

Convenience Sample Summary Report

**NATIONAL HIGH SCHOOL SPORTS-RELATED INJURY
SURVEILLANCE STUDY**

2025-26 School Year

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High School RIOTM

High School Sports-Related Injury Surveillance Study



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NOTE

The analyses presented here provide only a brief summary of collected data, with the feasibility of a more detailed presentation limited by the extensive breadth and detail contained in the dataset. The Principal Investigator, Christy Collins, PhD, is happy to provide further information or to discuss research partnership opportunities upon request. *Data contained within these reports should not be published in any form without permission from the Principal Investigator.*

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I. INTRODUCTION & METHODOLOGY

1.1 PROJECT OVERVIEW

To combat the epidemic of obesity among youth in the United States (US), adolescents must be encouraged to get up off the couch and participate in physically active sports, recreation, and leisure activities. Participation in high school sports, one of the most popular physical activities among adolescents, has grown rapidly from an estimated 4.0 million participants in 1971-72 to over 8.4 million in the 2025-26 school year. While the health benefits of a physically active lifestyle including participating in sports are undeniable, high school athletes are at risk of sports-related injury because a certain endemic level of injury can be expected among participants of any physical activity. The challenge to injury epidemiologists is to reduce injury rates among high school athletes to the lowest possible level without discouraging adolescents from engaging in this important form of physical activity. This goal can best be accomplished by investigating the etiology of preventable injuries; by developing, implementing, and evaluating protective interventions using such science-based evidence; and by responsibly reporting epidemiologic findings while promoting a physically active lifestyle among adolescents.

1.2 BACKGROUND AND SIGNIFICANCE

High school sports play an important role in the adoption and maintenance of a physically active lifestyle among millions of US adolescents. Too often injury prevention in this population is overlooked as sports-related injuries are thought to be unavoidable. In reality, sports-related injuries are largely preventable through the application of preventive interventions based on evidence-based science. The morbidity, mortality, and disability caused by high school sports-related injuries can be reduced through the development of effective prevention strategies and through programmatic decisions based on injury prevention. However, such efforts rely upon accurate estimates of injury incidence, injury rate calculations, and risk and protective factor data. Previously, no injury surveillance system capable of providing researchers with the needed quality of injury and exposure data for high school sports-related injuries existed.

Since the 2005-06 school year, the National High School Sports-Related Injury Surveillance Study has monitored injuries among US high school athletes participating in boys' football, boys' and girls' soccer, girls' volleyball, boys' and girls' basketball, boys' wrestling, boys' baseball, and girls' softball. Other sports were added in subsequent years including girls' field hockey, girls' gymnastics, boys' volleyball, boys' ice hockey, boys' and girls' lacrosse, boys' and girls' swimming & diving, boys' and girls' track & field, boys' and girls' tennis, boys' and girls' cross country, cheerleading, and girls' wrestling (boys' volleyball, girls' gymnastics, boys' and girls' tennis, and boys' and girls' swimming and diving are no longer under surveillance). The study data have been collected using the time- and cost-efficient RIO (Reporting Information Online) surveillance system. Through the generous contributions of the National Federation of State High School Associations (NFHS) and the NFHS Foundation, the National High School Sports-Related Injury Surveillance Study was able to be continued during the 2025-26 school year. Previous years of this study were funded by the Centers for Disease Control and Prevention (CDC), National Federation of State High School Associations (NFHS), the National Operating Committee on Standards for Athletic Equipment (NOCSAE), the Research Institute at Nationwide Children's Hospital, DonJoy Orthotics, EyeBlack, and The Ohio State University.

During the 2019-20 school year, the National High School Sports-Related Injury Surveillance Study transitioned from Dr. Dawn Comstock at the University of Colorado to Dr. Christy Collins at the Datalys Center for Sports Injury Research and Prevention, Inc. Dr. Collins worked with Dr. Comstock on the National High School Sports-Related Injury Surveillance Study during the 2005-06 through 2013-14 school years and is carrying on the important work of this surveillance system.

1.3 SPECIFIC AIMS

The continuing objective of this study is to maintain the National High School Sports-Related Injury Surveillance Study among a convenience sample of US high schools. The specific aims of this study are:

- A. To determine the incidence (number) of injuries among US high school boys' football, boys' and girls' soccer, girls' volleyball, boys' and girls' basketball, boys' and girls' wrestling, boys' baseball, girls' softball, girls' field hockey, boys' ice hockey, boys' and girls' lacrosse, boys' and girls' track & field, boys' and girls' cross country, and cheerleading athletes.
- B. To calculate the rate of injuries per 1,000 athlete-competitions, per 1,000 athlete-practices, and per 1,000 athlete-exposures for US high school athletes in the 19 sports of interest.
- C. To provide detailed information about the injuries sustained by US high school athletes including the type, site, severity, initial and subsequent treatment/care, outcome, etc.
- D. To provide detailed information about the injury events including athlete demographics, position played, phase of play/activity, etc.
- E. To identify potential risk or protective factors.

1.4 PROJECT DESIGN

The National High School Sports-Related Injury Surveillance Study defined an injury as:

- A. An injury that occurred as a result of participation in an organized high school competition or practice and
- B. Required medical attention by a team physician, certified athletic trainer, personal physician, or emergency department/urgent care facility and
- C. Resulted in restriction of the high school athlete's participation for one or more days beyond the day of injury OR
- D. Any fracture, concussion, dental injury, or exertional heat event regardless of whether or not it resulted in restriction of the student-athlete's participation.

An athlete exposure was defined as one athlete participating in one practice or competition where he or she is exposed to the possibility of athletic injury. Exposure was expressed in three parts:

- A. Number of athlete-practices = the sum of the number of athletes at each practice during the past week. For example, if 20 athletes practiced on Monday through Thursday and 18 practiced on Friday, the number of athlete-practices would equal 98.
- B. Number of athlete-competitions = the sum of the number of athletes at each competition during the past week. For example, if 9 athletes played in a Freshman game, 12 in a JV game, and 14 in a Varsity game, the number of athlete-competitions would equal 35.
- C. Number of athlete-performances = the sum of the number of cheerleading athletes at each performance during the past week. For example, if 9 cheerleading athletes performed 3 times in one weekend, the number of athlete-performances would equal 27.

1.5 SAMPLE RECRUITMENT

Certified athletic trainers (AT) who provide care to high school athletes were eligible to participate. Eligible ATs received an email introducing the study and inviting them to participate. A three-stage sampling methodology was used to select study schools from all schools with ATs who expressed an interest in participating as reporters.

- A. All schools were categorized into 8 sampling strata by geographic location (northeast, midwest, south, and west) and high school size (enrollment $\leq 1,000$ or $> 1,000$ students). Participant schools were then randomly selected from each substrata to obtain 100 study schools to report for each of the 9 sports included in the original National High School Sports-Related Injury Surveillance Study (boys' football, soccer, basketball, wrestling, and baseball and girls' soccer, volleyball, basketball, and softball). This subset of 100 study schools were the randomly selected, nationally representative sample.
- B. All schools not selected in step 1 who offered any of the more rarely offered 9 sports included in the expansion of the National High School Sports-Related Injury Surveillance Study (boys' ice hockey and lacrosse and girls' field hockey, lacrosse, and wrestling) were selected for the convenience sample in an attempt to obtain as large a sample as possible reporting for these more rarely offered sports.
- C. A random sample of all schools not selected in step 1 or step 2 who offered the remaining sports of interest in the expansion of the National High School Sports-Related Injury Surveillance Study (boys' and girls' track & field, cross country, and cheerleading) were selected in an attempt to ensure at least 100 schools were reporting for each of the 19 sports of interest.

This three-step sampling methodology resulted in a large, nationally disperse convenience sample of US high schools. Participating ATs were offered a \$300-\$350 honorarium depending on the number of sports reported along with individualized school injury report and 10 Category B CEUs following the study's conclusion. As a result of the convenience sample methodology, different schools reported for the different sports of interest. See the table below:

School Participation by Sport, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	# Schools in Random Sample	# Schools in Convenience Sample	# Schools Total
Original Sports			
Football	71	21	92
Boys' Soccer	68	23	91
Girls' Soccer	70	23	93
Girls' Volleyball	72	21	93
Boys' Basketball	78	20	98
Girls' Basketball	78	21	99
Boys' Wrestling	65	15	80
Boys' Baseball	74	18	92
Girls' Softball	69	18	87
Convenience Sports			
Girls' Field Hockey	21	13	34
Boys' Ice Hockey	12	6	18
Boys' Lacrosse	29	12	41
Girls' Lacrosse	31	12	43
Boys' Track and Field	33	9	42
Girls' Track and Field	31	10	41
Boys' Cross Country	30	7	37
Girls' Cross Country	29	8	37
Cheerleading	30	8	38
Girls' Wrestling	32	3	35
Total	80	30	110

1.6 DATA COLLECTION

ATs enrolled in the National High School Sports-Related Injury Surveillance Study received an email every Monday throughout the study period reminding them to enter their school's data into the RIO surveillance system. Each participating AT was asked to complete 49 weekly exposure reports: one for each week from July 21, 2025 through June 28, 2026. Exposure reports collected exposure information (number of athlete-competitions, athlete-practices, and athlete-performances for cheerleading) and the number of reportable injuries sustained by student athletes for each sport currently in session at their school. For each reportable injury, the AT was asked to complete an injury report. The injury report collected detailed information about the injured player (e.g., age, year in school, etc.), the injury (e.g., site, type, severity, etc.) and the injury event (e.g., position played, phase of play, etc.). The internet-based surveillance tool provided ATs with the ability to view all their submitted data throughout the study and update reports as needed (e.g., need for surgery, days till resuming play, etc.).

1.7 DATA MANAGEMENT

In an effort to decrease loss-to follow up, a log of reporters' utilization of the internet-based injury surveillance system was maintained throughout the study period. Reporters who repeatedly failed to log on to complete the weekly exposure and injury reports or who had errors with their reporting were contacted by the study staff and either reminded to report, asked to correct errors, or assessed for their willingness to continue participating in the study.

1.8 DATA ANALYSIS

Data were analyzed using SAS software, version 9.4. Although fractures, concussions, dental injuries, and exertional heat illnesses resulting in <1 day time loss were collected, unless otherwise noted, analyses in this report excluded these injuries.

Injury rates were calculated as the ratio of unweighted case counts per 1,000 athlete-exposures, and they were compared using rate ratios (RR) with 95% confidence intervals (CIs). The following is an example of the RR calculation comparing the rate of injury in boys' soccer to the rate of injury in girls' soccer:

$$RR = \frac{\# \text{ boys' soccer injuries} / \text{total} \# \text{ boys' soccer athlete-exposures}}{\# \text{ girls' soccer injuries} / \text{total} \# \text{ girls' soccer athlete-exposures}}$$

Injury proportions were compared using injury proportion ratios (IPR) and corresponding 95% CIs. The following is an example of the IPR calculation comparing the proportion of boys' soccer concussions to the proportion of girls' soccer concussions:

$$IPR = \frac{\# \text{ boys' soccer concussions} / \text{total} \# \text{ boys' soccer injuries}}{\# \text{ girls' soccer concussions} / \text{total} \# \text{ girls' soccer injuries}}$$

An RR or IPR >1.00 suggests a risk association while an RR or IPR <1.00 suggests a protective association. CIs not including 1.00 were considered statistically significant.

II. OVERALL INJURY EPIDEMIOLOGY

Table 2.1 Injury Rates by Sport and Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Event Type	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Overall	Total	4,510	2,219,769	2.03
	Competition	2,543	587,347	4.33
	Performance	6	16,619	0.36
	Practice	1,961	1,615,803	1.21
Boys' Football	Total	1,383	382,639	3.61
	Competition	856	66,270	12.92
	Practice	527	316,369	1.67
Boys' Soccer	Total	380	193,906	1.96
	Competition	263	58,170	4.52
	Practice	117	135,736	0.86
Girls' Soccer	Total	338	154,382	2.19
	Competition	244	48,813	5.00
	Practice	94	105,569	0.89
Girls' Volleyball	Total	203	155,102	1.31
	Competition	87	53,629	1.62
	Practice	116	101,473	1.14
Boys' Basketball	Total	376	212,479	1.77
	Competition	194	64,882	2.99
	Practice	182	147,597	1.23
Girls' Basketball	Total	248	134,536	1.84
	Competition	141	42,437	3.32
	Practice	107	92,099	1.16
Boys' Wrestling	Total	368	157,822	2.33
	Competition	169	38,647	4.37
	Practice	199	119,175	1.67

<i>Girls' Wrestling</i>	<i>Total</i>	<i>126</i>	<i>36,983</i>	<i>3.41</i>
	Competition	62	8,444	7.34
	Practice	64	28,539	2.24
<i>Boys' Baseball</i>	<i>Total</i>	<i>171</i>	<i>161,383</i>	<i>1.06</i>
	Competition	113	57,322	1.97
	Practice	58	104,061	0.56
<i>Girls' Softball</i>	<i>Total</i>	<i>130</i>	<i>104,539</i>	<i>1.24</i>
	Competition	68	37,373	1.82
	Practice	62	67,166	0.92
<i>Girls' Field Hockey</i>	<i>Total</i>	<i>95</i>	<i>47,993</i>	<i>1.98</i>
	Competition	53	15,520	3.41
	Practice	42	32,473	1.29
<i>Boys' Ice Hockey</i>	<i>Total</i>	<i>50</i>	<i>33,803</i>	<i>1.48</i>
	Competition	41	10,970	3.74
	Practice	9	22,833	0.39
<i>Boys' Lacrosse</i>	<i>Total</i>	<i>213</i>	<i>78,937</i>	<i>2.70</i>
	Competition	126	23,002	5.48
	Practice	87	55,935	1.56
<i>Girls' Lacrosse</i>	<i>Total</i>	<i>121</i>	<i>62,804</i>	<i>1.93</i>
	Competition	56	18,974	2.95
	Practice	65	43,830	1.48
<i>Boys' Track and Field</i>	<i>Total</i>	<i>111</i>	<i>88,553</i>	<i>1.25</i>
	Competition	40	15,256	2.62
	Practice	71	73,297	0.97
<i>Girls' Track and Field</i>	<i>Total</i>	<i>81</i>	<i>72,601</i>	<i>1.12</i>
	Competition	15	13,795	1.09
	Practice	66	58,806	1.12

Boys' Cross Country	Total	25	34,147	0.73
	Competition	3	5,352	0.56
	Practice	22	28,795	0.76
Girls' Cross Country	Total	22	31,841	0.69
	Competition	9	4,714	1.91
	Practice	13	27,127	0.48
Cheerleading	Total	69	75,319	0.92
	Competition	3	3,777	0.79
	Performance	6	16,619	0.36
	Practice	60	54,923	1.09

* Only includes injuries resulting in ≥1 day time loss.

Table 2.2 Proportion of Injuries Resulting in Time Loss, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	< 1 Day Time Loss	≥ 1 Day Time Loss	Time Loss Data Missing	Total
	%	%	%	%
Overall	4.4%	91.2%	4.4%	100.0%
Boys' Football	4.2%	90.2%	5.6%	100.0%
Boys' Soccer	4.3%	91.8%	3.9%	100.0%
Girls' Soccer	4.5%	90.1%	5.3%	100.0%
Girls' Volleyball	3.7%	94.4%	1.9%	100.0%
Boys' Basketball	6.3%	90.4%	3.4%	100.0%
Girls' Basketball	3.4%	93.6%	3.0%	100.0%
Boys' Wrestling	4.9%	90.4%	4.7%	100.0%
Girls' Wrestling	3.6%	91.3%	5.1%	100.0%
Boys' Baseball	6.7%	88.1%	5.2%	100.0%
Girls' Softball	2.2%	95.6%	2.2%	100.0%
Girls' Field Hockey	3.9%	92.2%	3.9%	100.0%
Boys' Ice Hockey	8.8%	87.7%	3.5%	100.0%
Boys' Lacrosse	2.7%	95.5%	1.8%	100.0%
Girls' Lacrosse	5.3%	91.0%	3.8%	100.0%
Boys' Track and Field	1.7%	94.1%	4.2%	100.0%
Girls' Track and Field	1.1%	93.2%	5.7%	100.0%
Boys' Cross Country	3.2%	80.6%	16.1%	100.0%
Girls' Cross Country	8.3%	91.7%	0.0%	100.0%
Cheerleading	7.8%	89.6%	2.6%	100.0%

* By study definition, non-time loss injuries were fractures, concussions, dental injuries, and exertional heat events that resulted in < 1 day time loss. These injuries are not included in any other analyses because they accounted for a small proportion of all injuries.

Table 2.3 Demographic Characteristics of Injured Athletes by Sex, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	Male		Female	
	n	%	n	%
Freshman	661	23.0%	369	27.6%
Sophomore	716	24.9%	338	25.3%
Junior	668	23.2%	344	25.7%
Senior	835	29.0%	286	21.4%
Total **	2,880	100.0%	1,337	100.0%

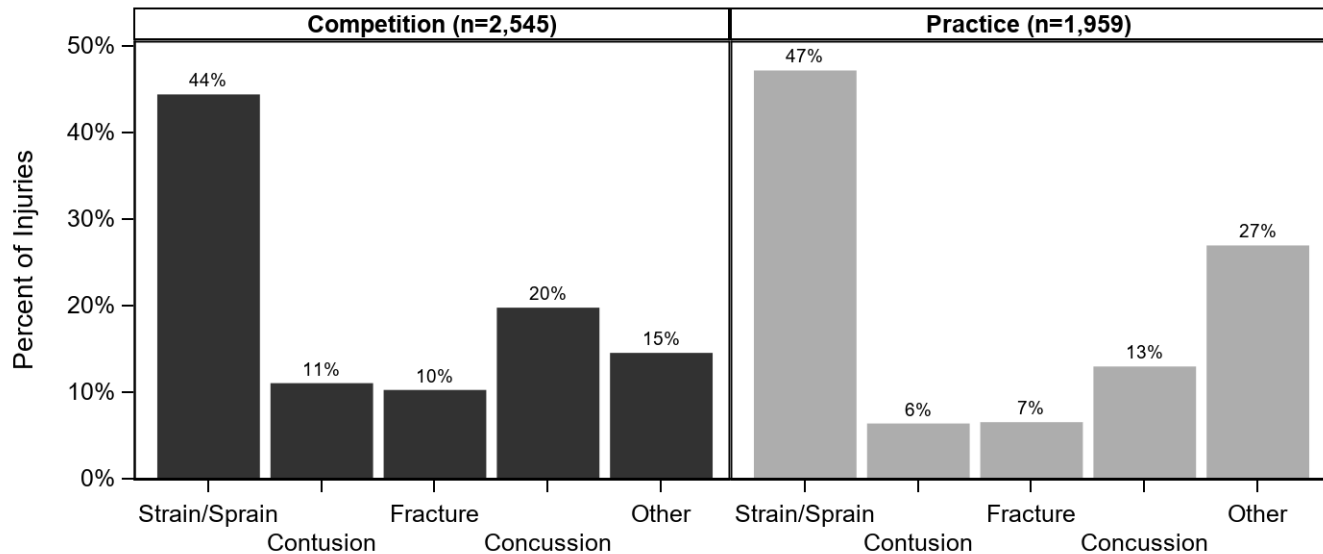
Age (years)		
Minimum	13	13
Maximum	19	19
Mean (SD)	15.9 (1.3)	15.7 (1.2)
n	2,461	1,156

BMI		
Minimum	15.1	14.2
Maximum	58.2	45.0
Mean (SD)	24.3 (4.6)	22.1 (3.6)
n	1,858	814

* All analyses in this report present un-weighted data.

** Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 2.1 Injury Diagnosis by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year



* Competition includes cheerleading performance related injuries.

Table 2.4 Body Site of Injury by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Head/Face	582	22.8%	317	16.2%	899	19.9%
Ankle	421	16.5%	345	17.6%	766	17.0%
Knee	373	14.6%	246	12.6%	619	13.7%
Hip/Thigh/Upper Leg	263	10.3%	253	12.9%	516	11.4%
Hand/Wrist	230	9.0%	188	9.6%	418	9.3%
Shoulder	215	8.4%	116	5.9%	331	7.3%
Lower Leg	104	4.1%	150	7.7%	254	5.6%
Trunk	88	3.5%	125	6.4%	213	4.7%
Arm/Elbow	112	4.4%	69	3.5%	181	4.0%
Foot	72	2.8%	88	4.5%	160	3.5%
Other	47	1.8%	18	0.9%	65	1.4%
Neck	30	1.2%	25	1.3%	55	1.2%
Systemic	12	0.5%	20	1.0%	32	0.7%
Total	2,549	100.0%	1,960	100.0%	4,509	100.0%

* Competition includes cheerleading performance related injuries. These were not summarized individually due to them totaling less than 1.0% of all injuries. Totals and n's are not always equal due to slight rounding or missing responses.

Table 2.5 Most Commonly Injured Ankle Structures, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Male (n=447)		Female (n=278)		Overall (n=725)	
Ankle Ligament Injuries	n	%	n	%	n	%
Anterior Talofibular Ligament	323	72.3%	228	82.0%	551	76.0%
Calcaneofibular Ligament	110	24.6%	88	31.7%	198	27.3%
Anterior Tibiofibular Ligament	82	18.3%	37	13.3%	119	16.4%
Posterior Talofibular Ligament	30	6.7%	41	14.7%	71	9.8%
Deltoid Ligament	31	6.9%	12	4.3%	43	5.9%
Posterior Tibiofibular Ligament	13	2.9%	7	2.5%	20	2.8%

* Multiple ligament responses allowed per injury report. Totals and n's are not always equal due to slight rounding or missing responses.

Table 2.6 Most Commonly Injured Knee Structures, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Male (n=400)		Female (n=191)		Overall (n=591)	
Knee Ligament Injuries	n	%	n	%	n	%
Patella and/or Patellar Tendon	112	28.0%	79	41.4%	191	32.3%
Anterior Cruciate Ligament	77	19.3%	47	24.6%	124	21.0%
Medial Collateral Ligament	87	21.8%	27	14.1%	114	19.3%
Torn Cartilage (Meniscus)	72	18.0%	28	14.7%	100	16.9%
Lateral Collateral Ligament	26	6.5%	4	2.1%	30	5.1%
Posterior Cruciate Ligament	9	2.3%	3	1.6%	12	2.0%

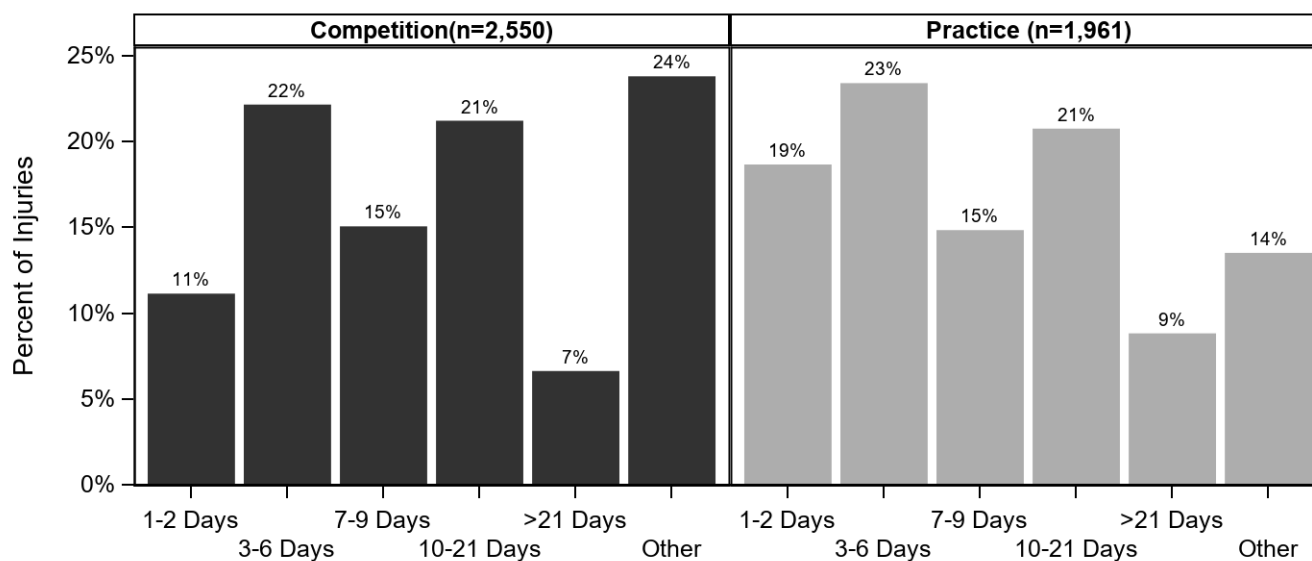
* Multiple ligament responses allowed per injury report. Totals and n's are not always equal due to slight rounding or missing responses.

Table 2.7 Ten Most Common Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Competition (n=2,544)		Practice (n=1,958)		Overall (n=4,502)	
	n	%	n	%	n	%
Head/Face Concussion	503	19.8%	253	12.9%	756	16.8%
Ankle Strain/Sprain	383	15.1%	313	16.0%	696	15.5%
Hip/Thigh/Upper Leg Strain/Sprain	201	7.9%	207	10.6%	408	9.1%
Knee Strain/Sprain	195	7.7%	88	4.5%	283	6.3%
Knee Other	107	4.2%	142	7.3%	249	5.5%
Hand/Wrist Fracture	111	4.4%	66	3.4%	177	3.9%
Shoulder Strain/Sprain	104	4.1%	58	3.0%	162	3.6%
Shoulder Other	100	3.9%	52	2.7%	152	3.4%
Hand/Wrist Strain/Sprain	59	2.3%	81	4.1%	140	3.1%
Lower Leg Other	14	0.6%	102	5.2%	116	2.6%

* Competition includes cheerleading performance related injuries. These were not summarized individually due to them totaling less than 1.0% of all injuries.

Figure 2.2 Time Loss by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year



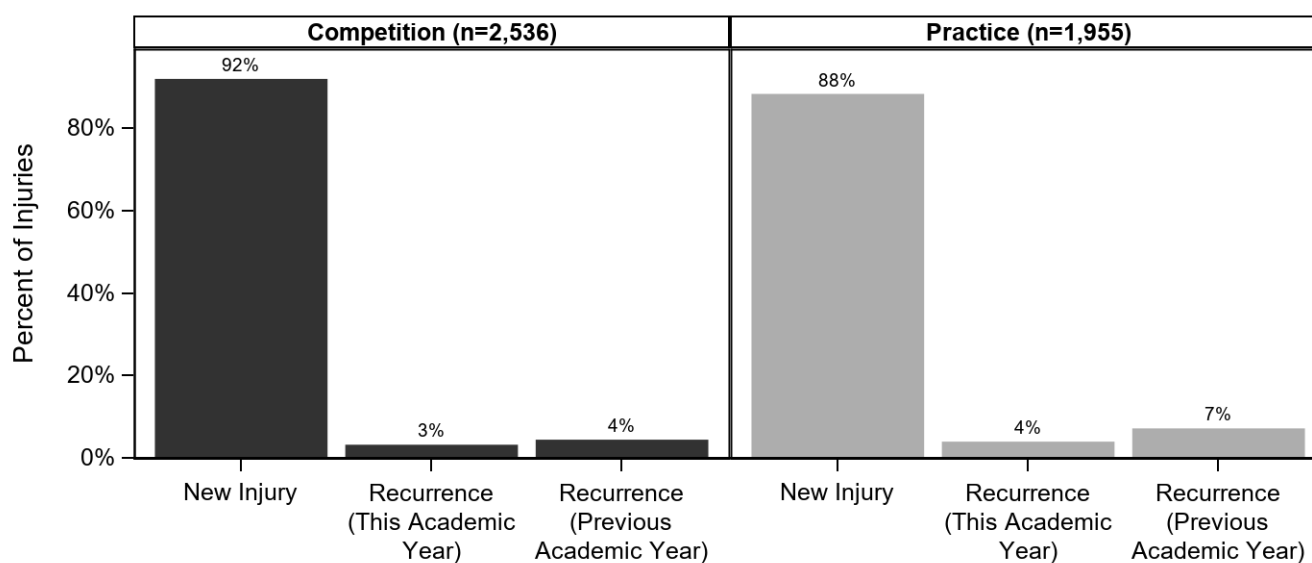
* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play. Competition includes cheerleading performance related injuries

Table 2.8 Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	219	8.7%	93	4.8%	312	7.0%
Did Not Require Surgery	2,300	91.3%	1,844	95.2%	4,144	93.0%
Total	2,519	100.0%	1,937	100.0%	4,456	100.0%

* Competition includes cheerleading performance related injuries. Totals and n's are not always equal due to slight rounding or missing responses.

Figure 2.3 New and Recurring Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year



* Competition includes cheerleading performance related injuries.

Table 2.9 Time during Season of Injury, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	842	18.7%
Regular Season	3,440	76.4%
Post Season	214	4.8%
Unknown/Other	4	0.1%
Total	4,500	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 2.10 Practice-Related Variables, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	131	6.9%
Second 1/2 Hour	242	12.8%
1-2 Hours into Practice	857	45.4%
>2 Hours into Practice	59	3.1%
Unknown	598	31.7%
Total	1,887	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 2.11 Methods for Injury Evaluation and Assessment, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Injuries Evaluated By:	n=4,511	%
Certified Athletic Trainer	4,198	93.1%
Orthopedic Physician	807	17.9%
Physician/Pediatrician	667	14.8%
Other	80	1.8%
Nurse Practitioner	66	1.5%
Physician's Assistant	56	1.2%
Neurologist/Neuropsychologist	35	0.8%
School Nurse	26	0.6%
Chiropractor	20	0.4%

Assessment Method:	n=4,511	%
Evaluation	4,446	98.6%
X-Ray	1,574	34.9%
MRI	533	11.8%
CT-Scan	66	1.5%
Blood Work/Lab Test	29	0.6%
Other	24	0.5%

* Multiple responses allowed per injury report. Totals and n's are not always equal due to slight rounding or missing responses.

