Injured body part was the head (48%) with concussions (40%). Final model revealed sex, age, position during contact, contact surface, and play legality were significantly associated with HNF injuries. Controlling for play legality and position during contact, U18-men injured during contact with an opposing player had the highest probability of HNF injuries (51%) and a higher probability than U18 women (P = 0.004). Meanwhile, women 18–24 (P = 0.019) and over 30 (P = 0.042) who were injured during contact with the ground had a higher probability of HNF injuries than men.

Conclusions Under-18 male players involved in contact with players were most at risk for HNF injuries. Meanwhile, adult women 18–24 and 30-years old had a higher probability of sustaining a HNF injury when injured during contact with the ground. Tackle techniques, break falls, and other interactions employed by developing women and men players, including tackles or collisions, should be reviewed in detail for injury reduction.

Results A total of 641 (56%) of the athletes were aware of the Nordic hamstring exercise, 519 (45.4%) were implementing the Nordic hamstring exercise in their current practice. Athletes who implemented the Nordic hamstring exercise reported a positive opinion about the program efficacy, with a score of 8.4 ± 1 out of 10.

Conclusions Many athletes were aware of the Nordic hamstring exercise and implementing it in their training routine, as they found it effective in decreasing the hamstring injury rates. However, further work needs to be done to educate athletes about the importance of implementing the exercise and its effectiveness in preventing hamstring injury to enhance implementation.