

COMMUNITY RUGBY INJURY SURVEILLANCE AND PREVENTION PROJECT: 2021-2022

MEN'S NATIONAL, REGIONAL & COUNTIES LEVELS



MATCH INJURY RATES

- Injury management staff from **44 teams** reported **522 injuries** over **895 team games**.
- This was a match incidence of **29.2 injuries/1000 match-hours** for all levels combined equivalent to **1.7 maches for one injury per team...** and is approximately half the injury rate of men's Premiership rugby.
- Injured players missed an average of 51 days.
- Injury incidence was highest at playing levels 3/4:
 - **Levels 7/8/9: 28.8/1000 hours, Levels 5/6: 26.5/1000h, Levels 3/4 - 33.3/1000h.**



THE TACKLE ACCOUNTED FOR 59% OF ALL INJURIES

- **33%** to the **ball carrier** and **26%** to the **tackler**.



CONCUSSION WAS THE MOST COMMON INJURY: 17% OF ALL INJURIES

- **4.9 per 1000 player match-hours | One concussion for a team every 10 games.**
- 68% of all concussions were sustained in the tackle:
 - **33% to the ball carrier and 35% to the tackler.**
- A concussed player missed an average of 28 days.



INJURIES ACCOUNTING FOR MOST DAYS LOST

- Knee ligament/joint injuries (19% of all days lost)
- Shoulder ligament/join injuries (13% of all days lost)
- Concussion (9% of all days lost)



NO DIFFERENCE FOR INJURIES ON

- Natural Grass: **22.0 injuries per 1000 match hours**
- Artificial Grass: **25.7 injuries per 1000 match hours**

FOR DETAILED ANNUAL SEASON REPORTS AND TO FIND OUT MORE ABOUT THE **CRISP PROGRAMME**, SCAN THE QR CODE:

