

Development, validation and reliability of a questionnaire to evaluate coaches' and players' perceptions, learning, and resources regarding the ruck in rugby union

Supplement 1: Coaches questionnaire

Instructions:

All questions should be answered based on your current or most recent season’s training and matches unless stated otherwise.

The questionnaire is divided into 4 sections:

- A. Demographic information
- B. Questions pertaining to training
- C. Questions pertaining to match-play
- D. Questions pertaining to learning resources

A. Demographic information

| | | | | |
|--|--|-----------------|------------|-----------------------|
| Date of birth (yy/mm/dd) | | | | |
| Gender | Female | Male | Non-Binary | Prefer not to mention |
| Years of coaching experience | <input type="radio"/> None <input type="radio"/> 1-2 years <input type="radio"/> 3-5 years <input type="radio"/> 6-10 years <input type="radio"/> 11-15 years <input type="radio"/> 16 years and more | | | |
| Current coaching group | Women | Men | | Both |
| Current coaching level | Club | High School | University | Primary School |
| Current coaching role | Head coach | Assistant coach | Specialist | S&C |
| Current province | | | | |
| Current rugby union | | | | |
| Highest rugby coaching qualification (WR, IRB, SARU, L1, L2, L3) | | | | |
| Date obtaining rugby qualification (yy/mm/dd) | | | | |
| Any other formal rugby qualifications | | | | |

The questions are set out so that you may answer on a rating scale of 1 to 5 (except for Question 2 where an exact amount is needed). The meaning of each of the numbers will be given on top of the answer table unless stated otherwise.

A “not familiar (NF)” option in certain questions will also be provided if you do not know what we are talking about.

Example:

| | | | | | | |
|---|-------------------|------------|--------------|-----------------|------------------|---------------|
| E.g How often do you coach rucking techniques? | | | | | | |
| To indicate your answer, make an X in the desired block | | | | | | |
| | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Ruck Technique | NF | 1 | X | 3 | 4 | 5 |

B. Training Questions

| | | | | | | |
|--|----------------------|--------------------|-------------------------------|-----------------------------|--------------------|--------------------------|
| 1. How important is rucking in rugby? To indicate your answer, make an X in the desired block | | | | | | |
| | Not Familiar (NF) | Not at all (0%) | Of little importance (25%) | Somewhat important (50%) | Important (75%) | Very important (100%) |
| Importance of rucking | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|------------|
| 2. How many sessions did you run (includes gym, running, field sessions) during the different periods in the last season? To indicate your answer, make an X in the desired block | | | | | | | | | | |
| Off-Season (e.g. Sep-Jan) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 or more |
| Pre-Season (e.g. Jan-Apr) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 or more |
| In-Season (e.g. Apr-Sep) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 or more |

| | | | | | |
|--|------------------------------|--|---|--|--------------------------------------|
| 3. When having a team/squad field session, how often did you coach rucking in the different periods of last season? To indicate your answer, make an X in the desired block | | | | | |
| | Never (0%) No sessions | Rarely (25%) Every 4 th or 5 th session | Sometimes (50%) Half of the sessions | Frequently (75%) Every 2 nd or 3 rd session | Always (100%) Every session |
| Off-Season (e.g. Sep-Jan) | 1 | 2 | 3 | 4 | 5 |
| Pre-Season (e.g. Jan-Apr) | 1 | 2 | 3 | 4 | 5 |
| In-Season (e.g. Apr-Sep) | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|----|-----|-----|-----|------|
| 4. When having a team/squad field session, what is the intensity of the contact? To indicate your answer, make an X in the desired block | | | | | |
| | 0% | 25% | 50% | 75% | 100% |
| Off-Season (e.g. Sep-Jan) | 1 | 2 | 3 | 4 | 5 |
| Pre-Season (e.g. Jan-Apr) | 1 | 2 | 3 | 4 | 5 |
| In-Season (e.g. Apr-Sep) | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---------------------------|----------------------------|--------------------|-----------------------------|--------------------------|
| 5. What role does proper technique play in the following? To indicate your answer, make an X in the desired block | | | | | |
| | Not all important (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%) |
| Injury prevention <i>(Lowering the risk of getting injured during the ruck)</i> | 1 | 2 | 3 | 4 | 5 |
| Improved ruck performance <i>(Preventing a turnover of own possession or creating a turnover on opposition possession)</i> | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---------------------------|----------------------------|--------------------|-----------------------------|--------------------------|
| 6. How important is coaching rucking to you for the following? To indicate your answer, make an X in the desired block | | | | | |
| | Not all important (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%) |

| | | | | | |
|---|---|---|---|---|---|
| Injury prevention <i>(Lowering the risk of getting injured during the ruck)</i> | 1 | 2 | 3 | 4 | 5 |
| Improved ruck performance <i>(Preventing a turnover of own possession or creating a turnover on opposition possession)</i> | 1 | 2 | 3 | 4 | 5 |

7. Please rate the importance of the coaching method to you for a) Injury prevention *(lowering the risk of getting injured during the ruck)* and b) Improving ruck performance *(preventing a turnover of own possession or creating a turnover on opposition possession)*

To indicate your answer, make an X in the desired block

| a) Injury Prevention | Not Familiar (NF) | Not all important (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%) |
|--|-------------------|------------------------|-------------------------|-----------------|--------------------------|-----------------------|
| Live rucking in 2 players vs. 2 players grid | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with tackling bags | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with verbal instruction | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with hit shields | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with body armor | NF | 1 | 2 | 3 | 4 | 5 |
| A full contact practice match | NF | 1 | 2 | 3 | 4 | 5 |
| Demonstration | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with ball skill exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with a vision exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with reaction exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with fitness conditioning | NF | 1 | 2 | 3 | 4 | 5 |
| Video analysis of different rucking techniques | NF | 1 | 2 | 3 | 4 | 5 |
| b) Improving Ruck Performance | | | | | | |
| Live rucking in 2 players vs. 2 players grid | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with tackling bags | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with verbal instruction | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | |
|--|----|---|---|---|---|---|
| Rucking drill combined with hit shields | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with body armor | NF | 1 | 2 | 3 | 4 | 5 |
| A full contact practice match | NF | 1 | 2 | 3 | 4 | 5 |
| Demonstration | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with ball skill exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with a vision exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with reaction exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with fitness conditioning | NF | 1 | 2 | 3 | 4 | 5 |
| Inviting a qualified referee to training | NF | 1 | 2 | 3 | 4 | 5 |
| Video analysis of different rucking techniques | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | |
|---|-------------------|------------|--------------|-----------------|------------------|---------------|
| 8. Continuing from the previous question (Question 8), which methods did you use when coaching rucking in the last season? To indicate your answer, make an X in the desired block | | | | | | |
| | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Live rucking in 2 players vs. 2 players grid | NF | 1 | 2 | 3 | 4 | 5 |
| Using tackling bag | NF | 1 | 2 | 3 | 4 | 5 |
| Given verbal instruction | NF | 1 | 2 | 3 | 4 | 5 |
| Using shield | NF | 1 | 2 | 3 | 4 | 5 |
| Using a body amour | NF | 1 | 2 | 3 | 4 | 5 |
| A full contact practice match | NF | 1 | 2 | 3 | 4 | 5 |
| Demonstration | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with ball skill exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with a vision exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with reaction exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with fitness conditioning | NF | 1 | 2 | 3 | 4 | 5 |
| Inviting a qualified referee to training | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | |
|--|----|---|---|---|---|---|
| Video analysis of different rucking techniques | NF | 1 | 2 | 3 | 4 | 5 |
|--|----|---|---|---|---|---|

| 9. What size rucking grid did you most frequently use when coaching 2 vs 2 live rucking in the last season? To indicate your answer, make an X in the desired block | | | | | | |
|--|-------------------|------------|--------------|-----------------|------------------|---------------|
| | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Small grid (less than 10x10m) + controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Small grid (less than 10x10m) + less controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Large grid (more than 10x10m) + controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Large grid (more than 10x10m) + less controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |

| 10. When doing a rucking drill during a team/squad field session, how much time is spent on the following? Answer according to the last season. To indicate your answer, make an X in the desired block | | | | | |
|---|-----------------|----------------|---------------------|------------|------------------|
| | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
| Emphasizing proper technique to prevent injuries (<i>lowering the risk of getting injured during the ruck</i>) | 1 | 2 | 3 | 4 | 5 |
| Emphasizing proper technique to improve ruck performance (<i>preventing a turnover of own possession; creating a turnover on opposition possession or to gain or not give away a penalty</i>) | 1 | 2 | 3 | 4 | 5 |
| Incorporating a qualified referee to emphasize the law guidelines of rucking | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

| 11. During a rucking drill in the last season, how much emphasis was placed on the following pointers? To indicate your answer, make an X in the desired block | | | | | | |
|---|-------------------|------------|--------------|-----------------|------------------|---------------|
| Pointers before the ruck | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Decision-making (e.g. is the ruck formed or not) | NF | 1 | 2 | 3 | 4 | 5 |
| Approach | NF | 1 | 2 | 3 | 4 | 5 |
| Body position before the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Where your eyes should focus | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | |
|--|----|---|---|---|---|---|
| Position of the arms | NF | 1 | 2 | 3 | 4 | 5 |
| Lowering your center of gravity | NF | 1 | 2 | 3 | 4 | 5 |
| Footwork before the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the legs | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the waist | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the upper body | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the ball only | NF | 1 | 2 | 3 | 4 | 5 |
| No target – just diving into the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Technique for sealing | NF | 1 | 2 | 3 | 4 | 5 |
| Technique for poaching | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |
| Pointers for contact in the ruck | | | | | | |
| Importance of safety | NF | 1 | 2 | 3 | 4 | 5 |
| Head placement | NF | 1 | 2 | 3 | 4 | 5 |
| Eyes being open | NF | 1 | 2 | 3 | 4 | 5 |
| Position of your neck and spine | NF | 1 | 2 | 3 | 4 | 5 |
| Direction from which to enter contact in the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Shoulder and chest placement | NF | 1 | 2 | 3 | 4 | 5 |
| Arm placement | NF | 1 | 2 | 3 | 4 | 5 |
| Staying on feet | NF | 1 | 2 | 3 | 4 | 5 |
| Accelerate into contact with the same shoulder as the front leg | NF | 1 | 2 | 3 | 4 | 5 |
| Accelerate into contact with the opposite shoulder as the front leg | NF | 1 | 2 | 3 | 4 | 5 |
| Diving into the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Using the legs to drive through the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Lifting the opposition player | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |
| Pointers for after contact | | | | | | |

| | | | | | | |
|--|----|---|---|---|---|---|
| Staying on feet | NF | 1 | 2 | 3 | 4 | 5 |
| Lift off and dive through the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Prepare body position for staying on feet during the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |

