

APPENDIX

Table A1. Number of colleges by sport and year

Year	Fall Sports							Winter Sports		Spring Sports	
	MSOC	MFB	MRUG	WSOC	WFH	WRUG	WVB	MBB	WBB	MLAX	WLAX
2008	3			4	3			6	6		
2009	6	2	3	6	3	3	1	6	6	6	6
2010	5	1	3	5	3	3	1	8	8	7	5
2011	4		2	4	3	2	1	4	4	7	5
2012										5	4

Collegiate Abbreviations: MSOC, men's soccer; MFB, men's football; MRUG, men's rugby; WSOC, women's soccer; WFH, women's field hockey; WRUG, women's rugby; WVB, women's volleyball; MBB, men's basketball; WBB, women's basketball; MLAX, men's lacrosse; WLAX, women's lacrosse

Table A2. Number of high schools by sport and year

Year	Fall Sports				Winter Sports		Spring Sports	
	BSOC	BFB	GSOC	GFH	BBB	GBB	BLAX	GLAX
2008	6		6	6	12	12		
2009	18	12	18	12	18	18	13	11
2010	18	11	17	11	18	18	14	12
2011	17	11	17	11	17	17	14	12
2012							14	12

High School Abbreviations: BSOC, boys' soccer; BFB, boys' football; GSOC, girls' soccer; GFH, girls' field hockey; BBB, boys' basketball; GBB, girls' basketball; BLAX, boys' lacrosse; GLAX, girls' lacrosse

Table A3. First-time noncontact ACL injury rate estimates based on Poisson regression results and corrected exposure days combined with comparison data from other studies

Sport	Estimated injury rate per 1000 person-days of exposure				Comparison rates per 1000 person-days of exposure	First author, Year published	Descriptive information
	Original	95% CI	Corrected	95% CI			
Male college							
Soccer	0.146	0.087-0.245	0.186	0.111-0.312	0.123* 0.13,* 0.120** 0.081* 0.04,* 0.04,** 0.11# 0.13,* 0.11,** 0.12# 0.09 0.12*	Harmon, 1998 ¹⁴ Arendt, 1999 ³ Gwinn, 2000 ¹³ Agel, 2005 ¹ Mihata, 2006 ²⁵ Hootman, 2007 ¹⁷ Prodromos, 2007 ³⁰	*overall for Divisions I, II, III *1989-1993, **1994-1998 *ACL tears requiring surgery only *noncontact, **contact, #overall *1989-1994, **1994-2004, #1989-2004 *weighted means for groups
Basketball	0.070	0.038-0.127	0.089	0.049-0.161	0.080* 0.07,* 0.101** 0.089* 0.04,* 0.02,** 0.08# 0.07,* 0.08,** 0.08# 0.07 0.08*	Harmon, 1998 ¹⁴ Arendt, 1999 ³ Gwinn, 2000 ¹³ Agel, 2005 ¹ Mihata, 2006 ²⁵ Hootman, 2007 ¹⁷ Prodromos, 2007 ³⁰	*overall for Divisions I, II, III *1989-1993, **1994-1998 *ACL tears requiring surgery only *noncontact, **contact, #overall *1989-1994, **1994-2004, #1989-2004 *weighted means for groups
Lacrosse	0.083	0.050-0.138	0.105	0.063-0.176	0.17 0.12 0.20 0.17*	Mihata, 2006 ²⁵ Hootman, 2007 ¹⁷ Mountcastle, 2007 ²⁶ Prodromos, 2007 ³⁰	*weighted means for groups
Football	0.139	0.071-0.273	0.177	0.090-0.348	0.36,* 0.03,** 0.83, # 0.05### 0.18 0.23 0.806,* 0.08,** 0.142#	Dick, 2007 ⁵ Hootman, 2007 ¹⁷ Mountcastle, 2007 ²⁶ Dragoo, 2012 ⁷	*noncontact/games, **noncontact/practices, #contact/games, ##contact/practices *games, **practices, #overall
Rugby	0.185	0.091-0.376	0.235	0.115-0.479	0.176* 0.18*	Gwinn, 2000 ¹³ Prodromos, 2007 ³⁰	*ACL tears requiring surgery only *weighted means for groups

Table A3. (continued)

