



HKCR 7s Selection Criteria

Selection base on each position specification:

Player	Vital attributes	Variations
1	Able to play 14 mins Lineout forward	At least 2 forwards need to be able to run the lineout. 3 forwards need to be able to chase and win kick offs.
2	Able to play 14 mins Lineout Forward Kick off specialist	
3	Able to play 14 mins Kick off Specialist	
4	Physical Tackle/Jackaler ball carrier	Ideally 2 forwards would be physical ball carriers and strong defenders
5	Fast forward/X factor Impact. (Possibly a back in 15s)	
6	Scrum half/outside half Play 14 mins	Ability to kick off Kick off receipt
7	Outside half/scrum half Kick off Play 14 mins	Kick off specialist Kick off receipt
8	Half back – Ability to play both	Kick off specialist
9	Centre Play 14 mins Threat in attack/strong defender	Kick off chase (bonus) Kick off receipt
10	Centre/Forward Impact/X factor	Hybrid – Back and Forward.
11	Wing / Centre	Kick off specialist – ability to play for at least 10mins
12	Wing	Fastest player – ability to play at least one half of rugby.



Chart of 7s Strength and Conditional Standards:



HK Men's 7s Standards of Athletic Excellence



	World Series Professional			Semi Professional			Amateur		
	Forwards	Inside Backs	Outside Backs	Forwards	Inside Backs	Outside Backs	Forwards	Inside Backs	Outside Backs
Relative Strength									
Squat	2.20 x BW	2.10 x BW	2.1 x BW	2.00 x BW	1.90 x BW	1.90 x BW	1.80 x BW	1.70 x BW	1.70 x BW
Bench	1.60 x BW	1.50 x BW	1.50 x BW	1.50 x BW	1.40 x BW	1.40 x BW	1.40 x BW	1.30 x BW	1.30 x BW
Chin Up	1.70 x BW	1.60 x BW	1.60 x BW	1.60 x BW	1.50 x BW	1.50 x BW	1.50 x BW	1.40 x BW	1.40 x BW
Bench Pull	1.35 x BW	1.25 x BW	1.25 x BW	1.25 x BW	1.20 x BW	1.20 x BW	1.15 x BW	1.10 x BW	1.10 x BW
Military Press	1.05 x BW	1.00 x BW	1.00 x BW	0.95 x BW	0.90 x BW	0.90 x BW	0.85 x BW	0.80 x BW	0.80 x BW
40m Sprint									
0-10m (sec)	1.75s	1.70s	1.65s	1.80s	1.75s	1.70s	1.85s	1.80s	1.75s
0-40m (sec)	5.40s	5.20s	5.00s	5.55s	5.35s	5.15s	5.70s	5.50s	5.30s
Bronco Fitness Test									
Bronco time (sec)	280s (4m40s)	270s (4m30s)	280s (4m40s)	295s (4m55s)	285s (4m45s)	295s (4m55s)	305s (5m05s)	295s (4m55s)	305s (5m05s)
3 Minute Running Test									
Total Distance (m)	940m	980m	920m	890m	930m	870m	840m	880m	820m
Velocity First 30 sec (km/h)	24 km/h	24.5 km/h	25 km/h	23 km/h	23.5 km/h	24 km/h	22 km/h	22.5 km/h	23 km/h
Velocity Last 30 sec (km/h)	16.5 km/h	17 km/h	16 km/h	15 km/h	15.5 km/h	14.5 km/h	13.5 km/h	14 km/h	13 km/h
Dexa									
Body Fat (%)	18%	18%	18%	19.5%	19.5%	19.5%	21%	21%	21%

as of 30.03.2022