



Member, U.S. Olympic Committee

**WORLD CLASS PHYSICAL PERFORMANCE STANDARDS**

The following physical performance testing standards have been set for the 2014-15 IRB World Sevens Series:

**STRENGTH & POWER**

Max Strength			
KG	Forward	S/H	Backs
Bench Press 1RM	70KG	65KG	60KG
Clean 1 RM	80KG	75KG	70KG
Squat 1RM	110KG	105KG	100KG

Vertical Power			
Jump Mat	Forward	S/H	Backs
Squat Jump	20	20	22
CMJ	22	23	25

Unilateral Horizontal Power & Symmetry			
SL Triple Jump	Forward	S/H	Backs
Right Leg	18.6	19	19.6
Left Leg	18.6	19	19.6
Average	18.6	19	19.6

**SPEED & AGILITY**

Lateral Speed & Deceleration			
(Agility Poles as cones)	Forward	S/H	Backs
L-Drill	9.1	8.8	8.9

Linear Speed			
(Grass in Cleats)	Forward	S/H	Backs
10m	1.95	1.80	1.75
40m	5.9	5.7	5.5

**ENDURANCE:**

Anaerobic & Aerobic Endurance			
	Forward	S/H	Backs
300 Shuttle (15-20m sprints)	70 sec	68 sec	66 sec
YO-YO IR1	18	18.5	17