Fitness tests were performed by first team players at participating clubs. These tests included a 40m straight sprint with timing gates at 10m and 40m, a vertical jump height test, the Illinois agility test, the Yo-Yo intermittent recovery test (level 1) and an isometric mid thigh pull using a dynamometer. Each graph compares the team's results to their respective group for the surveillance project.

*Group ‘X’ consists of teams competing at similar RFU Levels.*

The results are displayed as averages for each playing positional group (i.e., Front Row = 1, 2, 3; Second Row = 4, 5; Back Row = 6, 7, 8; Scrum half = 9; Inside backs = 10, 12, 13; Outside Backs = 11, 14, 15).

Participating players’ data has been reported back to all clubs separately.