

1 Supplementary Material

2 **Appendix A:** Incidence rate per 1000 workout hours by competition status, sex, age

3 group and workout frequency (days) (N = 3,049).

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Row Labels	Lower Bound	Higher Bound	IR Mean
<b>Non-competitors</b>	<b>1.88</b>	<b>0.45</b>	<b>1.17</b>
<b>Female</b>	<b>1.78</b>	<b>0.42</b>	<b>1.10</b>
< 3	2.93	0.55	1.74
< 25	4.21	0.61	2.41
25-29	1.36	0.28	0.82
30-34	2.42	0.39	1.41
35-39	4.29	0.87	2.58
40-44	2.86	0.41	1.64
45-49	3.61	0.65	2.13
50-54	3.08	0.73	1.91
≥55	1.57	0.46	1.02
3-5	1.22	0.35	0.79
< 25	1.16	0.32	0.74
25-29	1.73	0.51	1.12
30-34	1.36	0.37	0.87
35-39	1.09	0.34	0.72
40-44	1.02	0.30	0.66
45-49	1.06	0.30	0.68
50-54	1.19	0.36	0.78
≥55	1.12	0.33	0.73
> 5	1.20	0.36	0.78
< 25	1.15	0.39	0.77
25-29	1.60	0.49	1.05
30-34	1.37	0.40	0.89
35-39	0.88	0.31	0.60
40-44	1.75	0.44	1.10
45-49	0.71	0.26	0.49
50-54	0.17	0.06	0.12
≥55	2.00	0.53	1.27
<b>Male</b>	<b>2.00</b>	<b>0.49</b>	<b>1.24</b>
< 3	4.11	0.73	2.42
25-29	1.88	0.42	1.15
30-34	9.70	1.19	5.45

35-39	1.97	0.47	1.22
40-44	4.71	0.81	2.76
50-54	3.27	0.69	1.98
≥55	3.13	0.82	1.98
3-5	1.31	0.39	0.85
< 25	1.25	0.36	0.81
25-29	1.22	0.37	0.80
30-34	1.32	0.38	0.85
35-39	1.55	0.45	1.00
40-44	1.40	0.39	0.90
45-49	1.58	0.54	1.06
50-54	1.04	0.32	0.68
≥55	1.09	0.32	0.71
> 5	1.10	0.40	0.75
< 25	1.68	0.55	1.12
25-29	1.23	0.42	0.83
30-34	0.91	0.30	0.61
35-39	0.10	0.37	0.24
40-44	0.78	0.27	0.53
45-49	2.46	0.71	1.59
50-54	1.32	0.42	0.87
≥55	0.31	0.14	0.23
<b>Competitors</b>	<b>1.13</b>	<b>0.32</b>	<b>0.72</b>
<b>Female</b>	<b>1.13</b>	<b>0.31</b>	<b>0.72</b>
< 3	2.21	0.47	1.34
25-29	1.78	0.47	1.13
30-34	3.33	0.58	1.96
35-39	1.97	0.48	1.23
40-44	1.18	0.28	0.73
45-49	3.08	0.58	1.83
50-54	1.25	0.40	0.83
≥55	2.86	0.53	1.70
3-5	0.88	0.30	0.59
< 25	2.29	0.63	1.46
25-29	0.51	0.18	0.35
30-34	0.60	0.21	0.41
35-39	0.67	0.25	0.46
40-44	0.70	0.24	0.47
45-49	0.85	0.31	0.58
50-54	0.82	0.32	0.57

≥55	0.63	0.24	0.44
> 5	0.42	0.18	0.30
< 25	0.54	0.19	0.37
25-29	0.41	0.15	0.28
30-34	0.52	0.22	0.37
35-39	0.43	0.18	0.31
40-44	0.63	0.27	0.45
45-49	0.41	0.19	0.30
50-54	0.35	0.15	0.25
≥55	0.09	0.05	0.07
<b>Male</b>	<b>1.14</b>	<b>0.33</b>	<b>0.71</b>
< 3	3.38	0.68	1.72
25-29	3.33	0.64	1.99
30-34	0.00	0.30	0.30
35-39	2.22	0.73	1.48
45-49	1.29	0.34	0.82
≥55	6.67	1.37	4.02
3-5	0.79	0.28	0.53
< 25	1.31	0.38	0.85
25-29	0.56	0.21	0.39
30-34	0.69	0.26	0.48
35-39	0.67	0.25	0.46
40-44	0.61	0.25	0.43
45-49	0.60	0.22	0.41
50-54	1.18	0.39	0.79
≥55	0.68	0.26	0.47
> 5	0.37	0.16	0.27
< 25	0.37	0.14	0.26
25-29	0.34	0.15	0.25
30-34	0.43	0.18	0.31
35-39	0.31	0.14	0.23
40-44	0.37	0.17	0.27
45-49	0.47	0.22	0.35
50-54	0.16	0.08	0.12
≥55	0.49	0.23	0.36
<b>Grand Total</b>	<b>1.52</b>	<b>0.39</b>	<b>0.95</b>

6 **Table S1:** Sensitivity Analysis related to (A) Length of participation, (B) number of weekly workouts, and (C) number of  
7 workouts per week

	A			B			C		
	OR	95% CI		OR	95% CI		OR	95% CI	
(Intercept)	4.73	2.63	8.52	5.67	2.9	11.0	4.92	2.77	8.77
Age (years)	0.99	0.98	1.00	0.99	1.00	1.00	0.99	0.98	1.00
Male (vs. Female)	0.91	0.78	1.07	0.92	0.8	1.07	0.92	0.78	1.08
BMI	0.99	0.98	1.01	0.99	1.00	1.01	0.99	0.98	1.01
Trains at a CrossFit affiliate (Yes vs. No)	0.84	0.64	1.09	0.84	0.6	1.09	0.83	0.64	1.08
Competition (Yes vs. No)	1.06	0.89	1.28	1.14	1.00	1.34	1.13	0.96	1.33
Participation Group (ref > 3 years)									
< 1 years	1.25	0.98	1.61						
1 – 3 years	0.94	0.78	1.12						
3 > years	1.00								
Workouts per week (ref +10 workouts)									
1 - 3 workouts per week				0.98	0.60	1.49			
4 - 6 workouts per week				0.86	0.60	1.25			
7 - 9 workouts per week				0.84	0.60	1.28			
> 10 workouts per week				1.00					
Training days per week (ref > 5 days)									
< 3							1.19	0.88	1.62
3 – 5							1.07	0.90	1.27
> 5 days							1.00		
AIC				3744			3750		

8 \* CI = confidence interval; OR = odds ratio; AIC = Akaike Information Criterion.