

## Appendix 1

|                 | Injuries (Training), nT | Time of Exposure (Training), hT | Incidence /1000h (Training) | Injuries (Matches), nM | Time of Exposure (Matches), hM | Incidence /1000h (Matches)  | Injuries, n | Time of Exposure, h | Incidence /1000h         |
|-----------------|-------------------------|---------------------------------|-----------------------------|------------------------|--------------------------------|-----------------------------|-------------|---------------------|--------------------------|
| <b>Under 17</b> | <b>73</b>               | <b>28 598.5</b>                 | <b>2.14 (0.64-3.64)*</b>    | <b>65</b>              | <b>5 074.5</b>                 | <b>12.60 (7.40-17.80)*</b>  | <b>138</b>  | <b>33 673.0</b>     | <b>3.74 (1.96-5.51)*</b> |
| - Team 1        | 1                       | 2 931.8                         | 0.34                        | 3                      | 674.7                          | 4.45                        | 4           | 3 606.5             | 1.11                     |
| - Team 2        | 3                       | 1 882.1                         | 1.59                        | 8                      | 586.7                          | 13.64                       | 11          | 2 468.8             | 4.46                     |
| - Team 3        | 1                       | 2 090.3                         | 0.48                        | 1                      | 293.3                          | 3.41                        | 2           | 2 383.6             | 0.84                     |
| - Team 4        | 2                       | 3 855.0                         | 0.52                        | 12                     | 645.3                          | 18.60                       | 14          | 4 500.3             | 3.11                     |
| - Team 5        | 5                       | 2 178.8                         | 2.29                        | 6                      | 293.3                          | 20.45                       | 11          | 2 472.1             | 4.45                     |
| - Team 6        | 4                       | 2 288.3                         | 1.75                        | 2                      | 337.3                          | 5.93                        | 6           | 2 625.6             | 2.29                     |
| - Team 7        | 41                      | 4 893.8                         | 8.38                        | 16                     | 616.0                          | 25.97                       | 57          | 5 509.8             | 10.35                    |
| - Team 8        | 3                       | 1 586.8                         | 1.89                        | 2                      | 337.3                          | 5.93                        | 5           | 1 924.1             | 2.60                     |
| - Team 9        | 6                       | 3 625.4                         | 1.65                        | 4                      | 645.3                          | 6.20                        | 10          | 4 270.7             | 2.34                     |
| - Team 10       | 4                       | 1 264.4                         | 3.16                        | 5                      | 308.0                          | 16.23                       | 9           | 1 572.4             | 5.72                     |
| <b>Under 19</b> | <b>46</b>               | <b>24 561.0</b>                 | <b>1.97 (0.94-3.01)*</b>    | <b>64</b>              | <b>3828.0</b>                  | <b>16.01 (9.32-22.69)*</b>  | <b>110</b>  | <b>28 389.0</b>     | <b>4.02 (2.53-5.52)*</b> |
| - Team 11       | 3                       | 2 001.8                         | 1.50                        | 6                      | 337.3                          | 17.79                       | 9           | 2 339.1             | 3.85                     |
| - Team 12       | 4                       | 2 358.0                         | 1.70                        | 1                      | 379.5                          | 2.64                        | 5           | 2 737.5             | 1.83                     |
| - Team 13       | 1                       | 1 542.1                         | 0.65                        | 7                      | 379.5                          | 18.45                       | 8           | 1 921.6             | 4.16                     |
| - Team 14       | 2                       | 2 256.0                         | 0.89                        | 0                      | 330.0                          | 0.00                        | 2           | 2 586.0             | 0.77                     |
| - Team 15       | 8                       | 1 633.0                         | 4.90                        | 8                      | 379.5                          | 21.08                       | 16          | 2 012.5             | 7.95                     |
| - Team 16       | 2                       | 3 180.8                         | 0.63                        | 4                      | 330.0                          | 12.12                       | 6           | 3 510.8             | 1.71                     |
| - Team 17       | 8                       | 4 730.6                         | 1.69                        | 15                     | 660.0                          | 22.73                       | 23          | 5 390.6             | 4.27                     |
| - Team 18       | 10                      | 2 437.5                         | 4.10                        | 3                      | 297.0                          | 10.10                       | 13          | 2 734.5             | 4.75                     |
| - Team 19       | 5                       | 2 106.8                         | 2.37                        | 8                      | 379.5                          | 21.08                       | 13          | 2 486.3             | 5.23                     |
| - Team 20       | 3                       | 2 114.9                         | 1.42                        | 8                      | 313.5                          | 25.52                       | 11          | 2 428.4             | 4.53                     |
| - Team 21       | 3                       | 2 201.3                         | 1.36                        | 10                     | 379.5                          | 26.35                       | 13          | 2 580.8             | 5.04                     |
| <b>Total</b>    | <b>119</b>              | <b>53 159.5</b>                 | <b>2.06 (1.22-2.90)*</b>    | <b>129</b>             | <b>8 902.5</b>                 | <b>14.22 (10.35-18.09)*</b> | <b>248</b>  | <b>62 062.0</b>     | <b>3.87 (2.81-4.94)*</b> |

Values marked with \* correspond to the average incidence of injury with 95% Confidence Interval referred throughout the article.

**Appendix 1.** Number of injuries, time of exposure in hours and incidence per 1000 hours of exposure (training, matches and total) by each of the 21 teams enrolled in the study. nT=number of injuries during Training. hT=Time of exposure during Training. nM=number of injuries during Matches. hM=Time of exposure during Matches in hours. n=number of total injuries (nT+nM). h=Time of total exposure (hT+hM).