Sport	Estimated injury rate per 1000 person-days of exposure				Comparison rates per 1000 person-days of exposure	First author, Year published	Descriptive information
Female college							
Soccer	0.307	0.195-0.482	0.391	0.249-0.614	0.321* 0.31,* 0.330** 0.768* 0.13,* 0.10,** 0.31# 0.31,* 0.32,** 0.32# 0.28 0.32* 0.057,* 0.189,** 0.199,# 0.340## 0.057,* 0.113,** 0.170,# 0.189##	Harmon, 1998 ¹⁴ Arendt, 1999 ³ Gwinn, 2000 ¹³ Agel, 2005 ¹ Mihata, 2006 ²⁵ Hootman, 2007 ¹⁷ Prodromos, 2007 ³⁰ Gilchrist, 2008 ⁹ (Gilchrist cont.)	*overall Divisions I, II, III *1989-1993, **1994-1998 *ACL tears requiring surgery only *noncontact, **contact, #overall *1989-1994, **1994-2004, #1989-2004 *weighted means for groups *noncontact w/conditioning, **noncontact control, #noncontact & contact w/conditioning, ##noncontact & contact control *first-time noncontact w/conditioning, **first-time noncontact control, #first-time noncontact & contact w/conditioning, ##first-time noncontact & contact control
Basketball	0.146	0.084-0.253	0.186	0.108-0.322	0.297* 0.29,* 0.289** 0.478* 0.16,* 0.06,** 0.27# 0.29,* 0.28,** 0.28# 0.23 0.39 0.29* 0.18 0.17 0.18*	Harmon, 1998 ¹⁴ Arendt, 1999 ³ Gwinn, 2000 ¹³ Agel, 2005 ¹ Mihata, 2006 ²⁵ Hootman, 2007 ¹⁷ Mountcastle, 2007 ²⁶ Prodromos, 2007 ³⁰	*overall Divisions I, II, III *1989-1993, **1994-1998 *ACL tears requiring surgery only *noncontact, **contact, #overall *1989-1994, **1994-2004, #1989-2004 *weighted means for groups
Lacrosse	0.174	0.106-0.285	0.221	0.135-0.363	0.18 0.17 0.18*	Mihata, 2006 ²⁵ Hootman, 2007 ¹⁷ Prodromos, 2007 ³⁰	*weighted means for groups
Field hockey	0.082	0.033-0.204	0.105	0.042-0.260	0.07	Hootman, 2007 ¹⁷	
Rugby	0.387	0.197-0.759	0.493	0.251-0.967	0.36 0.354* 0.36*	Levy, 1997 ²¹ Gwinn, 2000 ¹³ Prodromos, 2007 ³⁰	*ACL tears requiring surgery only *weighted means for groups
Volleyball	0.447	0.063-3.173	0.569	0.080-4.041	0.09	Hootman, 2007 ¹⁷	
Male high school							
Soccer	0.062	0.038-0.099	0.078	0.049-0.126	0.129,* 0.014,** 0.048# 0.050	Joseph, 2013 ¹⁸ Swenson, 2013 ³⁴	*competition, **practice, #overall
Basketball	0.029	0.016-0.053	0.037	0.021-0.067	0.07 0.02* 0.055,* 0.009,** 0.023# 0.024	Messina, 1999 ²⁴ Prodromos, 2007 ³⁰ Joseph, 2013 ¹⁸ Swenson, 2013 ³⁴	*weighted means for groups *competition, **practice, #overall
Lacrosse	0.035	0.020-0.594	0.044	0.026-0.076	0.079	Swenson, 2013 ³⁴	
Football	0.059	0.032-0.106	0.075	0.041-0.136	0.11* 0.467,* 0.041,** #0.111# 0.117	Prodromos, 2007 ³⁰ Joseph, 2013 ¹⁸ Swenson, 2013 ³⁴	*weighted means for groups *competition, **practice, #overall
Female high school							
Soccer	0.129	0.087-0.192	0.164	0.111-0.244	0.09,* 0.49** —,* 0.107** *: 0.08,** 0.45# 0.352,* 0.024,** 0.122# 0.117	Mandelbaum, 2005 ²³ Pfeiffer, 2006 ²⁸ Prodromos, 2007 ³⁰ Joseph, 2013 ¹⁸ Swenson, 2013 ³⁴	*noncontact/PEP trained, **noncontact control *first-time noncontact/KLIP trained,**first-time noncontact control *weighted means for groups: **trained, #untrained *competition, **practice, #overall
Basketball	0.061	0.036-0.105	0.078	0.046-0.133	0.03 0.476,* 0.111** *: 0.45,** 0.10# 0.266,* 0.033,** 0.103# 0.107	Messina, 1999 ^{11, 24, 30} Pfeiffer, 2006 ²⁸ Prodromos, 2007 ³⁰ Joseph, 2013 ¹⁸ Swenson, 2013 ³⁴	*first-time noncontact/KLIP trained, **first-time noncontact control *weighted means for groups: **trained, #untrained *competition, **practice, #overall
Lacrosse	0.073	0.044-0.121	0.093	0.056-0.154	0.078	Swenson, 2013 ³⁴	
Field hockey	0.035	0.014-0.095	0.044	0.018-0.108	0.031	Swenson, 2013 ³⁴	

Figure A1. SurveyMonkey Exposure Questionnaire
(SurveyMonkey, Inc., Palo Alto, CA, USA; www.surveymonkey.com)

The image shows a screenshot of a SurveyMonkey questionnaire titled "Daily exposure log". The form is divided into sections, each starting with a question number and an asterisk. The questions are:

- 1. Date of event:** A date picker with fields for MM, DD, and YYYY.
- 2. School:** A dropdown menu with options for "College" and "High School".
- 3. Sport:** A dropdown menu with a "Sport" label.
- 4. Sex:** Radio buttons for "Male" and "Female".
- 5. Level:** Radio buttons for "Intercollegiate", "Varsity (High School)", and "Junior Varsity (High School)".
- 6. Event type:** Radio buttons for "Practice" and "Game".
- 7. Number of players participating:** A text input field.
- 8. My name is:** A text input field.