

COMMUNITY RUGBY INJURY SURVEILLANCE AND PREVENTION PROJECT: 2021-2022

WOMEN'S CHAMPIONSHIP AND NATIONAL CHALLENGE LEAGUES

MATCH INJURY RATES

- Injury management staff from **12 teams** reported **88 injuries** over **136 team games**.
- This was a match incidence of **32.4 injuries/1000 match-hours** equivalent to **1.5 matches for one injury per team...** and was similar to the Community men's incidence of **29.2 per 1000 player match-hours** and Women's Premier 15s (**31.5**) over the same season.
- Injured players missed an average of **72 days** per injury.

THE TACKLE ACCOUNTED FOR 70% OF ALL INJURIES

- **39%** to the ball carrier and **31%** to the tackler.

CONCUSSION WAS THE MOST COMMON INJURY: 22% OF ALL INJURIES

- **7.0 per 1000 player match-hours** | One concussion for a team every **7 games**.
- 58% of all concussions were sustained in the tackle:
 - **33% to the ball carrier** and **26% to the tackler**.
- Player missed an average of **41 days** per concussion.

TOP 5 INJURY LOCATIONS ACCOUNTING FOR MOST DAYS LOST TO INJURY

- Knee (38% of all days lost)
- Head/face (15% of all days lost)
- Shoulder (14% of all days lost)
- Ankle (9% of all days lost)
- Thigh (5% of all days lost)

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