III. BOYS' FOOTBALL INJURY EPIDEMIOLOGY

Table 3.1 Football Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	1,383	382,639	3.61
Competition	856	66,270	12.92
Practice	527	316,369	1.67

* All analyses in this report present un-weighted data

Table 3.2 Demographic Characteristics of Injured Football Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	318	24.2%
Sophomore	318	24.2%
Junior	294	22.3%
Senior	386	29.3%
Total	1,316	100.0%

Age (years)	
Minimum	13
Maximum	19
Mean (SD)	15.8 (1.3)
n	1,107

BMI	
Minimum	15.4
Maximum	58.2
Mean (SD)	25.8 (5.0)
n	837

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 3.1 Diagnosis of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

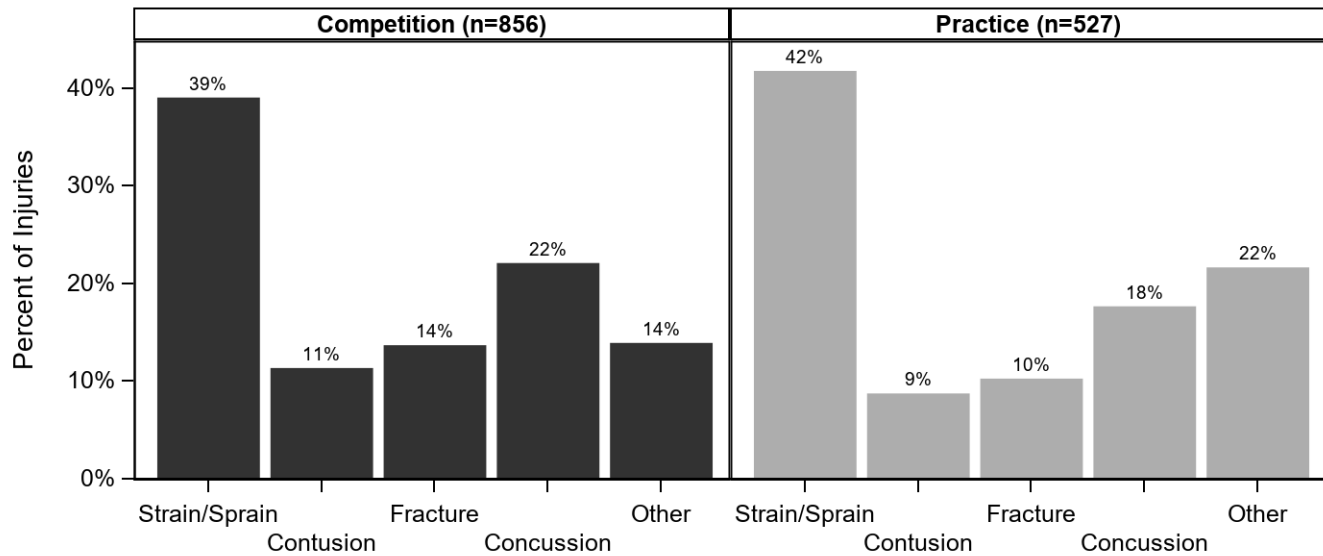


Table 3.3 Body Site of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

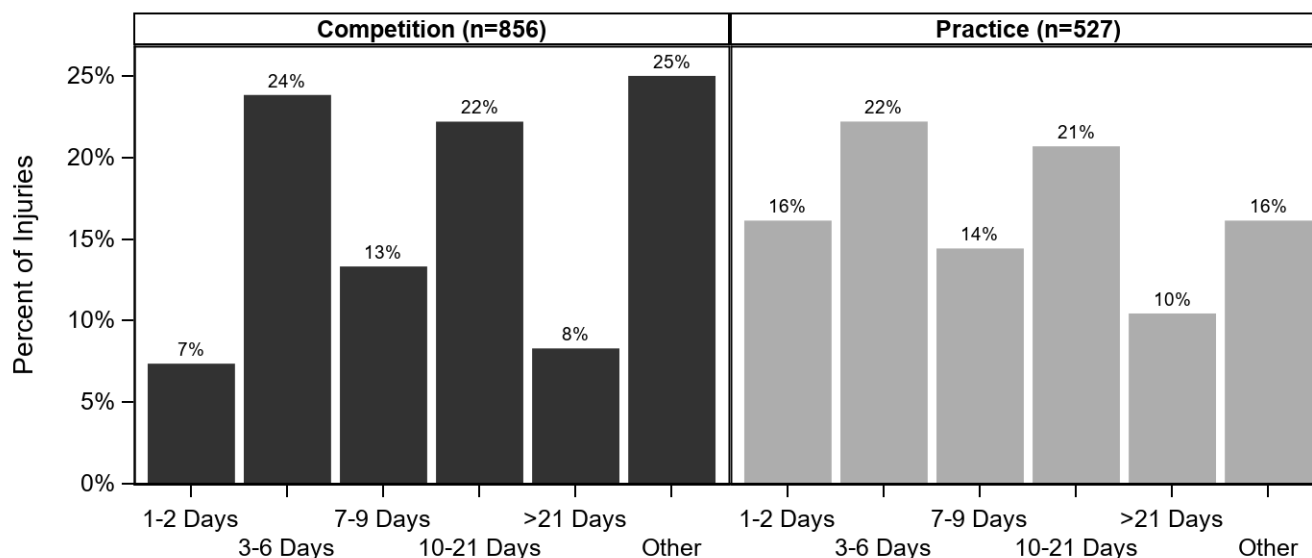
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Head/Face	197	23.0%	101	19.2%	298	21.6%
Knee	134	15.7%	58	11.0%	192	13.9%
Ankle	115	13.5%	69	13.1%	184	13.3%
Hand/Wrist	90	10.5%	72	13.7%	162	11.7%
Shoulder	98	11.5%	43	8.2%	141	10.2%
Hip/Thigh/Upper Leg	55	6.4%	59	11.2%	114	8.2%
Trunk	27	3.2%	38	7.2%	65	4.7%
Lower Leg	43	5.0%	19	3.6%	62	4.5%
Arm/Elbow	36	4.2%	25	4.7%	61	4.4%
Other	29	3.4%	9	1.7%	38	2.7%
Foot	15	1.8%	16	3.0%	31	2.2%
Neck	12	1.4%	10	1.9%	22	1.6%
Systemic	4	0.5%	8	1.5%	12	0.9%
Total	855	100.0%	527	100.0%	1,382	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 3.4 Ten Most Common Football Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=855)		Practice (n=527)		Overall (n=1,382)	
	n	%	n	%	n	%
Head/Face Concussion	189	22.1%	93	17.6%	282	20.4%
Ankle Strain/Sprain	101	11.8%	61	11.6%	162	11.7%
Knee Strain/Sprain	70	8.2%	30	5.7%	100	7.2%
Hand/Wrist Fracture	45	5.3%	33	6.3%	78	5.6%
Hip/Thigh/Upper Leg Strain/Sprain	34	4.0%	44	8.3%	78	5.6%
Shoulder Other	47	5.5%	20	3.8%	67	4.8%
Shoulder Strain/Sprain	45	5.3%	18	3.4%	63	4.6%
Knee Other	37	4.3%	25	4.7%	62	4.5%
Hand/Wrist Strain/Sprain	21	2.5%	21	4.0%	42	3.0%
Trunk Strain/Sprain	10	1.2%	21	4.0%	31	2.2%

Figure 3.2 Time Loss of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 3.5 Football Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	92	10.9%	41	8.0%	133	9.8%
Did Not Require Surgery	752	89.1%	474	92.0%	1,226	90.2%
Total	844	100.0%	515	100.0%	1,359	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 3.3 History of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

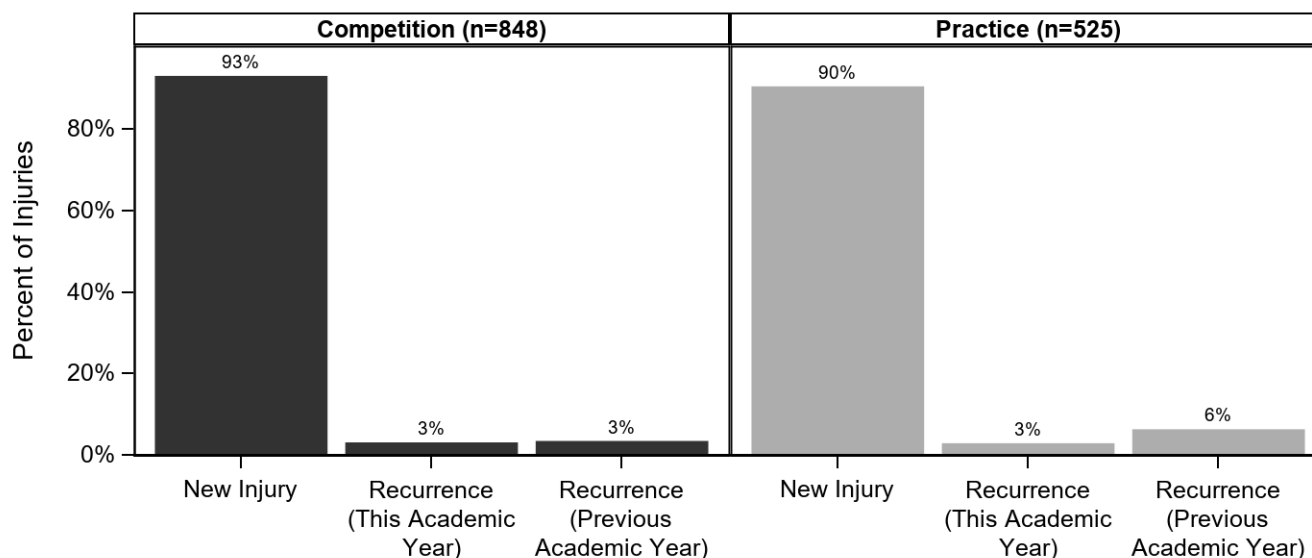


Table 3.6 Time during Season of Football Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	261	18.9%
Regular Season	1,042	75.5%
Post Season	77	5.6%
Total	1,380	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 3.7 Competition-Related Variables for Football Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	10	1.3%
First Quarter	80	10.5%
Second Quarter	245	32.2%
Third Quarter	240	31.5%
Fourth Quarter	184	24.2%
Overtime	2	0.3%
Total	761	100.0%

Field Location		
End Zone	17	2.2%
Red Zone (20 Yard Line to Goal Line)	100	12.9%
Between the 20 Yard Lines	460	59.3%
Off the Field	5	0.6%
Unknown	194	25.0%
Total	776	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 3.8 Practice-Related Variables for Football Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	27	5.4%
Second 1/2 Hour	68	13.5%
1-2 Hours into Practice	261	52.0%
>2 Hours into Practice	22	4.4%
Unknown	124	24.7%
Total	502	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 3.4 Player Position of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

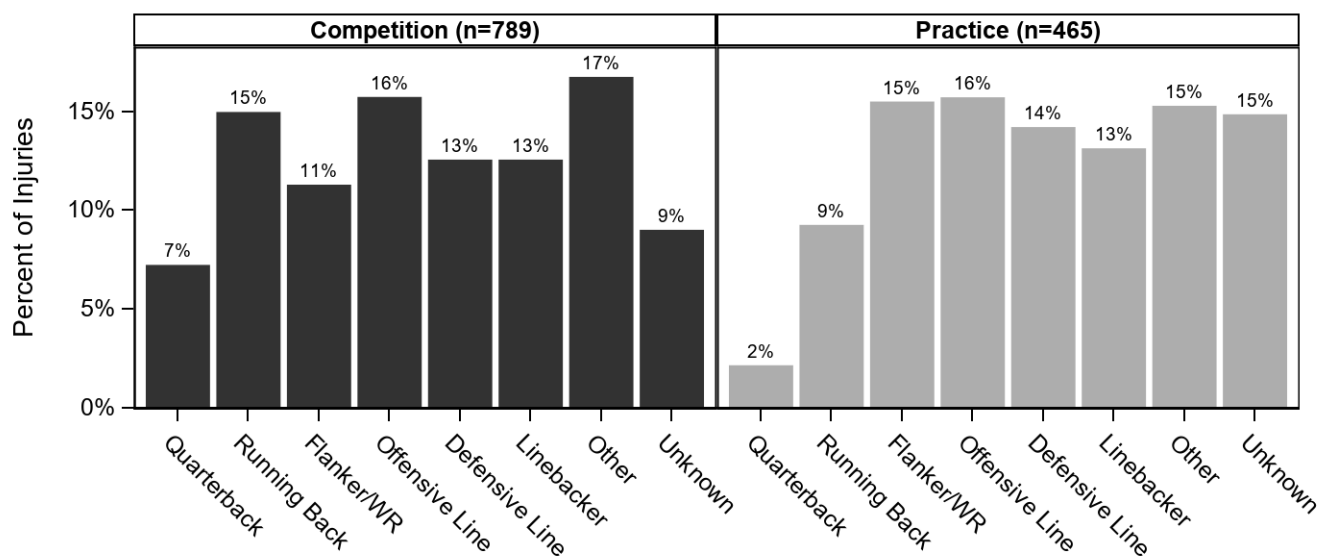


Table 3.9 Activities Leading to Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Being Tackled	243	30.5%	57	11.8%	300	23.5%
Tackling	206	25.8%	76	15.8%	282	22.0%
Blocking	120	15.1%	81	16.8%	201	15.7%
Unknown	80	10.0%	67	13.9%	147	11.5%
Being Blocked	38	4.8%	41	8.5%	79	6.2%
Stepped On, Fell On or Kicked	43	5.4%	18	3.7%	61	4.8%
N/A **	11	1.4%	48	10.0%	59	4.6%
Other	25	3.1%	32	6.6%	57	4.5%
Rotation Around a Planted Foot/Inversion	21	2.6%	35	7.3%	56	4.4%
Contact with Ball	7	0.9%	17	3.5%	24	1.9%
Uneven Playing Surface	3	0.4%	6	1.2%	9	0.7%
Contact with Blocking Sled/Dummy	0	0.0%	4	0.8%	4	0.3%
Total	797	100.0%	482	100.0%	1,279	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

** N/A category consists of skin infections, overuse injuries, heat illness, etc.

Table 3.10 Activity Resulting in Football Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Being Blocked	29	5.6%	8	6.0%	10	6.2%	25	9.9%	7	3.2%
Being Tackled	99	19.3%	52	38.8%	46	28.4%	69	27.3%	34	15.7%
Blocking	81	15.8%	18	13.4%	19	11.7%	49	19.4%	34	15.7%
Contact with Ball	5	1.0%	1	0.7%	10	6.2%	0	0.0%	8	3.7%
Contact with Blocking Sled/Dummy	2	0.4%	1	0.7%	1	0.6%	0	0.0%	0	0.0%
N/A **	26	5.1%	1	0.7%	0	0.0%	0	0.0%	32	14.8%
Other	33	6.4%	3	2.2%	8	4.9%	5	2.0%	8	3.7%
Rotation Around a Planted Foot/Inversion	44	8.6%	0	0.0%	2	1.2%	0	0.0%	10	4.6%
Stepped On, Fell On or Kicked	32	6.2%	13	9.7%	14	8.6%	1	0.4%	1	0.5%
Tackling	91	17.7%	31	23.1%	36	22.2%	71	28.1%	53	24.5%
Uneven Playing Surface	6	1.2%	0	0.0%	1	0.6%	0	0.0%	2	0.9%
Unknown	66	12.8%	6	4.5%	15	9.3%	33	13.0%	27	12.5%
Total	514	100.0%	134	100.0%	162	100.0%	253	100.0%	216	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

** N/A category consists of skin infections, overuse injuries, heat illness, etc.

IV. BOYS' SOCCER INJURY EPIDEMIOLOGY

Table 4.1 Boys' Soccer Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	380	193,906	1.96
Competition	263	58,170	4.52
Practice	117	135,736	0.86

* All analyses in this report present un-weighted data.

Table 4.2 Demographic Characteristics of Injured Boys' Soccer Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	74	20.6%
Sophomore	87	24.2%
Junior	91	25.3%
Senior	108	30.0%
Total	360	100.0%

Age (years)	
Minimum	14
Maximum	19
Mean (SD)	16.0 (1.2)
n	312

BMI	
Minimum	16.0
Maximum	35.0
Mean (SD)	22.3 (3.0)
n	249

* Throughout this report, totals and n's represent the total un-weighted numbers of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 4.1 Diagnosis of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

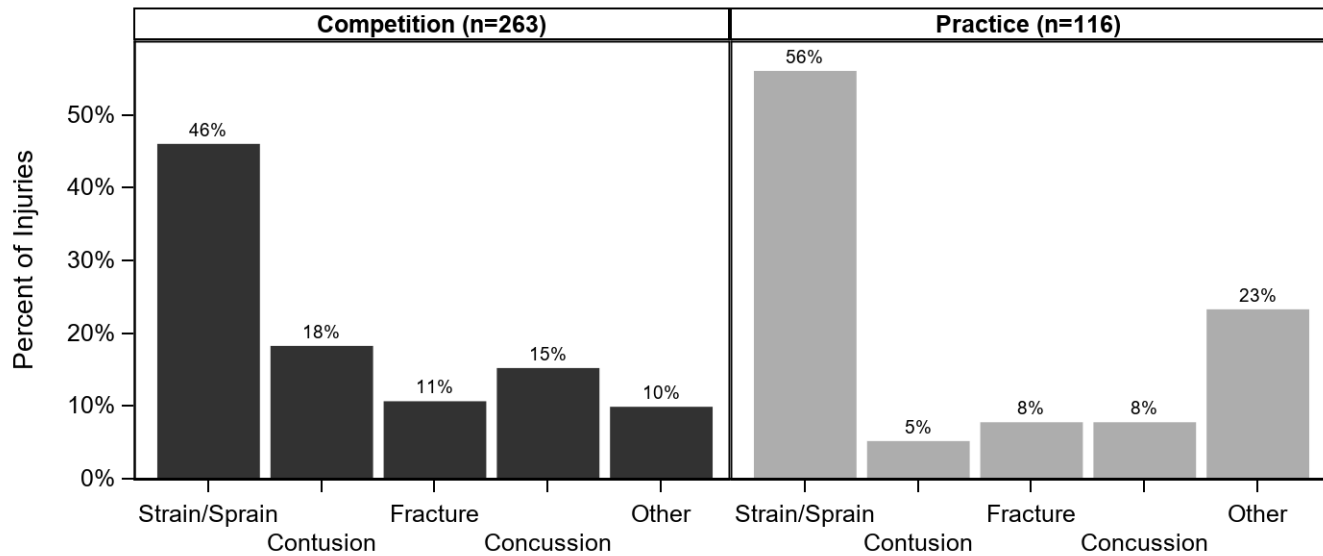


Table 4.3 Body Site of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

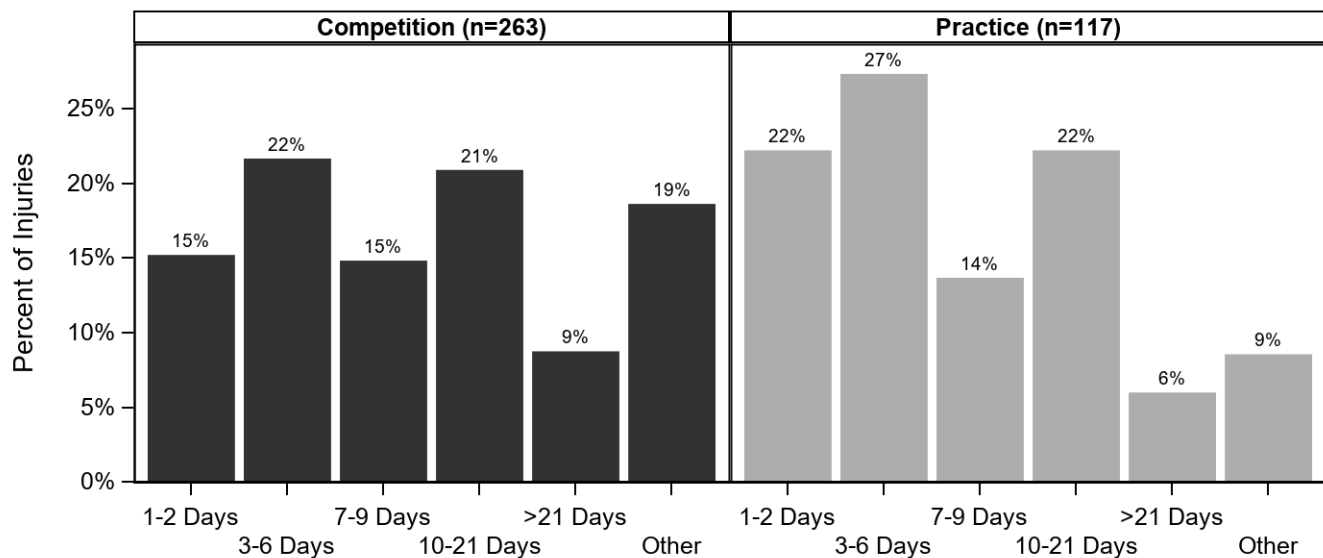
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Hip/Thigh/Upper Leg	54	20.5%	27	23.1%	81	21.3%
Ankle	46	17.5%	24	20.5%	70	18.4%
Head/Face	51	19.4%	11	9.4%	62	16.3%
Knee	37	14.1%	10	8.5%	47	12.4%
Lower Leg	17	6.5%	15	12.8%	32	8.4%
Hand/Wrist	16	6.1%	11	9.4%	27	7.1%
Foot	18	6.8%	7	6.0%	25	6.6%
Trunk	8	3.0%	10	8.5%	18	4.7%
Arm/Elbow	5	1.9%	2	1.7%	7	1.8%
Shoulder	7	2.7%	0	0.0%	7	1.8%
Other	3	1.1%	0	0.0%	3	0.8%
Neck	1	0.4%	0	0.0%	1	0.3%
Total	263	100.0%	117	100.0%	380	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 4.4 Ten Most Common Boys' Soccer Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=263)		Practice (n=116)		Overall (n=379)	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg Strain/Sprain	37	14.1%	25	21.6%	62	16.4%
Ankle Strain/Sprain	39	14.8%	22	19.0%	61	16.1%
Head/Face Concussion	40	15.2%	9	7.8%	49	12.9%
Knee Strain/Sprain	22	8.4%	2	1.7%	24	6.3%
Hand/Wrist Fracture	10	3.8%	4	3.4%	14	3.7%
Lower Leg Other	2	0.8%	12	10.3%	14	3.7%
Hip/Thigh/Upper Leg Contusion	13	4.9%	0	0.0%	13	3.4%
Knee Other	6	2.3%	7	6.0%	13	3.4%
Foot Contusion	8	3.0%	4	3.4%	12	3.2%
Hand/Wrist Strain/Sprain	4	1.5%	6	5.2%	10	2.6%

Figure 4.2 Time Loss of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 4.5 Boys' Soccer Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	11	4.2%	4	3.4%	15	4.0%
Did Not Require Surgery	250	95.8%	112	96.6%	362	96.0%
Total	261	100.0%	116	100.0%	377	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 4.3 History of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

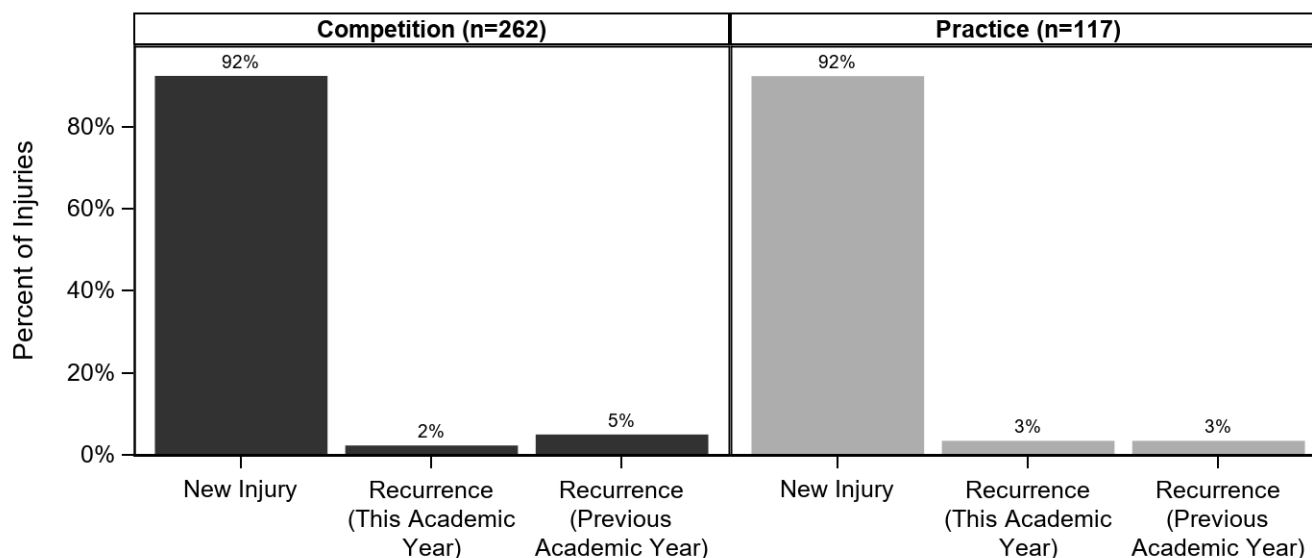


Table 4.6 Time during Season of Boys' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	64	16.8%
Regular Season	301	79.2%
Post Season	15	3.9%
Total	380	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 4.7 Competition-Related Variables for Boys' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	9	3.8%
First Half	51	21.3%
Second Half	128	53.3%
Overtime	2	0.8%
Unknown	50	20.8%
Total	240	100.0%

Field Location		
Goal Box (Defense)	32	13.4%
Goal Box (Offense)	16	6.7%
Side of Goal Box (Defense)	10	4.2%
Side of Goal Box (Offense)	16	6.7%
Top of Goal Box Extended to Center Line (Offense)	35	14.7%
Top of Goal Box Extended to Center Line (Defense)	19	8.0%
Off the Field	4	1.7%
Unknown	106	44.5%
Total	238	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 4.8 Practice-Related Variables for Boys' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	9	7.8%
Second 1/2 Hour	9	7.8%
1-2 Hours into Practice	63	54.8%
>2 Hours into Practice	2	1.7%
Unknown	32	27.8%
Total	115	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 4.4 Player Position of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

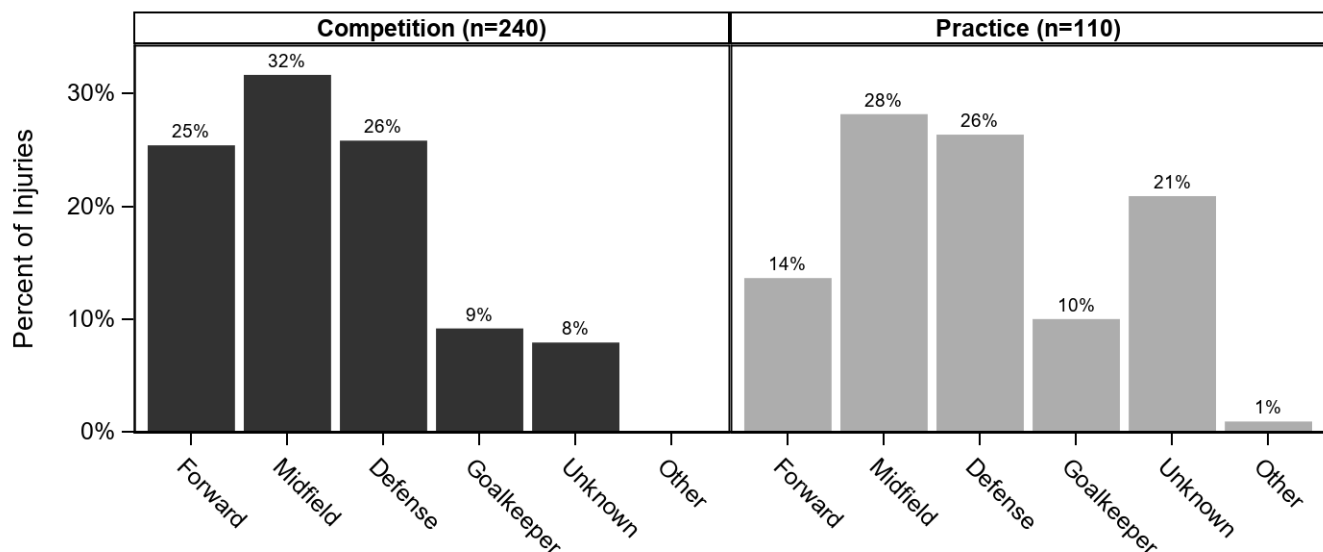


Table 4.9 Activities Leading to Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	59	24.2%	39	35.1%	98	27.6%
Defending	38	15.6%	11	9.9%	49	13.8%
Unknown	24	9.8%	12	10.8%	36	10.1%
Chasing Loose Ball	27	11.1%	6	5.4%	33	9.3%
Ball Handling/Dribbling	21	8.6%	7	6.3%	28	7.9%
Goaltending	16	6.6%	8	7.2%	24	6.8%
Shooting	14	5.7%	8	7.2%	22	6.2%
Heading Ball	17	7.0%	3	2.7%	20	5.6%
Blocking Shot	11	4.5%	4	3.6%	15	4.2%
Receiving Pass	8	3.3%	1	0.9%	9	2.5%
Conditioning	0	0.0%	9	8.1%	9	2.5%
Passing	4	1.6%	1	0.9%	5	1.4%
Receiving a Slide Tackle	3	1.2%	1	0.9%	4	1.1%
Other	1	0.4%	1	0.9%	2	0.6%
Attempting a Slide Tackle	1	0.4%	0	0.0%	1	0.3%
Total	244	100.0%	111	100.0%	355	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 4.10 Activity Resulting in Boys' Soccer Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Attempting a Slide Tackle	0	0.0%	0	0.0%	0	0.0%	1	2.2%	0	0.0%
Ball Handling/Dribbling	18	10.3%	4	8.0%	3	8.8%	0	0.0%	2	4.1%
Blocking Shot	9	5.1%	1	2.0%	1	2.9%	4	8.7%	0	0.0%
Chasing Loose Ball	18	10.3%	7	14.0%	4	11.8%	1	2.2%	3	6.1%
Conditioning	8	4.6%	0	0.0%	0	0.0%	0	0.0%	1	2.0%
Defending	22	12.6%	13	26.0%	4	11.8%	9	19.6%	1	2.0%
General Play	48	27.4%	12	24.0%	9	26.5%	7	15.2%	22	44.9%
Goaltending	8	4.6%	3	6.0%	1	2.9%	7	15.2%	5	10.2%
Heading Ball	0	0.0%	2	4.0%	4	11.8%	11	23.9%	3	6.1%
Other	1	0.6%	0	0.0%	0	0.0%	0	0.0%	1	2.0%
Passing	3	1.7%	1	2.0%	1	2.9%	0	0.0%	0	0.0%
Receiving Pass	2	1.1%	3	6.0%	2	5.9%	2	4.3%	0	0.0%
Receiving a Slide Tackle	1	0.6%	0	0.0%	2	5.9%	1	2.2%	0	0.0%
Shooting	18	10.3%	1	2.0%	1	2.9%	1	2.2%	1	2.0%
Unknown	19	10.9%	3	6.0%	2	5.9%	2	4.3%	10	20.4%
Total	175	100.0%	50	100.0%	34	100.0%	46	100.0%	49	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

V. GIRLS' SOCCER INJURY EPIDEMIOLOGY

Table 5.1 Girls' Soccer Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	338	154,382	2.19
Competition	244	48,813	5.00
Practice	94	105,569	0.89

* All analyses in this report present un-weighted data

Table 5.2 Demographic Characteristics of Injured Girls' Soccer Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	65	20.0%
Sophomore	84	25.8%
Junior	95	29.2%
Senior	81	24.9%
Total	325	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.8 (1.2)
n	282

BMI	
Minimum	16.2
Maximum	33.3
Mean (SD)	21.8 (2.9)
n	202

* Throughout this report, totals and n's represent the total un-weighted numbers of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 5.1 Diagnosis of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

