Appendix 2:

Positional Explanations

The positions and characteristics below are only a guide and the game of rugby league is filled with exceptions to these generalised statements. The information below is the widely accepted general physical characteristics and role in a professional Rugby League side.

Position	Positional Numbers	Physical characteristics	Role in Rugby League side	Important Statistics
Fullback	1	These players are usually among the tallest on the field. Most players are under 95kg as they do a lot of running	Defensively they are the last line of defence. Utilised for returning oppositions kicks in general play. In attack, displays a good passing ability and speed. Covers all areas of the field as support player.	• Tries • Tackle Breaks • Kick Return Metres
Wingers	2,5	These players are usually among the tallest on the field. Weights vary in this position.	On the field, the wingers are the players closest to either sideline. They assist the fullback with kick return, possess speed and an ability to finish attacking plays with speed and agility.	• Tries • Tackle Breaks • Errors
Centres	3,4	These players are very strong and are solid in build. Players in this position are tall or average in height.	Centres have good footwork, are relatively quick and as they are positioned inside the wingers can offload passes to finish off attacking plays.	• Tries • Dummy Half Runs • All Run Metres
Half back	7	These players are a solid in build. Players in this position are amongst the shortest on the field.	Half backs are responsible for the overall organisation and creativity element of the team. They have good ball skills, passing ability and footwork.	• Try Assists • Line break Assists • Kick Metres
5/8	6	These players are athletic in build. Players in this position are varied in height but are usually taller than the half back.	They complement the half backs organisation and creativity but offer another option with a slightly higher expectation to run the ball as opposed to passing.	• Try Assists • Line Break Assists • Line Breaks

Appendix 2:

Positional Explanations

Position	Positional Numbers	Physical characteristics	Role in Rugby League side	Important Statistics
Dummy Half	9	These players are strong and solid in build. Players in this position are amongst the shortest on the field.	Another organiser in the team, predominantly instructs the forward pack. Plays large minutes. Defensively required to make many tackles within the middle of the field.	• Tackles • Missed Tackles • Dummy Half Runs
Lock Forward	13	These players are mobile and solid. They are varied in height. Most athletic forward.	Locks are solid defenders and partner the hooker and props in defending the middle third of the field. They usually possess the skill to offload, bust tackles and make metres for the team. Usually more mobile than most forwards.	• Tackles • Offloads • All Run Metres
2nd Row Forward	11,12	These players are tall. Heavier than most players.	Second rows are positioned four in from either sideline. They are good at running lines and isolating the smaller edge defenders. They get through many tackles in a game. Play many minutes each game.	• Tackles • Tackle Breaks • All Run Metres
Front Row Forward (Prop)	8,10	Heights can vary but generally tall. Are the heaviest on field.	Situated in the middle third of the field, props are required to carry the ball on several occasions with a lot of them being from their own end of the field. Defending in the middle, they need to make many tackles throughout the match.	• Hit Ups • All Run Metres • Tackles
Utility Reserve	17	Athletic build	Required to be versatile and potentially replace any position if injuries occur.	
Forward Reserves	14,15,16	Heights can vary but generally tall. Are the amongst the heaviest on field.	Most frequently used to replace props and second rowers.	