

Supplemental Table 1. All Injuries (Excluding Lacrosse) by Sex and Season Segment

Variable	Injury Rate per 10 000 AEs (95% CI)	IRR Versus Males (95% CI)			
Males	0.65 (0.53, 0.77)	NA			
Females	1.65 (1.46, 1.84) ^a	2.53 (2.04, 3.15) ^a			
		IRR Versus Preseason	IRR Versus Regular Season		
Preseason	1.08 (0.86, 1.30)	NA	NA		
Regular season	1.20 (1.07, 1.34)	1.12 (0.89, 1.41)	NA		
Postseason	0.80 (0.40, 1.21)	0.74 (0.43, 1.28)	0.67 (0.4, 1.12)		
		IRR Versus Preseason	IRR Versus Early Regular Season	IRR Versus Mid Regular Season	IRR Versus Late Regular Season
Preseason	1.21 (0.79, 1.64)	NA	NA	NA	NA
Early regular season	1.85 (1.35, 2.35)	1.53 (0.98, 2.37)	NA	NA	NA
Middle regular season	1.33 (0.88, 1.77)	1.09 (0.67, 1.77)	0.72 (0.47, 1.1)	NA	NA
Late regular season	1.24 (0.83, 1.65)	1.02 (0.63, 1.64)	0.67 (0.44, 1.02)	0.93 (0.58, 1.49)	NA
Postseason	1.13 (0.29, 1.96)	0.93 (0.41, 2.1)	0.61 (0.28, 1.34)	0.85 (0.38, 1.92)	0.91 (0.4, 2.05)

Abbreviations: AE, athlete-exposure; CI, confidence interval; IRR, incidence rate ratio; NA, not available.

^a $P < .05$.

Supplemental Table 2. Anterior Cruciate Ligament Injury by Specific Season Segment Restricted to Practices Only^a

Season Segment	All Injuries			Noncontact		
	No.	Rate per 10 000 AEs (95% CI)	AEs	No.	Rate per 10 000 AEs (95% CI)	AEs
Preseason	40	1.05 (0.72, 1.38)	380 835	22	0.58 (0.34, 0.82)	380 835
Early regular season	29	1.10 (0.70, 1.50)	263 206	21	0.80 (0.46, 1.14)	263 206
Middle regular season	14	0.57 (0.27, 0.87)	244 612	7	0.29 (0.07, 0.50)	244 612
Late regular season	11	0.43 (0.18, 0.68)	256 270	6	0.23 (0.05, 0.42)	256 ;270
Postseason	3	0.42 (0.00, 0.91)	70 595	2	0.28 (0.00, 0.68)	70 595
All Injuries IRR (95% CI)						
	Early Regular Season	Middle Regular Season	Late Regular Season	Postseason		
Versus preseason	1.05 (0.65, 1.69)	0.54 (0.30, 1.00)	0.41 (0.21, 0.80) ^b	0.40 (0.13, 1.31)		
Versus early regular season	NA	0.52 (0.27, 0.98) ^b	0.39 (0.19, 0.78) ^b	0.39 (0.12, 1.27)		
Versus middle regular season	NA	NA	0.75 (0.34, 1.65)	0.74 (0.21, 2.58)		
Versus late regular season	NA	NA	NA	0.99 (0.28, 3.55)		
Versus postseason	NA	NA	NA	NA		
Noncontact IRR (95% CI)						
Versus preseason	1.38 (0.76, 2.51)	0.50 (0.21, 1.61)	0.41 (0.16, 1.00)	0.49 (0.12, 2.09)		
Versus early regular season	NA	0.36 (0.15, 0.84) ^b	0.29 (0.12, 0.73) ^b	0.36 (0.08, 1.51)		
Versus middle regular season	NA	NA	0.82 (0.27, 2.43)	0.99 (0.21, 4.77)		
Versus late regular season	NA	NA	NA	1.21 (0.24, 6.00)		
Versus postseason	NA	NA	NA	NA		

Abbreviations: AE, athlete-exposure; CI, confidence interval; IRR, incidence rate ratio; NA, not available.

^a Analysis includes a subset of data restricted to 2009–2010 through 2015–2016.

^b $P < .05$.