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Authors: Benjamin T. Pollard, Anthony N. Turner, Robin Eager, Daniel J. Cunningham, Christian J. Cook, Patrick Hogben, Liam P. Kilduff



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The Ball in Play Demands of International Rugby Union

Benjamin T. Pollard ^{a,b*}, Anthony N. Turner ^d, Robin Eager ^c, Daniel J. Cunningham ^a, Christian J. Cook ^{a,f}, Patrick Hogben ^b, Liam P. Kilduff ^{a,e}

^a Applied Sport Technology Exercise and Medicine Research Centre (A-STEM), College of Engineering, Swansea University, Swansea, Wales

^b Saracens RFC, North London, England

^c The Rugby Football Union, Greater London, England

^d School of Science and Technology, London Sports Institute, Middlesex University, London, England

^e Welsh Institute of Performance Science, College of Engineering, Swansea University, Swansea, Wales

^f University of Canberra Research Institute for Sport and Health, University of Canberra, Canberra, Australia

* Corresponding Author

E-mail: benpollard@saracens.net (BTP)

Saracens Training Ground, 160 Harpenden Road, St Albans, Herts, England AL3 6BB

Abstract

Objectives: Rugby union is a high intensity intermittent sport, typically analysed via set time periods or rolling average methods. This study reports the demands of international rugby union via global

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