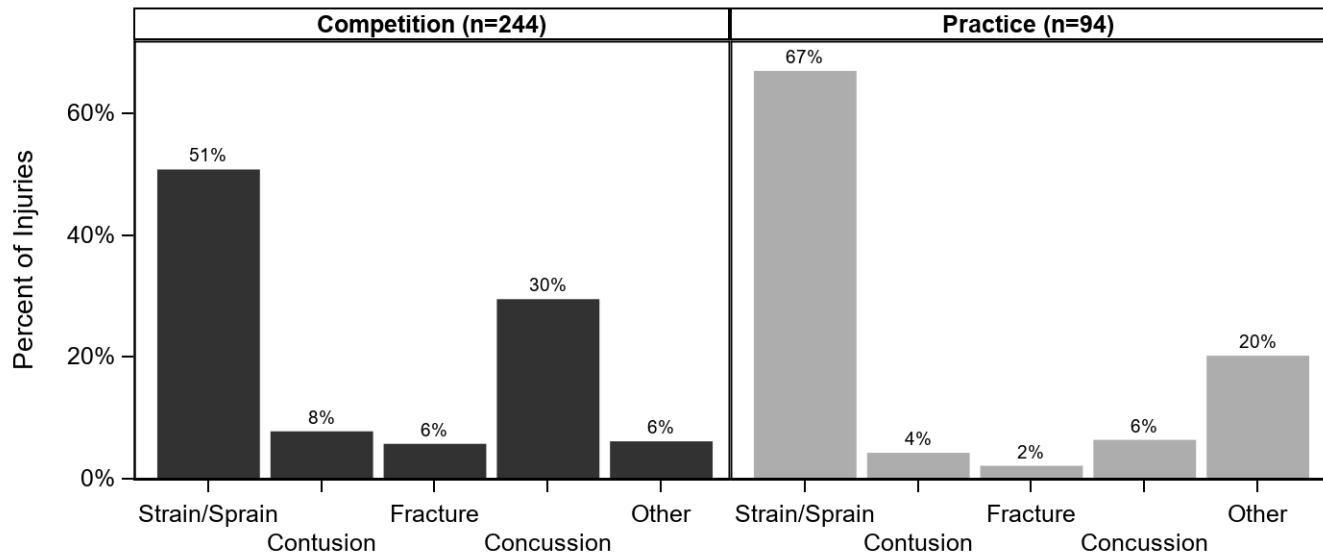


Table 5.3 Body Site of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

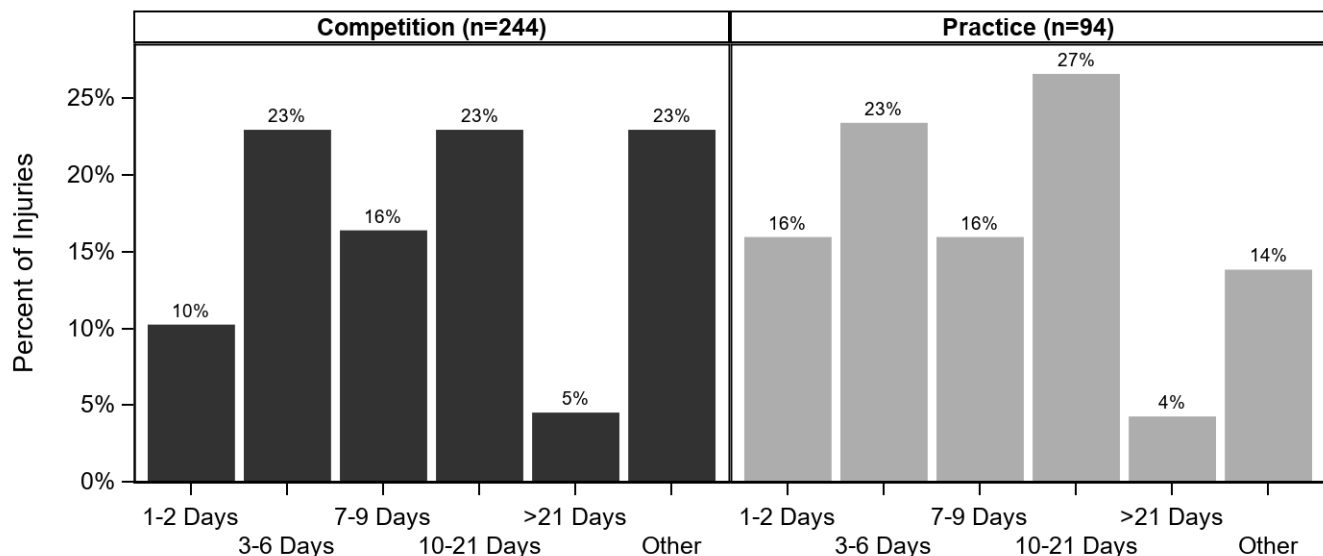
Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Head/Face	76	31.1%	7	7.4%	83	24.6%
Ankle	53	21.7%	23	24.5%	76	22.5%
Hip/Thigh/Upper Leg	36	14.8%	25	26.6%	61	18.0%
Knee	41	16.8%	17	18.1%	58	17.2%
Lower Leg	10	4.1%	7	7.4%	17	5.0%
Foot	5	2.0%	9	9.6%	14	4.1%
Trunk	6	2.5%	4	4.3%	10	3.0%
Hand/Wrist	8	3.3%	1	1.1%	9	2.7%
Arm/Elbow	3	1.2%	0	0.0%	3	0.9%
Shoulder	3	1.2%	0	0.0%	3	0.9%
Other	2	0.8%	0	0.0%	2	0.6%
Systemic	1	0.4%	1	1.1%	2	0.6%
Total	244	100.0%	94	100.0%	338	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 5.4 Ten Most Common Girls' Soccer Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=244)		Practice (n=94)		Overall (n=338)	
	n	%	n	%	n	%
Head/Face Concussion	72	29.5%	6	6.4%	78	23.1%
Ankle Strain/Sprain	48	19.7%	22	23.4%	70	20.7%
Hip/Thigh/Upper Leg Strain/Sprain	32	13.1%	24	25.5%	56	16.6%
Knee Strain/Sprain	24	9.8%	7	7.4%	31	9.2%
Knee Other	10	4.1%	10	10.6%	20	5.9%
Lower Leg Strain/Sprain	7	2.9%	2	2.1%	9	2.7%
Foot Strain/Sprain	1	0.4%	5	5.3%	6	1.8%
Foot Contusion	2	0.8%	3	3.2%	5	1.5%
Hand/Wrist Strain/Sprain	4	1.6%	1	1.1%	5	1.5%
Knee Contusion	5	2.0%	0	0.0%	5	1.5%

Figure 5.2 Time Loss of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 5.5 Girls' Soccer Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	16	6.6%	3	3.2%	19	5.7%
Did Not Require Surgery	226	93.4%	90	96.8%	316	94.3%
Total	242	100.0%	93	100.0%	335	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 5.3 History of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

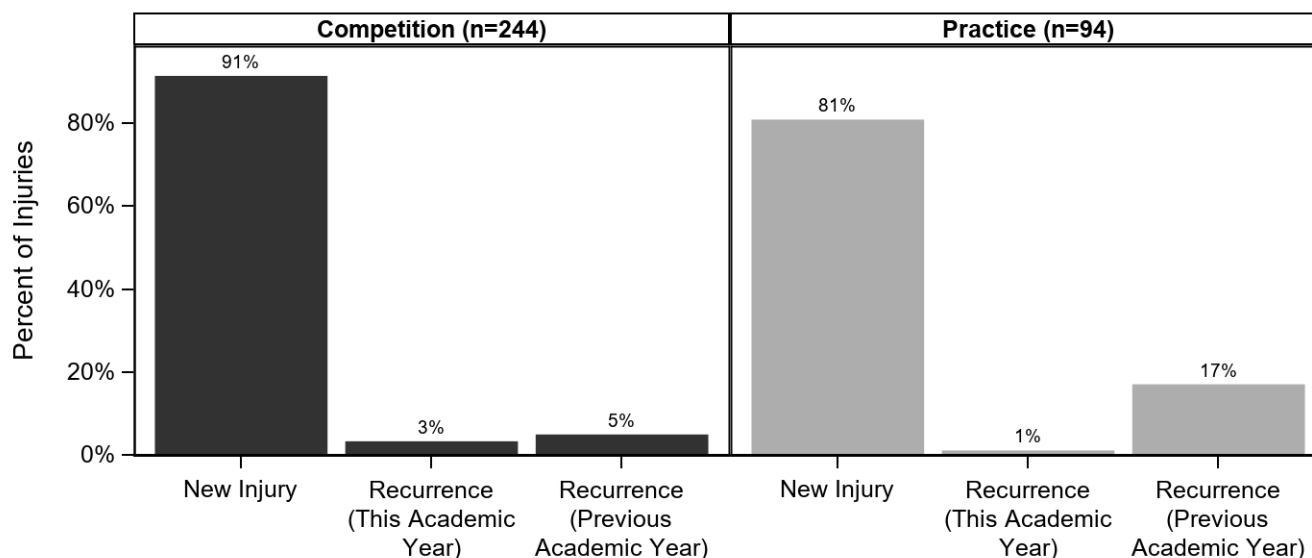


Table 5.6 Time during Season of Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	46	13.6%
Regular Season	273	81.0%
Post Season	18	5.3%
Total	337	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 5.7 Competition-Related Variables for Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	5	2.1%
First Half	50	21.3%
Second Half	130	55.3%
Unknown	50	21.3%
Total	235	100.0%

Field Location		
Goal Box (Defense)	24	10.4%
Goal Box (Offense)	15	6.5%
Side of Goal Box (Defense)	10	4.3%
Side of Goal Box (Offense)	11	4.8%
Top of Goal Box Extended to Center Line (Offense)	37	16.1%
Top of Goal Box Extended to Center Line (Defense)	33	14.3%
Off the Field	2	0.9%
Unknown	98	42.6%
Total	230	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 5.8 Practice-Related Variables for Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	9	9.7%
Second 1/2 Hour	15	16.1%
1-2 Hours into Practice	39	41.9%
>2 Hours into Practice	2	2.2%
Unknown	28	30.1%
Total	93	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 5.4 Player Position of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

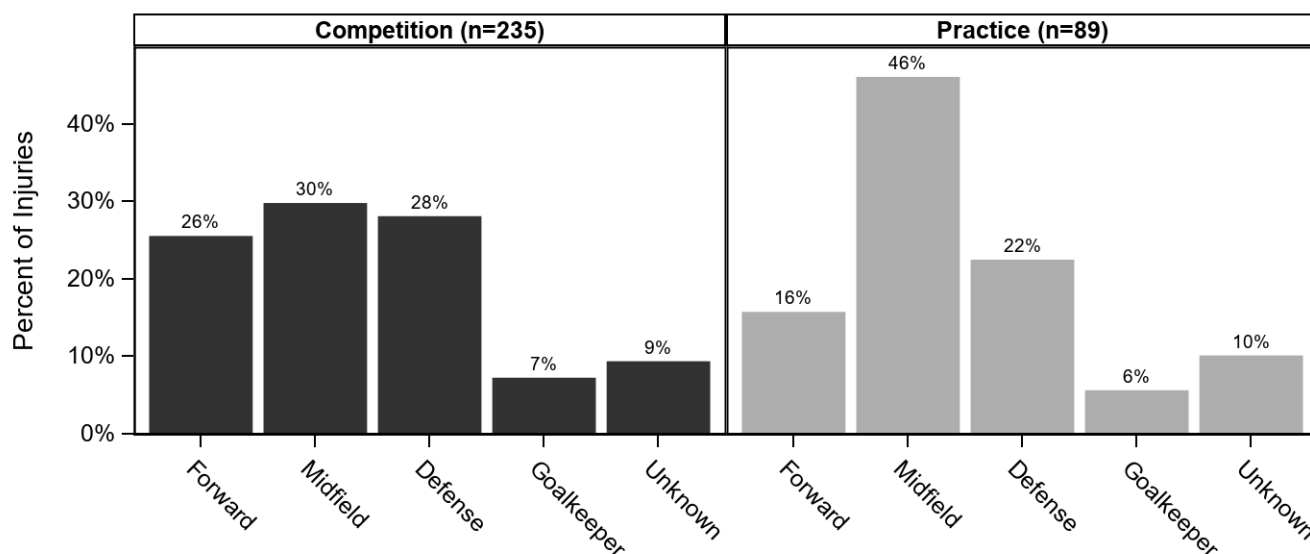


Table 5.9 Activities Leading to Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	57	23.9%	33	36.7%	90	27.4%
Unknown	35	14.7%	14	15.6%	49	14.9%
Defending	37	15.5%	3	3.3%	40	12.2%
Chasing Loose Ball	19	8.0%	11	12.2%	30	9.1%
Ball Handling/Dribbling	26	10.9%	2	2.2%	28	8.5%
Heading Ball	20	8.4%	0	0.0%	20	6.1%
Goaltending	12	5.0%	4	4.4%	16	4.9%
Shooting	8	3.4%	5	5.6%	13	4.0%
Receiving Pass	9	3.8%	3	3.3%	12	3.7%
Blocking Shot	5	2.1%	5	5.6%	10	3.0%
Passing	7	2.9%	3	3.3%	10	3.0%
Other	1	0.4%	4	4.4%	5	1.5%
Conditioning	0	0.0%	3	3.3%	3	0.9%
Receiving a Slide Tackle	1	0.4%	0	0.0%	1	0.3%
Attempting a Slide Tackle	1	0.4%	0	0.0%	1	0.3%
Total	238	100.0%	90	100.0%	328	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 5.10 Activity Resulting in Girls' Soccer Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Attempting a Slide Tackle	1	0.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Ball Handling/Dribbling	18	9.9%	2	8.7%	3	18.8%	4	5.4%	1	3.0%
Blocking Shot	7	3.8%	1	4.3%	0	0.0%	2	2.7%	0	0.0%
Chasing Loose Ball	23	12.6%	2	8.7%	0	0.0%	2	2.7%	3	9.1%
Conditioning	2	1.1%	0	0.0%	0	0.0%	0	0.0%	1	3.0%
Defending	21	11.5%	3	13.0%	2	12.5%	13	17.6%	1	3.0%
General Play	50	27.5%	7	30.4%	2	12.5%	14	18.9%	17	51.5%
Goaltending	7	3.8%	1	4.3%	2	12.5%	4	5.4%	2	6.1%
Heading Ball	0	0.0%	0	0.0%	0	0.0%	20	27.0%	0	0.0%
Other	2	1.1%	1	4.3%	0	0.0%	1	1.4%	1	3.0%
Passing	6	3.3%	1	4.3%	0	0.0%	1	1.4%	2	6.1%
Receiving Pass	6	3.3%	1	4.3%	1	6.3%	2	2.7%	2	6.1%
Receiving a Slide Tackle	1	0.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Shooting	12	6.6%	0	0.0%	1	6.3%	0	0.0%	0	0.0%
Unknown	26	14.3%	4	17.4%	5	31.3%	11	14.9%	3	9.1%
Total	182	100.0%	23	100.0%	16	100.0%	74	100.0%	33	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

VI. GIRLS' VOLLEYBALL INJURY EPIDEMIOLOGY

Table 6.1 Girls' Volleyball Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	203	155,102	1.31
Competition	87	53,629	1.62
Practice	116	101,473	1.14

* All analyses in this report present un-weighted data.

Table 6.2 Demographic Characteristics of Injured Girls' Volleyball Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	47	24.9%
Sophomore	61	32.3%
Junior	48	25.4%
Senior	33	17.5%
Total	189	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.6 (1.1)
n	163

BMI	
Minimum	14.6
Maximum	39.6
Mean (SD)	22.4 (3.7)
n	128

* Throughout this report, totals and n's represent the total un-weighted numbers of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 6.1 Diagnosis of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

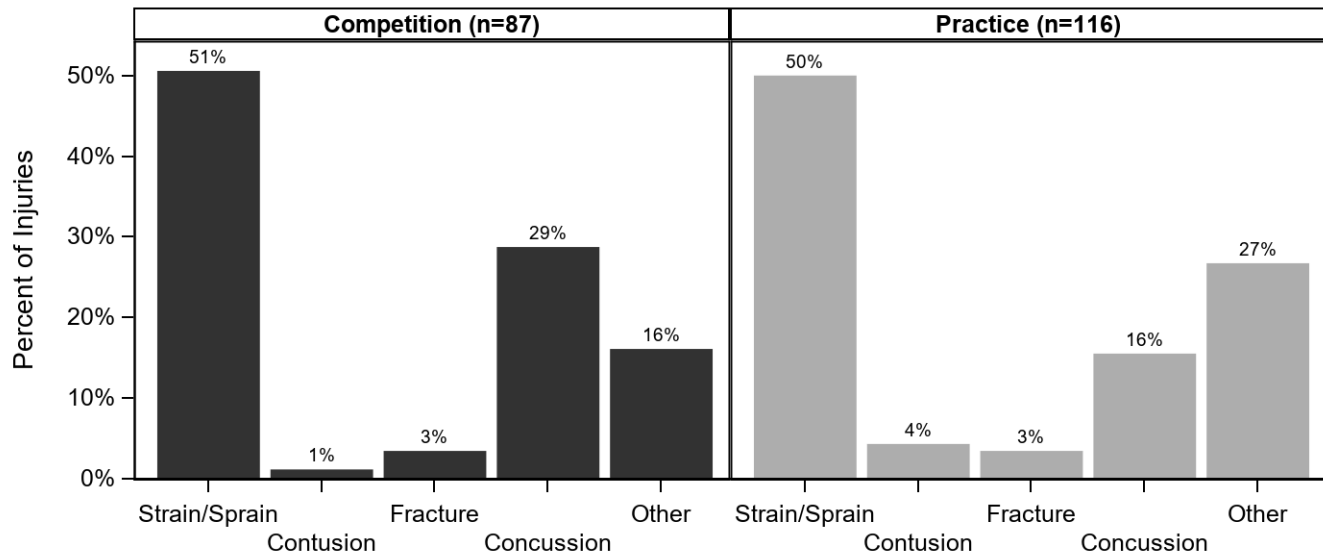


Table 6.3 Body Site of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

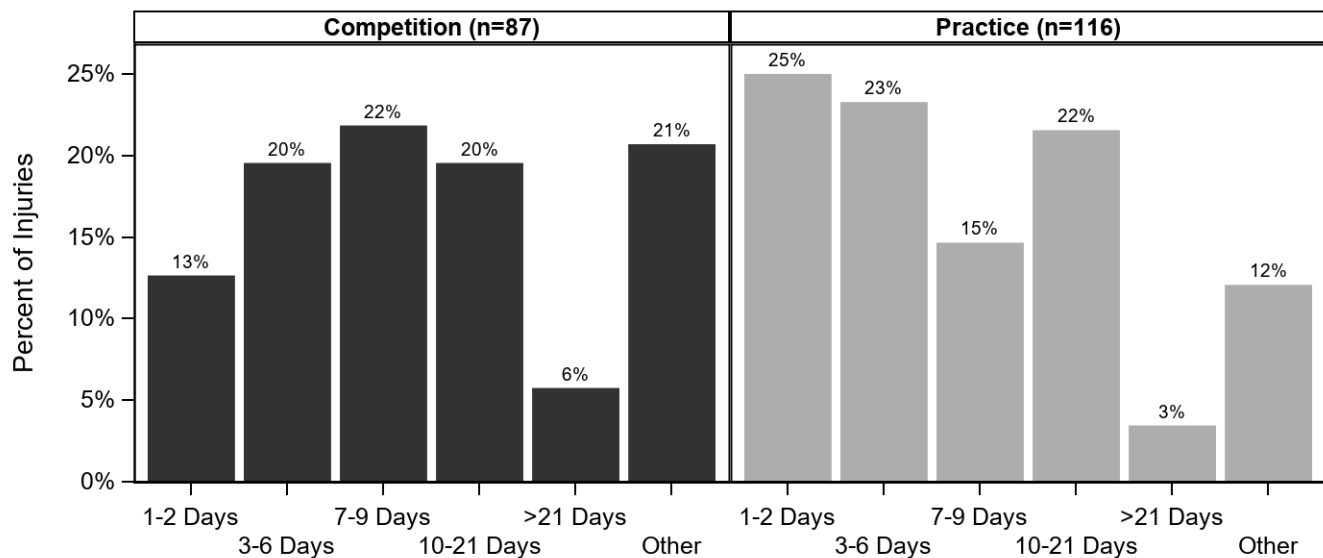
Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Ankle	22	25.3%	34	29.3%	56	27.6%
Head/Face	27	31.0%	22	19.0%	49	24.1%
Knee	11	12.6%	18	15.5%	29	14.3%
Hand/Wrist	5	5.7%	9	7.8%	14	6.9%
Shoulder	7	8.0%	6	5.2%	13	6.4%
Lower Leg	2	2.3%	10	8.6%	12	5.9%
Trunk	4	4.6%	5	4.3%	9	4.4%
Hip/Thigh/Upper Leg	2	2.3%	6	5.2%	8	3.9%
Foot	3	3.4%	4	3.4%	7	3.4%
Arm/Elbow	4	4.6%	0	0.0%	4	2.0%
Neck	0	0.0%	2	1.7%	2	1.0%
Total	87	100.0%	116	100.0%	203	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 6.4 Ten Most Common Girls' Volleyball Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=87)		Practice (n=116)		Overall (n=203)	
	n	%	n	%	n	%
Ankle Strain/Sprain	22	25.3%	33	28.4%	55	27.1%
Head/Face Concussion	25	28.7%	18	15.5%	43	21.2%
Knee Other	5	5.7%	9	7.8%	14	6.9%
Knee Strain/Sprain	5	5.7%	5	4.3%	10	4.9%
Shoulder Strain/Sprain	6	6.9%	3	2.6%	9	4.4%
Hand/Wrist Strain/Sprain	1	1.1%	7	6.0%	8	3.9%
Lower Leg Other	1	1.1%	7	6.0%	8	3.9%
Hip/Thigh/Upper Leg Strain/Sprain	2	2.3%	3	2.6%	5	2.5%
Knee Contusion	1	1.1%	4	3.4%	5	2.5%
Trunk Strain/Sprain	3	3.4%	2	1.7%	5	2.5%

Figure 6.2 Time Loss of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 6.5 Girls' Volleyball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	6	7.0%	3	2.6%	9	4.5%
Did Not Require Surgery	80	93.0%	113	97.4%	193	95.5%
Total	86	100.0%	116	100.0%	202	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 6.3 History of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

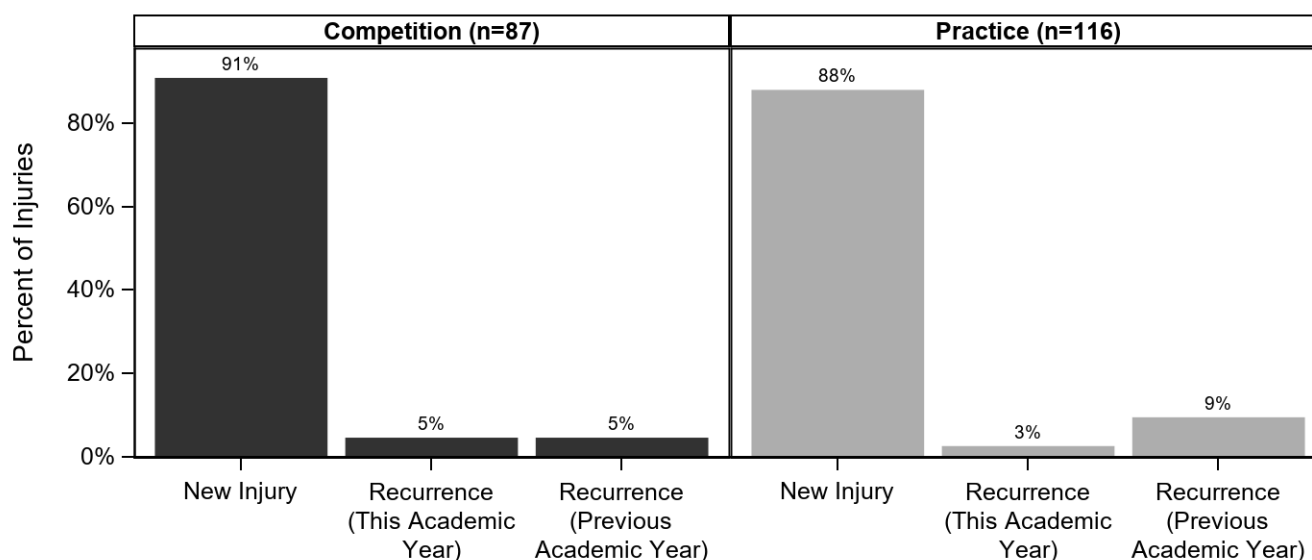


Table 6.6 Time during Season of Girls' Volleyball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	34	16.7%
Regular Season	158	77.8%
Post Season	10	4.9%
Unknown/Other	1	0.5%
Total	203	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 6.7 Competition-Related Variables for Girls' Volleyball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	11	13.6%
First Set	4	4.9%
Second Set	18	22.2%
Third Set	10	12.3%
Fourth Set	2	2.5%
Fifth Set	3	3.7%
Unknown	33	40.7%
Total	81	100.0%

Court Location		
Right Back (Server)	4	5.0%
Right Forward	9	11.3%
Outside Court (Your Side)	2	2.5%
Middle Forward	11	13.8%
Left Forward	8	10.0%
Left Back	4	5.0%
Outside the Playable Area	1	1.3%
At the Net	4	5.0%
Unknown	37	46.3%
Total	80	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 6.8 Practice-Related Variables for Girls' Volleyball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	4	3.4%
Second 1/2 Hour	17	14.7%
1-2 Hours into Practice	58	50.0%
>2 Hours into Practice	4	3.4%
Unknown	33	28.4%
Total	116	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 6.4 Player Position of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

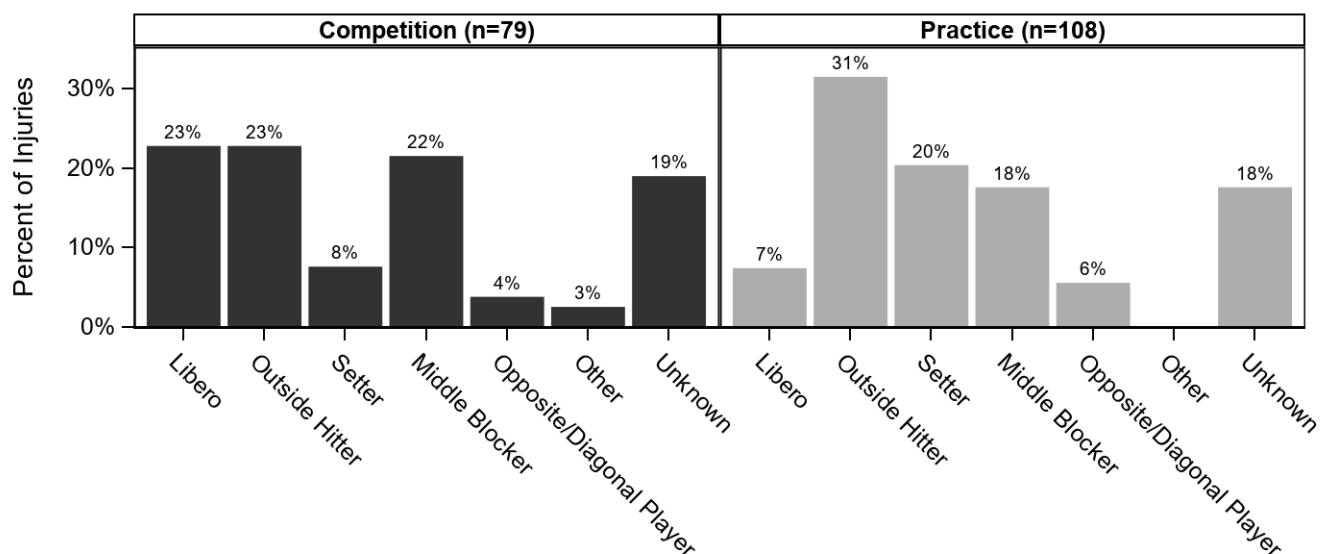


Table 6.9 Activities Leading to Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	17	21.0%	35	32.4%	52	27.5%
Digging	22	27.2%	15	13.9%	37	19.6%
Blocking	13	16.0%	19	17.6%	32	16.9%
Unknown	10	12.3%	10	9.3%	20	10.6%
Spiking	4	4.9%	12	11.1%	16	8.5%
Serving	6	7.4%	3	2.8%	9	4.8%
Setting	2	2.5%	5	4.6%	7	3.7%
Other	4	4.9%	3	2.8%	7	3.7%
Passing	3	3.7%	2	1.9%	5	2.6%
Conditioning	0	0.0%	4	3.7%	4	2.1%
Total	81	100.0%	108	100.0%	189	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 6.10 Activity Resulting in Girls' Volleyball Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Blocking	27	28.4%	0	0.0%	0	0.0%	3	7.5%	2	4.8%
Conditioning	3	3.2%	1	20.0%	0	0.0%	0	0.0%	0	0.0%
Digging	10	10.5%	2	40.0%	1	14.3%	17	42.5%	7	16.7%
General Play	18	18.9%	2	40.0%	2	28.6%	5	12.5%	25	59.5%
Other	0	0.0%	0	0.0%	1	14.3%	6	15.0%	0	0.0%
Passing	1	1.1%	0	0.0%	1	14.3%	3	7.5%	0	0.0%
Serving	5	5.3%	0	0.0%	0	0.0%	2	5.0%	2	4.8%
Setting	5	5.3%	0	0.0%	2	28.6%	0	0.0%	0	0.0%
Spiking	13	13.7%	0	0.0%	0	0.0%	0	0.0%	3	7.1%
Unknown	13	13.7%	0	0.0%	0	0.0%	4	10.0%	3	7.1%
Total	95	100.0%	5	100.0%	7	100.0%	40	100.0%	42	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

VII. BOYS' BASKETBALL INJURY EPIDEMIOLOGY

Table 7.1 Boys' Basketball Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	376	212,479	1.77
Competition	194	64,882	2.99
Practice	182	147,597	1.23

* All analyses in this report present un-weighted data.

