



Welcome players, coaches and referees to RugbySmart - your home base when it comes to rugby injury prevention and peak performance. RugbySmart was developed jointly by the New Zealand Rugby Union and ACC. It's all about lifting team performance by ensuring players are physically and technically at their peak before they put their bodies on the line.

RugbySmart is based around ACC SportSmart, the 10-point action plan for sports injury prevention. It's a comprehensive approach that is about keeping players where coaches and supporters want them: on the field, contributing to a winning team effort. You can find out more about this by clicking on the BLACK tabs on the left.