

Appendix Table A1. Study Characteristics as well as Incidence, Severity, and Location of Injuries for Included Studies

Study	Study Design	Sample Size, N	Level of Play	Age Category, y, Mean ± SD	Injury Incidence (Matches vs Training), Injuries/1000 Player-Hours (95% CI)	Mean Injury Severity (Matches vs Training), Days of Time-Loss (95% CI)	Main Anatomical Locations of Match-Related Injury (Descending Order)	Main Anatomical Locations of Training-Related Injury (Descending Order)
Fuller et al. (2008) ^[11]	Prospective whole population survey	626	Men's international (2007 RWC)	Adult 27.6 ± 3.5	Match: 83.9 (71.9 to 97.9) Training: 3.5 (2.7 to 4.5)	Match: 14.7 (11.7 to 17.7) Training: 17.8 (21.1 to 23.5)	Knee, followed by equal amounts of posterior thigh & shoulder	Knee, posterior thigh, followed by equal amounts of ankle and lower leg/Achilles
Fuller et al. (2013) ^[14]	Prospective whole population survey	615	Men's international (2011 RWC)	Adult 27.4 ± 3.6	Match: 89.1 (76.7 to 103.5) Training: 2.2 (1.6 to 3.1)	Match: 23.6 (16.9 to 30.4) Training: 26.9 (10.2 to 43.5)	Head/face, shoulder/clavicle, posterior thigh	Posterior thigh & lower leg/Achilles followed by lower back
Fuller et al. (2016) ^[15]	Prospective whole population survey	639	Men's international (2015 RWC)	Adult 27.4 ± 3.8	Match: 90.1 (77.6 to 104.6) Training: 1.0 (0.7 to 1.6)	Match: 29.8 (22.4 to 37.2) Training: 14.4 (7.0 to 21.8)	Head/face, knee, posterior thigh	Not reported due to relatively low numbers
Schick et al. (2008) ^[25]	Prospective cohort study	339	Women's international (2006 RWC)	Adult 28 ± 4.7	Match: 37.5 (CI not reported) Training: 3.0 (CI not reported)	Not reported	Equal amounts of neck/cervical spine & knee injury followed by head/face	Not reported
Taylor et al. (2011) ^[29]	Prospective cohort study	285	Women's international (2010 RWC)	Adult 27.2 ± 4.4	Match: 35.5 (25.9 to 48.6) Training: Not reported	Match: 55 (24.1 to 85.9) Training: Not reported	Knee, head/face, ankle	Not reported
Moore et al. (2015) ^[18]	Descriptive epidemiological study	78	Men's international	Adult unspecified	Match: 180.0 (152.9 to 211.9) Training: 4.7 (3.5 to 6.4)	Match: 18 (CI not reported) Training: 19 (CI not reported)	Shoulder/clavicle, head and neck, thigh	Not reported
Fuller et al. (2009) ^[13]	Prospective cohort study	441	Men's professional - Premier League	Adult 24.7 ± 3.2	Match: 96.3 (86.9 to 106.7) Training: Not reported	Match: 13.4 (CI not reported) Training: Not reported	Lower limb, head/neck, trunk	Not reported
		372	- Vodacom Cup	23.8 ± 2.9	Match: 71.2 (60.0 to 84.5) Training: Not reported	Match: 1.2 (CI not reported) Training: Not reported	Lower limb, upper limb, head/neck	
Whitehouse et al. (2016) ^[35]	Prospective epidemiological study	180	Men's professional - Premier League	Adult 24.8 ± 3.15	Match: 66.07 (53.78 to 78.36) Training: 2.33 (1.69 to 2.98)	Match: 39.8 (35.87 to 43.83) Training: 32.22 (26.36 to 38.26)	Head/neck, knee, shoulder/clavicle	Thigh, knee, & ankle
Schwellnus et al. (2014) ^[27]	Prospective cohort study	152	Men's professional - Premier League	Adult 25 ± 3.4	Match: 83.3 (69.4 to 99.2) Training: 2.1 (1.5 to 3.0)	Not reported	Shoulder/clavicle, knee, head/face	Thigh most frequent (otherwise numbers too low for meaningful subcategory analysis)

Schneiders et al. (2009) [26]	Prospective epidemiological cohort study	271	Men's community: - Premier Club	Adult 21.8 ± 2.8	Match: 52.0 (42.0 to 65.0) Training: not reported	Not reported	Head/face, knee, shoulder	Not reported
Roberts et al. (2013) [23]	Prospective cohort study	Not given	Men's community: - semi-professional - Amateur - Recreational	Adult unspecified	Match: 21.7 (19.8 to 23.6) Training: not reported Match: 16.6 (15.2 to 17.9) Training: not reported Match: 14.2 (13.0 to 15.5) Training: not reported	Match: 52.5 (47.6 to 57.4) Training: not reported Match: 55.3 (51.1 to 59.6) Training: not reported Match: 50.4 (46.2 to 54.6) Training: not reported	Knee, shoulder, ankle – reported across all groups	Not reported
Haseler et al. (2010) [16]	Prospective cohort study	210	Boys amateur: - Junior school - Senior school - Pubertal	U9-U11 U9-U12 U13-U17 U12-U17 U16-U17 U17	Match: 6.0 (CI not reported) Match: 11.9 (CI not reported) Match: 34.2 (CI not reported) Training: not reported Match: 31.6 (CI not reported) Match: 39.7 (CI not reported) Training: not reported Match: 49.26 (CI not reported) Training: not reported	Not reported	Head/neck, knee & shoulder (equal proportions) – reported across all groups	Not reported
McIntosh et al. (2010) [17]	Cluster randomized control trial	230 280 257 420	Youth amateur (Male)	U13 (13.0 ± 0.3) U15 (15.0 ± 0.4) U18 (17.4 ± 0.3) U20 (19.1 ± 0.9)	Match: 11.8 (8.9 to 15.5) Match: 22.3 (18.3 to 27.1) Match: 22.2 (19.0 to 25.8) Match: 22.6 (20.2 to 25.4) Training: not reported	Not reported	Not reported	Not reported
Nicol (2011) [19]	Prospective cohort study	470	Boys amateur	11-17	Match: 10.8 (CI not reported) Training: not reported	Not reported	Head/face, shoulder, knee	Not reported
Palmer Green (2013) [20, 21]	Observational prospective cohort study	250 222	Boys professional academy Boys amateur	16-18 16-18	Match: 47.0 (39.0 to 67.0) Training: 1.4 (1.0 to 1.7) Match: 35.0 (29.0 to 41.0) Training: 2.1 (1.4 to 2.9)	Match: 32.0 (26.0 to 38.0) Training: 17.0 (11.0 to 22.0) Match: 30.0 (25.0 to 35.0) Training: 27.0 (9.0 to 45.0)	Ankle/heel, shoulder, knee Shoulder and head	Ankle/heel, knee Lumbar spine, ankle/heel, shoulder