Table 7.2 Demographic Characteristics of Injured Boys' Basketball Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	91	25.4%
Sophomore	103	28.8%
Junior	63	17.6%
Senior	101	28.2%
Total	358	100.0%

Age (years)	
Minimum	13
Maximum	19
Mean (SD)	16.0 (1.3)
n	316

BMI	
Minimum	16.8
Maximum	33.6
Mean (SD)	22.4 (2.9)
n	221

* Throughout this report, totals and n's represent the total un-weighted numbers of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 7.1 Diagnosis of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

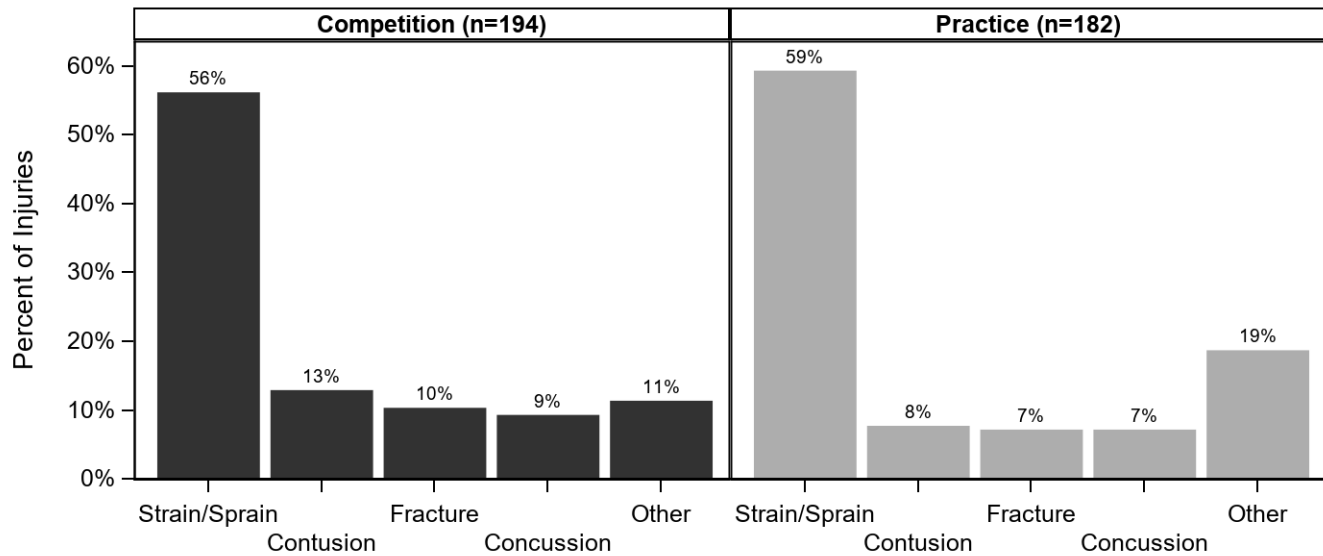


Table 7.3 Body Site of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

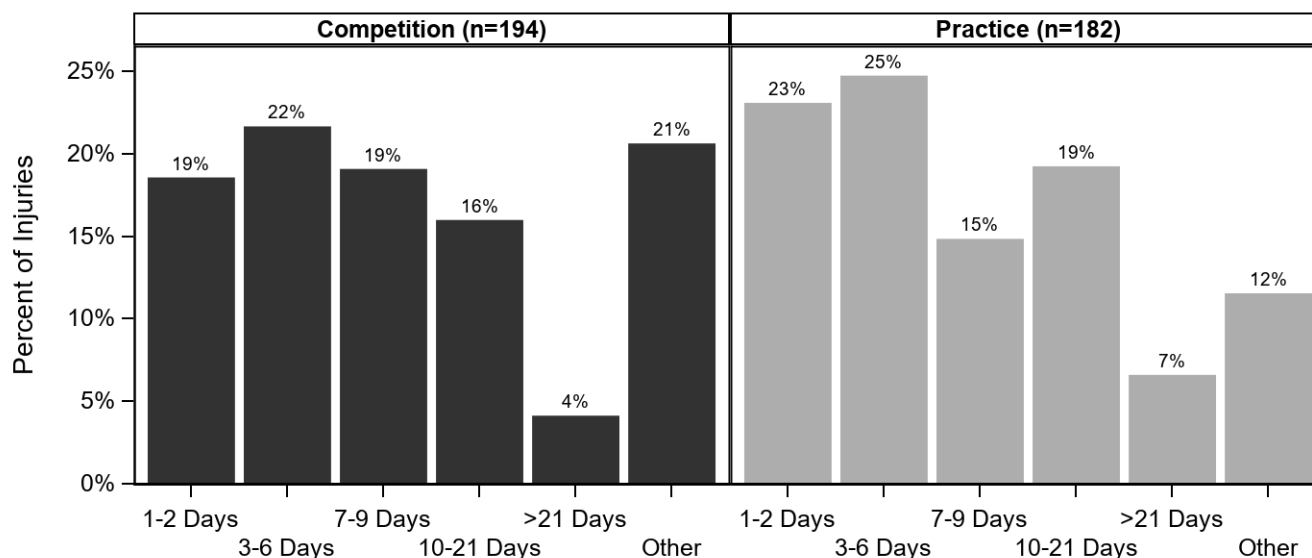
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Ankle	65	33.5%	65	35.7%	130	34.6%
Head/Face	29	14.9%	24	13.2%	53	14.1%
Knee	25	12.9%	23	12.6%	48	12.8%
Hand/Wrist	17	8.8%	18	9.9%	35	9.3%
Hip/Thigh/Upper Leg	18	9.3%	15	8.2%	33	8.8%
Trunk	7	3.6%	14	7.7%	21	5.6%
Foot	9	4.6%	10	5.5%	19	5.1%
Lower Leg	11	5.7%	7	3.8%	18	4.8%
Shoulder	11	5.7%	5	2.7%	16	4.3%
Arm/Elbow	2	1.0%	0	0.0%	2	0.5%
Neck	0	0.0%	1	0.5%	1	0.3%
Total	194	100.0%	182	100.0%	376	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 7.4 Ten Most Common Boys' Basketball Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=194)		Practice (n=182)		Overall (n=376)	
	n	%	n	%	n	%
Ankle Strain/Sprain	63	32.5%	62	34.1%	125	33.2%
Head/Face Concussion	18	9.3%	13	7.1%	31	8.2%
Knee Strain/Sprain	15	7.7%	9	4.9%	24	6.4%
Knee Other	6	3.1%	13	7.1%	19	5.1%
Hip/Thigh/Upper Leg Strain/Sprain	8	4.1%	10	5.5%	18	4.8%
Hand/Wrist Fracture	8	4.1%	8	4.4%	16	4.3%
Hand/Wrist Strain/Sprain	7	3.6%	7	3.8%	14	3.7%
Hip/Thigh/Upper Leg Contusion	8	4.1%	5	2.7%	13	3.5%
Head/Face Other	5	2.6%	6	3.3%	11	2.9%
Lower Leg Strain/Sprain	6	3.1%	5	2.7%	11	2.9%

Figure 7.2 Time Loss of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 7.5 Boys' Basketball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	19	9.8%	11	6.0%	30	8.0%
Did Not Require Surgery	175	90.2%	171	94.0%	346	92.0%
Total	194	100.0%	182	100.0%	376	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 7.3 History of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

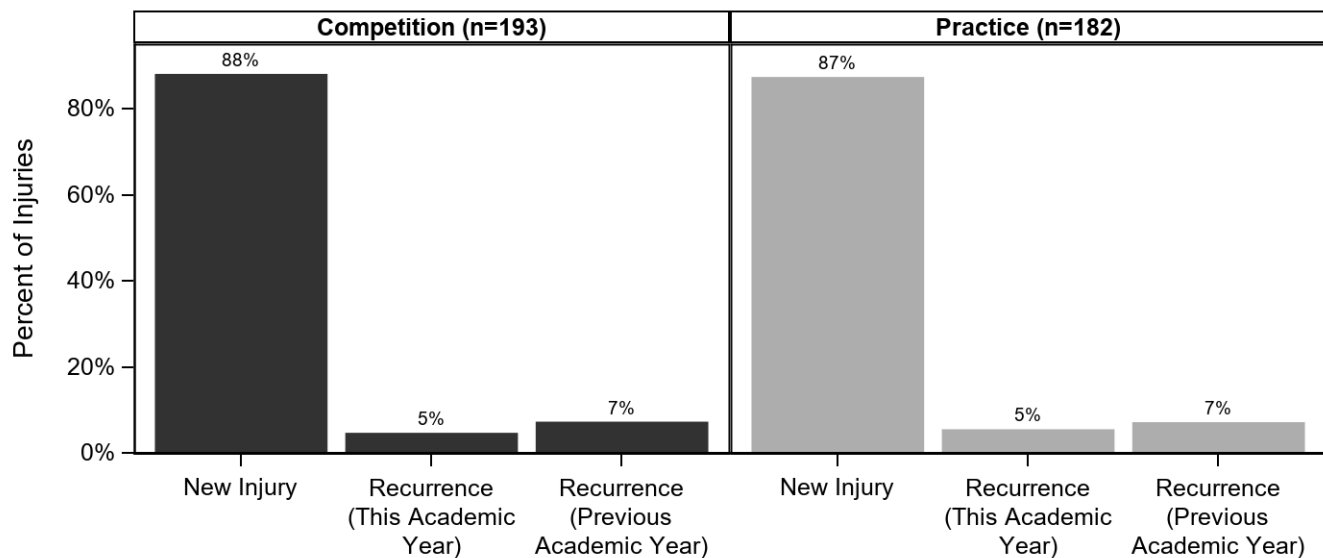


Table 7.6 Time during Season of Boys' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	86	23.0%
Regular Season	277	74.1%
Post Season	10	2.7%
Unknown/Other	1	0.3%
Total	374	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 7.7 Competition-Related Variables for Boys' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	4	2.2%
First Quarter	16	8.7%
Second Quarter	38	20.7%
Third Quarter	52	28.3%
Fourth Quarter	32	17.4%
Unknown	42	22.8%
Total	184	100.0%

Court Location		
Inside Lane (Offense)	38	20.9%
Inside Lane (Defense)	40	22.0%
Between 3 Point Arc and Lane (Offense)	14	7.7%
Between 3 Point Arc and Lane (Defense)	8	4.4%
Outside 3 Point Arc (Offense)	6	3.3%
Outside 3 Point Arc (Defense)	14	7.7%
Out of Bounds	1	0.5%
Off the Court	1	0.5%
Backcourt	2	1.1%
Unknown	58	31.9%
Total	182	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 7.8 Practice-Related Variables for Boys' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	20	11.0%
Second 1/2 Hour	29	16.0%
1-2 Hours into Practice	83	45.9%
>2 Hours into Practice	3	1.7%
Unknown	46	25.4%
Total	181	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 7.4 Player Position of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

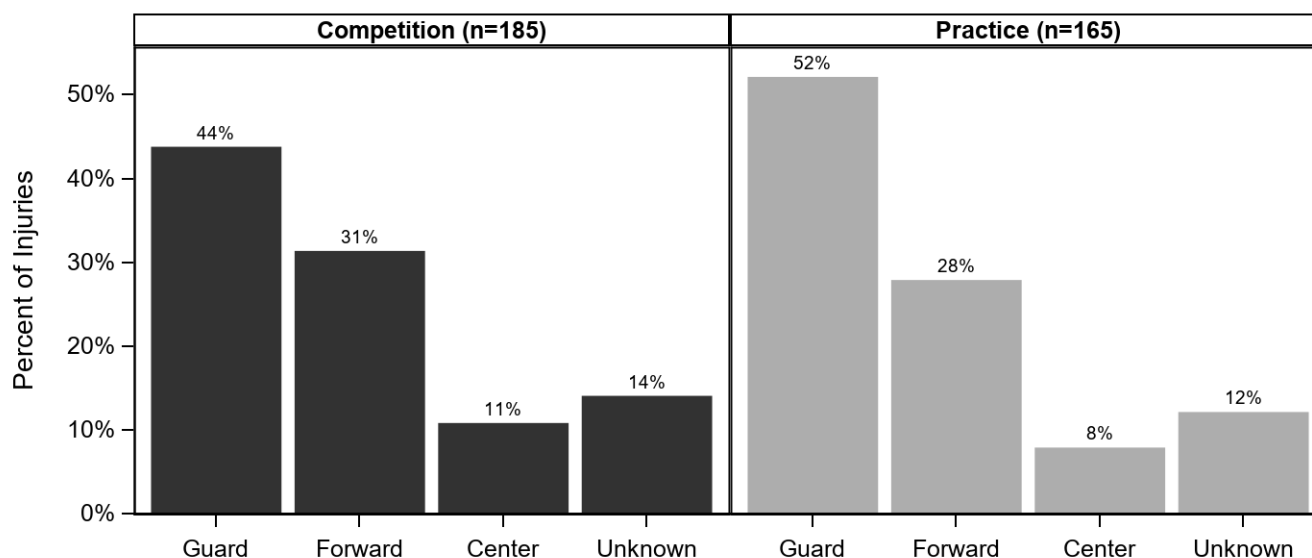


Table 7.9 Activities Leading to Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Rebounding	42	22.7%	30	18.2%	72	20.6%
General Play	16	8.6%	41	24.8%	57	16.3%
Unknown	29	15.7%	26	15.8%	55	15.7%
Defending	37	20.0%	18	10.9%	55	15.7%
Chasing Loose Ball	25	13.5%	9	5.5%	34	9.7%
Shooting	19	10.3%	13	7.9%	32	9.1%
Ball Handling/Dribbling	9	4.9%	10	6.1%	19	5.4%
Conditioning	0	0.0%	8	4.8%	8	2.3%
Other	1	0.5%	6	3.6%	7	2.0%
Receiving Pass	4	2.2%	3	1.8%	7	2.0%
Passing	2	1.1%	0	0.0%	2	0.6%
Screening	1	0.5%	1	0.6%	2	0.6%
Total	185	100.0%	165	100.0%	350	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 7.10 Activity Resulting in Boys' Basketball Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Ball Handling/Dribbling	12	5.9%	1	2.6%	1	3.6%	0	0.0%	5	9.6%
Chasing Loose Ball	15	7.4%	5	12.8%	3	10.7%	5	18.5%	6	11.5%
Conditioning	4	2.0%	0	0.0%	1	3.6%	2	7.4%	1	1.9%
Defending	27	13.2%	11	28.2%	6	21.4%	7	25.9%	4	7.7%
General Play	33	16.2%	6	15.4%	2	7.1%	1	3.7%	15	28.8%
Other	5	2.5%	0	0.0%	1	3.6%	0	0.0%	1	1.9%
Passing	2	1.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Rebounding	46	22.5%	3	7.7%	6	21.4%	8	29.6%	9	17.3%
Receiving Pass	3	1.5%	2	5.1%	1	3.6%	0	0.0%	1	1.9%
Screening	2	1.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Shooting	25	12.3%	5	12.8%	0	0.0%	1	3.7%	1	1.9%
Unknown	30	14.7%	6	15.4%	7	25.0%	3	11.1%	9	17.3%
Total	204	100.0%	39	100.0%	28	100.0%	27	100.0%	52	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

VIII. GIRLS' BASKETBALL INJURY EPIDEMIOLOGY

Table 8.1 Girls' Basketball Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	248	134,536	1.84
Competition	141	42,437	3.32
Practice	107	92,099	1.16

* All analyses in this report present un-weighted data.

Table 8.2 Demographic Characteristics of Injured Girls' Basketball Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	83	35.8%
Sophomore	52	22.4%
Junior	53	22.8%
Senior	44	19.0%
Total	232	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	15.6 (1.3)
n	199

BMI	
Minimum	16.6
Maximum	45.0
Mean (SD)	22.2 (3.5)
n	130

* Throughout this report, totals and n's represent the total un-weighted numbers of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 8.1 Diagnosis of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

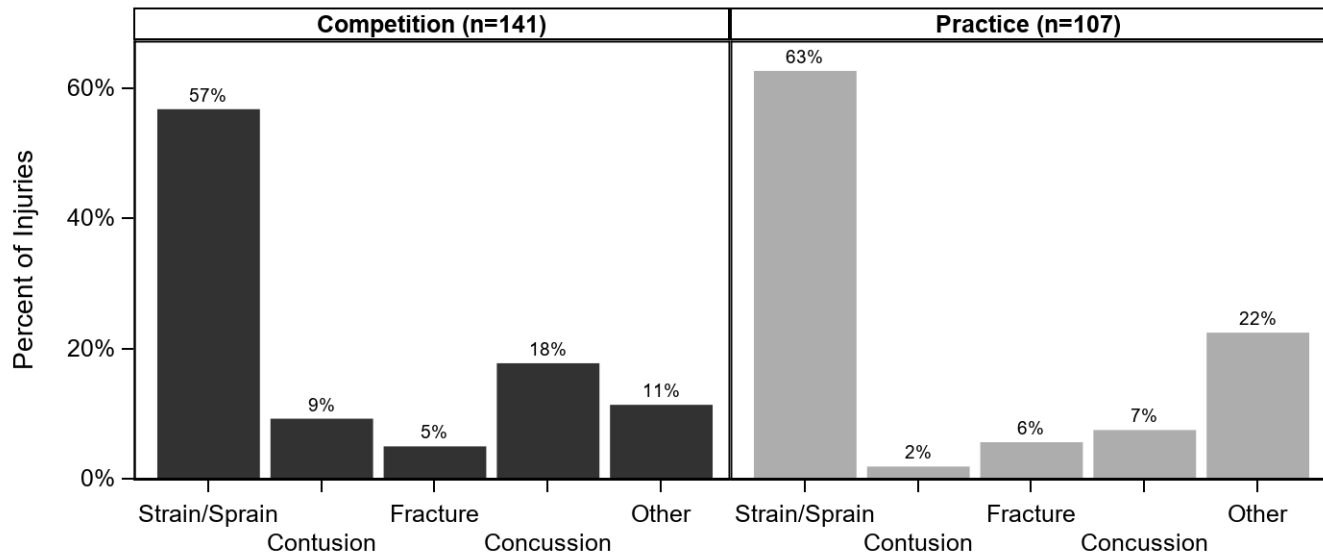


Table 8.3 Body Site of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

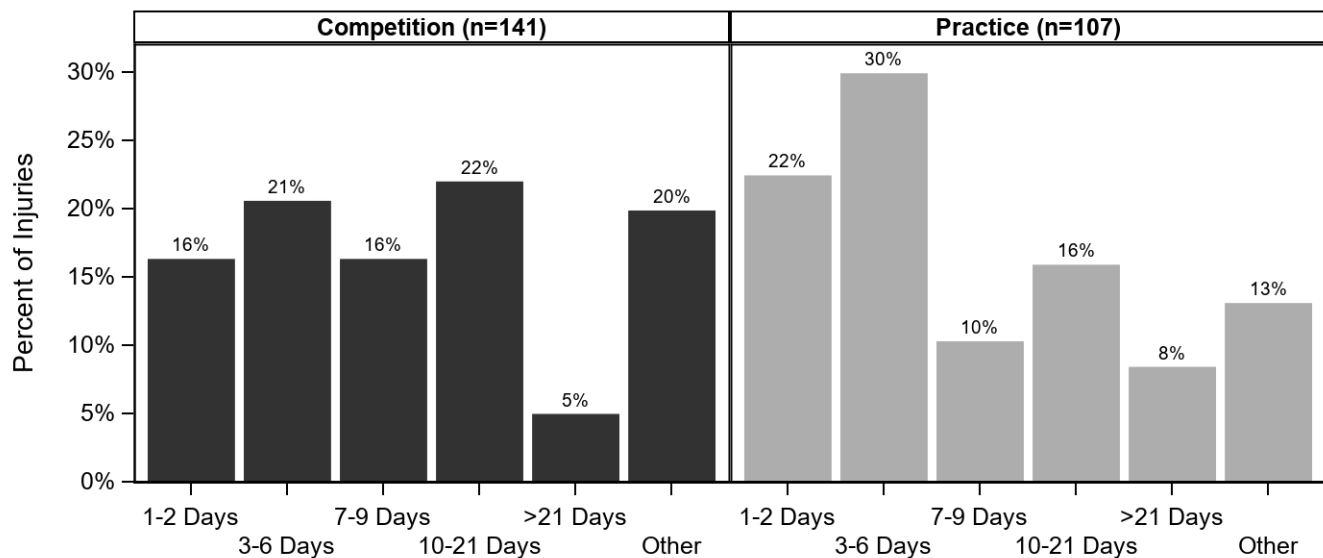
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Ankle	44	31.2%	42	39.3%	86	34.7%
Head/Face	32	22.7%	11	10.3%	43	17.3%
Knee	27	19.1%	15	14.0%	42	16.9%
Hand/Wrist	12	8.5%	11	10.3%	23	9.3%
Hip/Thigh/Upper Leg	5	3.5%	10	9.3%	15	6.0%
Lower Leg	6	4.3%	6	5.6%	12	4.8%
Foot	4	2.8%	7	6.5%	11	4.4%
Shoulder	6	4.3%	0	0.0%	6	2.4%
Arm/Elbow	3	2.1%	1	0.9%	4	1.6%
Trunk	2	1.4%	2	1.9%	4	1.6%
Systemic	0	0.0%	2	1.9%	2	0.8%
Total	141	100.0%	107	100.0%	248	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 8.4 Ten Most Common Girls' Basketball Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=141)		Practice (n=107)		Overall (n=248)	
	n	%	n	%	n	%
Ankle Strain/Sprain	43	30.5%	41	38.3%	84	33.9%
Head/Face Concussion	25	17.7%	8	7.5%	33	13.3%
Knee Strain/Sprain	15	10.6%	6	5.6%	21	8.5%
Knee Other	8	5.7%	8	7.5%	16	6.5%
Hand/Wrist Strain/Sprain	7	5.0%	7	6.5%	14	5.6%
Hip/Thigh/Upper Leg Strain/Sprain	4	2.8%	8	7.5%	12	4.8%
Hand/Wrist Fracture	5	3.5%	3	2.8%	8	3.2%
Lower Leg Strain/Sprain	6	4.3%	1	0.9%	7	2.8%
Foot Strain/Sprain	2	1.4%	3	2.8%	5	2.0%
Head/Face Contusion	4	2.8%	1	0.9%	5	2.0%

Figure 8.2 Time Loss of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 8.5 Girls' Basketball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	13	9.3%	5	4.7%	18	7.3%
Did Not Require Surgery	127	90.7%	102	95.3%	229	92.7%
Total	140	100.0%	107	100.0%	247	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 8.3 History of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

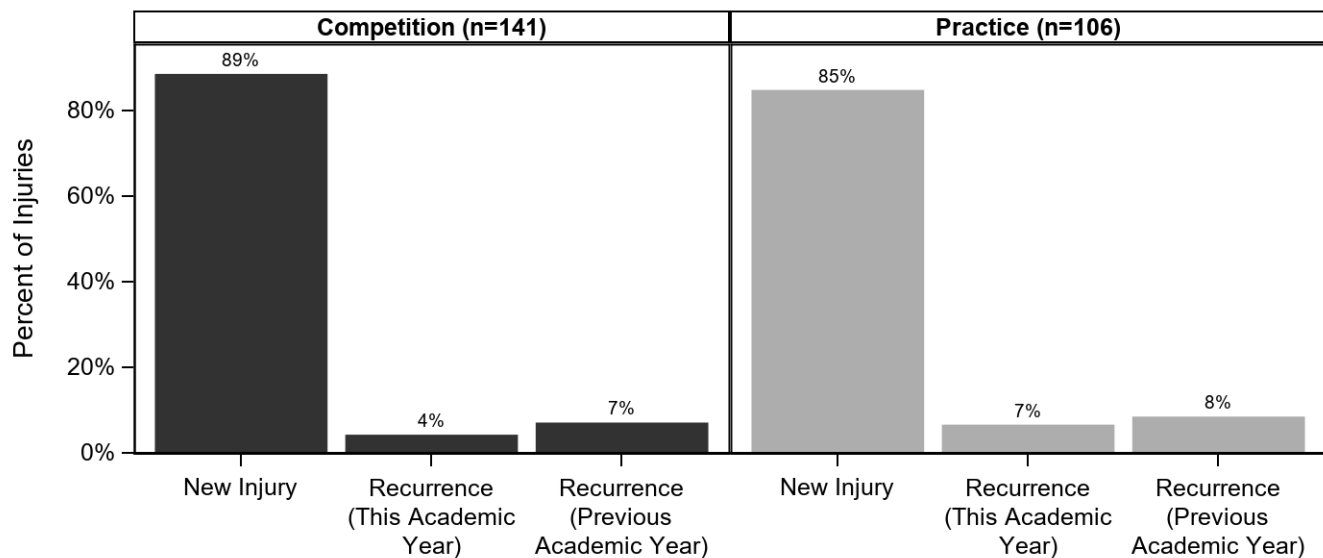


Table 8.6 Time during Season of Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	42	16.9%
Regular Season	200	80.6%
Post Season	5	2.0%
Unknown/Other	1	0.4%
Total	248	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 8.7 Competition-Related Variables for Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	4	3.1%
First Quarter	12	9.3%
Second Quarter	16	12.4%
Third Quarter	32	24.8%
Fourth Quarter	22	17.1%
Unknown	43	33.3%
Total	129	100.0%

Court Location		
Inside Lane (Offense)	18	14.3%
Inside Lane (Defense)	23	18.3%
Between 3 Point Arc and Lane (Offense)	4	3.2%
Between 3 Point Arc and Lane (Defense)	6	4.8%
Outside 3 Point Arc (Offense)	12	9.5%
Outside 3 Point Arc (Defense)	4	3.2%
Out of Bounds	1	0.8%
Backcourt	3	2.4%
Unknown	55	43.7%
Total	126	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 8.8 Practice-Related Variables for Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	12	11.7%
Second 1/2 Hour	19	18.4%
1-2 Hours into Practice	39	37.9%
>2 Hours into Practice	2	1.9%
Unknown	31	30.1%
Total	103	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 8.4 Player Position of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

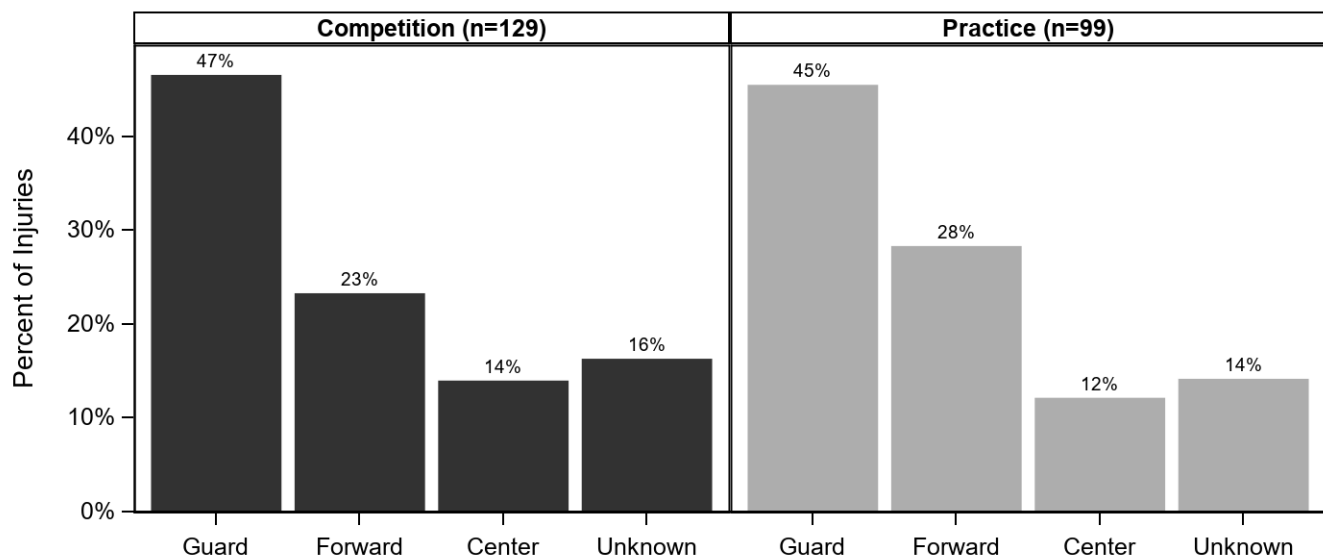


Table 8.9 Activities Leading to Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	28	21.5%	25	25.3%	53	23.1%
Unknown	24	18.5%	18	18.2%	42	18.3%
Rebounding	19	14.6%	12	12.1%	31	13.5%
Defending	11	8.5%	12	12.1%	23	10.0%
Chasing Loose Ball	17	13.1%	3	3.0%	20	8.7%
Shooting	8	6.2%	9	9.1%	17	7.4%
Receiving Pass	9	6.9%	6	6.1%	15	6.6%
Ball Handling/Dribbling	11	8.5%	3	3.0%	14	6.1%
Conditioning	0	0.0%	10	10.1%	10	4.4%
Other	3	2.3%	0	0.0%	3	1.3%
Passing	0	0.0%	1	1.0%	1	0.4%
Total	130	100.0%	99	100.0%	229	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 8.10 Activity Resulting in Girls' Basketball Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Ball Handling/Dribbling	9	6.6%	1	8.3%	1	7.7%	1	3.4%	2	5.3%
Chasing Loose Ball	7	5.1%	1	8.3%	0	0.0%	10	34.5%	2	5.3%
Conditioning	6	4.4%	0	0.0%	0	0.0%	0	0.0%	4	10.5%
Defending	11	8.0%	1	8.3%	4	30.8%	4	13.8%	3	7.9%
General Play	31	22.6%	3	25.0%	1	7.7%	3	10.3%	15	39.5%
Other	2	1.5%	0	0.0%	0	0.0%	1	3.4%	0	0.0%
Passing	1	0.7%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Rebounding	23	16.8%	4	33.3%	1	7.7%	1	3.4%	2	5.3%
Receiving Pass	10	7.3%	0	0.0%	1	7.7%	1	3.4%	3	7.9%
Shooting	15	10.9%	0	0.0%	0	0.0%	1	3.4%	1	2.6%
Unknown	22	16.1%	2	16.7%	5	38.5%	7	24.1%	6	15.8%
Total	137	100.0%	12	100.0%	13	100.0%	29	100.0%	38	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

IX. BOYS' WRESTLING INJURY EPIDEMIOLOGY

Table 9.1 Boys' Wrestling Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	368	157,822	2.33
Competition	169	38,647	4.37
Practice	199	119,175	1.67

* All analyses in this chapter present un-weighted data.

Table 9.2 Demographic Characteristics of Injured Boys' Wrestling Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	68	19.2%
Sophomore	98	27.6%
Junior	97	27.3%
Senior	92	25.9%
Total	355	100.0%

Age (years)	
Minimum	14
Maximum	19
Mean (SD)	16.0 (1.2)
n	293

BMI	
Minimum	15.1
Maximum	54.5
Mean (SD)	23.8 (5.1)
n	211

* Throughout this chapter, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 9.1 Diagnosis of Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

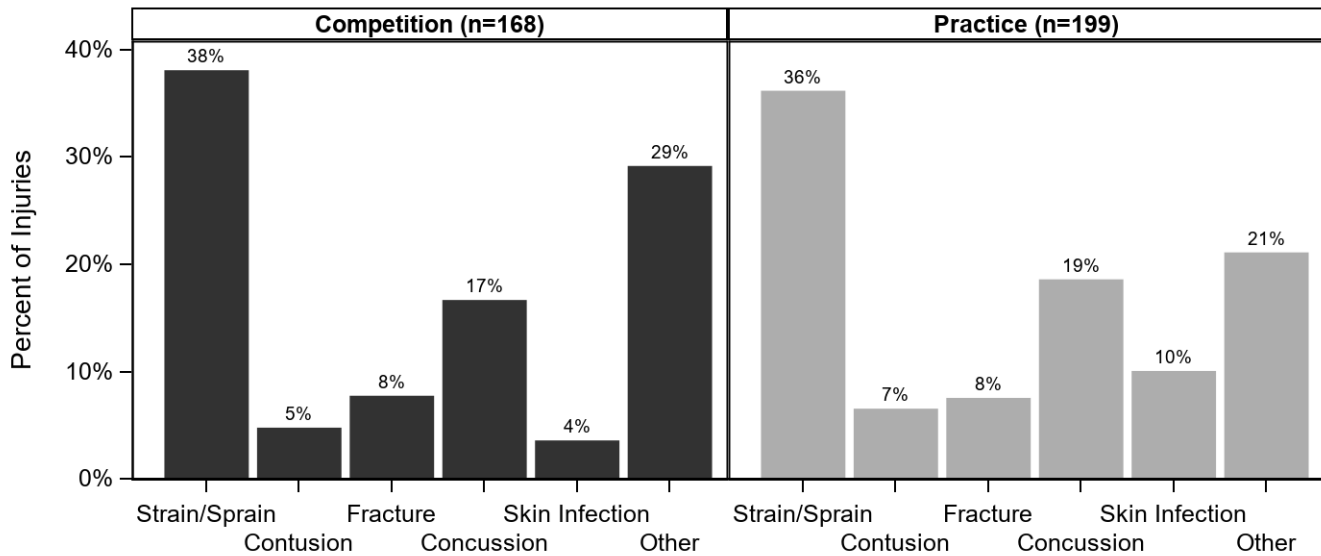


Table 9.3 Body Site of Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

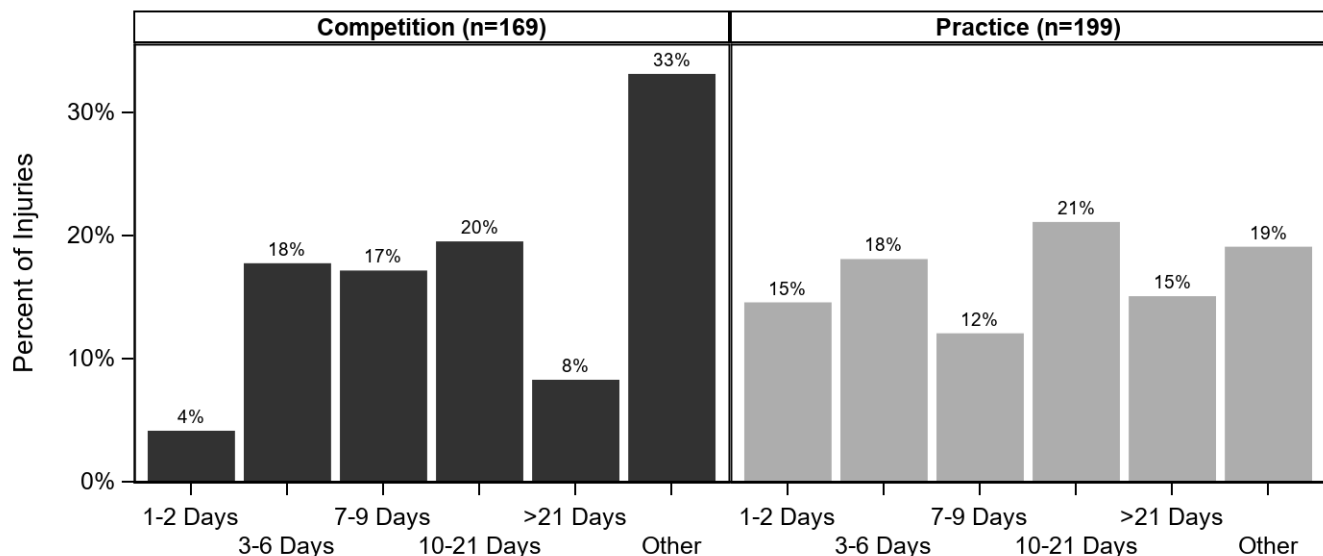
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Head/Face	34	20.1%	49	24.7%	83	22.6%
Knee	36	21.3%	34	17.2%	70	19.1%
Shoulder	34	20.1%	31	15.7%	65	17.7%
Ankle	11	6.5%	20	10.1%	31	8.4%
Hand/Wrist	12	7.1%	17	8.6%	29	7.9%
Arm/Elbow	16	9.5%	12	6.1%	28	7.6%
Trunk	9	5.3%	12	6.1%	21	5.7%
Hip/Thigh/Upper Leg	4	2.4%	6	3.0%	10	2.7%
Neck	7	4.1%	3	1.5%	10	2.7%
Systemic	2	1.2%	5	2.5%	7	1.9%
Foot	1	0.6%	4	2.0%	5	1.4%
Lower Leg	0	0.0%	4	2.0%	4	1.1%
Other	3	1.8%	1	0.5%	4	1.1%
Total	169	100.0%	198	100.0%	367	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 9.4 Ten Most Common Boys' Wrestling Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=168)		Practice (n=198)		Overall (n=366)	
	n	%	n	%	n	%
Head/Face Concussion	28	16.7%	37	18.7%	65	17.8%
Knee Other	15	8.9%	19	9.6%	34	9.3%
Shoulder Other	19	11.3%	13	6.6%	32	8.7%
Shoulder Strain/Sprain	15	8.9%	17	8.6%	32	8.7%
Knee Strain/Sprain	17	10.1%	12	6.1%	29	7.9%
Ankle Strain/Sprain	9	5.4%	18	9.1%	27	7.4%
Arm/Elbow Other	9	5.4%	7	3.5%	16	4.4%
Hand/Wrist Fracture	7	4.2%	6	3.0%	13	3.6%
Head/Face Other	4	2.4%	7	3.5%	11	3.0%
Arm/Elbow Strain/Sprain	6	3.6%	4	2.0%	10	2.7%

