




Canadian Sport Institute Pacific and **BC Rugby Union** Athlete and Coach Nomination Criteria

Criteria Approved **October 3, 2018:**

CSI Pacific Representative Drew Todd	 Signature
BC Rugby Union Representative Tony LaCarte	Signature

PURPOSE

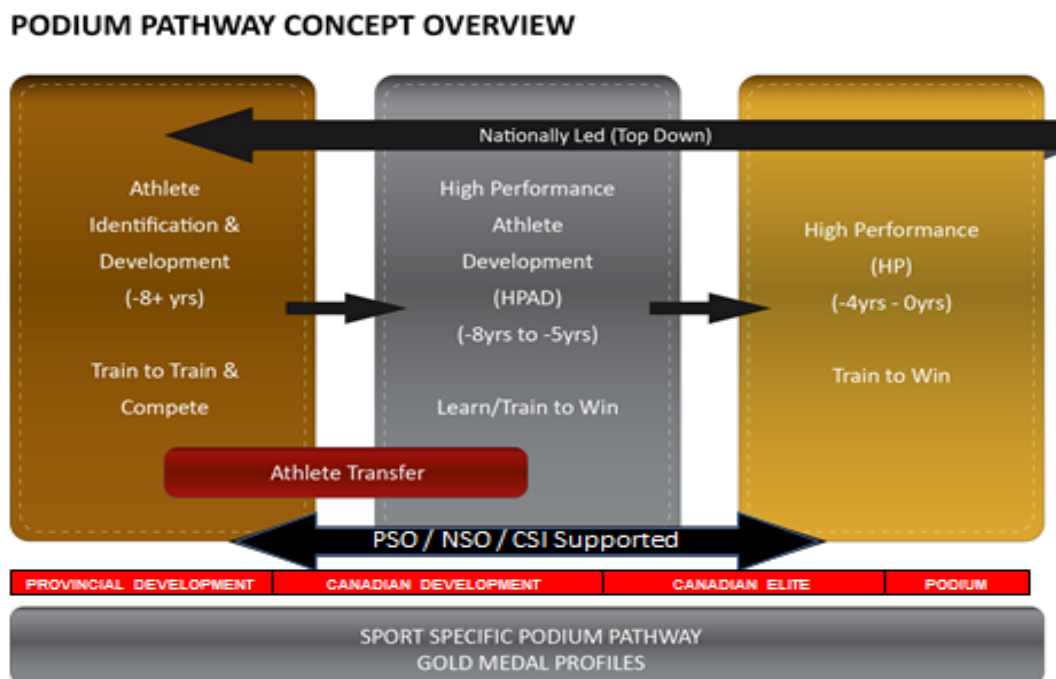
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **BC Rugby Union**, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process to identify athletes and coaches within the **BC Rugby Union** high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the Podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the Podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

Figure 1



¹ In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, **BC Rugby Union** may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute and PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of **BC Rugby Union** targeted athlete benefits, programs, and services as delivered through **BC Rugby Union**.

Targeted athletes are nominated by **BC Rugby Union** based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to **Tony La Carte** at tony@bcrugby.com. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward **BC Rugby Union** high performance program benchmarks to remain targeted. **BC Rugby Union** and the Canadian Sport Institute technical lead working with **BC Rugby Union** have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Rugby Union targeting runs **November 31st – October 31st** annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the BC Rugby Union targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by **BC Rugby Union** and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with **BC Rugby Union** as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on **BC Rugby Union's** nomination list at coach's discretion when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred. **AND;**
 - b. The athlete in question was previously nominated by **BC Rugby Union** in the previous 24 months.
4. Provincial Development Level 1 and Level 2 athletes must provide sufficient evidence demonstrating:
 - a. Available for selection to sanctioned BC Representative program(s) in the previous 12 months.
 - b. Met 67% of positional physical testing standards in the 40m Sprint, Bronco (1200m Shuttle), and Standing Long Jump (Broad Jump).
 - c. Attended at least one athlete seminar or workshop provided by the Canadian Sport Institute campus or PacificSport centre in your region.
 - d. Attended a minimum of two BC Rugby Union sanctioned fitness testing events throughout the calendar year.
 - e. Completed TrueSport 101 anti-doping education.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the **BC Rugby Union** sport-specific criteria:

Podium / Canadian Elite (Sport Canada AAP Carded)

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

Canadian Development

Canadian Sport Institute Criteria:

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR;**

- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
 - Athletes who have been targeted as 'Hot prospects' defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

BC Rugby Union Sport-Specific Criteria:

- Athletes who are part of Rugby Canada's Men's/Women's Centralized program and are verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

OR

- Athletes who have been selected in the previous 12 months to National Senior Team in eligible events, and do not receive Sport Canada AAP funding. Teams include Rugby Canada NSMT, NSWT, NSM7T, and NSW7T, **OR**;
- Athletes who have been named to Rugby Canada's depth chart (top 3 in position) or watch list and are identified to transition into Senior National Teams and select development competitions/camps within the next 12 months.

AND

- Must attend a minimum of two BC Rugby Union sanctioned fitness testing events throughout the calendar year.
- Must meet 66% of positional physical testing standards in the 40m Sprint, Bronco (1200m Shuttle) and Standing Long Jump (Broad Jump).
- Must meet 85% of positional physical testing standards in the Power Clean, Power Snatch, Front Squat, Neutral Grip Pull Up, Bench Press, and Press.

Provincial Development Level 1

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet one of the two criteria below:
 - Have competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
 - Have won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months.

*Note: Athletes who are eligible for Provincial Development are typically supported for a maximum duration of 5 years (combined Provincial Development Level 1 and Level 2).

BC Rugby Union Sport-Specific Criteria:

- Junior athletes (18-20) who have competed for the Rugby Canada U20 team at the World Trophy Qualifier or Junior World Trophy (Male), or any international competition (Female), **OR**;
- Senior athletes who have competed on Rugby Canada Development Teams or in the Canadian Rugby Championship in the previous 12 months.

AND

- Must meet 50% of positional physical testing standards in the Power Clean, Power Snatch, Front Squat, Neutral Grip Pull Up, Bench Press, and Press.

Provincial Development Level 2

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet one of the two criteria below:
 - Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) and/or place within the top 20% at the appropriate age group provincial championships in the previous 12 months, **OR**;
 - Competed for Team BC at Canada Summer Games or Canada Winter Games in the previous 12 months.

BC Rugby Union Sport-Specific Criteria:

- Junior athletes (15-18) who have competed in the Canadian Western Championship in previous 12 months, **OR**;
- Junior athletes (15-16) who have been selected in the previous 12 months to the Provincial 7s Development Squad, **OR**;
- Junior athletes (17-18) who have competed in the National 7s Championship in previous 12 months, **OR**;
- Junior athletes (16-18) who have been selected in the previous 12 months to the Rugby Canada U18 team, **OR**;
- Junior female athletes (15-18) who have been selected in the previous 12 months to the Rugby Canada Development Academy, **OR**;
- Athletes named to the official Rugby Canada age grade 'long-list' (U18, U20) as verified by the NSO, **OR**;
- Athletes identified through verified Rugby Canada selection process at approved talent identification events (e.g. RBC Training Ground), **OR**;
- Senior athletes who have been selected to the Provincial NextGen 7s Team.

AND

- Must submit a bi-annual Individual Development Plan.
- Must prioritize enrolment in a BC High Performance Academy program.

Coach Nomination

Canadian Sport Institute Criteria:

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

BC Rugby Sport-Specific Criteria:

- Coach must be registered, and in good standing with BC Rugby Union while coaching at a BC Rugby Union registered club.
- Coach must provide BC Rugby Union with information related to athlete progress and/or assessment as directed by BC Rugby Union.
- Coach must submit Individual Development Plan as directed by BC Rugby Union.

