Speed	10m	1.83-1.86	1.82-1.84	1.82	1.82	N/A	N/A
	20m	3.18-3.21	3.14-3.17	3.14	3.14	N/A	N/A
	30m	4.43-4.46	4.37-4.42	4.37-4.38	4.37	N/A	N/A
	40m	5.68-5.72	5.60-5.66	5.60-5.65	5.60	N/A	N/A
Aerobic Capacity	YOYO LV 1	16.1	16.1	16.1	16.1+ Min	17.1+	17.1+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	150kg	130-170	180kg	250kg	250kg
Bench (kg)	3RM		100kg +	100-130	140kg	160kg	160kg
Barbell Row (kg)	3RM		80-90kg	100kg	110kg	120kg	120kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+5-10kg)	(+10kg)	(+20kg)	(+20kg)

HOOKER							
		U17	U18	U19	U20	PRO	NAT
Mass (kg)		84-94	88-96	93-98	98	103	105
Speed	10m	1.80-1.83	1.79-1.81	1.76-1.81	1.76	N/A	N/A
	20m	3.13-3.16	3.11-3.13	3.09-3.13	3.09	N/A	N/A
	30m	4.38-4.40	4.35-4.37	4.30-4.37	4.30	N/A	N/A
	40m	5.62-5.65	5.55-5.60	5.55-5.60	5.55	N/A	N/A
Aerobic Capacity	YOYO LV 1	16.1	16.1	16.1	16.5	12:00	2:24
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	150kg	130-170	180kg	220kg	220kg
Bench (kg)	3RM		100kg +	100-130	140kg	160kg	160kg
Barbell Row (kg)	3RM		80-90kg	100kg	110kg	120kg	120kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+5-10kg)	(+10kg)	(+20kg)	(+20kg)

2ND ROW							
		U17	U18	U19	U20	PRO	NAT
Mass (kg)		88-95	95-103	100-110	110	108	112
Speed	10m	1.81-1.84	1.78-1.82	1.75-1.80	1.75	N/A	N/A
	20m	3.10-3.17	3.11-3.14	3.09	3.09	N/A	N/A
	30m	4.32-4.39	4.35	4.31-4.34	4.34	N/A	N/A
	40m	5.55-5.60	5.55-5.57	5.51-5.57	5.57	N/A	N/A
Aerobic Capacity	YOYO LV 1	17.1	17.1	17.1	17.8	18.5+	18.5+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	130kg	140kg	140-160kg	180kg	180kg
Bench (kg)	3RM		90kg+	100-120	120-130kg	140kg+	140kg+
Barbell Row (kg)	3RM		70kg	80kg+	95kg+	110kg	110kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+5-10kg)	(+15kg)	(+30kg)	(+30kg)

BACK ROW							
		U17	U18	U19	U20	PRO	NAT
Mass (kg)		86-90	91-96	95-100	100	103	105
Speed	10m	1.77-1.82	1.74-1.78	1.73-1.77	1.73	N/A	N/A
	20m	3.08-3.14	3.02-3.07	3.02-3.03	3.02	N/A	N/A
	30m	4.18-4.37	4.17-4.30	4.17-4.19	4.17	N/A	N/A
	40m	5.40-5.60	5.35-5.50	5.35-5.42	5.35	N/A	N/A
Aerobic Capacity	YOYO LV 1	17.1	17.5	17.6	18.1	18.7	18.7+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	130kg	140kg	140-160kg	200kg	200kg
Bench (kg)	3RM		90kg+	100-120	120-130kg	150kg	150kg
Barbell Row (kg)	3RM		75kg	85kg	95kg+	115kg	115kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+5-10kg)	(+15kg)	(+30kg)	(+30kg)



SCRUM HALF

		U17	U18	U19	U20	PRO	NAT
Mass (kg)		68-75	71-78	74-80	80	84	85
Speed	10m	1.70-1.74	1.69-1.72	1.67-1.68	1.68	1.72	1.70
	20m	2.97-2.98	2.89-2.97	2.90	2.90	N/A	N/A
	30m	4.12-4.18	4.07-4.12	4.05	4.05	N/A	N/A
	40m	5.29-5.38	5.22-5.29	5.17	5.17	5.40	5.10
Aerobic Capacity	YOYO LV 1	17.5	17.8	17.8	18.1	19.1+	19.1+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	90-110kg	120-140kg	150kg	180kg	180kg
Bench (kg)	3RM		80-90kg	100kg +	110kg	120kg+	120kg +
Barbell Row (kg)	3RM		75kg	80kg	90kg	100kg	100kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+0kg)	(+20kg)	(+40kg)	(+40kg)

CENTRE

		U17	U18	U19	U20	PRO	NAT
Mass (kg)		75-83	81-87	86-92	89	95	97
Speed	10m	1.72-1.80	1.71-1.77	1.68-1.72	1.68	N/A	N/A
	20m	2.99-3.07	2.98-3.03	2.88-3.01	2.88	N/A	N/A
	30m	4.11-4.30	4.10-4.23	4.03-4.07	4.03	N/A	N/A
	40m	5.25-5.48	5.23-5.4	5.15-5.17	5.17	N/A	N/A
Aerobic Capacity	YOYO LV 1	17.5	17.8	17.8	18.1	19.1+	19.1+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	90-110kg	120-140kg	150kg	180kg	180kg
Bench (kg)	3RM		80-90kg	100kg +	110kg	120kg+	120kg +
Barbell Row (kg)	3RM		75kg	80kg	90kg	100kg	100kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+0kg)	(+20kg)	(+40kg)	(+40kg)

STAND OFF

		U17	U18	U19	U20	PRO	NAT
Mass (kg)		70-77	77-81	81-84	83	86	87
Speed	10m	1.72-1.77	1.71-1.75	1.70	1.70	N/A	N/A
	20m	3.01-3.05	2.97-3.03	2.95-2.97	2.97	N/A	N/A
	30m	4.16-4.31	4.11-4.22	4.12-4.15	4.12	N/A	N/A
	40m	5.33-5.50	5.25-5.40	5.26-5.30	5.26	N/A	N/A
Aerobic Capacity	YOYO LV 1	17.5	17.8	17.8	18.1	19.1+	19.1+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	90-110kg	120-140kg	150kg	180kg	180kg
Bench (kg)	3RM		80-90kg	100kg +	110kg	120kg+	120kg +
Barbell Row (kg)	3RM		75kg	80kg	90kg	100kg	100kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+0kg)	(+20kg)	(+40kg)	(+40kg)

BACK THREE

		U17	U18	U19	U20	PRO	NAT
Mass (kg)		74-84	81-88	84-90	90	94	96
Speed	10m	1.70-1.76	1.68-1.73	1.64-1.69	1.67	N/A	N/A
	20m	2.93-3.02	2.88-2.95	2.87-2.91	2.87	N/A	N/A
	30m	4.04-4.20	3.99-4.12	3.98-4.00	3.98	N/A	N/A
	40m	5.18-5.36	5.09-5.27	5.08-5.10	5.08	N/A	N/A
Aerobic Capacity	YOYO LV 1	17.5	17.8	17.8	18.1	19.1+	19.1+
Box Squat (kg)	3RM	Technical Focus Everything completed perfectly	90-110kg	120-140kg	150kg	180kg	180kg
Bench (kg)	3RM		80-90kg	100kg +	110kg	120kg+	120kg +
Barbell Row (kg)	3RM		75kg	80kg	90kg	100kg	100kg
Close Grip Chin Up (kg)	3RM		10+ BW	(+0kg)	(+20kg)	(+40kg)	(+40kg)