

# COMMUNITY RUGBY INJURY SURVEILLANCE AND PREVENTION PROJECT: 2021-2022

## SCHOOLBOY U13, U15 & U18



### MATCH INJURY RATES

- Injury management staff from **30 teams** reported **157 injuries** over **329 team games**.
- For all ages groups combined, the match incidence was **30.6 injuries/1000 match-hours**.
- Injured players missed an average of 29 days per injury.
- **Injury incidence was highest at the U18 age group:**
  - U13 – 24.7 /1000 match hours, U15 – 19.5/1000h, U18 – 38.3/1000h.
- On average, an U13 team can expect an injury every 3.7 games, an U15 team every 3.4 games and an U18 team every 1.5 games.



### THE TACKLE ACCOUNTED FOR 49% OF ALL INJURIES

- **22%** to the **ball carrier** and **27%** to the **tackler**.



### CONCUSSION WAS THE MOST COMMON INJURY: 29% OF ALL INJURIES

- **8.8 per 1000 player match-hours | One concussion per 7 team games.**
- 56% of all concussions were sustained in the tackle:
  - **18% to the ball carrier and 38% to the tackler.**
- Player missed an average of 28 days per concussion.



### TOP 5 INJURY LOCATIONS ACCOUNTING FOR MOST DAYS LOST TO INJURY

- Head/face (32% of all days lost)
- Shoulder (16% of all days lost)
- Knee (14% of all days lost)
- Ankle (10% of all days lost)
- Wrist & Hand (8% of all days lost)

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