




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

Criteria Approved **November 25th, 2020:**

CSI Pacific Representative	
Drew Todd Manager, Performance Programs	 Signature
BC Rugby Union Representative	
Annabel Kehoe Chief Executive Officer	Signature

PURPOSE

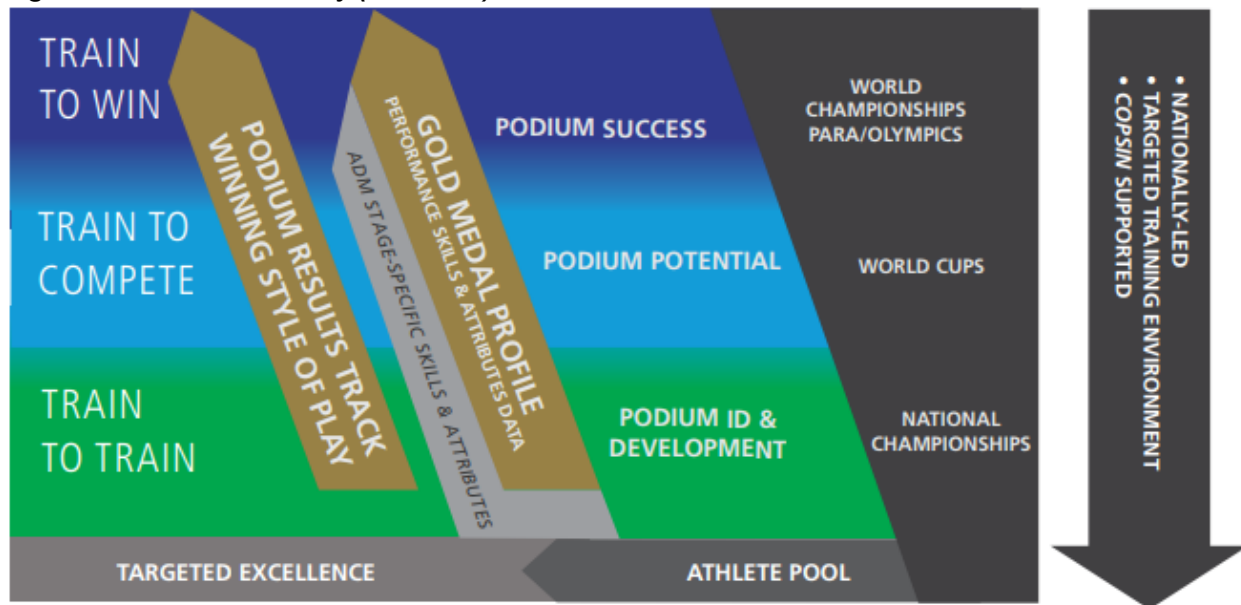
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Rugby, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage 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 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 international 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 international 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 away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

Figure 1 – Podium Pathway (LTAD 3.0)



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** 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** targeted athlete benefits, programs, and services as delivered through **BC Rugby**.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / **BC Rugby** targeting runs **November 1st – 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** 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** 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** 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'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** in the previous 24 months.
4. Provincial Development Level 1 and Level 2 athletes must provide enough evidence demonstrating:
 - a. Availability for selection to sanctioned BC Representative program(s) in the previous 24 months;
 - b. Achievement of 67% of the positional physical testing standards in the 40m Sprint, Bronco (1200m Shuttle), and Standing Long Jump (Broad Jump)

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the **BC Rugby** 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.

Note, it is the responsibility of **BC Rugby, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

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 "NextGen" 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** 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 18 months to National Senior Team in eligible events, and do not receive Sport Canada AAP funding. Teams include Rugby Canada NSMT, NSWT, NSM7T, 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.

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 the criteria below:
 - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),

AND

 - Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR;**
 - 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, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

BC Rugby Sport-Specific Criteria:

- Male athletes aged 20 years or younger who have competed for the Rugby Canada U20 Team at the World Trophy Qualifier or Junior World Trophy. **OR;**
- Female athletes aged 20 years or younger who have competed for a Rugby Canada Team at any international competition. **OR;**
- Athletes who have competed on Rugby Canada Development Teams including the Pacific Pride Academy, those in the Canadian Rugby Championship, and those in the National Women's League in the previous 24 months.

AND

- Must submit an annual Individual Development Plan.

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 the criteria below:
 - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
- AND**
- Competed in an eligible event at the appropriate² age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
 - Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months, **OR**;

BC Rugby Sport-Specific Criteria

- Athletes aged between 15 and 18 years' old who have competed in the Canadian Western Championship in the previous 24 months, been selected into the Elite 7s Girls or Boys program, or been selected to the Rugby Canada U18 Team in the previous 24 months. **OR**;
- Female athletes aged between 15 and 19 years' old who have been selected to the Rugby Canada Development Academy in the previous 24 months. **OR**;
- Athlete named to the official Rugby Canada Age-Grade 'long-list' as verified by the NSO. **OR**;
- Athletes identified through Rugby Canada selection process at approved talent identification events (e.g. RBC Training Ground). **OR**;
- Senior athletes who have been selected to the BC Rugby's NextGen 7s Team or any BC Blue vs BC Gold fixtures.

AND

- Must submit an annual Individual Development Plan.

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:

² Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

- 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.
- Coach must provide BC Rugby with information related to athlete progress and/or assessment as directed by BC Rugby.
- Coach must submit Individual Development Plan as directed by BC Rugby.

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

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

Provincial Development Level 1


- Prioritised for BC Rugby's Player Subsidy program.

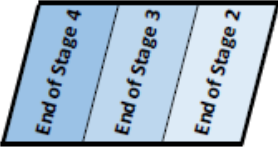
Coach

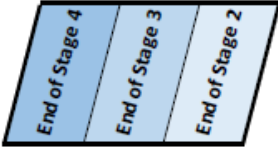
- Free access to coach resource page.
- Free access to BC Rugby Coach development and monitoring.

APPENDIX 2 – Positional Physical Testing Standards, Men

National Senior Men's Fifteens Fitness Targets







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

NSWXV Starter

NSWXV Squad

Maple Leafs

NSWXV Starter

NSWXV Squad

Maple Leafs

	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

2020 Women's XV's Standards				
Testing Battery	Back Three	Midfield	Front Row	Back Five
Standing Long Jump (m)	2.21	2.32	2.10	2.21
Standing Triple Long Jump (m)	7.10	7.00	6.46	6.78
0-10m (s)	1.84	1.87	1.89	1.89
30-40m (s)	1.23	1.25	1.39	1.34
40m (s)	5.72	5.88	6.20	6.04
Chin Up 1RM (kg/bw)	1.20	1.21	1.06	1.10
Bench Press 1RM (kg)	63	67	78	74
Front Squat 1RM (kg)	91	90	87	93
Bronco (m:s)	5:15	5:10	5:40	5:20
<i>*Standards subject to change in lead up to WC 2021*</i>				