



# Rugby League Research Committee

## ELITE NRL PLAYER WORKLOADS

### APPLICATION FOR RESEARCH FUNDING

#### Expression of Interest

The NRL and Rugby League Research Committee invite applications for research into the following question:

**What are the fitness, injury and training profiles of players based at NRL clubs during the following periods: an NRL pre-season, Telstra Premiership, State of Origin, post-season internationals and off-season? How do these impact on season performance?**

#### Background

The NRL and Research Committee has identified this topic as a high priority for research in 2020 and has undertaken steps to identify what the rugby league industry at the NRL level. The Rugby League Research Committee endorses the application of research to answering this question and encourages the participation of multiple NRL clubs and players to participate. The Rugby League Research Committee has a pool of funding available to support this research on successful application.

#### Scope of the Project

Workloads of professional rugby league players competing in the NRL vary considerably and are dependent on selection in various representative series in addition to the Telstra Premiership. Research quantifying the intra and inter-athlete variations in training and match loads, injury rates and physical fitness profiles of elite rugby league players across a calendar year is limited. Over a 30-week Telstra Premiership campaign, NRL players may be required to play between 23 and 30 matches if they play every available game of the season.

Amongst a range of approaches that researchers may deem appropriate, the research will likely include:

1. Objective fitness test results, player injury data and GPS match and training data
2. Subjective questionnaires evaluating wellbeing, sleep quality and session RPE.

#### Submission of application

Applications must be submitted on or before **Monday 23<sup>rd</sup> September 2019 COB**, by email to the Rugby League Research Committee, at [research@nrl.com.au](mailto:research@nrl.com.au)

#### Submission requirements

A read-only version of the application form can be found at:

<https://www.nrl.com/operations/research/apply/>

For an editable version, please contact [research@nrl.com.au](mailto:research@nrl.com.au)