

## Anthropometric Measures of East African University Rugby Players

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Abstract

Rugby requires high levels of all fitness components in various proportions. The running speed, dodging, tackling, scrumming and jumping need: good grip, weight and strength among other fitness components to fulfill positional play roles.

**Methods:** seven teams participating in the 2004 East African University Games were the subjects in the study. Sergeants jump method was used to establish the vertical jump scores of the subjects, leg to leg bioelectrical impedance method was used to get weight and body fat percentages, sit and reach method was used to get low back flexibility scores, while a handgrip dynamometer was used to get the handgrip scores.

**Findings:** The teams had a mean explosive strength of 51.1 cm, body fat % of 20.5, low back flexibility of 9.8 and handgrip of 51.6 kg. These values were lower compared to those of European rugby clubs except handgrip strength (i.e. 52.8, 10, 30).

**Conclusion:** The young athletes should target the standard fitness values to enable them join professional clubs.