Figure 9.2 Time Loss of Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 9.5 Boys' Wrestling Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	24	14.5%	10	5.1%	34	9.4%
Did Not Require Surgery	142	85.5%	186	94.9%	328	90.6%
Total	166	100.0%	196	100.0%	362	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 9.3 History of Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

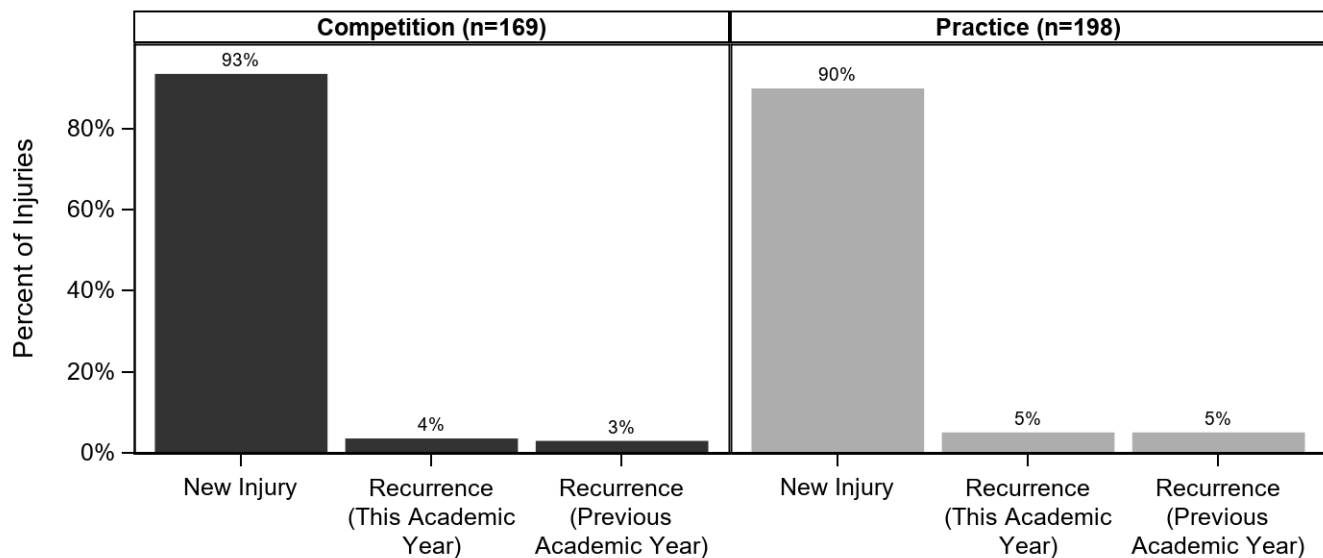


Table 9.6 Time during Season of Boys' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	75	20.4%
Regular Season	270	73.4%
Post Season	23	6.3%
Total	368	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 9.7 Competition-Related Variables for Boys' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	1	0.7%
First Period	16	10.9%
Second Period	46	31.3%
Third Period	21	14.3%
Unknown	63	42.9%
Total	147	100.0%

Mat Location		
Within 28ft Circle	120	80.0%
Out of Bounds	6	4.0%
Unknown	24	16.0%
Total	150	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 9.8 Practice-Related Variables for Boys' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	16	8.5%
Second 1/2 Hour	17	9.0%
1-2 Hours into Practice	69	36.5%
>2 Hours into Practice	10	5.3%
Unknown	77	40.7%
Total	189	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 9.9 Activities Leading to Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Takedown	66	44.6%	52	30.2%	118	36.9%
Unknown	22	14.9%	32	18.6%	54	16.9%
Sparring	13	8.8%	38	22.1%	51	15.9%
Fall	16	10.8%	7	4.1%	23	7.2%
N/A **	1	0.7%	21	12.2%	22	6.9%
Escape	13	8.8%	4	2.3%	17	5.3%
Near Fall	9	6.1%	2	1.2%	11	3.4%
Other	3	2.0%	7	4.1%	10	3.1%
Riding	5	3.4%	2	1.2%	7	2.2%
Conditioning	0	0.0%	7	4.1%	7	2.2%
Total	148	100.0%	172	100.0%	320	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

** N/A category consists of skin infections, overuse injuries, heat illness, etc.

Table 9.10 Activity Resulting in Boys' Wrestling Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Conditioning	3	2.6%	0	0.0%	3	10.7%	0	0.0%	1	1.0%
Escape	9	7.7%	1	6.3%	0	0.0%	1	1.8%	6	5.9%
Fall	10	8.5%	0	0.0%	1	3.6%	3	5.3%	9	8.9%
N/A **	2	1.7%	0	0.0%	0	0.0%	0	0.0%	20	19.8%
Near Fall	6	5.1%	1	6.3%	1	3.6%	1	1.8%	2	2.0%
Other	1	0.9%	1	6.3%	1	3.6%	1	1.8%	6	5.9%
Riding	2	1.7%	0	0.0%	1	3.6%	0	0.0%	4	4.0%
Sparring	21	17.9%	5	31.3%	5	17.9%	8	14.0%	12	11.9%
Takedown	47	40.2%	8	50.0%	7	25.0%	27	47.4%	28	27.7%
Unknown	16	13.7%	0	0.0%	9	32.1%	16	28.1%	13	12.9%
Total	117	100.0%	16	100.0%	28	100.0%	57	100.0%	101	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

** N/A category consists of skin infections, overuse injuries, heat illness, etc.

X. GIRLS' WRESTLING INJURY EPIDEMIOLOGY

Table 10.1 Girls' Wrestling Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	126	36,983	3.41
Competition	62	8,444	7.34
Practice	64	28,539	2.24

* All analyses in this chapter present un-weighted data.

Table 10.2 Demographic Characteristics of Injured Girls' Wrestling Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	30	24.4%
Sophomore	37	30.1%
Junior	36	29.3%
Senior	20	16.3%
Total	123	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.8 (1.2)
n	108

BMI	
Minimum	17.8
Maximum	40.3
Mean (SD)	23.6 (4.5)
n	60

* Throughout this chapter, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 10.1 Diagnosis of Girls' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

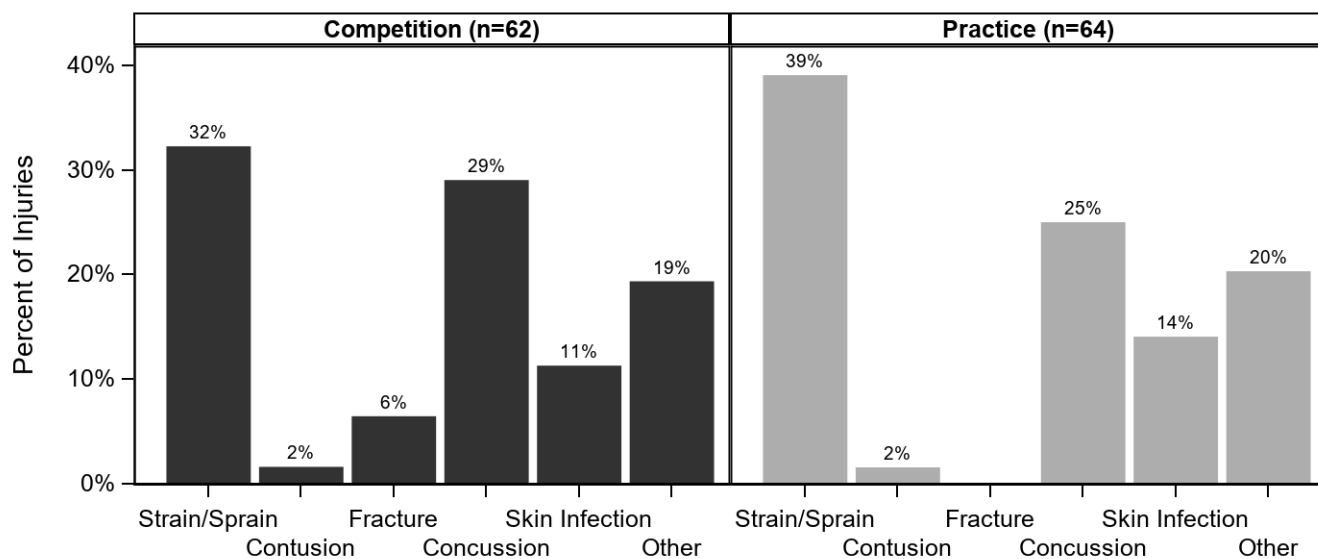


Table 10.3 Body Site of Girls' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

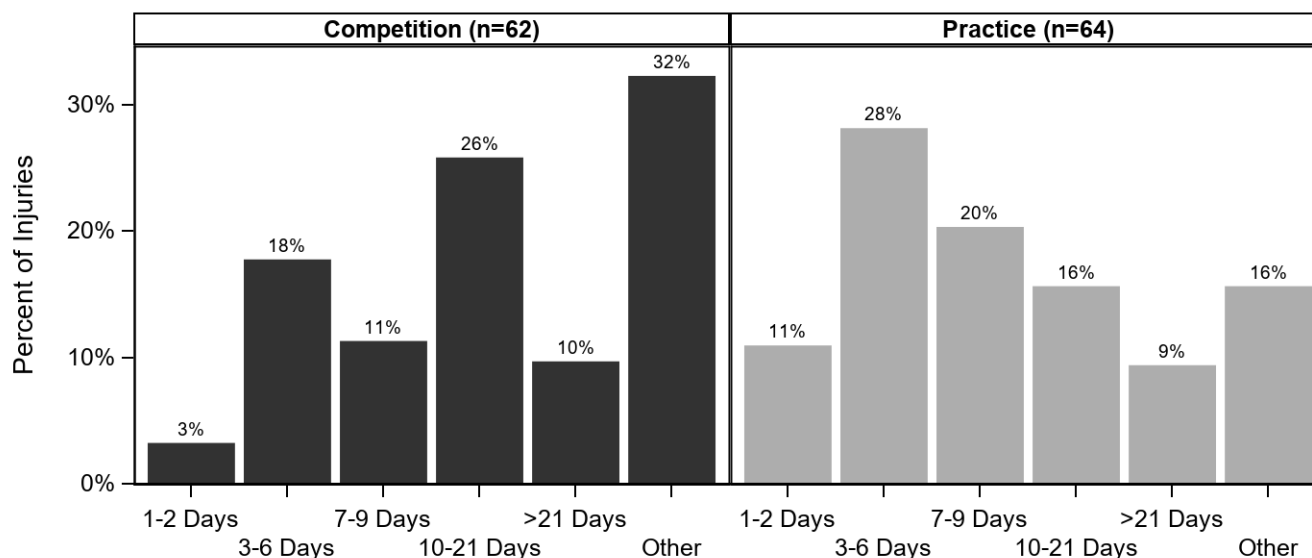
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Head/Face	24	38.7%	19	29.7%	43	34.1%
Knee	10	16.1%	7	10.9%	17	13.5%
Shoulder	9	14.5%	6	9.4%	15	11.9%
Arm/Elbow	7	11.3%	6	9.4%	13	10.3%
Ankle	1	1.6%	8	12.5%	9	7.1%
Hip/Thigh/Upper Leg	3	4.8%	2	3.1%	5	4.0%
Neck	1	1.6%	4	6.3%	5	4.0%
Other	2	3.2%	3	4.7%	5	4.0%
Trunk	2	3.2%	3	4.7%	5	4.0%
Hand/Wrist	2	3.2%	2	3.1%	4	3.2%
Foot	0	0.0%	3	4.7%	3	2.4%
Systemic	1	1.6%	1	1.6%	2	1.6%
Total	62	100.0%	64	100.0%	126	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 10.4 Ten Most Common Girls' Wrestling Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=62)		Practice (n=64)		Overall (n=126)	
	n	%	n	%	n	%
Head/Face Concussion	18	29.0%	16	25.0%	34	27.0%
Arm/Elbow Other	4	6.5%	6	9.4%	10	7.9%
Knee Strain/Sprain	8	12.9%	2	3.1%	10	7.9%
Shoulder Strain/Sprain	5	8.1%	5	7.8%	10	7.9%
Ankle Strain/Sprain	1	1.6%	8	12.5%	9	7.1%
Head/Face Other	5	8.1%	3	4.7%	8	6.3%
Knee Other	1	1.6%	5	7.8%	6	4.8%
Shoulder Other	4	6.5%	1	1.6%	5	4.0%
Other Strain/Sprain	1	1.6%	3	4.7%	4	3.2%
Hand/Wrist Other	1	1.6%	2	3.1%	3	2.4%

Figure 10.2 Time Loss of Girls' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 10.5 Girls' Wrestling Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	5	8.1%	0	0.0%	5	4.0%
Did Not Require Surgery	57	91.9%	63	100.0%	120	96.0%
Total	62	100.0%	63	100.0%	125	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 10.3 History of Girls' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

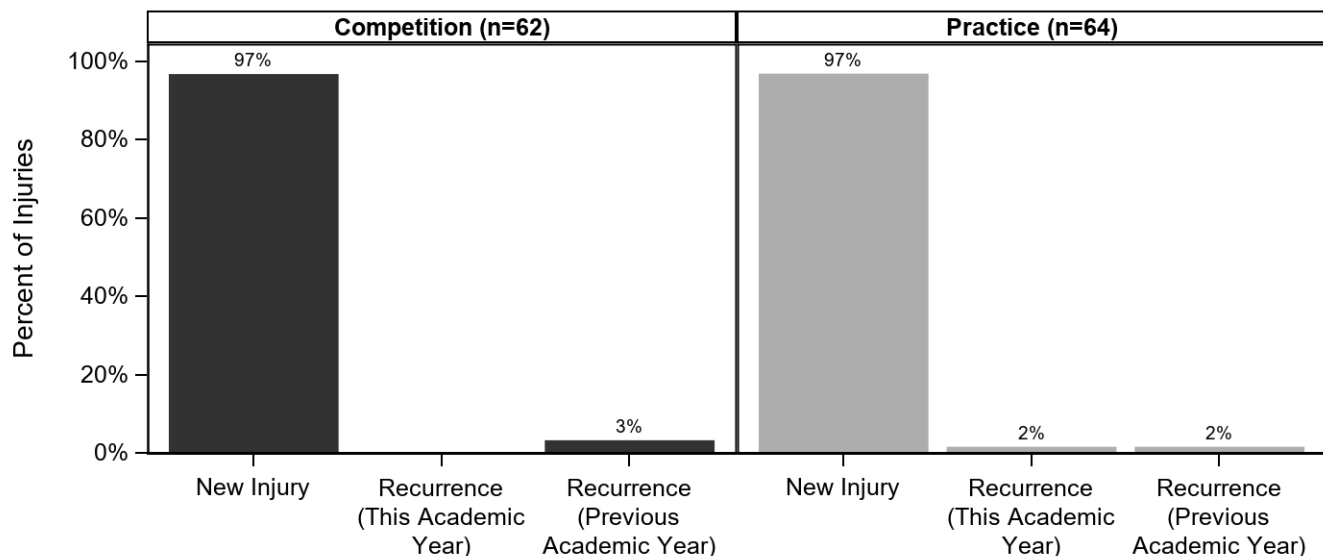


Table 10.6 Time during Season of Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	24	19.2%
Regular Season	94	75.2%
Post Season	6	4.8%
Unknown/Other	1	0.8%
Total	125	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 10.7 Competition-Related Variables for Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	1	1.7%
First Period	7	11.7%
Second Period	11	18.3%
Third Period	9	15.0%
Unknown	32	53.3%
Total	60	100.0%

Mat Location		
Within 28ft Circle	44	72.1%
Out of Bounds	4	6.6%
Unknown	13	21.3%
Total	61	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 10.8 Practice-Related Variables for Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	2	3.2%
Second 1/2 Hour	6	9.7%
1-2 Hours into Practice	19	30.6%
>2 Hours into Practice	1	1.6%
Unknown	34	54.8%
Total	62	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 10.9 Activities Leading to Girls' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Takedown	20	33.3%	17	29.3%	37	31.4%
Unknown	11	18.3%	11	19.0%	22	18.6%
N/A **	8	13.3%	14	24.1%	22	18.6%
Sparring	4	6.7%	7	12.1%	11	9.3%
Fall	7	11.7%	2	3.4%	9	7.6%
Riding	3	5.0%	1	1.7%	4	3.4%
Other	2	3.3%	2	3.4%	4	3.4%
Near Fall	2	3.3%	1	1.7%	3	2.5%
Escape	3	5.0%	0	0.0%	3	2.5%
Conditioning	0	0.0%	2	3.4%	2	1.7%
Reversal	0	0.0%	1	1.7%	1	0.8%
Total	60	100.0%	58	100.0%	118	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

** N/A category consists of skin infections, overuse injuries, heat illness, etc.

Table 10.10 Activity Resulting in Girls' Wrestling Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Conditioning	0	0.0%	0	0.0%	0	0.0%	1	3.2%	1	2.6%
Escape	2	4.5%	0	0.0%	0	0.0%	0	0.0%	1	2.6%
Fall	4	9.1%	0	0.0%	0	0.0%	1	3.2%	4	10.5%
N/A **	3	6.8%	0	0.0%	0	0.0%	0	0.0%	19	50.0%
Near Fall	1	2.3%	0	0.0%	0	0.0%	0	0.0%	2	5.3%
Other	3	6.8%	0	0.0%	0	0.0%	0	0.0%	1	2.6%
Reversal	1	2.3%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Riding	2	4.5%	0	0.0%	0	0.0%	1	3.2%	1	2.6%
Sparring	5	11.4%	0	0.0%	0	0.0%	6	19.4%	0	0.0%
Takedown	11	25.0%	1	100.0%	3	75.0%	19	61.3%	3	7.9%
Unknown	12	27.3%	0	0.0%	1	25.0%	3	9.7%	6	15.8%
Total	44	100.0%	1	100.0%	4	100.0%	31	100.0%	38	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

** N/A category consists of skin infections, overuse injuries, heat illness, etc.

XI. BOYS' BASEBALL INJURY EPIDEMIOLOGY

Table 11.1 Boys' Baseball Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	171	161,383	1.06
Competition	113	57,322	1.97
Practice	58	104,061	0.56

* All analyses in this chapter present un-weighted data.

Table 11.2 Demographic Characteristics of Injured Boys' Baseball Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	39	24.2%
Sophomore	37	23.0%
Junior	31	19.3%
Senior	54	33.5%
Total	161	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	16.0 (1.4)
n	131

BMI	
Minimum	17.2
Maximum	37.6
Mean (SD)	24.0 (3.4)
n	102

* Throughout this chapter, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 11.1 Diagnosis of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

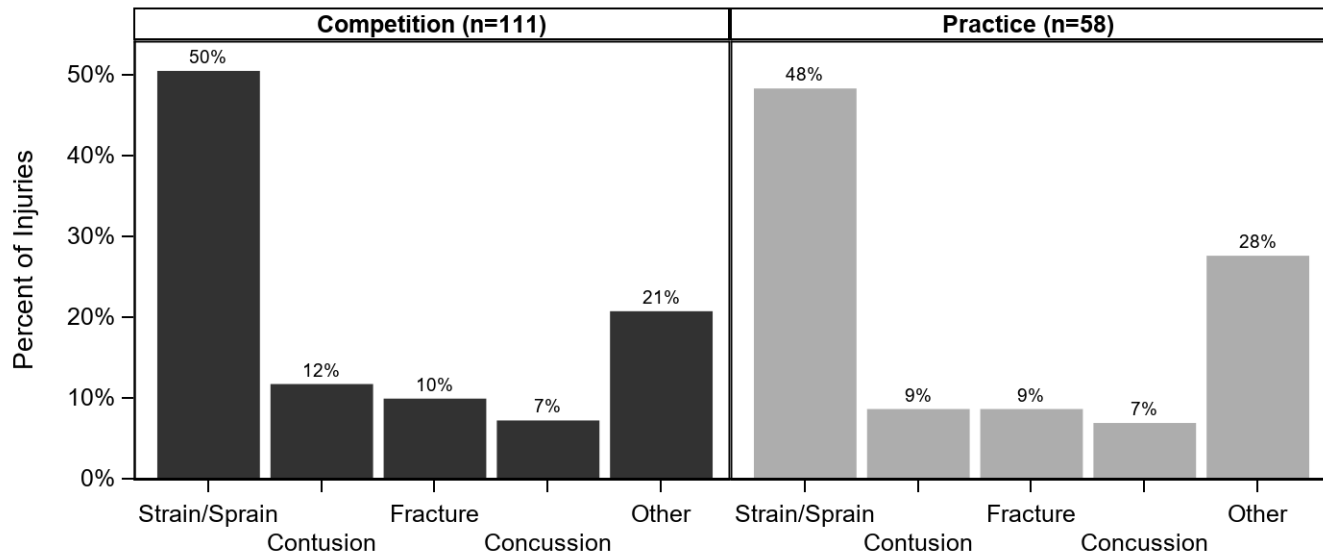


Table 11.3 Body Site of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

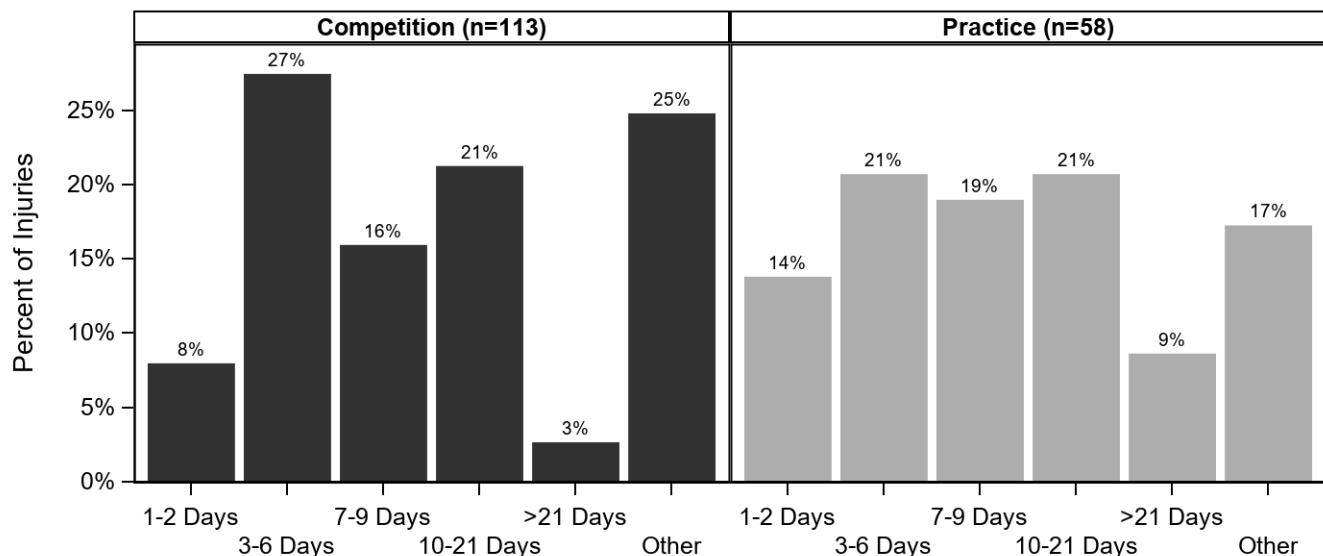
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Arm/Elbow	16	14.2%	12	20.7%	28	16.4%
Head/Face	15	13.3%	10	17.2%	25	14.6%
Shoulder	19	16.8%	6	10.3%	25	14.6%
Hip/Thigh/Upper Leg	18	15.9%	6	10.3%	24	14.0%
Ankle	14	12.4%	7	12.1%	21	12.3%
Hand/Wrist	13	11.5%	4	6.9%	17	9.9%
Knee	8	7.1%	4	6.9%	12	7.0%
Foot	3	2.7%	3	5.2%	6	3.5%
Lower Leg	2	1.8%	4	6.9%	6	3.5%
Trunk	3	2.7%	1	1.7%	4	2.3%
Other	2	1.8%	0	0.0%	2	1.2%
Neck	0	0.0%	1	1.7%	1	0.6%
Total	113	100.0%	58	100.0%	171	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 11.4 Ten Most Common Boys' Baseball Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=111)		Practice (n=58)		Overall (n=169)	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg Strain/Sprain	15	13.5%	5	8.6%	20	11.8%
Arm/Elbow Strain/Sprain	10	9.0%	9	15.5%	19	11.2%
Ankle Strain/Sprain	12	10.8%	5	8.6%	17	10.1%
Shoulder Strain/Sprain	11	9.9%	2	3.4%	13	7.7%
Head/Face Concussion	8	7.2%	4	6.9%	12	7.1%
Shoulder Other	7	6.3%	4	6.9%	11	6.5%
Hand/Wrist Fracture	8	7.2%	2	3.4%	10	5.9%
Arm/Elbow Other	5	4.5%	3	5.2%	8	4.7%
Knee Other	4	3.6%	2	3.4%	6	3.6%
Head/Face Contusion	1	0.9%	3	5.2%	4	2.4%

Figure 11.2 Time Loss of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 11.5 Boys' Baseball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	8	7.1%	5	8.6%	13	7.6%
Did Not Require Surgery	104	92.9%	53	91.4%	157	92.4%
Total	112	100.0%	58	100.0%	170	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 11.3 History of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

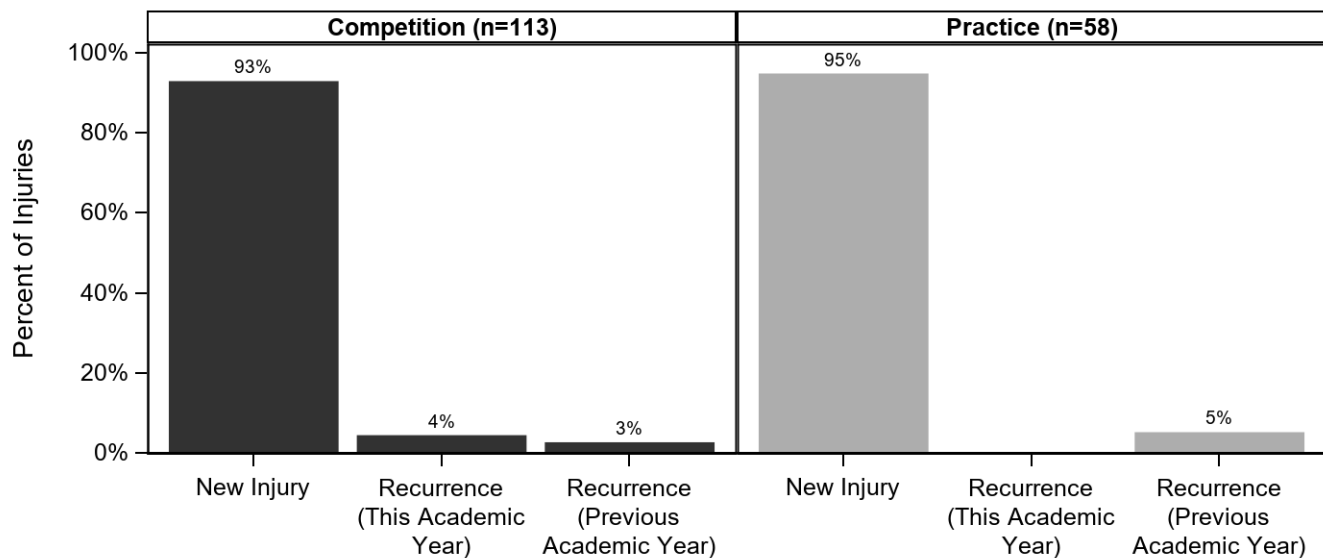


Table 11.6 Time during Season of Boys' Baseball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	27	15.8%
Regular Season	133	77.8%
Post Season	11	6.4%
Total	171	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 11.7 Competition-Related Variables for Boys' Baseball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	5	4.8%
First Inning	8	7.6%
Second Inning	8	7.6%
Third Inning	13	12.4%
Fourth Inning	16	15.2%
Fifth Inning	9	8.6%
Sixth Inning	7	6.7%
Seventh Inning	5	4.8%
Unknown	34	32.4%
Total	105	100.0%

Field Location		
Pitchers Mound	24	22.9%
Home Plate	25	23.8%
First Base	11	10.5%
Second Base	13	12.4%
Third Base	3	2.9%
Infield	3	2.9%
Outfield	16	15.2%
Foul Territory	3	2.9%
Other	5	4.8%
Unknown	2	1.9%
Total	105	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 11.8 Practice-Related Variables for Boys' Baseball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	5	8.8%
Second 1/2 Hour	12	21.1%
1-2 Hours into Practice	19	33.3%
>2 Hours into Practice	4	7.0%
Unknown	17	29.8%
Total	57	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 11.4 Player Position of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

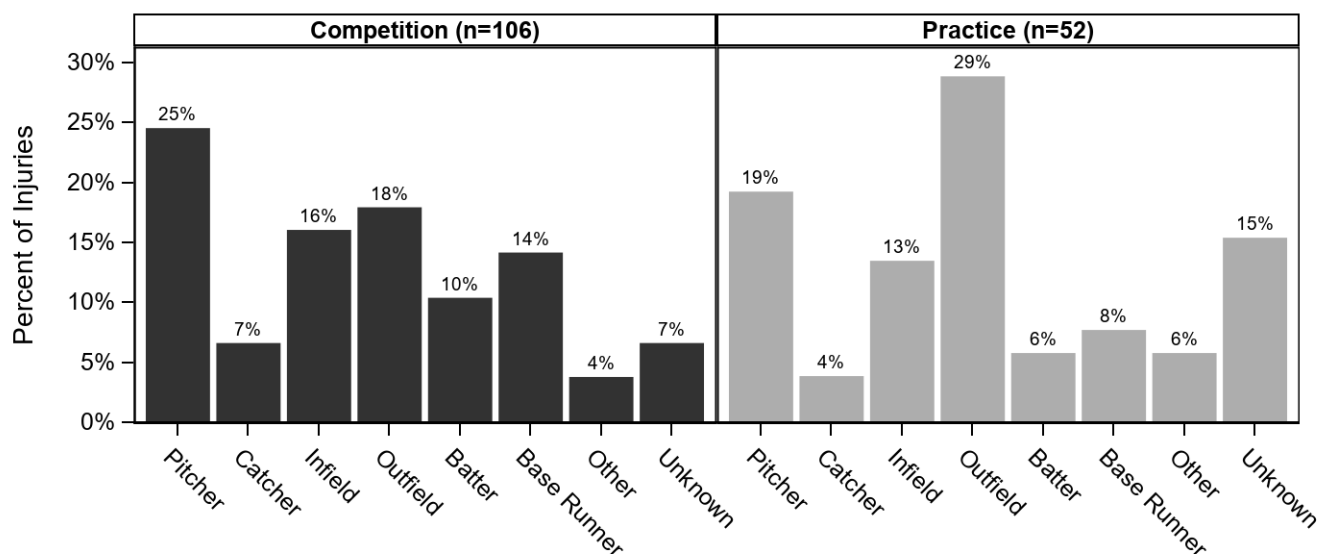


Table 11.9 Activities Leading to Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Pitching	25	23.6%	8	15.4%	33	20.9%
Running Bases	21	19.8%	7	13.5%	28	17.7%
Fielding a Batted Ball	16	15.1%	10	19.2%	26	16.5%
Batting	17	16.0%	6	11.5%	23	14.6%
Catching	8	7.5%	3	5.8%	11	7.0%
Sliding	8	7.5%	2	3.8%	10	6.3%
General Play	0	0.0%	9	17.3%	9	5.7%
Throwing	2	1.9%	4	7.7%	6	3.8%
Other	5	4.7%	1	1.9%	6	3.8%
Fielding a Thrown Ball	4	3.8%	1	1.9%	5	3.2%
Unknown	0	0.0%	1	1.9%	1	0.6%
Total	106	100.0%	52	100.0%	158	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 11.10 Activity Resulting in Boys' Baseball Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Batting	4	5.2%	7	38.9%	5	33.3%	2	16.7%	5	14.3%
Catching	1	1.3%	3	16.7%	2	13.3%	3	25.0%	2	5.7%
Fielding a Batted Ball	11	14.3%	4	22.2%	3	20.0%	4	33.3%	4	11.4%
Fielding a Thrown Ball	1	1.3%	2	11.1%	0	0.0%	1	8.3%	1	2.9%
General Play	4	5.2%	1	5.6%	0	0.0%	0	0.0%	4	11.4%
Other	4	5.2%	0	0.0%	0	0.0%	1	8.3%	1	2.9%
Pitching	23	29.9%	0	0.0%	1	6.7%	0	0.0%	9	25.7%
Running Bases	22	28.6%	1	5.6%	2	13.3%	1	8.3%	2	5.7%
Sliding	3	3.9%	0	0.0%	2	13.3%	0	0.0%	4	11.4%
Throwing	4	5.2%	0	0.0%	0	0.0%	0	0.0%	2	5.7%
Unknown	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	2.9%
Total	77	100.0%	18	100.0%	15	100.0%	12	100.0%	35	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XII. GIRLS' SOFTBALL INJURY EPIDEMIOLOGY

Table 12.1 Girls' Softball Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	130	104,539	1.24
Competition	68	37,373	1.82
Practice	62	67,166	0.92

* All analyses in this chapter present un-weighted data.

