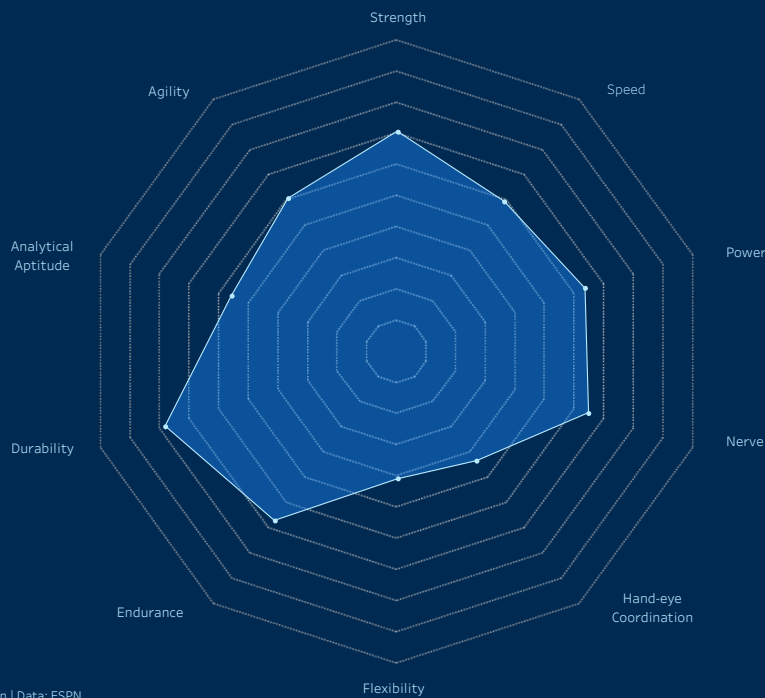


WHICH SPORT IS THE TOUGHEST?

ESPN enlisted a panel of expert sports scientists, academicians, journalists, and a two-sport star athlete to score 60 sports across 10 different categories. This resulted in boxing being named the most demanding sport, and fishing the least. Choose a sport below to find out more.



Select a Sport...

13. Rugby

RUGBY
RANK: 13
AVERAGE SCORE: 6,1

Durability	7,9
Strength	7,0
Endurance	6,8
Nerve	6,5
Power	6,4
Agility	6,0
Speed	5,9
Analytical Aptitude	5,6
Hand-Eye Coordination	4,4
Flexibility	4,1