C. Match Questions

| | | | | | |
|---|--------------------|----------------------------|--------------------|-----------------------------|--------------------------|
| 12. What is important to you when a player enters a ruck during the match? To indicate your answer, make an X in the desired block | | | | | |
| | Not at all (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%) |
| Doing what was practiced | 1 | 2 | 3 | 4 | 5 |
| Proper technique | 1 | 2 | 3 | 4 | 5 |
| Securing own possession | 1 | 2 | 3 | 4 | 5 |
| Your own players' safety (lowering the risk of getting injured) | 1 | 2 | 3 | 4 | 5 |
| Opponent's player safety (lowering the risk of getting injured) | 1 | 2 | 3 | 4 | 5 |
| Safety of both your player and opponent's player | 1 | 2 | 3 | 4 | 5 |
| Putting in a "Big Hit" | 1 | 2 | 3 | 4 | 5 |
| Going for the ball only | 1 | 2 | 3 | 4 | 5 |
| Staying on your feet | 1 | 2 | 3 | 4 | 5 |
| Preventing the opponent from retaining possession | 1 | 2 | 3 | 4 | 5 |
| Preventing a turnover on own possession | 1 | 2 | 3 | 4 | 5 |
| Decision-making (are they technically accurate according to the law) | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

| | | | | | |
|---|---------------|-----------------|--------------------|---------------------|------------------|
| 13. Does your answer to question 13 change according to the following? To indicate your answer, make an X in the desired block | | | | | |
| As the match progresses | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| First 20 min of the 1 st half | 1 | 2 | 3 | 4 | 5 |
| Second 20 min of the 1 st half | 1 | 2 | 3 | 4 | 5 |
| First 20 min of the 2 nd half | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---|---|---|---|---|
| Second 20 min of the 2 nd half | 1 | 2 | 3 | 4 | 5 |
| As the score changes | | | | | |
| In your team's favour | 1 | 2 | 3 | 4 | 5 |
| In the opposition's favour | 1 | 2 | 3 | 4 | 5 |
| A small score margin (less than 10 points) | 1 | 2 | 3 | 4 | 5 |
| A large score margin (more than 10 points) | 1 | 2 | 3 | 4 | 5 |
| Position on the field | | | | | |
| Defending on your try-line | 1 | 2 | 3 | 4 | 5 |
| Defending within your 22-M (from your try-line to your 22-M line) | 1 | 2 | 3 | 4 | 5 |
| Defending within the mid-section of the field (from your 22-M line to the opposition 22-M line) | 1 | 2 | 3 | 4 | 5 |
| Defending within the opposition 22-M (from the opposition 22-M line to the opposition try-line) | 1 | 2 | 3 | 4 | 5 |
| Importance of the game | | | | | |
| Playing for promotion or relegation | 1 | 2 | 3 | 4 | 5 |
| Playing a final | 1 | 2 | 3 | 4 | 5 |
| Playing a local derby | 1 | 2 | 3 | 4 | 5 |
| Other: | | | | | |
| Referee's interpretation | 1 | 2 | 3 | 4 | 5 |
| Is the team on a warning? | 1 | 2 | 3 | 4 | 5 |
| Has a player received a yellow or red card? | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |
| | | | | | |

| | | | | | |
|--|--------------------|-------------------|------------------------|---------------|---------------------|
| <p>14. What do you think may help you improve your players' ruck performance (<i>preventing a turnover of own possession or creating a turnover on opposition possession</i>) and lowering their risk of injury in a ruck during a rugby match? To indicate your answer, make an X in the desired block</p> | | | | | |
| | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
| Knowledge of proper technique | 1 | 2 | 3 | 4 | 5 |
| Training proper technique regularly | 1 | 2 | 3 | 4 | 5 |
| Attitude | 1 | 2 | 3 | 4 | 5 |
| Reaction time | 1 | 2 | 3 | 4 | 5 |
| Vision (tactical awareness) | 1 | 2 | 3 | 4 | 5 |
| Defensive structure | 1 | 2 | 3 | 4 | 5 |
| Motivation | 1 | 2 | 3 | 4 | 5 |
| Determination | 1 | 2 | 3 | 4 | 5 |
| Weather conditions | 1 | 2 | 3 | 4 | 5 |
| The crowd | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|--|---|---|---|---|---|
| Confidence | 1 | 2 | 3 | 4 | 5 |
| Match day preparations | 1 | 2 | 3 | 4 | 5 |
| Personal fitness conditioning (strength, speed, stamina) | 1 | 2 | 3 | 4 | 5 |
| Rest prior to the game | 1 | 2 | 3 | 4 | 5 |
| Stretching prior to the game | 1 | 2 | 3 | 4 | 5 |
| General flexibility | 1 | 2 | 3 | 4 | 5 |
| Using protective gear (shoulder pads, scrumcap) | 1 | 2 | 3 | 4 | 5 |
| Technical understanding of the laws | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

D. Learning Resources

15. How much time did you spend (percentage wise) on learning how to coach correct rucking technique to prevent players from injury (*i.e lowering the risk of getting injured during the ruck*) and to improve their rucking performance (*i.e preventing a turnover of own possession or creating a turnover on opposition possession*) in the last season.
To indicate your answer, make an X in the desired block

| Coaching experience | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
|--|--------------------|-------------------|------------------------|---------------|---------------------|
| Individual one-on-one verbal instruction from another coach | 1 | 2 | 3 | 4 | 5 |
| Workshops | 1 | 2 | 3 | 4 | 5 |
| Individual one-on-one demonstration | 1 | 2 | 3 | 4 | 5 |
| Identifying a problem in your ruck technique coaching and fixing it | 1 | 2 | 3 | 4 | 5 |
| Media and books | | | | | |
| Newspapers | 1 | 2 | 3 | 4 | 5 |
| Rugby Magazines | 1 | 2 | 3 | 4 | 5 |
| Internet | 1 | 2 | 3 | 4 | 5 |
| Televised rugby matches | 1 | 2 | 3 | 4 | 5 |
| Sport/Rugby shows on TV | 1 | 2 | 3 | 4 | 5 |
| Rugby training videos | 1 | 2 | 3 | 4 | 5 |
| Rugby training books | 1 | 2 | 3 | 4 | 5 |
| Other | | | | | |
| Relatives | 1 | 2 | 3 | 4 | 5 |
| Friends | 1 | 2 | 3 | 4 | 5 |
| Coaches | 1 | 2 | 3 | 4 | 5 |
| Referees | 1 | 2 | 3 | 4 | 5 |
| Experience | 1 | 2 | 3 | 4 | 5 |
| Attending live rugby matches | 1 | 2 | 3 | 4 | 5 |
| Coaching clinics | 1 | 2 | 3 | 4 | 5 |
| Your rugby icon | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

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|--|

16. How much influence has the following factors had on your ruck technique coaching to prevent players from injuries (*i.e lowering the risk of getting injured during the ruck*) and improve their rucking performance (*i.e preventing a turnover of own possession or creating a turnover on opposition possession*) in the last season.
To indicate your answer, make an X in the desired block

| Coaching experience | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
|---|--------------------|-------------------|---------------------------|---------------|---------------------|
| Individual one-on-one verbal instruction from another coach | 1 | 2 | 3 | 4 | 5 |
| Workshops | 1 | 2 | 3 | 4 | 5 |
| Individual one-on-one demonstration | 1 | 2 | 3 | 4 | 5 |
| Identifying a problem in your ruck technique coaching and fixing it | 1 | 2 | 3 | 4 | 5 |
| Media and books | | | | | |
| Newspapers | 1 | 2 | 3 | 4 | 5 |
| Rugby Magazines | 1 | 2 | 3 | 4 | 5 |
| Internet | 1 | 2 | 3 | 4 | 5 |
| Televised rugby matches | 1 | 2 | 3 | 4 | 5 |
| Sport/Rugby shows on TV | 1 | 2 | 3 | 4 | 5 |
| Rugby training videos | 1 | 2 | 3 | 4 | 5 |
| Rugby training books | 1 | 2 | 3 | 4 | 5 |
| Other | | | | | |
| Relatives | 1 | 2 | 3 | 4 | 5 |
| Friends | 1 | 2 | 3 | 4 | 5 |
| Coaches | 1 | 2 | 3 | 4 | 5 |
| Referees | 1 | 2 | 3 | 4 | 5 |
| Experience | 1 | 2 | 3 | 4 | 5 |
| Attending live rugby matches | 1 | 2 | 3 | 4 | 5 |
| Coaching clinics | 1 | 2 | 3 | 4 | 5 |
| Your rugby icon | 1 | 2 | 3 | 4 | 5 |

Supplement 2: Players questionnaire

Instructions:

All questions should be answered based on your current or most recent season’s training and matches unless stated otherwise. The questionnaire is divided into 3 sections:

- A. Demographic information
- B. Questions pertaining to training
- C. Questions pertaining to match-play
- D. Questions pertaining to learning resources

A. Demographic information

| | | | | |
|--|--|------|------------|-----------------------|
| Name | | | | |
| Surname | | | | |
| Date of birth | | | | |
| Gender | Female | Male | Non-Binary | Prefer not to specify |
| Years of playing experience | <input type="radio"/> None <input type="radio"/> Less than 5 years <input type="radio"/> 6-10 years <input type="radio"/> 11-15 years <input type="radio"/> 16-20 years <input type="radio"/> 21 years and more | | | |
| Currently playing level | Club | | School | |
| Country | | | | |
| Current team playing for (1 st team, 2 nd team, or 3 rd team) | | | | |
| Primary position | | | | |
| Secondary position | | | | |

The questions are set out so that you may answer on a rating scale of 1 to 5 (except for Question 3 where an exact amount is needed). The meaning of each of the numbers will be given on top of the answer table unless stated otherwise. A “not familiar (NF)” option in certain questions will also be provided if you do not know what we are talking about.

