



Qualifient Evaluation Form LPR Players (Women & Men)

WHO IS AUTHORIZED TO EVALUATE?

The authorized evaluator must:

- Active coach registered with the union.
- Have a minimum valid World Rugby 1 training.

HOW DOES THE EVALUATION WORK?

Elle se déroule en trois parties :

1. Biometric Data

(These data will remain confidential and will be used exclusively by Rugby Québec within the framework of this qualifying evaluation.)

2. Functional Evaluation

2.1 Core stability test (trunk)

2.2 Neck stability test

To pass the functional evaluation, the participant must obtain **a total of 3 points**
and must not score 0 on either test.

3. Technical evaluation

3.1 Tackling :

3.1.1 1v1 situation of front : without speed then with speed.

3.1.2 2vs2 situation.

3.1.3 3vs3 situation.

To pass the technical evaluation, the participant must obtain **a total of 18 points.**

3.2 Forward player :

3.2.1 Pre scrum posture circuit - « crouch ».

3.2.2 Posture and push test alone, with partners, moving forward, backward.

3.2.3 Knowledge of the 3 commandments of scrum entry.

Summary table of forward player.



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**TO VALIDATE THE QUALIFICATION EVALUATION, THE PARTICIPANT MUST HAVE
SUCCESSFULLY PASSED BOTH : THE FUNCTIONAL EVALUATION AND THE TECHNICAL
EVALUATION**

EVALUATION DATE : _____

Club	Last name	First name	Date of birth
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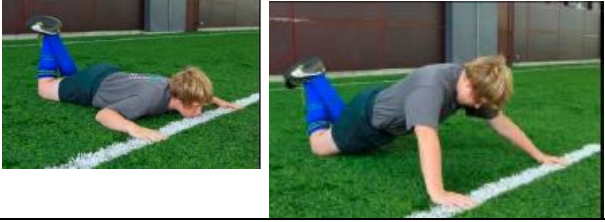
1. BIOMETRIC DATA :

Weight	Height
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2. FUNCTIONNAL EVALUATION :

2.1 Core stability test (trunk) :

Test performance : *(Only the best attempt is recorded).*

Score	Success criteria	Photos
3 pts	✓ Palms (lower edge) aligned above the head ✓ Athlete completes one repetition on the feet with trunk fully engaged	
2 pts	✓ Palms (lower edge) aligned at chin level. ✓ Athlete completes one repetition on the feet with trunk engaged	
1 pts	✓ Palms (lower edge) aligned at chin level. ✓ Athlete completes one repetition on the knees with trunk engaged	
0 pts	✓ Palms (lower edge) aligned at chin level. ✓ Athlete is unable to perform repetition on knees while maintaining trunk engagement	



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2.2 Neck stability test :

Test performance : *(Only the best attempt is recorded).*

Score	Success criteria		Photos
	Body weight < 60kg	Body weight > 60kg	
3 pts	Maintains a stable posture 10 times for 5 seconds	Maintains a stable posture 8 times for 5 seconds	
2 pts	Maintains a stable posture 5 × 5 seconds	Maintains a stable posture 4 × 5 seconds	
1 pts	Able to lift hands off the ground and maintain posture once for 5 seconds		
0 pts	Unable to lift hands or maintain posture for 5 seconds		



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3. TECHNICAL EVALUATION :

3.1 TACKLING :

Before this evaluation, an appropriate warm-up must be supervised by the coach to ensure safety and performance.

Each test must be performed 3 times per evaluation type.

Types of evaluation		
1vs1 front on tackle	Without speed (3 repetitions)	With speed (3 repetitions)
2vs2	3 repetitions	
3vs3	3 repetitions	

Test performance :

Score	Success criteria	Photos
3 pts	✓ Correct head placement: on side opposite ball carrier's movement). ✓ Shoulder engagement: lower down to initiate the tackle and place the shoulder on the target. Actively engage the shoulder through contact, have straight back. ✓ Effective arm wrap: the tackler must use his arms to wrap and squeeze the ball carrier in order to bring him to the ground.	
2 pts	✓ Correct head placement : mandatory to succeed. ✓ Shoulder engament: present - X Arm wrap : ineffective	
1 pts	✓ Correct head placement : mandatory to succeed. - X Shoulder engament: ineffective - X Arm wrap : ineffective	
0 pts	X Incorrect head placement (automatic failure)	

To pass this test, the participant must obtain a total of 18 points out of 36.



