Under-18 into Adult Rugby Policy
Pre-application assessments 2013/14

Before an application is made for a male under-18 player to play in Adult rugby, players must be:

1. Physically competent in the overhead squat movement.
3. Technically competent in the tackle.

This document covers the OVERHEAD SQUAT assessment.
Overhead Squat – Functional Competence
Pre-application assessment – Male under-18 into Adult rugby policy

INTRODUCTION – The purpose of this assessment is to assess the player’s physical competence in the overhead squat movement.

Under-18 players must meet each of the criteria set above during all 4 overhead squats before an application is made for them to play adult rugby.

Click on the video to see the full movement. (www.irbsandc.com)
Feet set-up

Stand with feet parallel and at a comfortable distance between them, roughly between hip and shoulder width apart.
The stick is placed on top of the player’s head initially. The hands are placed in a position on the handle to ensure that the angle at the elbows is as close as possible to 90 degrees.
The Stick

With the hands in the correct position, the player is asked to raise the handle overhead by extending out the elbows.

The player is now in the starting position to commence the Overhead Squat assessment.
1. Squat as low as possible;
2. Move slowly;
3. Keep the arms outstretched overhead and the upper body upright throughout;
4. Complete **four (4)** repetitions in all.
5. Coach should view two repetitions from the side and two from the front

**Warning!**
Should the player report pain when performing the Overhead Squat, have the player stop and refer to a medical practitioner for an evaluation. The player should not attempt to move in pain during the screen.
What to assess

- You are assessing the movement of the body as it moves through a squat pattern.
- This starts from a standing position with the arms overhead to a position where the ankles, knees and hips are flexed in a deep squat movement.
## What to assess (1-3)

<table>
<thead>
<tr>
<th>Body part</th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feet</td>
<td>Do the feet stay aligned?</td>
<td></td>
<td></td>
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<tr>
<td>2. Knees</td>
<td>Do the knees stay over the feet? (Staying over the feet means that</td>
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<td></td>
<td>there is no turning outwards of the knee or buckling inwards of the</td>
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<td></td>
<td>knee relative to the toes of the feet.)</td>
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<tr>
<td>3. Heels</td>
<td>Do the heels remain on the floor?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body part</td>
<td>Question</td>
<td>Yes</td>
<td>No</td>
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<td>4. Hip and thigh</td>
<td>Do the hips reach lower than parallel? (If the thighs sit parallel or lower, then the individual has achieved a good depth.)</td>
<td>![Image]</td>
<td>![Image]</td>
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<tr>
<td>5. Torso</td>
<td>Does the torso remain within the base of support? (The base of support is a rectangle drawn about the area of the feet.)</td>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td>6. Arms</td>
<td>Do the arms remain overhead?</td>
<td>![Image]</td>
<td>![Image]</td>
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</tbody>
</table>
Examples of common compensations

Video 1  
Limited Squat Depth

Video 2  
Knees moving in and torso moving forward

Video 3  
Heels rising off floor

Video 4  
Foot rating in

Video 5  
Arms fall forward and limited depth
The assessment can only be undertaken by a minimum UKCC Level 2 qualified coach.

<table>
<thead>
<tr>
<th>Player Name</th>
<th>Criteria</th>
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<tbody>
<tr>
<td></td>
<td>1</td>
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<tr>
<td>e.g. Joe Blogs</td>
<td>Yes</td>
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</tbody>
</table>

**Throughout the assessment...**

1. Do the player’s feet stay aligned throughout?
2. Do the player’s knees stay in line with their feet?
3. Do the player’s heels remain on the floor?
4. Do the player’s hips reach lower than parallel?
5. Does the player’s torso stay within the base of support?
6. Do the player’s arms stay overhead?

**Under-18 players must meet each of the criteria set above during all 4 overhead squats before an application is made for them to play adult rugby.**