Abstracts

Rugby Sevens is gaining popularity in Asia as evidenced by the increase in number of tournaments and participants of the sport. Currently, there are limited studies that look at injury statistics for Rugby Sevens, especially at the amateur level. This study aims to assess injury patterns among amateur Rugby Sevens players participating in the annual Singapore Cricket Club Rugby Sevens International tournament from 2012 to 2017. A retrospective review was made of recorded injury data of all players participating in the 2012 to 2017 Singapore Cricket Club Rugby Sevens International tournament. Main outcome measures include incidence rate of injuries expressed per 1000 player hours, injury rate according to anatomical location, and comparative injury incidence between successive days within each tournament. 343 injuries were recorded over the 6 tournaments, with an injury incidence of 348 per 1000 player hours. The lower limb was the most commonly injured region (46%, 159 per 1000 paying hours), followed by head and neck injuries (24%, 82 per 1000 playing hours), upper limb injuries (21%, 74 per 1000 playing hours) and trunk injuries (9%, 32 per 1000 playing hours). There was a greater incidence of injuries on day 3 of competition compared to day 1 for the 2013 and 2016 tournaments (2013: 541 per 1000 player hours vs. 520 per 1000 player hours; 2016: 191 per 1000 player hours vs. 767 per 1000 player hours). Being the first study of injuries in Asian Rugby Sevens, this serves to inform of the background risk of injuries, which is much higher than is currently reported in the literature. A well-designed, prospective injury surveillance study will be necessary to investigate if injury rates are indeed higher at the amateur level in Asia, and whether there are modifiable risk factors unique to this part of the world which should be considered to guide injury prevention programmes.

The Landing Error Scoring System (LESS) is a relatively new clinical test that assesses landing biomechanics during a drop jump task. Performance measures such as Jump Height (JH), Power (P), Contact time (CT) and Reactive Strength Index (RSI) are common performance measures in an athletic population. Comparing results from the LESS against these performance measures has not previously been reported in an elite rugby union setting. The aim of this study was to compare differences between LESS scores and lower limb performance measures in elite male rugby union players. Thirty two male, elite rugby union players participated in the study. Each participant completed 3 trials of the LESS. Performance data...
SUNDAY STRATEGY AFFECTS MATCH DAY +2 SALIVARY CORTISOL AND SİG A RESPONSE FOLLOWING SATURDAY MATCHES THROUGH AN ENGLISH CHAMPIONSHIP FOOTBALL CLUB SEASON

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The measurement of salivary biomarkers has become popular in professional sport, in an attempt to monitor the stress responses associated with training, competition, and other related lifestyle factors. Using a ‘Point of Care’ platform, giving results within minutes of sample collection in the professional football environment, the aim is to provide coaching staff with ‘readiness to train’ data relating to individual players or the squad as a whole. At this club, after a Saturday match where there is no game until the following Saturday, players do not report to training until Monday Morning. However, if the next game is midweek, players are required to report to training on Sunday morning for recovery protocols. Salivary samples were collected for evaluation of slgA and cortisol from 26 players (age 24.1 ± 2.9 y, body mass 78.7 ± 6.5 kg, stature 1.81 ± 0.07) in a Championship football club squad at 09:00 on the Monday following a Saturday Match throughout the 2017–2018 season. In total 19 time-points were analysed; 11 where players reported in on a Sunday and 8 where players had the Sunday off from training post-match. All saliva samples were analysed at the training ground using Soma dual slgA/Cortisol LFĐs read with a Soma Cube LFD Reader to give rapid quantitative values for slgA and cortisol.

salgA was seen to be variable, both within (CV 53.8%) and between players (CV 62.1%), as was the cortisol response (within CV 53.2% and between players CV 65.3%). Multi-Level regression analysis revealed a highly significant quadratic effect in slgA due to ‘weeks’ throughout the season (the intercept at zero weeks was 187 µg/mL initially increasing at the early weeks, peaking mid-season then declining significantly towards the end of the season). Where players reported to training on Sunday, the Monday slgA response was 60 µg/mL lower than when Sundays were spent at home. The Model for cortisol response showed a highly significant linear increase throughout the season. However, the impact of reporting for recovery training on Sunday had a significant impact on Monday cortisol, changing from 4.9 (0.8) nM when they did report in on Sunday to 9.6 (0.6) nM when they did not. Such biomarker responses may have important implications and practical applications for the planning of recovery strategies for subsequent professional football matches.