**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  |
| **Under 17***- Team 1**- Team 2**- Team 3**- Team 4**- Team 5**- Team 6**- Team 7**- Team 8**- Team 9**- Team 10**- Team 11* | **73**131254413643 | **28 598.5**2 931.81 882.12 090.33 855.02 178.82 288.34 893.81 586.83 625.41 264.42 001.8 | **2.14** (0.64-3.64)\*0.341.590.480.522.291.758.381.891.653.161.50 | **65**3811262162456 | **5 074.5** 674.7586.7293.3645.3293.3337.3616.0337.3645.3308.0337.3 | **12.60** (7.40-17.80)\*4.4513.643.4118.6020.455.9325.975.936.2016.2317.79 | **138**4112141165751099 | **33 673.0**3 606.52 468.82 383.64 500.32 472.12 625.65 509.81 924.14 270.71 572.42 339.1 | **3.74** (1.96-5.51)\*1.114.460.843.114.452.2910.352.602.345.723.85 |
| **Under 19***- Team 12**- Team 13**- Team 14**- Team 15**- Team 16**- Team 17**- Team 18**- Team 19**- Team 20**- Team 21* | **46**41282810533 | **24 561.0** 2 358.01 542.12 256.01 633.03 180.84 730.62 437.5 2 106.82 114.92 201.3 | **1.97** (0.94-3.01)\*1.700.650.894.900.631.694.102.371.421.36 | **64**170841538810 | **3828.0** 379.5379.5330.0379.5330.0660.0297.0379.5313.5379.5 | **16.01** (9.32-22.69)\*2.6418.450.0021.0812.1222.7310.1021.0825.5226.35 | **110**5821662313131113 | **28 389.0**2 737.51 921.62 586.02 012.53 510.85 390.62 734.52 486.32 428.42 580.8 | **4.02** (2.53-5.52)\*1.834.160.777.951.714.274.755.234.535.04 |
| **Total** | **119** | **53 159.5** | **2.06** (1.22-2.90)\* | **129** | **8 902.5** | **14.22** (10.35-18.09)\* | **248** | **62 062.0** | **3.87** (2.81-4.94)\* |

*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 in hours. *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*).