Example:

| | | | | | | |
|---|-------------------|------------|--------------|-----------------|------------------|---------------|
| E.g How often do you train rucking techniques? To indicate your answer, make an X in the desired block | | | | | | |
| | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Ruck Technique | NF | 1 | X | 3 | 4 | 5 |

B. Training Questions

| | | | | | | |
|---|-------------------|-----------------|----------------------------|--------------------------|-----------------|-----------------------|
| 17. How important is rucking in rugby? To indicate your answer, make an X in the desired block | | | | | | |
| | Not Familiar (NF) | Not at all (0%) | Of little importance (25%) | Somewhat important (50%) | Important (75%) | Very important (100%) |
| Importance of rucking | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|------------------------|----------------|---------------------|------------|------------------|
| 18. How much did you learn about ruck technique in the different age categories? To indicate your answer, make an X in the desired block | | | | | |
| Age Categories | Not all important (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |

| | | | | | |
|----------|---|---|---|---|---|
| Under 10 | 1 | 2 | 3 | 4 | 5 |
| Under 13 | 1 | 2 | 3 | 4 | 5 |
| Under 15 | 1 | 2 | 3 | 4 | 5 |
| Under 19 | 1 | 2 | 3 | 4 | 5 |
| Seniors | 1 | 2 | 3 | 4 | 5 |

19. How many sessions a week did you complete (includes gym, running, field sessions) during the different periods in the last season?
To indicate your answer, make an X in the desired block

| | | | | | | | | | | |
|---------------------------|---|---|---|---|---|---|---|---|---|------------|
| Off-Season (e.g. Sep-Jan) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 or more |
| Pre-Season (e.g. Jan-Apr) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 or more |
| In-Season (e.g. Apr-Sep) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 or more |

20. When having a team/squad field session, what is the intensity of the contact?
To indicate your answer, make an X in the desired block

| | | | | | |
|---------------------------|----|-----|-----|-----|------|
| | 0% | 25% | 50% | 75% | 100% |
| Off-Season (e.g. Sep-Jan) | 1 | 2 | 3 | 4 | 5 |
| Pre-Season (e.g. Jan-Apr) | 1 | 2 | 3 | 4 | 5 |
| In-Season (e.g. Apr-Sep) | 1 | 2 | 3 | 4 | 5 |

21. How important is proper ruck technique to you for the following?
To indicate your answer, make an X in the desired block

| | | | | | |
|---|------------------------|-------------------------|-----------------|--------------------------|-----------------------|
| | Not all important (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%) |
| Injury prevention <i>(Lowering the risk of getting injured during the ruck)</i> | 1 | 2 | 3 | 4 | 5 |
| Improved ruck performance <i>(Preventing a turnover of own possession or creating a turnover on opposition possession)</i> | 1 | 2 | 3 | 4 | 5 |

22. During a team/squad field session, how often did your team/squad train ruck technique in different periods of the last season?
To indicate your answer, make an X in the desired block

| | | | | | |
|---------------------------|------------|--------------|-----------------|------------------|---------------|
| | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Off-Season (e.g. Sep-Jan) | 1 | 2 | 3 | 4 | 5 |
| Pre-Season (e.g. Jan-Apr) | 1 | 2 | 3 | 4 | 5 |
| In-Season (e.g. Apr-Sep) | 1 | 2 | 3 | 4 | 5 |

23. Coaches use various drills to train rucking and may spend more time on different aspects of the ruck. Please rate what method of coaching is important to you for a) Injury prevention (*lowering the risk of getting injured during the ruck*) and b) Improving ruck performance (*preventing a turnover of own possession or creating a turnover on opposition possession*)
To indicate your answer, make an X in the desired block

| | | | | | | |
|----------------------|-------------------|------------------------|-------------------------|-----------------|--------------------------|------------------------|
| c) Injury Prevention | Not Familiar (NF) | Not all important (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%)t |
|----------------------|-------------------|------------------------|-------------------------|-----------------|--------------------------|------------------------|

| | | | | | | |
|--|----|---|---|---|---|---|
| Live rucking in 2 players vs. 2 players grid | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with tackling bags | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with verbal instruction | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with hit shields | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with body armor | NF | 1 | 2 | 3 | 4 | 5 |
| A full contact practice match | NF | 1 | 2 | 3 | 4 | 5 |
| Demonstration | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with ball skill exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with a vision exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with reaction exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with fitness conditioning | NF | 1 | 2 | 3 | 4 | 5 |
| Watching video clips of rucks | NF | 1 | 2 | 3 | 4 | 5 |
| Incorporating a referee in training | NF | 1 | 2 | 3 | 4 | 5 |
| d) Improving Ruck Performance | | | | | | |
| Live rucking in 2 players vs. 2 players grid | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with tackling bags | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with verbal instruction | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with hit shields | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with body armor | NF | 1 | 2 | 3 | 4 | 5 |
| A full contact practice match | NF | 1 | 2 | 3 | 4 | 5 |
| Demonstration | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with ball skill exercise | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | |
|--|----|---|---|---|---|---|
| Rucking drill combined with a vision exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with reaction exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with fitness conditioning | NF | 1 | 2 | 3 | 4 | 5 |
| Watching video clips of rucks | NF | 1 | 2 | 3 | 4 | 5 |
| Incorporating a referee in training | NF | 1 | 2 | 3 | 4 | 5 |

