

## **Abstract**

**Title:** A Comparison of Somatotype between Female Rugby Union Forwards and Backs

**Objectives:** To compare differences and similarities of somatotype between female forwards and backs of the Czech Rugby Union.

**Method:** A total number of 30 elite female rugby players participated in this study. Somatic measurements necessary to specify one's somatotype and Heath-Carter method were used on all subjects. All collected data was analysed in Microsoft Excel spreadsheets with results demonstrated using bar charts, tables and somatographs.

**Results:** No significant differences were found between selected groups. Mesomorphy was found to have the highest value in both groups followed by the endomorphic and ectomorphic component. The endomorphic and mesomorphic component was found to be higher in forwards, however the value of ectomorphy was slightly higher in backs. In comparison with research of Welsh female rugby players, mean somatotype of this study was more comparable to the elite group of players.

**Keywords:** somatotype, Rugby Union, forwards, backs