Table 12.2 Demographic Characteristics of Injured Girls' Softball Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	46	36.8%
Sophomore	26	20.8%
Junior	32	25.6%
Senior	21	16.8%
Total	125	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.8 (1.2)
n	99

BMI	
Minimum	15.0
Maximum	43.2
Mean (SD)	23.7 (5.0)
n	72

* Throughout this chapter, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 12.1 Diagnosis of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

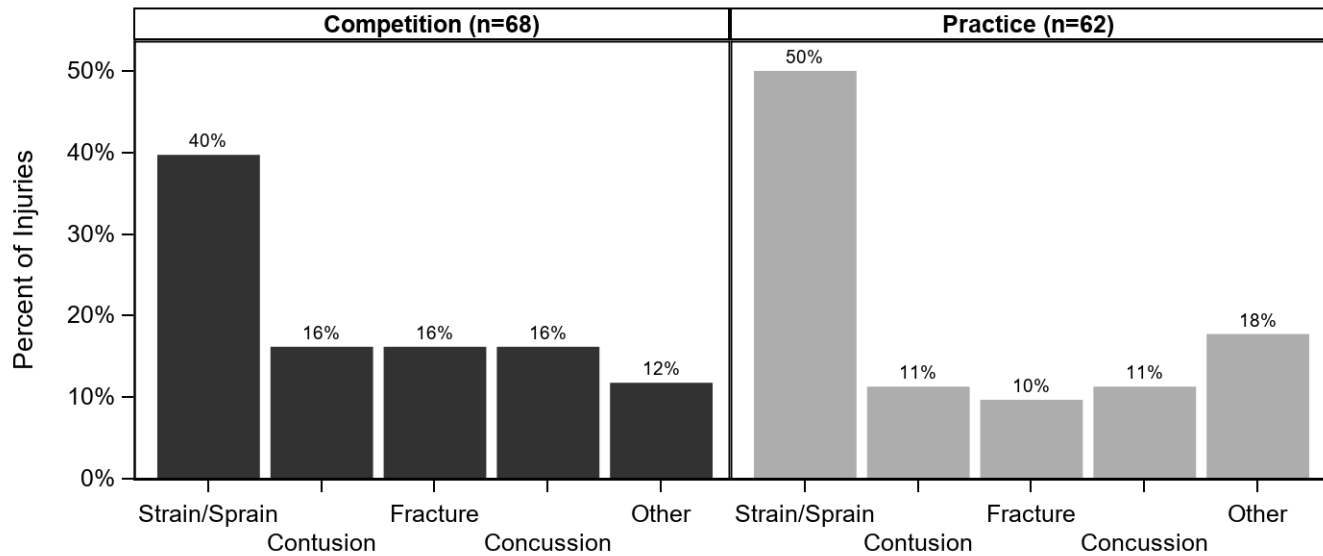


Table 12.3 Body Site of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

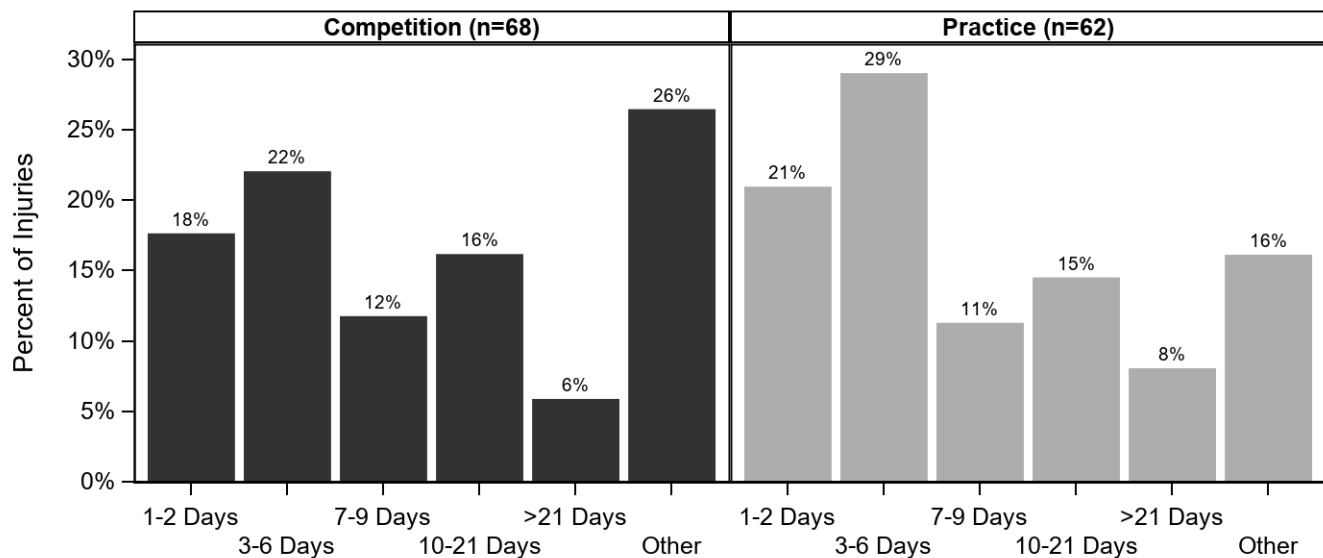
Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Hand/Wrist	20	29.4%	11	17.7%	31	23.8%
Head/Face	13	19.1%	11	17.7%	24	18.5%
Hip/Thigh/Upper Leg	4	5.9%	12	19.4%	16	12.3%
Ankle	6	8.8%	7	11.3%	13	10.0%
Knee	8	11.8%	5	8.1%	13	10.0%
Shoulder	7	10.3%	6	9.7%	13	10.0%
Arm/Elbow	4	5.9%	3	4.8%	7	5.4%
Trunk	1	1.5%	3	4.8%	4	3.1%
Lower Leg	2	2.9%	1	1.6%	3	2.3%
Foot	0	0.0%	2	3.2%	2	1.5%
Neck	2	2.9%	0	0.0%	2	1.5%
Other	1	1.5%	1	1.6%	2	1.5%
Total	68	100.0%	62	100.0%	130	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 12.4 Ten Most Common Girls' Softball Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=68)		Practice (n=62)		Overall (n=130)	
	n	%	n	%	n	%
Head/Face Concussion	11	16.2%	7	11.3%	18	13.8%
Hip/Thigh/Upper Leg Strain/Sprain	3	4.4%	11	17.7%	14	10.8%
Hand/Wrist Strain/Sprain	7	10.3%	6	9.7%	13	10.0%
Hand/Wrist Fracture	8	11.8%	3	4.8%	11	8.5%
Ankle Strain/Sprain	4	5.9%	6	9.7%	10	7.7%
Knee Other	2	2.9%	4	6.5%	6	4.6%
Shoulder Other	3	4.4%	3	4.8%	6	4.6%
Shoulder Strain/Sprain	3	4.4%	3	4.8%	6	4.6%
Hand/Wrist Contusion	3	4.4%	2	3.2%	5	3.8%
Knee Strain/Sprain	3	4.4%	1	1.6%	4	3.1%

Figure 12.2 Time Loss of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 12.5 Girls' Softball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	4	6.2%	3	5.0%	7	5.6%
Did Not Require Surgery	61	93.8%	57	95.0%	118	94.4%
Total	65	100.0%	60	100.0%	125	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 12.3 History of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

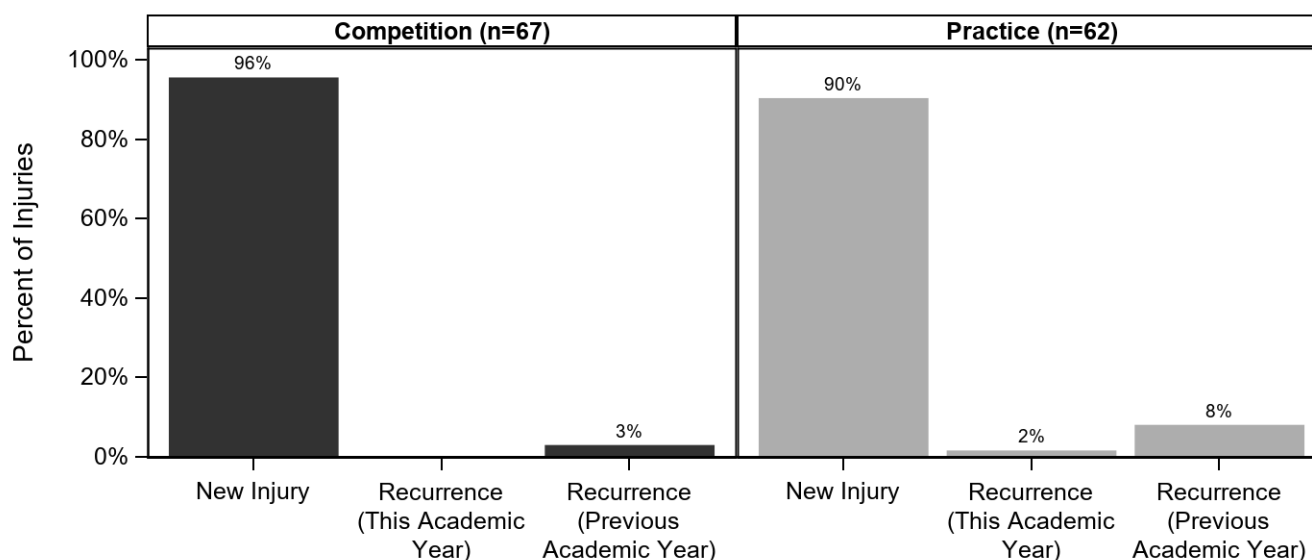


Table 12.6 Time during Season of Girls' Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	30	23.1%
Regular Season	99	76.2%
Post Season	1	0.8%
Total	130	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 12.7 Competition-Related Variables for Girls' Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	7	11.3%
First Inning	1	1.6%
Second Inning	3	4.8%
Third Inning	5	8.1%
Fourth Inning	7	11.3%
Fifth Inning	10	16.1%
Sixth Inning	4	6.5%
Seventh Inning	4	6.5%
Unknown	21	33.9%
Total	62	100.0%

Field Location		
Pitchers Mound	4	6.5%
Home Plate	12	19.4%
First Base	7	11.3%
Second Base	13	21.0%
Third Base	5	8.1%
Outfield	9	14.5%
Foul Territory	5	8.1%
Other	1	1.6%
Unknown	6	9.7%
Total	62	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 12.8 Practice-Related Variables for Girls' Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	3	4.9%
Second 1/2 Hour	11	18.0%
1-2 Hours into Practice	28	45.9%
>2 Hours into Practice	2	3.3%
Unknown	17	27.9%
Total	61	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 12.4 Player Position of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

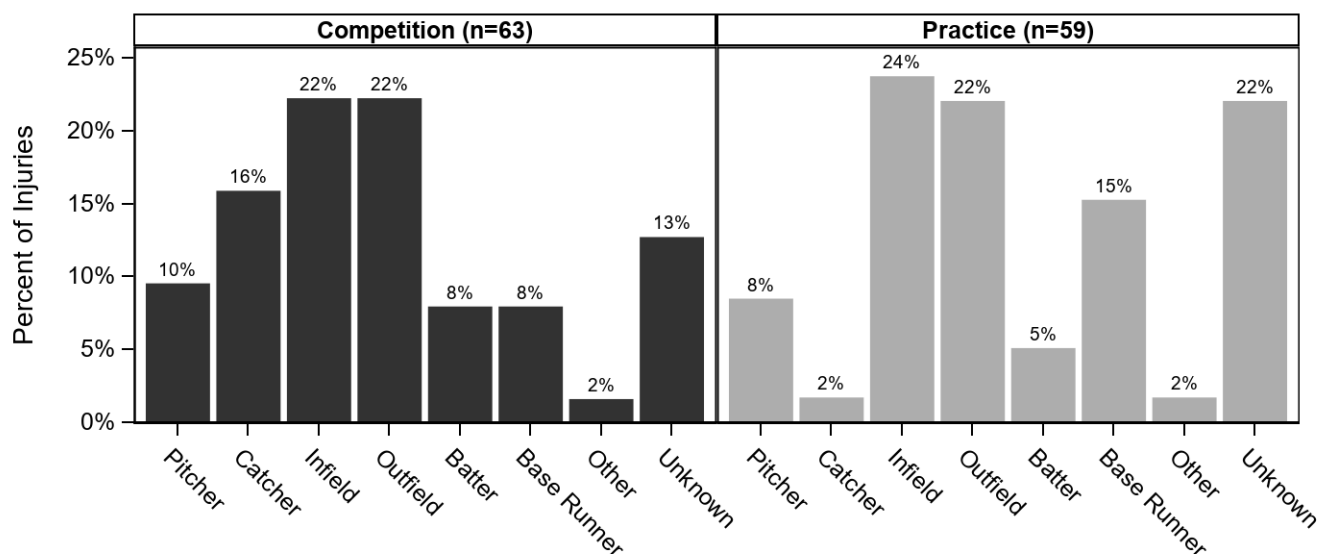


Table 12.9 Activities Leading to Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Running Bases	11	17.5%	12	19.7%	23	18.5%
Fielding a Batted Ball	12	19.0%	5	8.2%	17	13.7%
Sliding	11	17.5%	5	8.2%	16	12.9%
Batting	6	9.5%	5	8.2%	11	8.9%
Throwing	5	7.9%	5	8.2%	10	8.1%
Pitching	5	7.9%	4	6.6%	9	7.3%
Catching	7	11.1%	1	1.6%	8	6.5%
Fielding a Thrown Ball	2	3.2%	5	8.2%	7	5.6%
General Play	1	1.6%	6	9.8%	7	5.6%
Other	2	3.2%	4	6.6%	6	4.8%
Unknown	1	1.6%	5	8.2%	6	4.8%
Conditioning	0	0.0%	4	6.6%	4	3.2%
Total	63	100.0%	61	100.0%	124	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 12.10 Activity Resulting in Girls' Softball Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Batting	6	10.7%	2	11.8%	2	11.8%	1	6.3%	0	0.0%
Catching	0	0.0%	3	17.6%	2	11.8%	3	18.8%	0	0.0%
Conditioning	4	7.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Fielding a Batted Ball	9	16.1%	0	0.0%	3	17.6%	5	31.3%	0	0.0%
Fielding a Thrown Ball	2	3.6%	4	23.5%	0	0.0%	1	6.3%	0	0.0%
General Play	2	3.6%	1	5.9%	0	0.0%	2	12.5%	2	11.1%
Other	3	5.4%	1	5.9%	2	11.8%	0	0.0%	0	0.0%
Pitching	5	8.9%	2	11.8%	2	11.8%	0	0.0%	0	0.0%
Running Bases	11	19.6%	3	17.6%	2	11.8%	2	12.5%	5	27.8%
Sliding	9	16.1%	1	5.9%	3	17.6%	1	6.3%	2	11.1%
Throwing	3	5.4%	0	0.0%	1	5.9%	0	0.0%	6	33.3%
Unknown	2	3.6%	0	0.0%	0	0.0%	1	6.3%	3	16.7%
Total	56	100.0%	17	100.0%	17	100.0%	16	100.0%	18	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XIII. GIRLS' FIELD HOCKEY INJURY EPIDEMIOLOGY

Table 13.1 Girls' Field Hockey Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	95	47,993	1.98
Competition	53	15,520	3.41
Practice	42	32,473	1.29

* All analyses in this report present un-weighted data.

Table 13.2 Demographic Characteristics of Injured Girls' Field Hockey Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	19	20.2%
Sophomore	20	21.3%
Junior	26	27.7%
Senior	29	30.9%
Total	94	100.0%

Age (years)	
Minimum	14
Maximum	19
Mean (SD)	15.8 (1.3)
n	77

BMI	
Minimum	18.0
Maximum	33.7
Mean (SD)	21.9 (3.2)
n	56

* Throughout this chapter, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 13.1 Diagnosis of Girls' Field Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

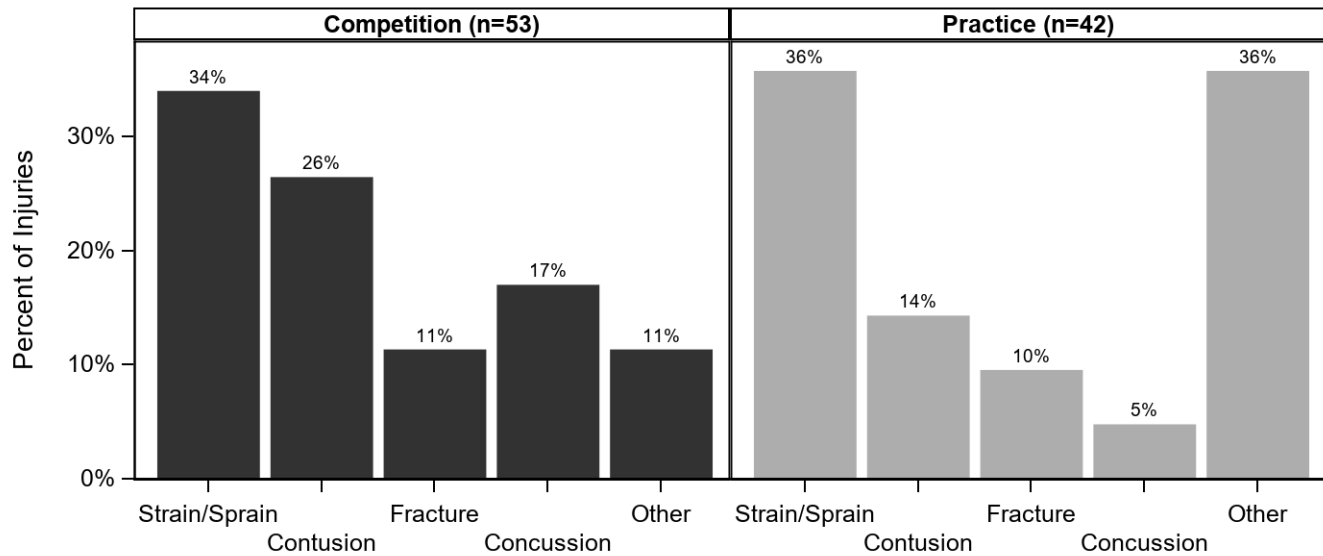


Table 13.3 Body Site of Girls' Field Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

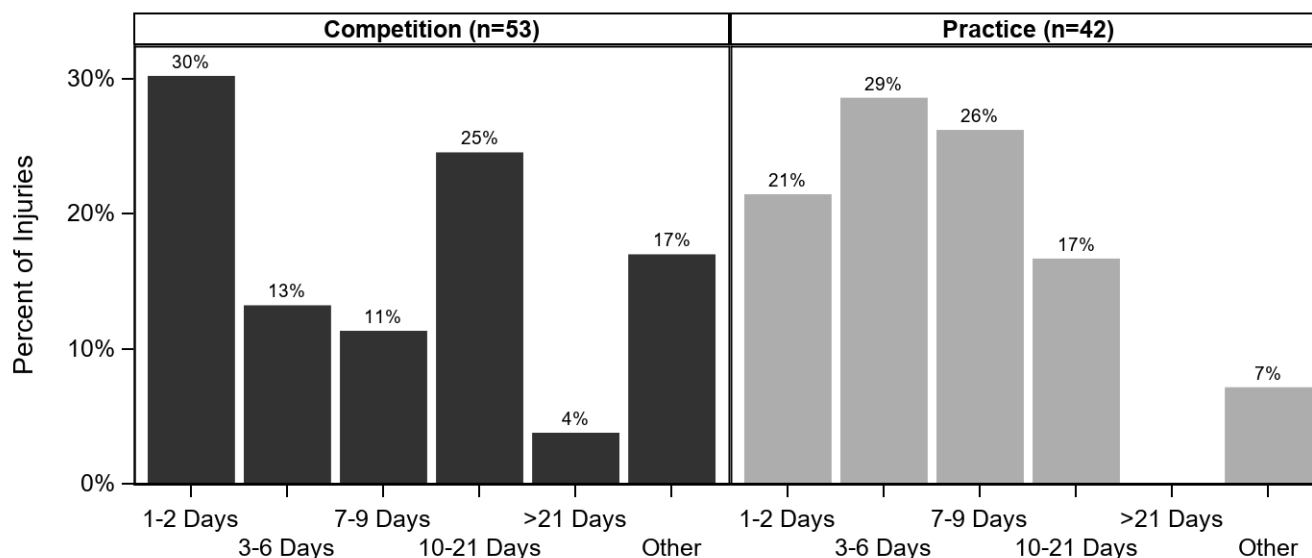
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Head/Face	16	30.2%	7	16.7%	23	24.2%
Hand/Wrist	12	22.6%	3	7.1%	15	15.8%
Ankle	6	11.3%	7	16.7%	13	13.7%
Hip/Thigh/Upper Leg	6	11.3%	6	14.3%	12	12.6%
Knee	7	13.2%	4	9.5%	11	11.6%
Lower Leg	1	1.9%	7	16.7%	8	8.4%
Foot	4	7.5%	2	4.8%	6	6.3%
Trunk	1	1.9%	3	7.1%	4	4.2%
Systemic	0	0.0%	2	4.8%	2	2.1%
Arm/Elbow	0	0.0%	1	2.4%	1	1.1%
Total	53	100.0%	42	100.0%	95	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 13.4 Ten Most Common Girls' Field Hockey Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=53)		Practice (n=42)		Overall (n=95)	
	n	%	n	%	n	%
Ankle Strain/Sprain	6	11.3%	5	11.9%	11	11.6%
Head/Face Concussion	9	17.0%	2	4.8%	11	11.6%
Hip/Thigh/Upper Leg Strain/Sprain	6	11.3%	4	9.5%	10	10.5%
Hand/Wrist Contusion	7	13.2%	2	4.8%	9	9.5%
Knee Other	4	7.5%	4	9.5%	8	8.4%
Head/Face Contusion	4	7.5%	2	4.8%	6	6.3%
Hand/Wrist Fracture	4	7.5%	1	2.4%	5	5.3%
Head/Face Fracture	1	1.9%	3	7.1%	4	4.2%
Lower Leg Other	0	0.0%	4	9.5%	4	4.2%
Trunk Strain/Sprain	1	1.9%	3	7.1%	4	4.2%

Figure 13.2 Time Loss of Girls' Field Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 13.5 Girls' Field Hockey Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	2	3.8%	1	2.4%	3	3.2%
Did Not Require Surgery	50	96.2%	41	97.6%	91	96.8%
Total	52	100.0%	42	100.0%	94	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 13.3 History of Girls' Field Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

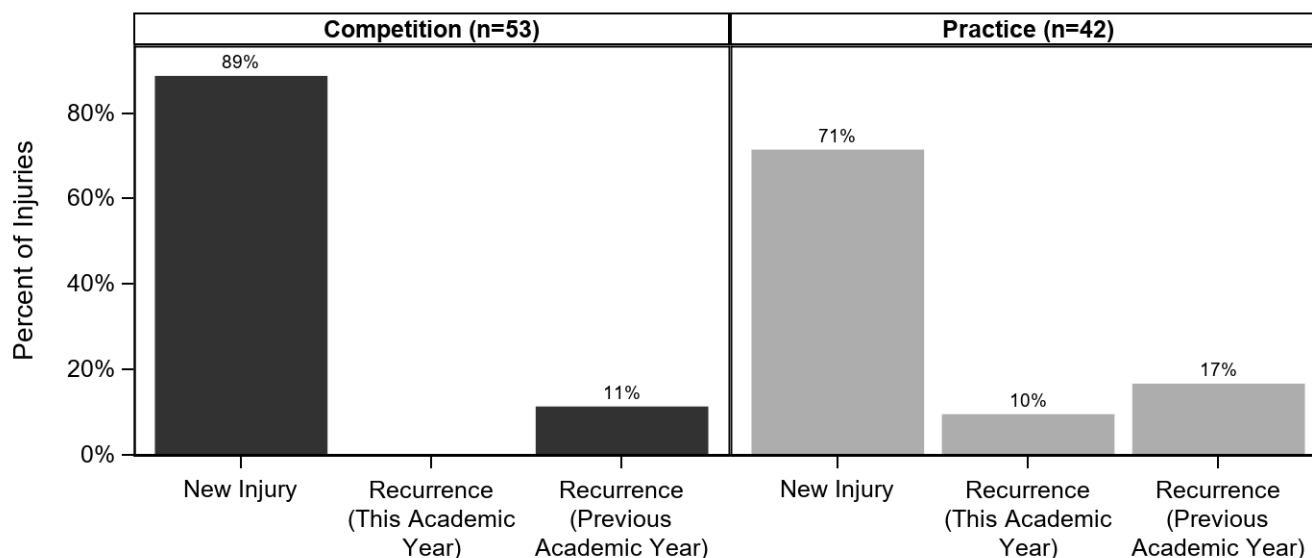


Table 13.6 Time during Season of Girls' Field Hockey Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	15	15.8%
Regular Season	74	77.9%
Post Season	6	6.3%
Total	95	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 13.7 Competition-Related Variables for Girls' Field Hockey Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	4	7.8%
Unknown	18	35.3%
Second Quarter	3	5.9%
Third Quarter	15	29.4%
Fourth Quarter	11	21.6%
Total	51	100.0%

Field Location		
Goal Area/Circle	3	5.9%
Within 16-yard Arc	3	5.9%
Within 25-yard Line	3	5.9%
Between 25-yard Line and Center Line	12	23.5%
Sideline	2	3.9%
Other	1	2.0%
Unknown	27	52.9%
Total	51	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 13.8 Practice-Related Variables for Girls' Field Hockey Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	6	14.3%
Second 1/2 Hour	1	2.4%
1-2 Hours into Practice	17	40.5%
Unknown	18	42.9%
Total	42	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 13.4 Player Position of Girls' Field Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

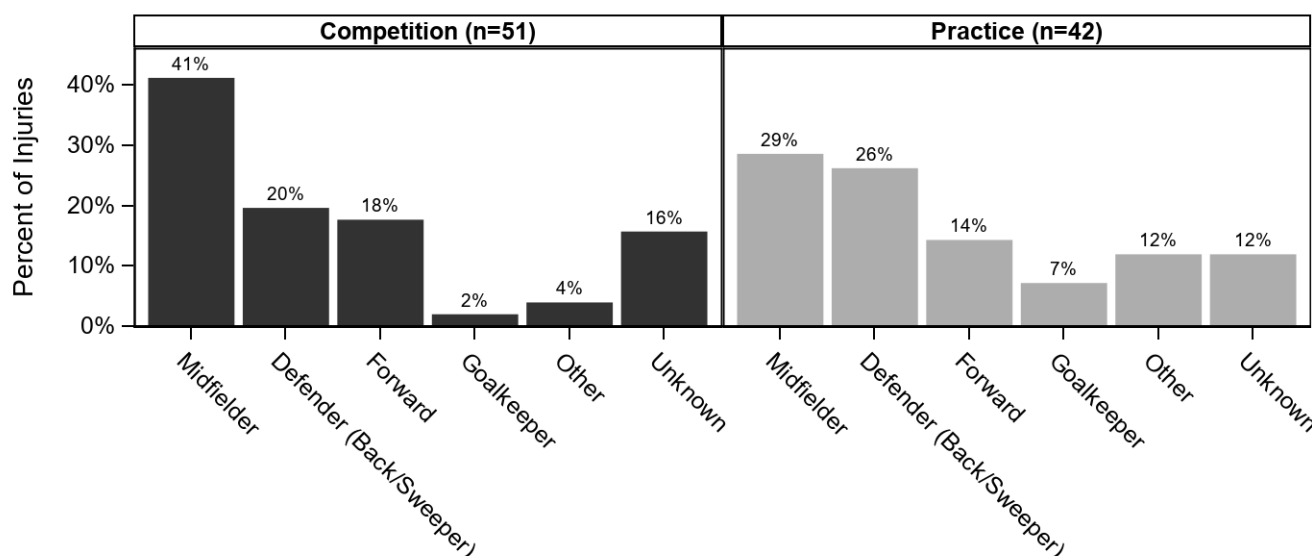


Table 13.9 Activities Leading to Girls' Field Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	15	28.8%	16	38.1%	31	33.0%
Unknown	11	21.2%	7	16.7%	18	19.1%
Defending	11	21.2%	2	4.8%	13	13.8%
Receiving Pass	3	5.8%	3	7.1%	6	6.4%
Conditioning	0	0.0%	5	11.9%	5	5.3%
Blocking Shot	2	3.8%	2	4.8%	4	4.3%
Other	3	5.8%	1	2.4%	4	4.3%
Shooting	2	3.8%	1	2.4%	3	3.2%
Ball Handling/Dribbling	2	3.8%	1	2.4%	3	3.2%
Chasing a Loose Ball	2	3.8%	1	2.4%	3	3.2%
Goaltending	1	1.9%	2	4.8%	3	3.2%
Passing	0	0.0%	1	2.4%	1	1.1%
Total	52	100.0%	42	100.0%	94	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 13.10 Activity Resulting in Girls' Field Hockey Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Ball Handling/Dribbling	1	3.0%	0	0.0%	0	0.0%	1	9.1%	1	4.8%
Blocking Shot	0	0.0%	1	5.0%	1	11.1%	1	9.1%	1	4.8%
Chasing a Loose Ball	3	9.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Conditioning	1	3.0%	0	0.0%	0	0.0%	0	0.0%	4	19.0%
Defending	1	3.0%	7	35.0%	3	33.3%	2	18.2%	0	0.0%
General Play	14	42.4%	1	5.0%	1	11.1%	4	36.4%	11	52.4%
Goaltending	2	6.1%	0	0.0%	0	0.0%	1	9.1%	0	0.0%
Other	1	3.0%	1	5.0%	1	11.1%	0	0.0%	1	4.8%
Passing	1	3.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Receiving Pass	0	0.0%	3	15.0%	2	22.2%	1	9.1%	0	0.0%
Shooting	1	3.0%	2	10.0%	0	0.0%	0	0.0%	0	0.0%
Unknown	8	24.2%	5	25.0%	1	11.1%	1	9.1%	3	14.3%
Total	33	100.0%	20	100.0%	9	100.0%	11	100.0%	21	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XIV. BOYS' ICE HOCKEY INJURY EPIDEMIOLOGY

Table 14.1 Boys' Ice Hockey Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	50	33,803	1.48
Competition	41	10,970	3.74
Practice	9	22,833	0.39

* All analyses in this chapter present un-weighted data.

