

TPCT Underwater Rugby Women

NCT07458581

Status	RECRUITING
Phase	Not Applicable
Sponsor	Federal University of Vicosa
Enrollment	26 participants

Key Eligibility Criteria

Inclusion (5)

- Female elite underwater rugby players aged e18 years.
- Officially rostered members of the participating high-performance team/squad.
- Regular training participation (minimum 2 sessions per week) in the team's programme.
- Able to complete study procedures at Baseline (Visit 1) and Post-intervention at 6 weeks (Visit 2), including standardized 3v3 scrimmage video assessment.
- Willing and able to provide written informed consent.

Exclusion (4)

- Current injury, illness, or medical condition that prevents full participation in regular underwater rugby training during the intervention period.
- Anticipated prolonged absence (e.g., travel/competing/other commitments) that would prevent meaningful exposure to the intervention dose (e.g., missing >20% of sessions).
- Inability to complete the assessment procedures reliably (e.g., unable to participate in the standardized 3v3 assessment or comply with study instructions).
- Declines participation or withdraws consent.

Locations (1 total)

Tecnológico de Antioquia, Medellín, Colombia