



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

UPDATED JANUARY 2023

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. 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.

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; 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
3. **Free State University Exercise and Sport Science Centre** (Free State)
 - Contact: *Mark Nicholls*
 - Telephone: 083 974 1886
 - Email: 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
5. **North-West University Institute for Biokinetics** (Potchefstroom)
 - Contact: *Ms. Esti Kruger* (cc Prof. Cilas Wilders)
 - Telephone: 018-299 1824/082 807 9686
 - Email: esti.kruger@nwu.ac.za, (cilas.wilders@nwu.ac.za)
6. **The Sharks Academy Sports Medicine Centre** (Durban)
 - Contact: *James Gallagher* (cc Jimmy Wright)
 - Telephone: 031-312 7506/082 0528800
 - Email: jgallagher@sharksmedical.co.za (jimmy@thesharks.co.za)
7. **University of Johannesburg, Doornfontein Campus** (Johannesburg)
 - Contact: *Prof. Yoga Coopoo*
 - Telephone: 011-559 6944/083 415 7466
 - Email: yogac@uj.ac.za
8. **Stellenbosch Academy of Sport (SAS)** (Western Cape)
 - Contact: *Werner Botha*
 - Telephone: 021-861 7809/076 989 0733
 - Email: werner@sastraining.co.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.



Dr. Wayne Viljoen, Senior Manager: Rugby Safety



Clint Readhead, Senior Manager: Medical