APPENDIX 1 – Sport-Specific Benefits, Programs, and Services

BC Rugby Union Targeted Athlete/Coach Benefits, Programs, and Services

Provincial Development Level 1


- 75% Discounted entry into the BC Rugby HP Academy

Provincial Development Level 2

- 75% Discounted entry into the BC Rugby HP Academy

APPENDIX 2 – Positional Physical Testing Standards, Men

National Senior Men's Fifteens Fitness Targets



End of Stage 4

End of Stage 3

End of Stage 2

End of Stage 4

End of Stage 3

End of Stage 2

Strength/Power Standards

	Power Clean (kg)			Bench Press (kg)		
Outside Backs	111	111	102	121	112	103
Inside Backs	123	114	105	128	118	109
Back Row	130	120	110	140	130	119
Tight Five	135	125	112	144	133	120

	Front Squat (kg)			Chin-Up (kg)		
Outside Backs	150	139	128	121	112	103
Inside Backs	153	141	130	128	118	109
Back Row	159	145	135	140	130	119
Tight Five	162	150	135	144	133	120

	Standing Long Jump (cm)			Standing Triple Jump (cm)		
Outside Backs	2.80	2.75	2.70	8.06	7.75	-
Inside Backs	2.75	2.70	2.65	8.51	8.27	-
Back Row	2.70	2.65	2.60	8.80	8.64	-
Tight Five	2.60	2.50	2.40	8.96	8.80	-

Stage 2 = 125 Sessions Completed
 Stage 3 = >1 Year Training
 Stage 4 = >2 Years Training


Conditioning Standards

	Bronco			Yo-Yo IRT1
	Target	Min		
Outside Backs	4:20	4:30	4:40	19.1
Inside Backs	4:25	4:35	4:45	19.1
Back Row	4:30	4:40	4:50	18.5
Hook/Lock	4:40	4:50	5:00	18.1
Prop	4:50	5:00	5:10	17.1

Table 19: Speed benchmarks for male development players at the end of Stage 4

	0-10 m split (s)	30-40 m split (s)	40 m time (s)
Prop	<1.81	<1.22	<5.65
Hooker	<1.79	<1.19	<5.55
Lock	<1.76	<1.19	<5.45
Blindside Flanker	<1.76	<1.16	<5.36
Openside Flanker	<1.73	<1.14	<5.3
No.8	<1.76	<1.16	<5.36
Scrum half	<1.73	<1.12	<5.25
10	<1.73	<1.12	<5.27
Inside Backs	<1.73	<1.09	<5.23
Outside Back	<1.69	<1.07	<5.15
7s Backs	<1.69	<1.07	<5.15
7s Forwards	<1.73	<1.14	<5.3

APPENDIX 3 – Positional Physical Testing Standards, Women



National Senior Women's Fifteens Fitness Targets

NSW XV Starter	NSW XV Squad	Maple Leafs
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NSW XV Starter	NSW XV Squad	Maple Leafs
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	Power Clean (kg)			40m Time (s)		
Back Three	79	70	60	5.4	5.56	5.72
Midfield	84	74	65	5.56	5.72	5.88
Back Five	89	77	67	5.72	5.88	6.04
Front Row	94	83	72	5.88	6.04	6.20
	Power Snatch (kg)			0-10m Time (s)		
Back Three	60	52	45	1.74	1.79	1.84
Midfield	64	56	49	1.79	1.84	1.89
Back Five	67	58	51	1.79	1.84	1.89
Front Row	71	62	54	1.84	1.89	1.94
	Front Squat (kg)			30-40m Time (s)		
Back Three	99	87	74	1.17	1.21	1.25
Midfield	105	93	80	1.21	1.25	1.29
Back Five	111	96	83	1.25	1.29	1.34
Front Row	117	103	89	1.29	1.34	1.39
	Neutral Grip Pull Up (kg)			Standing Long Jump (m)		
Back Three	99	87	74	2.46	2.32	2.21
Midfield	105	93	80	2.46	2.32	2.21
Back Five	111	96	83	2.32	2.21	2.10
Front Row	117	103	89	2.21	2.10	2.05
	Bench Press (kg)			Standing Triple Jump (m)		
Back Three	75	63	55	7.42	7.10	6.78
Midfield	80	68	60	7.42	7.10	6.78
Back Five	85	73	65	7.10	6.78	6.46
Front Row	91	79	69	6.78	6.46	6.14
	Press (kg)			Bronco		
Back Three	45	38	33	5:00	5:15	5:30
Midfield	48	41	36	5:00	5:15	5:30
Back Five	51	44	39	5:00	5:15	5:30
Front Row	55	48	42	5:30	5:45	6:00

*Note these numbers may change slightly leading up to WC 2021, but you should strive to hit your positional targets in all categories