Table 14.2 Demographic Characteristics of Injured Boys' Ice Hockey Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	10	20.0%
Sophomore	5	10.0%
Junior	12	24.0%
Senior	23	46.0%
Total	50	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	16.1 (1.5)
n	34

BMI	
Minimum	18.5
Maximum	32.3
Mean (SD)	23.9 (3.7)
n	24

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 14.1 Diagnosis of Boys' Ice Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

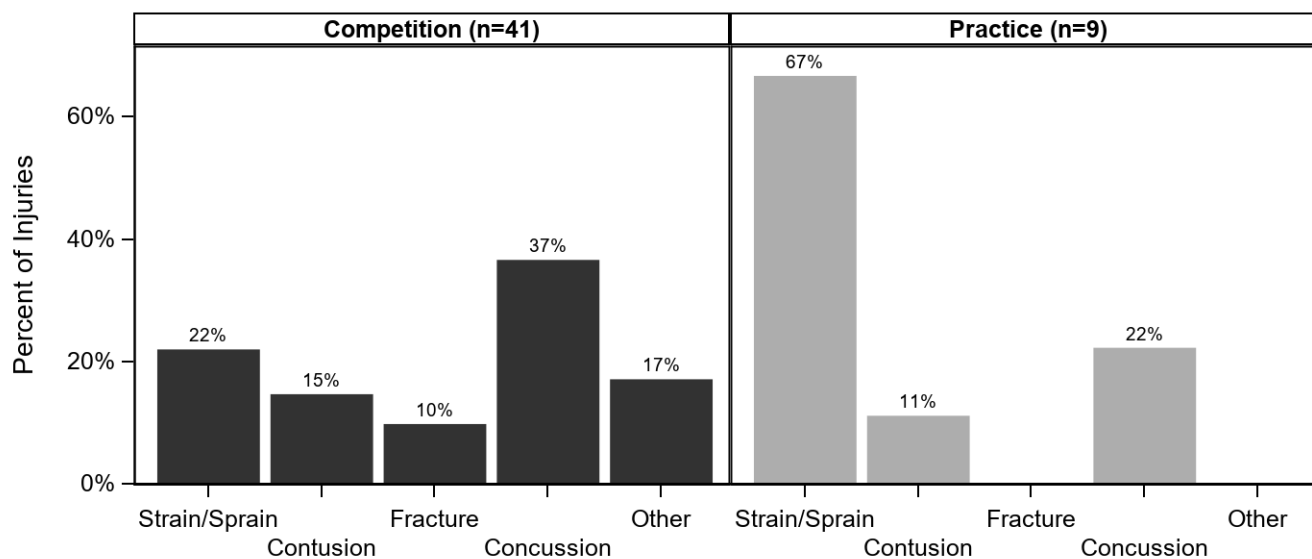


Table 14.3 Body Site of Boys' Ice Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

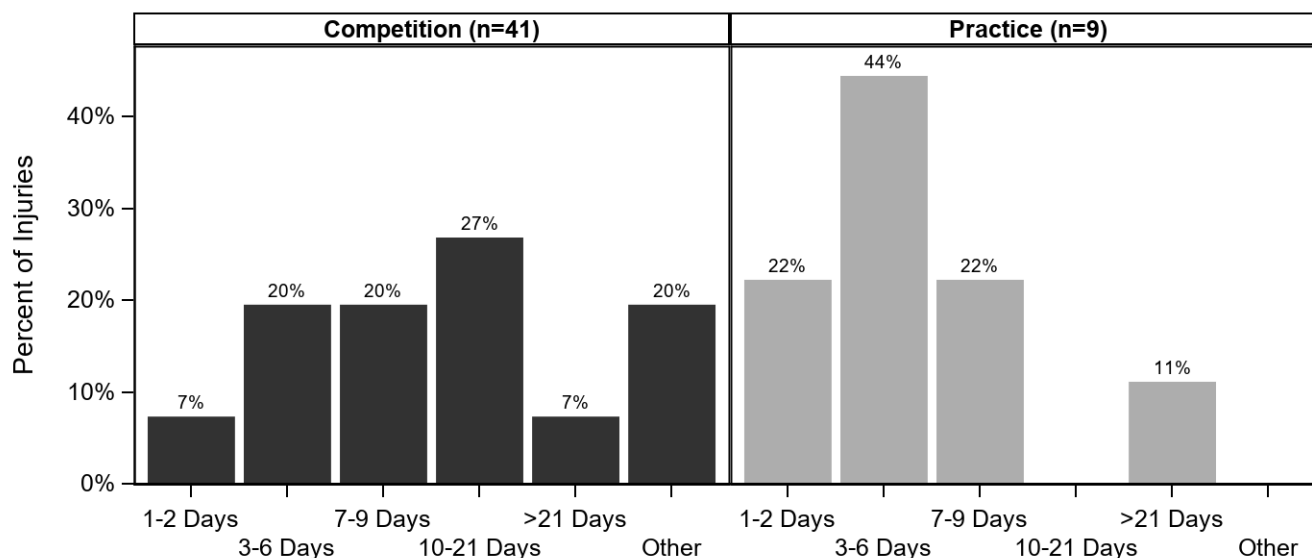
Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Head/Face	17	41.5%	2	22.2%	19	38.0%
Knee	6	14.6%	1	11.1%	7	14.0%
Hand/Wrist	4	9.8%	2	22.2%	6	12.0%
Hip/Thigh/Upper Leg	4	9.8%	1	11.1%	5	10.0%
Shoulder	5	12.2%	0	0.0%	5	10.0%
Trunk	3	7.3%	2	22.2%	5	10.0%
Ankle	1	2.4%	0	0.0%	1	2.0%
Neck	0	0.0%	1	11.1%	1	2.0%
Other	1	2.4%	0	0.0%	1	2.0%
Total	41	100.0%	9	100.0%	50	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 14.4 Ten Most Common Boys' Ice Hockey Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=41)		Practice (n=9)		Overall (n=50)	
	n	%	n	%	n	%
Head/Face Concussion	15	36.6%	2	22.2%	17	34.0%
Hip/Thigh/Upper Leg Strain/Sprain	3	7.3%	1	11.1%	4	8.0%
Knee Contusion	3	7.3%	1	11.1%	4	8.0%
Hand/Wrist Strain/Sprain	1	2.4%	2	22.2%	3	6.0%
Knee Strain/Sprain	2	4.9%	0	0.0%	2	4.0%
Shoulder Other	2	4.9%	0	0.0%	2	4.0%
Shoulder Strain/Sprain	2	4.9%	0	0.0%	2	4.0%
Trunk Contusion	2	4.9%	0	0.0%	2	4.0%
Trunk Strain/Sprain	0	0.0%	2	22.2%	2	4.0%
Ankle Strain/Sprain	1	2.4%	0	0.0%	1	2.0%

Figure 14.2 Time Loss of Boys' Ice Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 14.5 Boys' Ice Hockey Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	3	7.5%	0	0.0%	3	6.1%
Did Not Require Surgery	37	92.5%	9	100.0%	46	93.9%
Total	40	100.0%	9	100.0%	49	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 14.3 History of Boys' Ice Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

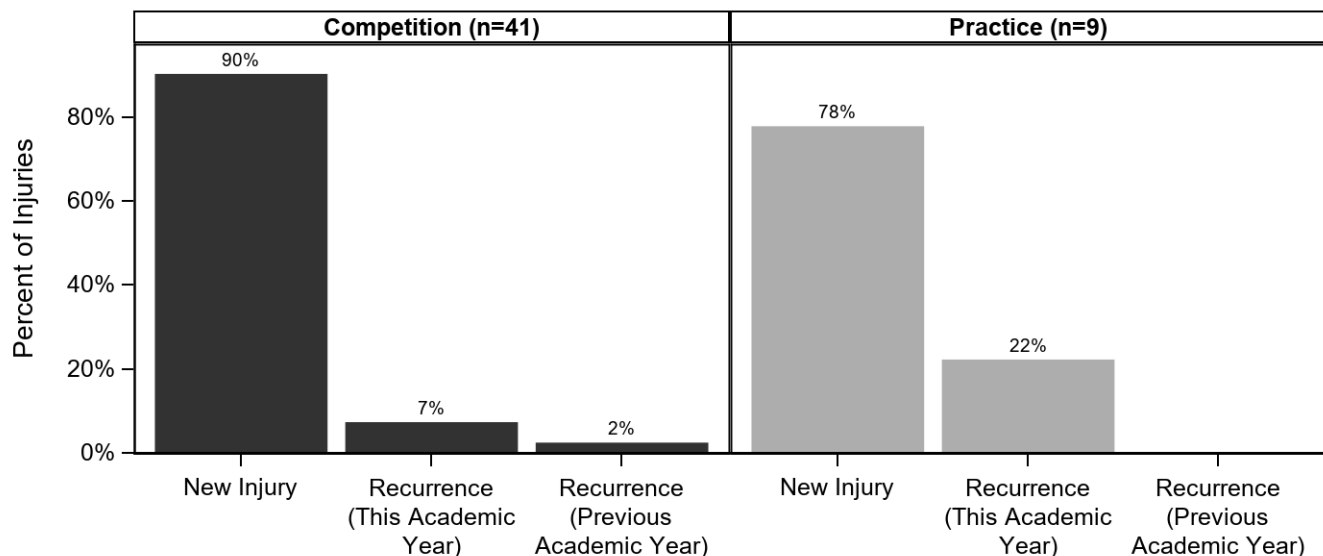


Table 14.6 Time during Season of Boys' Ice Hockey Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	5	10.0%
Regular Season	43	86.0%
Post Season	2	4.0%
Total	50	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 14.7 Competition-Related Variables for Boys' Ice Hockey Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
First Period	8	21.1%
Second Period	12	31.6%
Third Period	7	18.4%
Unknown	11	28.9%
Total	38	100.0%

Rink Location		
Corner	5	12.8%
Behind Goal	2	5.1%
Goal Area	1	2.6%
Between Goal Line and Blue Line	15	38.5%
Neutral Zone	3	7.7%
Unknown	13	33.3%
Total	39	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 14.8 Practice-Related Variables for Boys' Ice Hockey Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	2	22.2%
1-2 Hours into Practice	4	44.4%
Unknown	3	33.3%
Total	9	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 14.4 Player Position of Boys' Ice Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

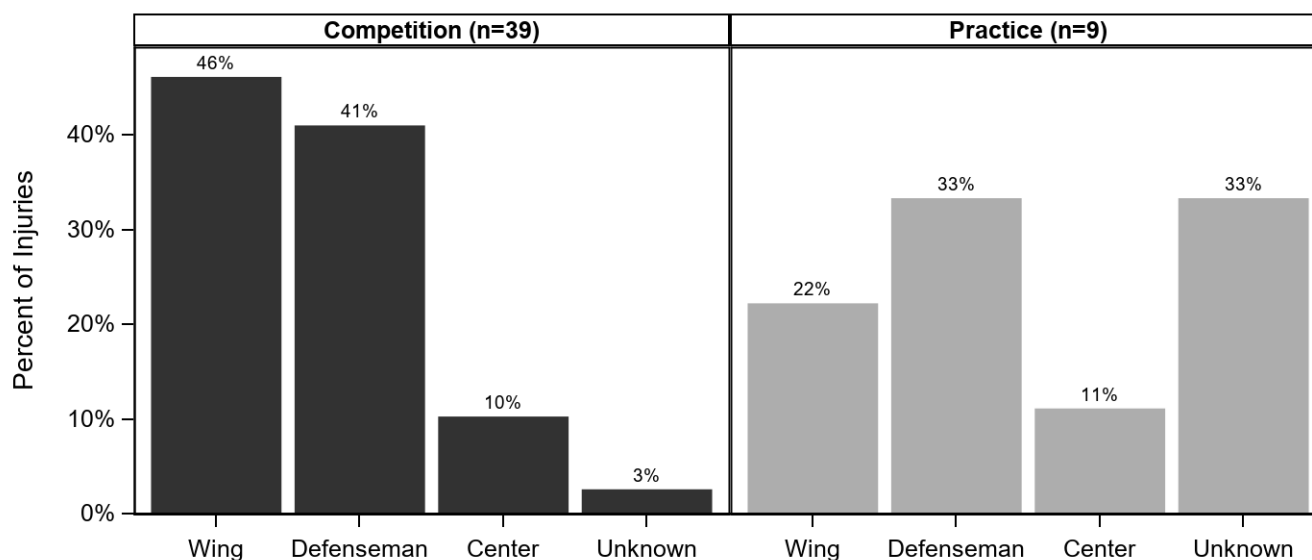


Table 14.9 Activities Leading to Boys' Ice Hockey Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Being Checked	20	51.3%	1	11.1%	21	43.8%
Skating	5	12.8%	4	44.4%	9	18.8%
Unknown	5	12.8%	1	11.1%	6	12.5%
Checking	3	7.7%	1	11.1%	4	8.3%
Chasing Loose Puck	3	7.7%	0	0.0%	3	6.3%
Shooting	2	5.1%	1	11.1%	3	6.3%
Other	0	0.0%	1	11.1%	1	2.1%
Passing	1	2.6%	0	0.0%	1	2.1%
Total	39	100.0%	9	100.0%	48	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 14.10 Activity Resulting in Boys' Ice Hockey Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Being Checked	3	21.4%	5	71.4%	3	75.0%	8	50.0%	2	28.6%
Chasing Loose Puck	1	7.1%	0	0.0%	0	0.0%	2	12.5%	0	0.0%
Checking	2	14.3%	0	0.0%	0	0.0%	0	0.0%	2	28.6%
Other	1	7.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Passing	0	0.0%	0	0.0%	0	0.0%	1	6.3%	0	0.0%
Shooting	1	7.1%	0	0.0%	0	0.0%	1	6.3%	1	14.3%
Skating	3	21.4%	2	28.6%	0	0.0%	3	18.8%	1	14.3%
Unknown	3	21.4%	0	0.0%	1	25.0%	1	6.3%	1	14.3%
Total	14	100.0%	7	100.0%	4	100.0%	16	100.0%	7	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XV. BOYS' LACROSSE INJURY EPIDEMIOLOGY

Table 15.1 Boys' Lacrosse Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	213	78,937	2.70
Competition	126	23,002	5.48
Practice	87	55,935	1.56

* All analyses in this chapter present un-weighted data.

Table 15.2 Demographic Characteristics of Injured Boys' Lacrosse Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	42	21.9%
Sophomore	44	22.9%
Junior	53	27.6%
Senior	53	27.6%
Total	192	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	16.3 (1.2)
n	179

BMI	
Minimum	16.7
Maximum	35.3
Mean (SD)	23.5 (3.2)
n	132

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 15.1 Diagnosis of Boys' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

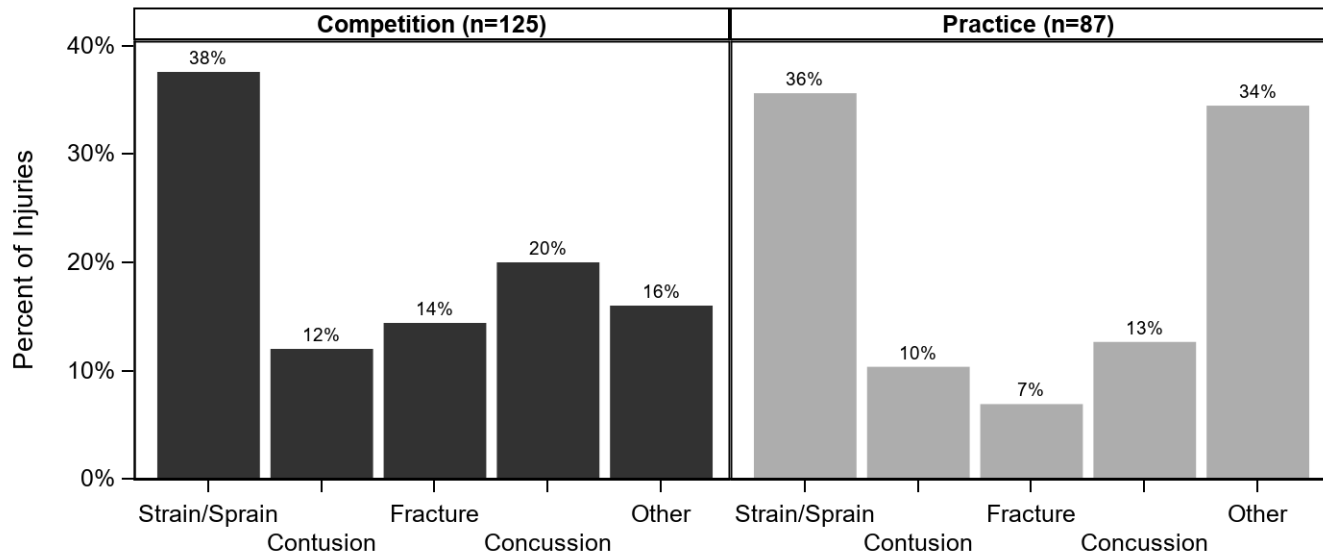


Table 15.3 Body Site of Boys' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

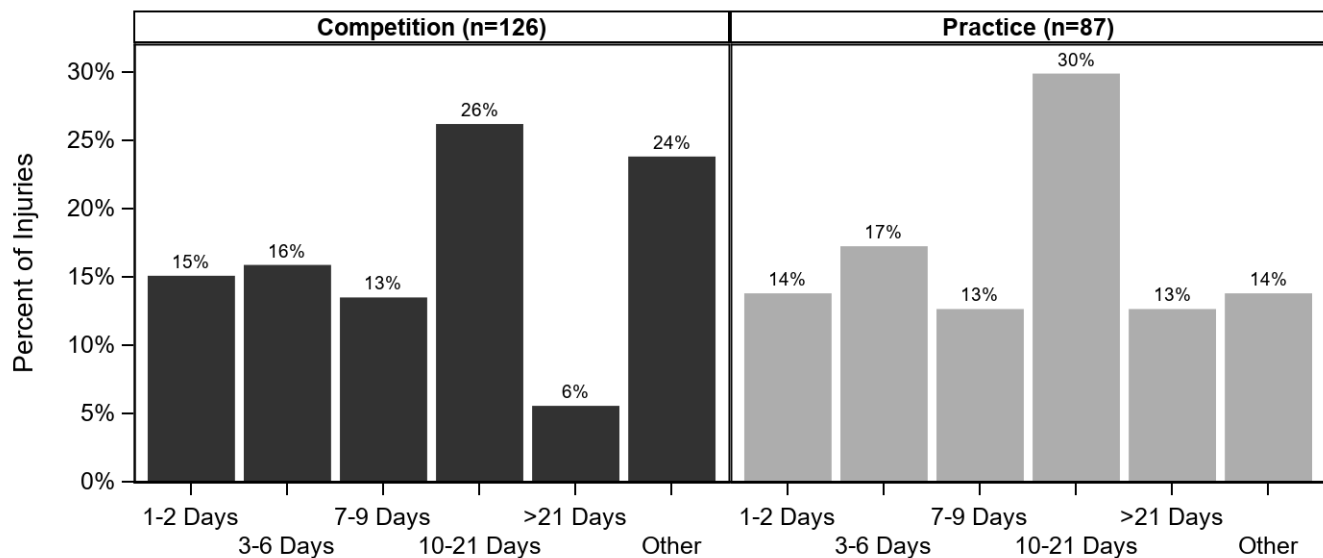
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Head/Face	27	21.4%	11	12.6%	38	17.8%
Hand/Wrist	15	11.9%	14	16.1%	29	13.6%
Hip/Thigh/Upper Leg	16	12.7%	9	10.3%	25	11.7%
Ankle	14	11.1%	10	11.5%	24	11.3%
Knee	8	6.3%	16	18.4%	24	11.3%
Trunk	11	8.7%	6	6.9%	17	8.0%
Lower Leg	4	3.2%	9	10.3%	13	6.1%
Arm/Elbow	11	8.7%	1	1.1%	12	5.6%
Shoulder	9	7.1%	3	3.4%	12	5.6%
Foot	3	2.4%	6	6.9%	9	4.2%
Other	4	3.2%	2	2.3%	6	2.8%
Neck	2	1.6%	0	0.0%	2	0.9%
Systemic	2	1.6%	0	0.0%	2	0.9%
Total	126	100.0%	87	100.0%	213	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 15.4 Ten Most Common Boys' Lacrosse Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=125)		Practice (n=87)		Overall (n=212)	
	n	%	n	%	n	%
Head/Face Concussion	25	20.0%	10	11.5%	35	16.5%
Ankle Strain/Sprain	13	10.4%	8	9.2%	21	9.9%
Hip/Thigh/Upper Leg Strain/Sprain	14	11.2%	7	8.0%	21	9.9%
Hand/Wrist Fracture	9	7.2%	3	3.4%	12	5.7%
Knee Strain/Sprain	5	4.0%	7	8.0%	12	5.7%
Knee Other	3	2.4%	7	8.0%	10	4.7%
Foot Other	2	1.6%	6	6.9%	8	3.8%
Hand/Wrist Strain/Sprain	2	1.6%	6	6.9%	8	3.8%
Lower Leg Other	2	1.6%	6	6.9%	8	3.8%
Shoulder Other	6	4.8%	2	2.3%	8	3.8%

Figure 15.2 Time Loss of Boys' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 15.5 Boys' Lacrosse Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	10	8.0%	4	4.6%	14	6.6%
Did Not Require Surgery	115	92.0%	83	95.4%	198	93.4%
Total	125	100.0%	87	100.0%	212	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 15.3 History of Boys' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

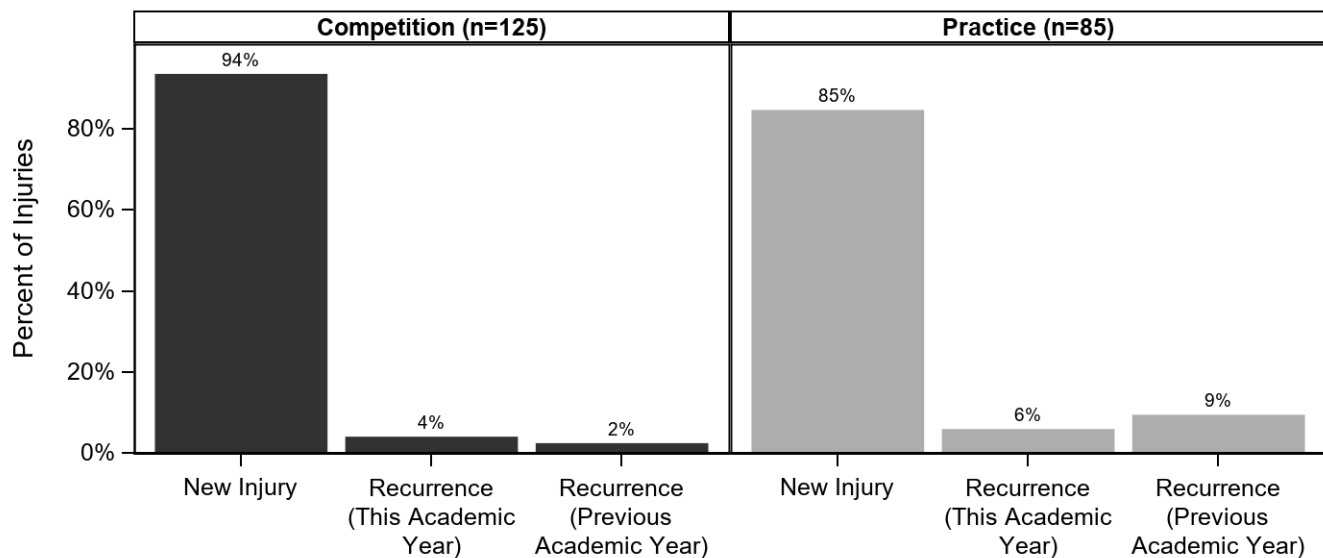


Table 15.6 Time during Season of Boys' Lacrosse Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	42	19.8%
Regular Season	158	74.5%
Post Season	12	5.7%
Total	212	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 15.7 Competition-Related Variables for Boys' Lacrosse Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	2	1.8%
First Quarter	12	10.9%
Second Quarter	16	14.5%
Third Quarter	24	21.8%
Fourth Quarter	26	23.6%
Overtime	2	1.8%
Unknown	28	25.5%
Total	110	100.0%

Field Location		
Midfield	26	24.1%
Wing Area	9	8.3%
Defensive Area	15	13.9%
Goal Area	18	16.7%
Sideline	4	3.7%
Crease Area	2	1.9%
Unknown	34	31.5%
Total	108	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 15.8 Practice-Related Variables for Boys' Lacrosse Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	5	6.0%
Second 1/2 Hour	4	4.8%
1-2 Hours into Practice	40	47.6%
>2 Hours into Practice	2	2.4%
Unknown	33	39.3%
Total	84	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 15.4 Player Position of Boys' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

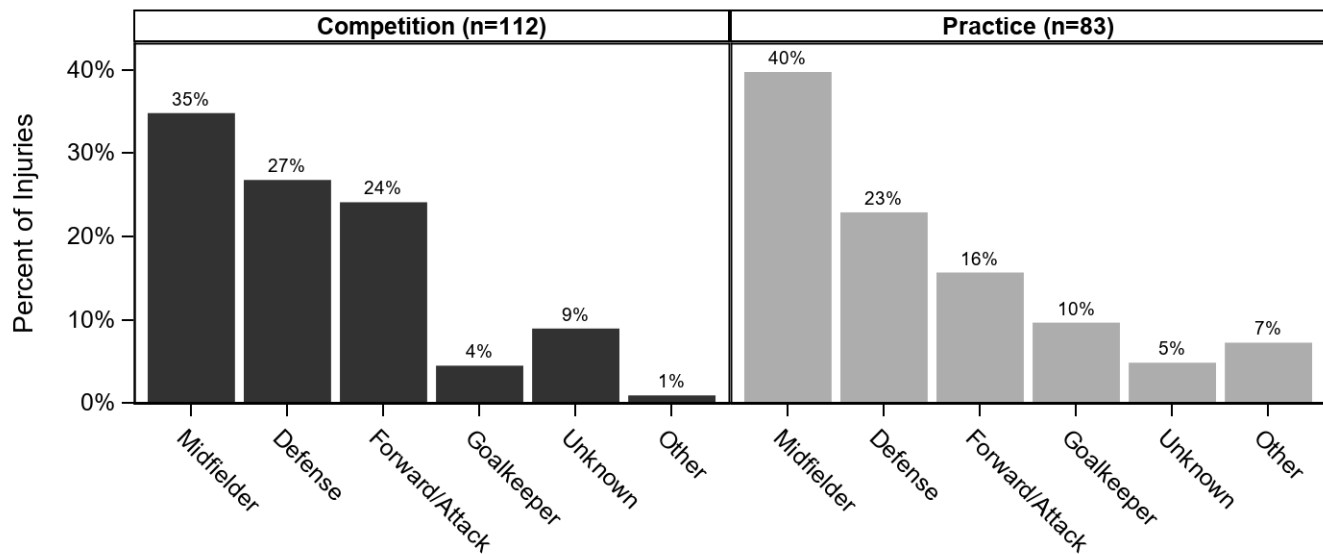


Table 15.9 Activities Leading to Boys' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	17	15.3%	32	38.6%	49	25.3%
Being Body Checked	16	14.4%	7	8.4%	23	11.9%
Unknown	7	6.3%	13	15.7%	20	10.3%
Defending	11	9.9%	5	6.0%	16	8.2%
Being Cross/Stick Checked	13	11.7%	3	3.6%	16	8.2%
Chasing Loose Ball	8	7.2%	2	2.4%	10	5.2%
Body Checking	8	7.2%	2	2.4%	10	5.2%
Ball Handling/Cradling	7	6.3%	3	3.6%	10	5.2%
Goaltending	3	2.7%	4	4.8%	7	3.6%
Cross/Stick Checking	4	3.6%	2	2.4%	6	3.1%
Passing	5	4.5%	1	1.2%	6	3.1%
Blocking Shot	4	3.6%	1	1.2%	5	2.6%
Shooting	2	1.8%	2	2.4%	4	2.1%
Conditioning	0	0.0%	4	4.8%	4	2.1%
Face-Off	2	1.8%	1	1.2%	3	1.5%
Other	2	1.8%	1	1.2%	3	1.5%
Receiving Pass	2	1.8%	0	0.0%	2	1.0%
Total	111	100.0%	83	100.0%	194	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 15.10 Activity Resulting in Boys' Lacrosse Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Ball Handling/Cradling	5	7.1%	2	8.7%	1	4.2%	0	0.0%	1	2.3%
Being Body Checked	6	8.6%	3	13.0%	3	12.5%	8	24.2%	3	7.0%
Being Cross/Stick Checked	0	0.0%	6	26.1%	7	29.2%	3	9.1%	0	0.0%
Blocking Shot	0	0.0%	2	8.7%	1	4.2%	2	6.1%	0	0.0%
Body Checking	1	1.4%	2	8.7%	4	16.7%	1	3.0%	2	4.7%
Chasing Loose Ball	3	4.3%	0	0.0%	0	0.0%	6	18.2%	1	2.3%
Conditioning	3	4.3%	0	0.0%	0	0.0%	1	3.0%	0	0.0%
Cross/Stick Checking	3	4.3%	1	4.3%	0	0.0%	0	0.0%	2	4.7%
Defending	8	11.4%	1	4.3%	2	8.3%	3	9.1%	2	4.7%
Face-Off	0	0.0%	0	0.0%	0	0.0%	1	3.0%	2	4.7%
General Play	25	35.7%	1	4.3%	2	8.3%	4	12.1%	17	39.5%
Goaltending	4	5.7%	1	4.3%	0	0.0%	1	3.0%	1	2.3%
Other	0	0.0%	0	0.0%	0	0.0%	0	0.0%	3	7.0%
Passing	3	4.3%	2	8.7%	1	4.2%	0	0.0%	0	0.0%
Receiving Pass	1	1.4%	0	0.0%	0	0.0%	1	3.0%	0	0.0%
Shooting	3	4.3%	0	0.0%	0	0.0%	0	0.0%	1	2.3%
Unknown	5	7.1%	2	8.7%	3	12.5%	2	6.1%	8	18.6%
Total	70	100.0%	23	100.0%	24	100.0%	33	100.0%	43	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XVI. GIRLS' LACROSSE INJURY EPIDEMIOLOGY

Table 16.1 Girls' Lacrosse Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	121	62,804	1.93
Competition	56	18,974	2.95
Practice	65	43,830	1.48

* All analyses in this chapter present un-weighted data.

