Participants 42,054 adult U.S. players (3,481 teams and 7,673 Rugby-7s matches).

Assessment of Risk Factors Match injury rates, site, type, and severity.

Main measurement outcome Incidence (per 1000 player-hour (ph)), severity and details of mechanisms were captured using Rugby Injury Survey & Evaluation (RISE) report methodology. All-injuries (medical-attention and time-loss) and time-loss injuries were defined. Days (d) absent before return-to-training/competition (including post-tournament) were recorded.

Results A total of 498 HNF injuries were encountered (all-injury rate=16.7/1000ph; men=17.3/1000ph; women=15.5/1000ph; IRR:1.1; CI:0.9–1.4). Head/face was the most commonly injured site (all-injuries=90.8%; time-loss=86.8%) followed by neck/cervical spine (all-injuries=9.2%; time-loss=13.2%). Concussions were the most common type of injury (36.7%; 6.1/1000ph) followed by facial lacerations (28.7%; 4.8/1000ph). Incidence of concussions was similar among men than women (IRR:2.5; CI:1.6–3.2; P<0.001). Time-loss injuries occurred similarly among men and women (IRR:1.5; CI:1.0–2.6; P=0.061). HNF injury severity was similar between sexes (29.3±32.4 days absent from play). The tackle (71.5%) was the most common injury event. Men sustained HNF injuries mostly with direct contact with another player (IRR:1.3; CI:1.0–1.7; P=0.023), while women were injured with impact with the playing surface (IRR:1.8; CI:1.0–3.2; P=0.032).

Conclusions Incidence of HNF injuries were similar between sexes among U.S. rugby-7s players. Sex differences with concussion severity and contact mechanism of HNF injuries were seen between sexes. Recognition of HNF injury patterns and sex differences will allow for a more effective injury prevention plan in this emerging U.S. collision sport.

Background Sri Lankan university rugby players only have 3–4 years to understand the game and master its techniques. Due to the nature of the game, players can be seriously injured without proper skills.

Objective This study aimed to understand the injury patterns of University-level rugby players according to their positions.

Design This prospective study of university-level rugby players was carried out after the Sri Lanka University Games (SLUG) 2019 concluded.

Setting The study population was players in the squads of universities that participated in SLUG 2019, which is considered an amateur rugby tournament.

Patients (or Participants) The participants who volunteered were screened with the following inclusion criteria: 1. Age range: 23±3 years, 2. Registered for SLUG 2019, 3. Injury-free for a window of 6 months before the start of the season, 4. Free from systemic injuries.

Interventions (or Assessment of Risk Factors) The study examined which player positions are more prone to injuries. Accordingly, the risk factors identified were: contact injury, contact event, injury location and injury type.

Main Outcome Measurements Significant associations between the player position and the above-mentioned risk factors were explored.

Results The most injury-prone position was the Lock position (18.4%) whereas the least injury-prone positions were Fly-