| 24. Continuing from the previous question (Question 7), what method have you been coached in the last season? To indicate your answer, make an X in the desired block | | | | | | |
|--|-------------------|------------|--------------|-----------------|------------------|---------------|
| | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Live rucking in 2 players vs. 2 players grid | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with tackling bags | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with verbal instruction | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with hit shields | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with body armor | NF | 1 | 2 | 3 | 4 | 5 |
| A full contact practice match | NF | 1 | 2 | 3 | 4 | 5 |
| Demonstration | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with ball skill exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with a vision exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with reaction exercise | NF | 1 | 2 | 3 | 4 | 5 |
| Rucking drill combined with fitness conditioning | NF | 1 | 2 | 3 | 4 | 5 |
| Watching video clips of rucks | NF | 1 | 2 | 3 | 4 | 5 |
| Incorporating a referee in training | NF | 1 | 2 | 3 | 4 | 5 |

| 25. When training 2 vs. 2 live rucking, coaches commonly use a small grid (less than 10x10m) or a large grid (more than 10x10m) to simulate match conditions. Also, some coaches like using tackle bags to stimulate players on the ground as well as to control conditions or some coaches prefer using live play to stimulate less controllable conditions. What type of rucking grid have you been training most frequently in the last season? To indicate your answer, make an X in the desired block | | | | | | |
|---|-------------------|------------|--------------|-----------------|------------------|---------------|
| | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |

| | | | | | | |
|--|----|---|---|---|---|---|
| Small grid (less than 10x10m) + controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Small grid (less than 10x10m) + less controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Large grid (more than 10x10m) + controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Large grid (more than 10x10m) + less controlled condition | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |

| | | | | | |
|---|--------------------|-------------------|------------------------|---------------|---------------------|
| 26. When doing a rucking drill during a team/squad field session, how much time is spent on the following? Answer according to the last season. To indicate your answer, make an X in the desired block | | | | | |
| | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
| Emphasizing proper technique to prevent injuries <i>(lowering the risk of getting injured during the ruck)</i> | 1 | 2 | 3 | 4 | 5 |
| Emphasizing proper technique to improve ruck performance <i>(preventing a turnover of own possession or creating a turnover on opposition possession)</i> | 1 | 2 | 3 | 4 | 5 |
| Focusing on the technical application of the laws of rucking | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

| | | | | | | |
|---|----------------------|---------------|-----------------|--------------------|---------------------|------------------|
| 27. During a rucking drill in the last season, how much emphasis was placed on the following pointers? To indicate your answer, make an X in the desired block | | | | | | |
| Pointers before the ruck | Not Familiar (NF) | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| Decision-making <i>(e.g. is the ruck formed or not)</i> | NF | 1 | 2 | 3 | 4 | 5 |
| Approach | NF | 1 | 2 | 3 | 4 | 5 |
| Body position before the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Where your eyes should focus | NF | 1 | 2 | 3 | 4 | 5 |
| Position of the arms | NF | 1 | 2 | 3 | 4 | 5 |
| Lowering your center of gravity | NF | 1 | 2 | 3 | 4 | 5 |
| Footwork before the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the legs | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the waist | NF | 1 | 2 | 3 | 4 | 5 |
| Aim for the upper body | NF | 1 | 2 | 3 | 4 | 5 |

| | | | | | | |
|--|----|---|---|---|---|---|
| Aim for the ball only | NF | 1 | 2 | 3 | 4 | 5 |
| No target – just diving into the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Laws of rucks | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |
| Pointers for contact in the ruck | | | | | | |
| Importance of safety | NF | 1 | 2 | 3 | 4 | 5 |
| Head placement | NF | 1 | 2 | 3 | 4 | 5 |
| Eyes being open | NF | 1 | 2 | 3 | 4 | 5 |
| Position of your neck and spine | NF | 1 | 2 | 3 | 4 | 5 |
| Direction from which to enter contact in the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Shoulder and chest placement | NF | 1 | 2 | 3 | 4 | 5 |
| Arm placement | NF | 1 | 2 | 3 | 4 | 5 |
| Staying on feet | NF | 1 | 2 | 3 | 4 | 5 |
| Accelerate into contact with the same shoulder as the front leg | NF | 1 | 2 | 3 | 4 | 5 |
| Accelerate into contact with the opposite shoulder as the front leg | NF | 1 | 2 | 3 | 4 | 5 |
| Driving and not diving into the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Using the legs to drive through the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Lifting the opposition player | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |
| Pointers for after contact | | | | | | |
| Staying on feet | NF | 1 | 2 | 3 | 4 | 5 |
| Lift off and dive through the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Prepare body position for staying on feet during the ruck | NF | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | | |