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3.2 FORWARD PLAYER :

3.2.1 Pre-Scrum Posture Circuit

Type of evaluation
Purpose: to develop the competencies linked to the five key postures required to succeed in the posture test.
FLAT BACK – BENT LEGS - SHOULDERS IN FRONT OF FEET - BALANCED – BULL EYES
 (A scrum sled is not mandatory; players may be used as opposition.)



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3.2.2 Posture and Push test.

Test performance:

Test	Success criteria	Photos
Posture test Isometric hold (5 seconds) Max 4 pts	✓ Flat back = 1 pt ✓ 2 bent legs / knee under or behind the hips= 1 pt ✓ Back parallel to ground (or slightly up) = 1 pt ✓ Head neutral = 1 pt X Shoulder lower than hips= 0 pts X Rounded back = 0 pts	
Individual Push test Keep posture while going forward (5 seconds) Max 4 pts	✓ Flat back = 1 pt ✓ 2 bent legs / knee under or behind the hips= 1 pt ✓ Back parallel to ground (or slightly up) = 1 pt ✓ Head neutral = 1 pt X Shoulder lower than hips= 0 pts X Rounded back = 0 pts	
Partner Push Test (1+2) Keep posture while going forward (5 seconds) 4 pts max	✓ Flat back = 1 pt ✓ 2 bent legs / knee under or behind the hips= 1 pt ✓ Back parallel to ground (or slightly up) = 1 pt ✓ Head neutral = 1 pt X Shoulder lower than hips= 0 pts X Rounded back = 0 pts	 (A scrum sled is not mandatory; players may be used as opposition.)
Push Backward & Forward Keep posture while going backward (5 seconds) and forward (5 seconds) Max 5 pts	✓ Flat back = 1 pt ✓ 2 bent legs / knee under or behind the hips= 1 pt ✓ Back parallel to ground (or slightly up) = 1 pt ✓ Head neutral = 1 pt ✓ Push 2 feet, move feet "small steps". Catch both feet up after movement = 1 pts X Shoulder lower than hips= 0 pts X Rounded back = 0 pts	



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3v3 EDUCATIONAL SCRUM Keep posture while going backward (5 seconds) and forward (5 seconds) Max 5 pts	✓ <i>Players intra and inter connections (between players) = 1 pts</i> ✓ <i>Flat back = 1 pt</i> ✓ <i>2 bent legs / knee under or behind the hips= 1 pt</i> ✓ <i>Back parrallel to ground (or slightly up) = 1 pt</i> ✓ <i>Head neutral = 1 pt</i> <i>X Shoulder lower than hips= 0 pts</i> <i>X Rounded back = 0 pts</i>	
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3.2.3 KNOWLEDGE OF THE 3 SCRUM COMMANDS

Type of evaluation	
3vs3 minimum	This test can be performed during posture tests when you are at the 3v3 stage.
Referree commands : CROUCH – BIND – SET The feed of the ball must be made on a stable scrum and must be done without delay by the scrum-half. <i>Athletes will have the opportunity to make several attempts to pass this test.</i>	

Test Performance:

Knowledge and mastery of the 3 commandments: CROUCH – BIND – SET	
Player understands the sequence And correctly executes the sequence.	✓ VALIDATED
Player does not understand the sequence AND Does not execute correctly the sequence	x NOT VALIDATED



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SUMMARY TABLE – FORWARD PLAYER:

Tests	0 pts	1 pts	2 pts	3 pts	4 pts	5 pts	Validated	Not Validated
3 scrum commands Knowledge and mastery								
Posture test Isometric hold (5 seconds)								
Individual push test Keep posture while going forward (5 seconds)								
Partner Push Test (1+2) Keep posture while going forward (5 seconds)								
Push Backward & Forward Keep posture going forward 5 sec and backward 5 sec								
3v3 EDUCATIONAL SCRUM Keep posture going forward 5 sec and backward 5 sec								

EVALUATION DATE : _____

EVALUATOR SIGNATURE : _____

EVALUATION LOCATION : _____

EVALUATOR INFORMATION :

Club	Last name	First name	NCCP number
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PLAYER EVALUATION RESULTS :

Functional Evaluation :			Technical evaluation:		
Core stability test (trunk)	NOT VALIDATED	VALIDATED	Tackling	NOT VALIDATED	VALIDATED
Neck stability test	NOT VALIDATED	VALIDATED	Forward player	NOT VALIDATED	VALIDATED

As a coach evaluator for a Rugby Québec player qualification assessment, I commit to providing a fair and impartial evaluation. I am responsible for the accuracy and completeness of the evaluation results.