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 PRESS-UP assessment.
INTRODUCTION – The purpose of this assessment is to assess a player’s physical competence during the press-up movement.

Under-18 players must meet each of the criteria set during all 6 press-ups before an application is made for them to play adult rugby.

Click on the video to see the full movement. (www.irbsandc.com)
Player Instructions

1. Brace the core.
2. Maintain a strong and stable body from ankles to head.
3. Place hands at slightly wider than shoulder width apart, in line with chest.
4. Lower chest towards the floor until both elbows go past a 90° flexion.
5. Maintain strong and stable body position throughout the movement
6. Rise back to start position
7. Complete six (6) repetitions in all.
What to assess

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Question</th>
<th>Good Practice</th>
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</thead>
<tbody>
<tr>
<td>Trunk</td>
<td>Does the trunk/core stay stable throughout the movement?</td>
<td></td>
</tr>
<tr>
<td>Elbows</td>
<td>Do the elbows go beyond 90° flexion (upper arm below horizontal)?</td>
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<tr>
<td>Arms</td>
<td>Do the arms extend fully at the top of the movement?</td>
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</tbody>
</table>
The assessment can only be undertaken by a minimum UKCC Level 2 qualified coach.

**Checklist**

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

**Throughout the assessment...**

1. Does the trunk/core stay stable throughout the movement?
2. Do the elbows go beyond 90° of flexion (upper arm below horizontal)?
3. Do the arms extend fully at the top of the movement?

**Under-18 players must meet each of the criteria set during all 6 press-ups before an application is made for them to play adult rugby.**