C. Match Questions

| 28. What is important to you when entering a ruck during the match? To indicate your answer, make an X in the desired block | | | | | |
|--|--------------------|----------------------------|--------------------|-----------------------------|--------------------------|
| | Not at all (0%) | Not too important (25%) | Undecided (50%) | Somewhat important (75%) | Very important (100%) |
| Doing what you practiced | 1 | 2 | 3 | 4 | 5 |
| Proper technique | 1 | 2 | 3 | 4 | 5 |
| Sound knowledge of the laws of rucks | 1 | 2 | 3 | 4 | 5 |
| Securing own possession | 1 | 2 | 3 | 4 | 5 |
| Your own safety (lowering the risk of getting injured) | 1 | 2 | 3 | 4 | 5 |
| Safety of the ball-carrier (lowering the risk of getting injured) | 1 | 2 | 3 | 4 | 5 |
| Safety of both you and the ball-carrier | 1 | 2 | 3 | 4 | 5 |
| Putting in a "Big Hit" | 1 | 2 | 3 | 4 | 5 |
| Going for the ball only | 1 | 2 | 3 | 4 | 5 |
| Staying on your feet | 1 | 2 | 3 | 4 | 5 |
| Preventing the ball-carrier from retaining position | 1 | 2 | 3 | 4 | 5 |
| Preventing the ball-carriers team from retaining the ball | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |
| | | | | | |

| 29. Does your answer to question 12 change according to the following: To indicate your answer, make an X in the desired block | | | | | |
|---|---------------|-----------------|--------------------|---------------------|------------------|
| | Never (0%) | Rarely (25%) | Sometimes (50%) | Frequently (75%) | Always (100%) |
| As the match progresses | | | | | |
| First 20 min of the 1 st half | 1 | 2 | 3 | 4 | 5 |
| Second 20 min of the 1 st half | 1 | 2 | 3 | 4 | 5 |
| First 20 min of the 2 nd half | 1 | 2 | 3 | 4 | 5 |
| Second 20 min of the 2 nd half | 1 | 2 | 3 | 4 | 5 |
| As the score changes | | | | | |
| In your team's favour | 1 | 2 | 3 | 4 | 5 |
| In the opposition's favour | 1 | 2 | 3 | 4 | 5 |
| A small score margin (less than 10 points) | 1 | 2 | 3 | 4 | 5 |
| A large score margin (more than 10 points) | 1 | 2 | 3 | 4 | 5 |
| Position on the field | | | | | |
| Defending on your try-line | 1 | 2 | 3 | 4 | 5 |
| Defending within your 22-M (from your try-line to your 22-M line) | 1 | 2 | 3 | 4 | 5 |
| Defending within the mid-section of the field (from your 22-M line to the opposition 22-M line) | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---|---|---|---|---|
| Defending within the opposition 22-M (from the opposition 22-M line to the opposition try-line) | 1 | 2 | 3 | 4 | 5 |
| Position relatives to ruck/maul/scrum/lineout | | | | | |
| If you are close (within 5m) to the ruck/maul/scrum/lineout | 1 | 2 | 3 | 4 | 5 |
| If you are not close (more than 5m away) to the ruck/maul/scrum/lineout | 1 | 2 | 3 | 4 | 5 |
| If you are on the blind side | 1 | 2 | 3 | 4 | 5 |
| If you are on the open side | 1 | 2 | 3 | 4 | 5 |
| Importance of the game | | | | | |
| Playing for promotion or relegation | 1 | 2 | 3 | 4 | 5 |
| Playing a final | 1 | 2 | 3 | 4 | 5 |
| Playing a local derby | 1 | 2 | 3 | 4 | 5 |
| Other | | | | | |
| If your team is on a warning | 1 | 2 | 3 | 4 | 5 |
| Has your team received a card for ruck infringements | 1 | 2 | 3 | 4 | 5 |
| What can I get away with, with this referee | 1 | 2 | 3 | 4 | 5 |
| Attitude towards the safety of others | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

| | | | | | |
|--|--------------------|-------------------|------------------------|---------------|---------------------|
| 30. What do you think may help you improve your ruck performance (<i>preventing a turnover of own possession or creating a turnover on opposition possession</i>) and lowering your risk of injury in a ruck during a rugby match? To indicate your answer, make an X in the desired block | | | | | |
| | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
| Knowledge of proper technique | 1 | 2 | 3 | 4 | 5 |
| Knowledge of long term effects of head injuries | 1 | 2 | 3 | 4 | 5 |
| Attitude towards the safety of others | 1 | 2 | 3 | 4 | 5 |
| My team's attitude/culture regards safety and discipline | 1 | 2 | 3 | 4 | 5 |
| Training proper technique regularly | 1 | 2 | 3 | 4 | 5 |
| Attitude | 1 | 2 | 3 | 4 | 5 |
| Reaction time | 1 | 2 | 3 | 4 | 5 |
| Vision | 1 | 2 | 3 | 4 | 5 |
| Defensive structure | 1 | 2 | 3 | 4 | 5 |
| Motivation | 1 | 2 | 3 | 4 | 5 |
| Determination | 1 | 2 | 3 | 4 | 5 |
| Weather conditions | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|--|---|---|---|---|---|
| The crowd | 1 | 2 | 3 | 4 | 5 |
| Confidence | 1 | 2 | 3 | 4 | 5 |
| Match day preparations | 1 | 2 | 3 | 4 | 5 |
| Personal fitness conditioning (strength, speed, stamina) | 1 | 2 | 3 | 4 | 5 |
| Rest prior to the game | 1 | 2 | 3 | 4 | 5 |
| Stretching prior to the game | 1 | 2 | 3 | 4 | 5 |
| General flexibility | 1 | 2 | 3 | 4 | 5 |
| Using protective gear (shoulder pads, scrumcap) | 1 | 2 | 3 | 4 | 5 |
| Technical understanding of the laws of the ruck | 1 | 2 | 3 | 4 | 5 |
| Further Comment (Any additional information regarding this question): | | | | | |

