

Appendix 2. Definitions used to include studies in the meta-analysis.

Term	Definition
Injury	Any physical complaint sustained by a player that results from a football match or football training, irrespective of the need for medical attention or time loss from football activities.
Time loss injury	Injury that results in a player being unable to take a full part in future football training or match play.
Recurrent injury	An injury of the same type and at the same site as an index injury and which occurs after a player's return to full participation from the index injury.
Injury severity	The number of days that have elapsed from the date of injury to the date of the player's return to full participation in team training and availability for match selection. Injuries are grouped as: <i>Slight / Minimal</i> Absence (1-3 days) <i>Minor / Mild</i> Absence (4-7 days) <i>Moderate</i> Absence (8-28 days) <i>Major / Severe</i> Absence (>28 days)
Match exposure	Play between teams from different clubs.
Training exposure	Team-based and individual physical activities under the control or guidance of the team's coaching or fitness staff that are aimed at maintaining or improving players' football skills or physical condition.
Overuse injury	An injury caused by repeated microtrauma without a single, identifiable event responsible for the injury.
Traumatic injury	Injury with sudden onset and known cause.
Injury location	<ul style="list-style-type: none"> ▪ Head and neck (Head/face; Neck/cervical spine) ▪ Upper limbs (Shoulder/clavícula; Upper arm; Elbow; Forearm; Wrist; Hand/finger/thumb) ▪ Trunk (Sternum/ribs/upper back; Abdomen; Lower back/pelvis/sacrum) ▪ Lower limbs (Hip/groin; Thigh; Knee; Lower leg/Achilles tendon;

	Ankle; Foot/toe)
Type of injury grouping	<ul style="list-style-type: none"> • Fractures and bone stress • Joint (non-bone) and ligament [Dislocation/subluxation; Sprain/ligament injury; Lesion of meniscus or cartilage] • Muscle and tendon [Muscle rupture/tear/strain/cramps; Tendon injury/rupture/tendinosis/bursitis] • Contusions [Haematoma/contusion/bruise] • Laceration and skin lesion [Abrasion; Laceration] • Central/peripheral nervous system [Concussion (with or without loss of consciousness); Nerve injury] • Other [Dental injuries; Other injuries]
Injury incidence	Number of injuries per 1000 player hours ($(\sum \text{injuries} / \sum \text{exposure hours}) \times 1000$).
Professional football players	Players who belong to teams engaged in professional national football leagues. Frequently, these leagues are the country's two highest divisions (e.g. La Liga [first] and La Liga 2 [second] Spanish football divisions).