

Table S1: Site and activity of time-loss non-contact injuries

Activity Site	Match	Training	Running conditioning	Cross Training	Non- training	Total
Ankle & foot	10	11	3	2	5	31
Hip & groin	10	6	2	0	1	19
Knee	8	5	0	3	5	21
Lower Leg	5	9	4	0	0	18
Pelvis & buttock	1	5	0	0	2	8
Thigh	15	18	6	5	2	46
Lumbar spine	5	10	3	3	1	22
Upper body (chest, neck, shoulder, thoracic spine & trunk/ abdominal)	5	4	0	1	3	13
Total pre- competition phase	0	34	15	8	8	65
Total competitive phase	59	34	3	6	11	113
Total	59	68	18	14	19	178

Table S2: Relative risk of non-contact time-loss injury in matches (+next 2 days)

Acute	Chronic	Variable	Relative risk	95%CI lower	95%CI upper	Mean R²
3	28	Moderate speed running	2.29	1.14	4.58	0.72

5	14	Moderate speed running	2.28	1.14	4.56	0.19
3	21	Moderate speed running	2.15	1.08	4.30	0.76
5	14	High speed running	2.07	1.04	4.13	0.18
9	18	Session-RPE	2.02	1.26	3.26	0.49
9	28	Session-RPE	1.77	1.11	2.82	0.12
8	32	Distance-load	1.68	1.05	2.71	0.36
9	35	Distance	1.68	1.03	2.75	0.39
9	28	High speed running	1.67	1.03	2.71	0.46
9	28	Player Load	1.65	1.01	2.69	0.50
9	32	Session-RPE	1.63	1.02	2.60	0.20

Table S3: Relative risk of non-contact time-loss injury in matches (+next 5 days)

Acute	Chronic	Variable	Relative risk	95%CI lower	95%CI upper	Mean R²
3	28	Moderate speed running	2.33	1.25	4.35	0.61
5	14	Moderate speed running	2.08	1.14	3.80	0.08
3	32	Moderate speed running	2.01	1.08	3.76	0.51
3	21	Moderate speed running	1.98	1.08	3.61	0.82
3	18	Session-RPE	1.97	1.06	3.68	0.32
5	14	High speed running	1.89	1.04	3.44	0.12
6	14	Moderate speed running	1.87	1.11	3.16	0.63
9	35	Distance	1.86	1.21	2.87	0.31
9	18	Session-RPE	1.84	1.20	2.84	0.54

3	35	Moderate speed running	1.81	1.01	3.25	0.39
3	14	Moderate speed running	1.80	1.02	3.16	0.56
9	28	Session-RPE	1.69	1.11	2.57	0.22
9	28	High speed running	1.66	1.08	2.55	0.49
6	14	Player Load	1.61	1.02	2.56	0.75
9	32	Session-RPE	1.59	1.04	2.42	0.40
9	28	Distance	1.58	1.01	2.49	0.74
6	14	Distance	1.58	1.00	2.50	0.50
9	35	Session-RPE	1.53	1.01	2.33	0.16