D. Learning Resources

1. How much time did you spend on learning how to ensure the correct rucking technique to prevent injury (*i.e lowering the risk of getting injured during the ruck*) and to improve rucking performance (*i.e preventing a turnover of own possession or creating a turnover on opposition possession*) in the last season.
To indicate your answer, make an X in the desired block

| Playing experience | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
|--|--------------------|-------------------|------------------------|---------------|---------------------|
| Individual one-on-one verbal instruction from your coach | 1 | 2 | 3 | 4 | 5 |
| Individual one-on-one verbal instruction from a referee | 1 | 2 | 3 | 4 | 5 |
| Workshops | 1 | 2 | 3 | 4 | 5 |
| Individual one-on-one demonstration | 1 | 2 | 3 | 4 | 5 |
| Identifying a problem in your ruck technique and fixing it | 1 | 2 | 3 | 4 | 5 |
| Media and books | | | | | |
| Newspapers | 1 | 2 | 3 | 4 | 5 |
| Rugby Magazines | 1 | 2 | 3 | 4 | 5 |
| Internet | 1 | 2 | 3 | 4 | 5 |
| Televised rugby matches | 1 | 2 | 3 | 4 | 5 |
| Sport/Rugby shows on TV | 1 | 2 | 3 | 4 | 5 |
| Rugby training videos | 1 | 2 | 3 | 4 | 5 |
| Rugby training books | 1 | 2 | 3 | 4 | 5 |
| Other | | | | | |
| Relatives | 1 | 2 | 3 | 4 | 5 |
| Friends | 1 | 2 | 3 | 4 | 5 |
| Coaches | 1 | 2 | 3 | 4 | 5 |
| Referees | 1 | 2 | 3 | 4 | 5 |
| Experience | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|------------------------------|---|---|---|---|---|
| Attending live rugby matches | 1 | 2 | 3 | 4 | 5 |
| Coaching clinics | 1 | 2 | 3 | 4 | 5 |
| Your rugby icon | 1 | 2 | 3 | 4 | 5 |

2. How much influence has the following factors had on your rucking technique to prevent injuries (*i.e lowering the risk of getting injured during the ruck*) and to improve rucking performance (*i.e preventing a turnover of own possession or creating a turnover on opposition possession*) in the last season.
To indicate your answer, make an X in the desired block

| Playing experience | Not at all (0%) | A little (25%) | A fair amount (50%) | Much (75%) | Very much (100%) |
|--|--------------------|-------------------|------------------------|---------------|---------------------|
| Individual one-on-one verbal instruction from your coach | 1 | 2 | 3 | 4 | 5 |
| Individual one-on-one verbal instruction from a referee | 1 | 2 | 3 | 4 | 5 |
| Workshops | 1 | 2 | 3 | 4 | 5 |
| Individual one-on-one demonstration | 1 | 2 | 3 | 4 | 5 |
| Identifying a problem in your ruck technique and fixing it | 1 | 2 | 3 | 4 | 5 |
| Media and books | | | | | |
| Newspapers | 1 | 2 | 3 | 4 | 5 |
| Rugby Magazines | 1 | 2 | 3 | 4 | 5 |
| Internet | 1 | 2 | 3 | 4 | 5 |
| Televised rugby matches | 1 | 2 | 3 | 4 | 5 |
| Sport/Rugby shows on TV | 1 | 2 | 3 | 4 | 5 |
| Rugby training videos | 1 | 2 | 3 | 4 | 5 |
| Rugby training books | 1 | 2 | 3 | 4 | 5 |
| Other | | | | | |
| Relatives | 1 | 2 | 3 | 4 | 5 |
| Friends | 1 | 2 | 3 | 4 | 5 |
| Coaches | 1 | 2 | 3 | 4 | 5 |
| Referees | 1 | 2 | 3 | 4 | 5 |
| Experience | 1 | 2 | 3 | 4 | 5 |
| Attending live rugby matches | 1 | 2 | 3 | 4 | 5 |
| Coaching clinics | 1 | 2 | 3 | 4 | 5 |
| Your rugby icon | 1 | 2 | 3 | 4 | 5 |
| Previous injuries | 1 | 2 | 3 | 4 | 5 |
| Cards received for poor technique | 1 | 2 | 3 | 4 | 5 |
| Losing your place in the team | 1 | 2 | 3 | 4 | 5 |