Table 16.2 Demographic Characteristics of Injured Girls' Lacrosse Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	32	29.1%
Sophomore	27	24.5%
Junior	25	22.7%
Senior	26	23.6%
Total	110	100.0%

Age (years)	
Minimum	13
Maximum	19
Mean (SD)	15.9 (1.3)
n	109

BMI	
Minimum	16.6
Maximum	31.4
Mean (SD)	21.7 (2.7)
n	74

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 16.1 Diagnosis of Girls' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

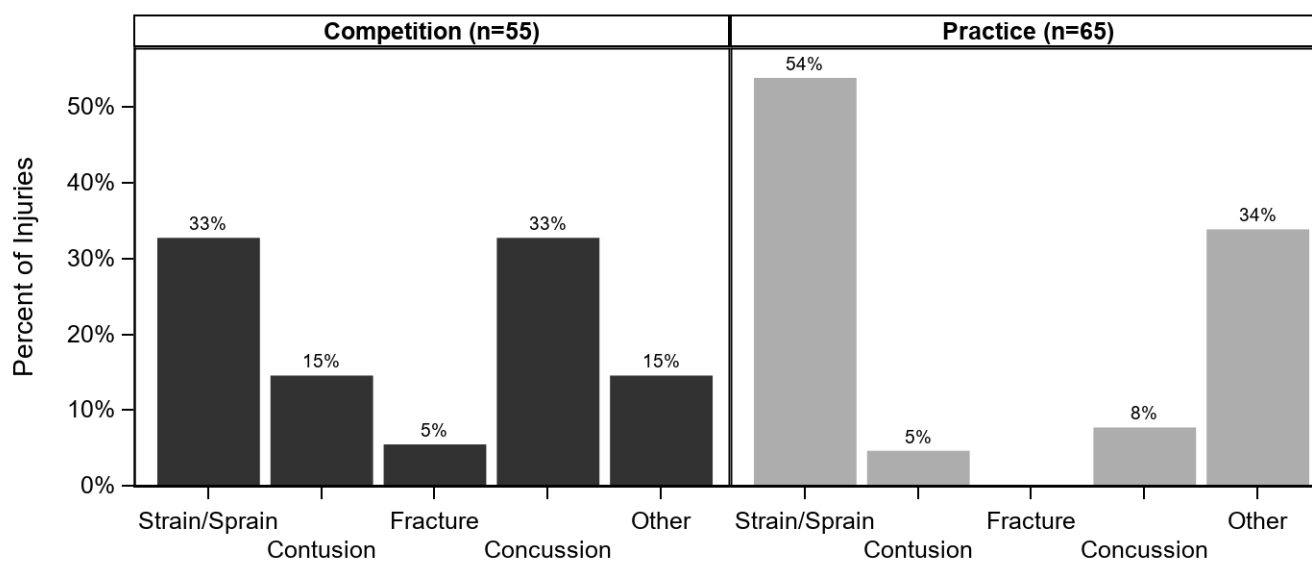


Table 16.3 Body Site of Girls' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

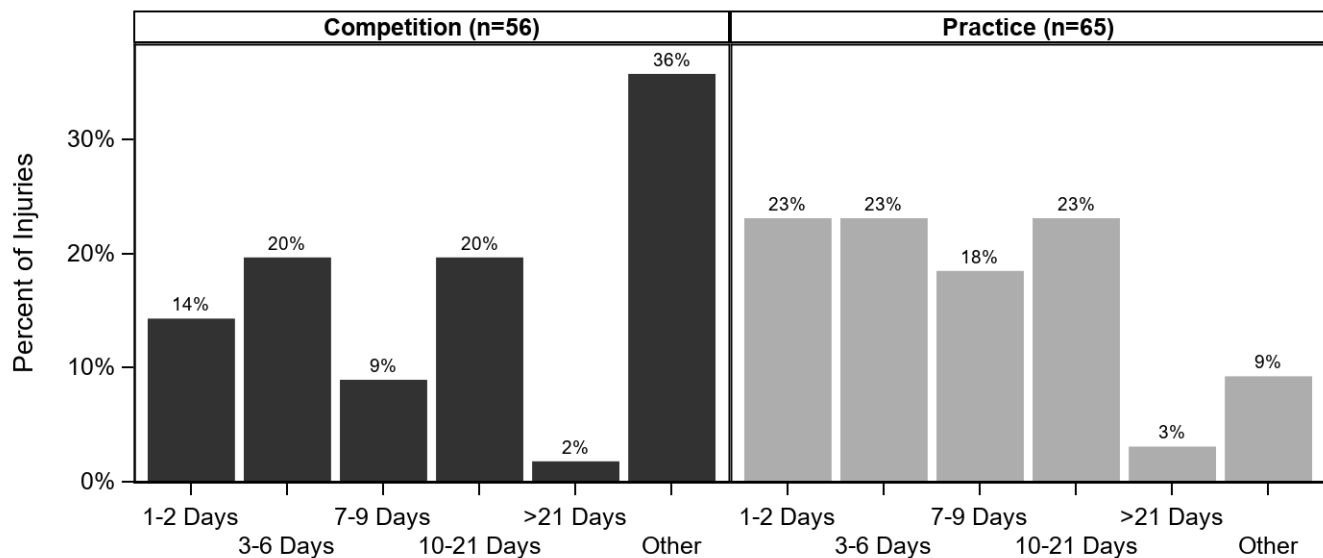
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Ankle	9	16.1%	18	27.7%	27	22.3%
Head/Face	21	37.5%	5	7.7%	26	21.5%
Knee	11	19.6%	7	10.8%	18	14.9%
Hip/Thigh/Upper Leg	2	3.6%	12	18.5%	14	11.6%
Foot	5	8.9%	6	9.2%	11	9.1%
Lower Leg	0	0.0%	8	12.3%	8	6.6%
Hand/Wrist	3	5.4%	4	6.2%	7	5.8%
Arm/Elbow	2	3.6%	1	1.5%	3	2.5%
Neck	3	5.4%	0	0.0%	3	2.5%
Shoulder	0	0.0%	2	3.1%	2	1.7%
Trunk	0	0.0%	2	3.1%	2	1.7%
Total	56	100.0%	65	100.0%	121	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 16.4 Ten Most Common Girls' Lacrosse Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=55)		Practice (n=65)		Overall (n=120)	
	n	%	n	%	n	%
Ankle Strain/Sprain	7	12.7%	16	24.6%	23	19.2%
Head/Face Concussion	18	32.7%	5	7.7%	23	19.2%
Hip/Thigh/Upper Leg Strain/Sprain	2	3.6%	10	15.4%	12	10.0%
Knee Other	4	7.3%	5	7.7%	9	7.5%
Lower Leg Other	0	0.0%	8	12.3%	8	6.7%
Knee Strain/Sprain	5	9.1%	2	3.1%	7	5.8%
Foot Other	2	3.6%	4	6.2%	6	5.0%
Foot Strain/Sprain	2	3.6%	2	3.1%	4	3.3%
Hand/Wrist Contusion	2	3.6%	2	3.1%	4	3.3%
Arm/Elbow Contusion	2	3.6%	1	1.5%	3	2.5%

Figure 16.2 Time Loss of Girls' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 16.5 Girls' Lacrosse Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	4	7.3%	1	1.6%	5	4.2%
Did Not Require Surgery	51	92.7%	63	98.4%	114	95.8%
Total	55	100.0%	64	100.0%	119	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 16.3 History of Girls' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

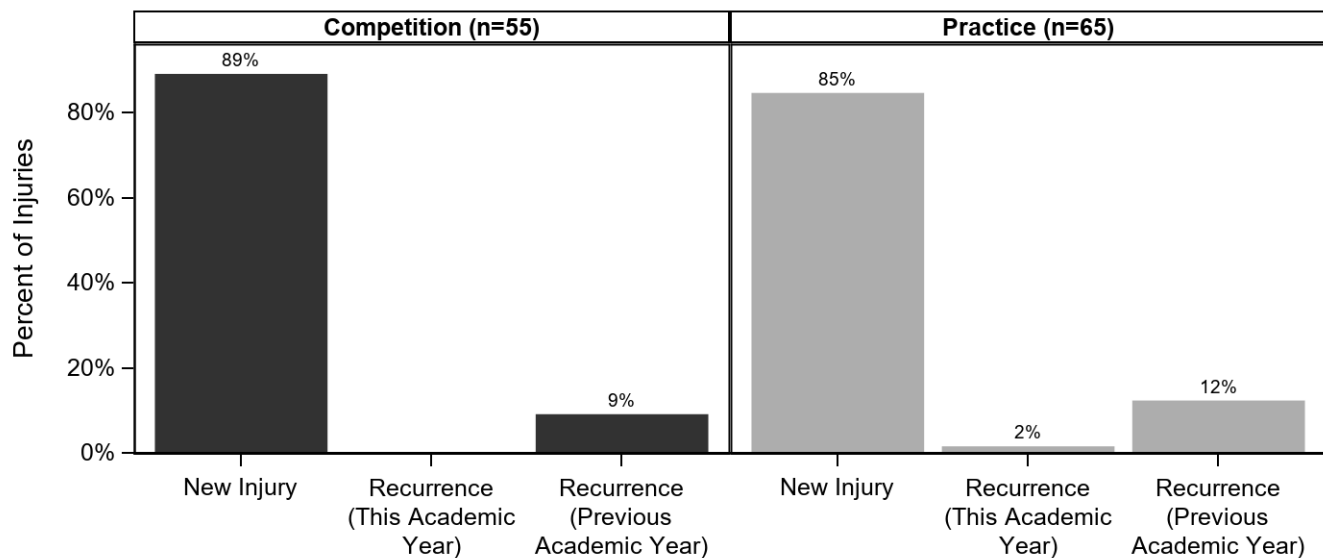


Table 16.6 Time during Season of Girls' Lacrosse Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	20	16.5%
Regular Season	93	76.9%
Post Season	8	6.6%
Total	121	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 16.7 Competition-Related Variables for Girls' Lacrosse Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Competition	n	%
Pre-competition/Warm-Ups	2	3.9%
Overtime	1	2.0%
Unknown	16	31.4%
First Quarter	2	3.9%
Second Quarter	10	19.6%
Third Quarter	10	19.6%
Fourth Quarter	10	19.6%
Total	51	100.0%

Field Location		
Center Circle	1	2.0%
Midfield (Between Restraining Lines)	11	21.6%
Critical Scoring Area (including the Fan and Arc)	13	25.5%
Goal Circle	4	7.8%
Unknown	22	43.1%
Total	51	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 16.8 Practice-Related Variables for Girls' Lacrosse Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	5	8.1%
Second 1/2 Hour	4	6.5%
1-2 Hours into Practice	23	37.1%
Unknown	30	48.4%
Total	62	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 16.4 Player Position of Girls' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

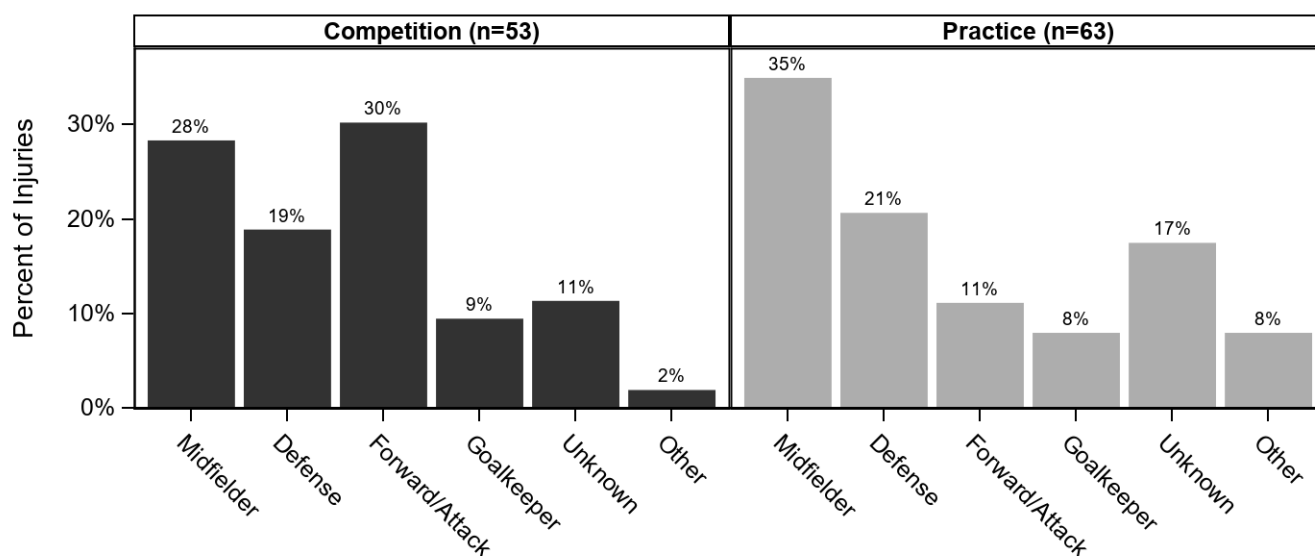


Table 16.9 Activities Leading to Girls' Lacrosse Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	10	19.2%	30	47.6%	40	34.8%
Unknown	10	19.2%	10	15.9%	20	17.4%
Defending	8	15.4%	4	6.3%	12	10.4%
Being Cross/Stick Checked	6	11.5%	2	3.2%	8	7.0%
Goaltending	3	5.8%	3	4.8%	6	5.2%
Conditioning	0	0.0%	5	7.9%	5	4.3%
Chasing Loose Ball	4	7.7%	1	1.6%	5	4.3%
Other	2	3.8%	3	4.8%	5	4.3%
Receiving Pass	2	3.8%	2	3.2%	4	3.5%
Ball Handling/Cradling	1	1.9%	2	3.2%	3	2.6%
Blocking Shot	2	3.8%	0	0.0%	2	1.7%
Cross/Stick Checking	2	3.8%	0	0.0%	2	1.7%
Body Checking	1	1.9%	0	0.0%	1	0.9%
Shooting	0	0.0%	1	1.6%	1	0.9%
Being Body Checked	1	1.9%	0	0.0%	1	0.9%
Total	52	100.0%	63	100.0%	115	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 16.10 Activity Resulting in Girls' Lacrosse Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Ball Handling/Cradling	1	2.0%	1	9.1%	0	0.0%	1	4.5%	0	0.0%
Being Body Checked	1	2.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Being Cross/Stick Checked	1	2.0%	4	36.4%	0	0.0%	3	13.6%	0	0.0%
Blocking Shot	0	0.0%	1	9.1%	0	0.0%	1	4.5%	0	0.0%
Body Checking	0	0.0%	0	0.0%	0	0.0%	1	4.5%	0	0.0%
Chasing Loose Ball	3	6.0%	0	0.0%	1	33.3%	1	4.5%	0	0.0%
Conditioning	5	10.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Cross/Stick Checking	0	0.0%	0	0.0%	0	0.0%	1	4.5%	1	3.6%
Defending	5	10.0%	1	9.1%	1	33.3%	4	18.2%	0	0.0%
General Play	18	36.0%	1	9.1%	0	0.0%	1	4.5%	20	71.4%
Goaltending	1	2.0%	2	18.2%	0	0.0%	1	4.5%	2	7.1%
Other	3	6.0%	0	0.0%	1	33.3%	1	4.5%	0	0.0%
Receiving Pass	1	2.0%	1	9.1%	0	0.0%	1	4.5%	1	3.6%
Shooting	1	2.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Unknown	10	20.0%	0	0.0%	0	0.0%	6	27.3%	4	14.3%
Total	50	100.0%	11	100.0%	3	100.0%	22	100.0%	28	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XVII. BOYS' TRACK AND FIELD INJURY EPIDEMIOLOGY

Table 17.1 Boys' Track and Field Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	111	88,553	1.25
Competition	40	15,256	2.62
Practice	71	73,297	0.97

* All analyses in this chapter present un-weighted data.

Table 17.2 Demographic Characteristics of Injured Boys' Track and Field Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	22	22.2%
Sophomore	29	29.3%
Junior	28	28.3%
Senior	20	20.2%
Total	99	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	16.1 (1.2)
n	84

BMI	
Minimum	16.3
Maximum	41.0
Mean (SD)	22.4 (3.5)
n	74

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 17.1 Diagnosis of Boys' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

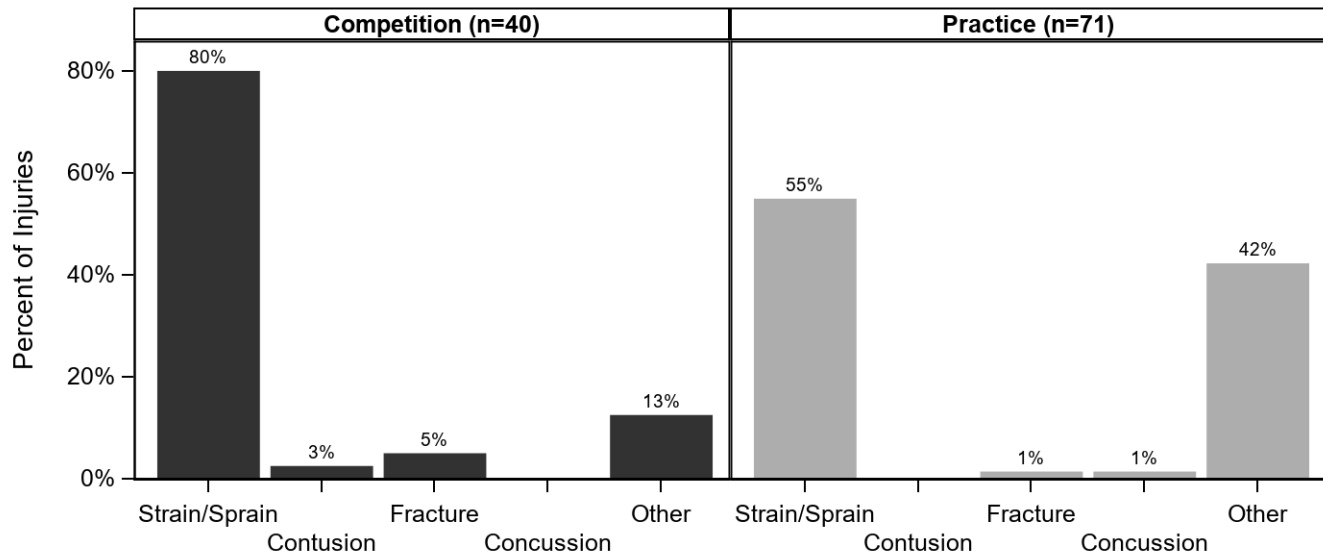


Table 17.3 Body Site of Boys' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

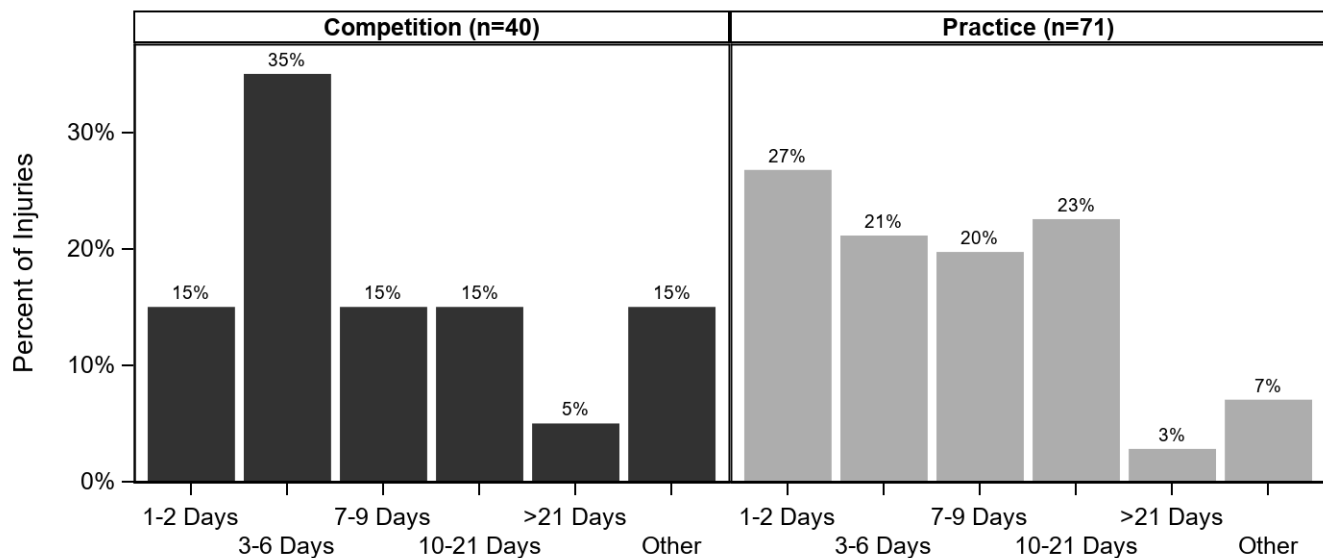
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Hip/Thigh/Upper Leg	26	65.0%	29	40.8%	55	49.5%
Lower Leg	3	7.5%	19	26.8%	22	19.8%
Knee	4	10.0%	6	8.5%	10	9.0%
Trunk	2	5.0%	6	8.5%	8	7.2%
Ankle	2	5.0%	3	4.2%	5	4.5%
Foot	1	2.5%	2	2.8%	3	2.7%
Shoulder	0	0.0%	3	4.2%	3	2.7%
Hand/Wrist	1	2.5%	1	1.4%	2	1.8%
Head/Face	1	2.5%	1	1.4%	2	1.8%
Arm/Elbow	0	0.0%	1	1.4%	1	0.9%
Total	40	100.0%	71	100.0%	111	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 17.4 Ten Most Common Boys' Track and Field Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=40)		Practice (n=71)		Overall (n=111)	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg Strain/Sprain	26	65.0%	27	38.0%	53	47.7%
Lower Leg Other	2	5.0%	17	23.9%	19	17.1%
Knee Other	1	2.5%	5	7.0%	6	5.4%
Trunk Strain/Sprain	2	5.0%	4	5.6%	6	5.4%
Ankle Strain/Sprain	2	5.0%	1	1.4%	3	2.7%
Lower Leg Strain/Sprain	1	2.5%	2	2.8%	3	2.7%
Ankle Other	0	0.0%	2	2.8%	2	1.8%
Foot Strain/Sprain	0	0.0%	2	2.8%	2	1.8%
Hand/Wrist Fracture	1	2.5%	1	1.4%	2	1.8%
Hip/Thigh/Upper Leg Other	0	0.0%	2	2.8%	2	1.8%

Figure 17.2 Time Loss of Boys' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 17.5 Boys' Track and Field Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	1	2.6%	0	0.0%	1	0.9%
Did Not Require Surgery	37	97.4%	70	100.0%	107	99.1%
Total	38	100.0%	70	100.0%	108	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 17.3 History of Boys' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

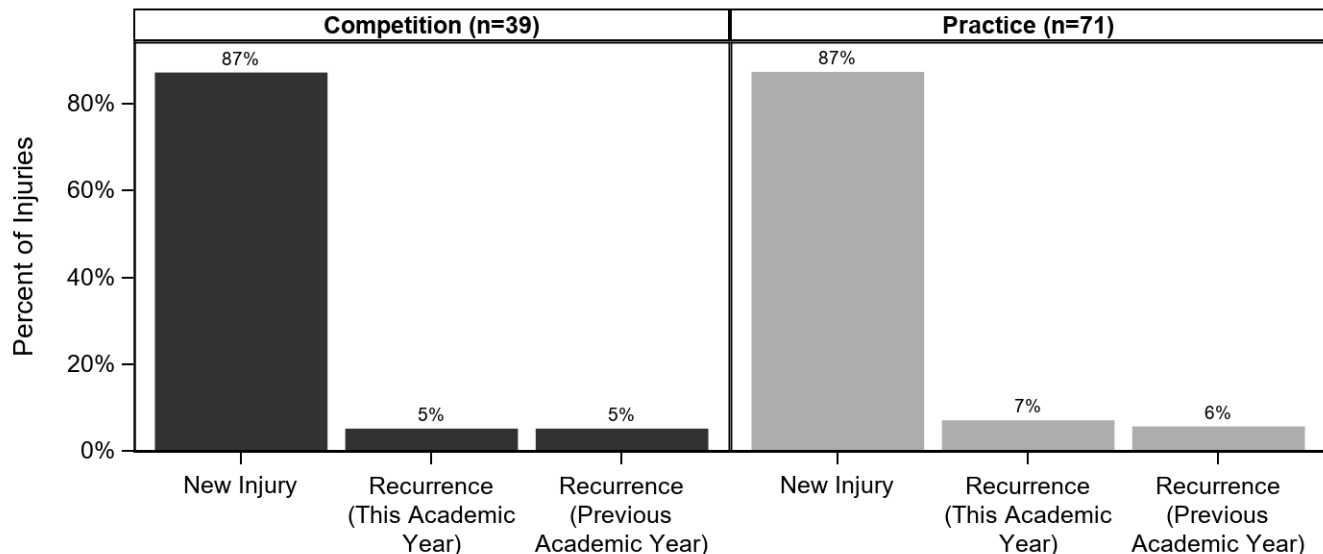


Table 17.6 Time during Season of Boys' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	20	18.0%
Regular Season	87	78.4%
Post Season	4	3.6%
Total	111	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 17.7 Practice-Related Variables for Boys' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	2	3.2%
Second 1/2 Hour	12	19.0%
1-2 Hours into Practice	28	44.4%
Unknown	21	33.3%
Total	63	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 17.8 Activities Leading to Boys' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Running	19	52.8%	45	71.4%	64	64.6%
Jumping/Landing	8	22.2%	4	6.3%	12	12.1%
Unknown	3	8.3%	2	3.2%	5	5.1%
Throwing	1	2.8%	4	6.3%	5	5.1%
Running Hurdles	1	2.8%	3	4.8%	4	4.0%
Warming Up	2	5.6%	2	3.2%	4	4.0%
Conditioning	0	0.0%	2	3.2%	2	2.0%
Other	0	0.0%	1	1.6%	1	1.0%
Leaving Block	1	2.8%	0	0.0%	1	1.0%
Baton Hand Off	1	2.8%	0	0.0%	1	1.0%
Total	36	100.0%	63	100.0%	99	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 17.9 Activity Resulting in Boys' Track and Field Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Baton Hand Off	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	3.2%
Conditioning	1	1.6%	0	0.0%	0	0.0%	0	0.0%	1	3.2%
Jumping/Landing	7	11.1%	1	100.0%	1	33.3%	0	0.0%	3	9.7%
Leaving Block	1	1.6%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Other	1	1.6%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Running	40	63.5%	0	0.0%	1	33.3%	1	100.0%	22	71.0%
Running Hurdles	3	4.8%	0	0.0%	1	33.3%	0	0.0%	0	0.0%
Throwing	3	4.8%	0	0.0%	0	0.0%	0	0.0%	2	6.5%
Unknown	3	4.8%	0	0.0%	0	0.0%	0	0.0%	2	6.5%
Warming Up	4	6.3%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Total	63	100.0%	1	100.0%	3	100.0%	1	100.0%	31	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XVIII. GIRLS' TRACK AND FIELD INJURY EPIDEMIOLOGY

Table 18.1 Girls' Track and Field Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	81	72,601	1.12
Competition	15	13,795	1.09
Practice	66	58,806	1.12

* All analyses in this chapter present un-weighted data.

Table 18.2 Demographic Characteristics of Injured Girls' Track and Field Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	25	33.3%
Sophomore	19	25.3%
Junior	15	20.0%
Senior	16	21.3%
Total	75	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	15.8 (1.3)
n	65

BMI	
Minimum	15.1
Maximum	29.9
Mean (SD)	20.2 (3.0)
n	48

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 18.1 Diagnosis of Girls' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

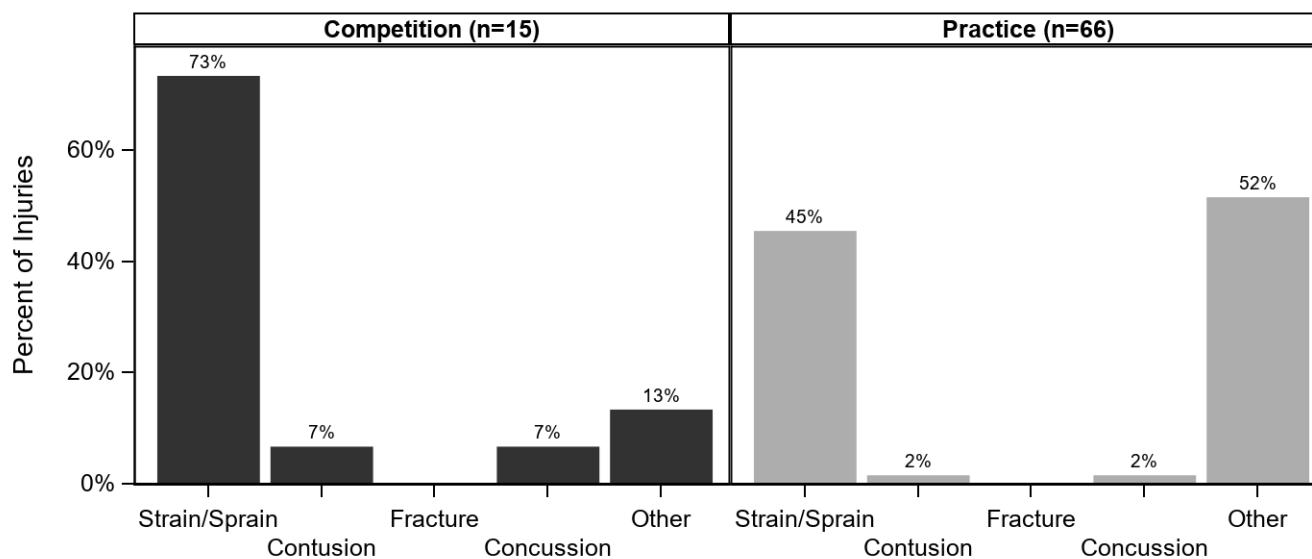


Table 18.3 Body Site of Girls' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

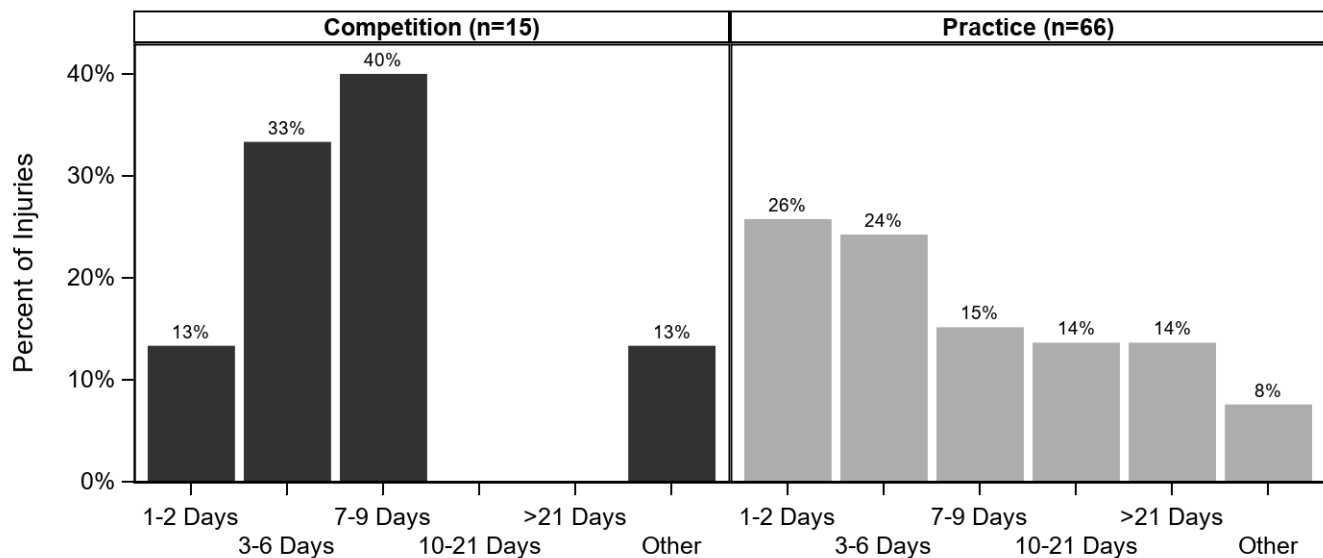
	Competition		Practice		Overall	
Body Site	n	%	n	%	n	%
Hip/Thigh/Upper Leg	5	33.3%	21	31.8%	26	32.1%
Lower Leg	2	13.3%	21	31.8%	23	28.4%
Ankle	5	33.3%	4	6.1%	9	11.1%
Trunk	0	0.0%	8	12.1%	8	9.9%
Foot	1	6.7%	5	7.6%	6	7.4%
Knee	0	0.0%	6	9.1%	6	7.4%
Head/Face	1	6.7%	1	1.5%	2	2.5%
Arm/Elbow	1	6.7%	0	0.0%	1	1.2%
Total	15	100.0%	66	100.0%	81	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 18.4 Ten Most Common Girls' Track and Field Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=15)		Practice (n=66)		Overall (n=81)	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg Strain/Sprain	5	33.3%	16	24.2%	21	25.9%
Lower Leg Other	1	6.7%	18	27.3%	19	23.5%
Ankle Strain/Sprain	5	33.3%	3	4.5%	8	9.9%
Trunk Strain/Sprain	0	0.0%	7	10.6%	7	8.6%
Knee Other	0	0.0%	6	9.1%	6	7.4%
Foot Other	1	6.7%	4	6.1%	5	6.2%
Hip/Thigh/Upper Leg Other	0	0.0%	4	6.1%	4	4.9%
Lower Leg Strain/Sprain	1	6.7%	3	4.5%	4	4.9%
Head/Face Concussion	1	6.7%	1	1.5%	2	2.5%
Ankle Other	0	0.0%	1	1.5%	1	1.2%

Figure 18.2 Time Loss of Girls' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 18.5 Girls' Track and Field Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	0	0.0%	1	1.5%	1	1.2%
Did Not Require Surgery	15	100.0%	65	98.5%	80	98.8%
Total	15	100.0%	66	100.0%	81	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 18.3 History of Girls' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

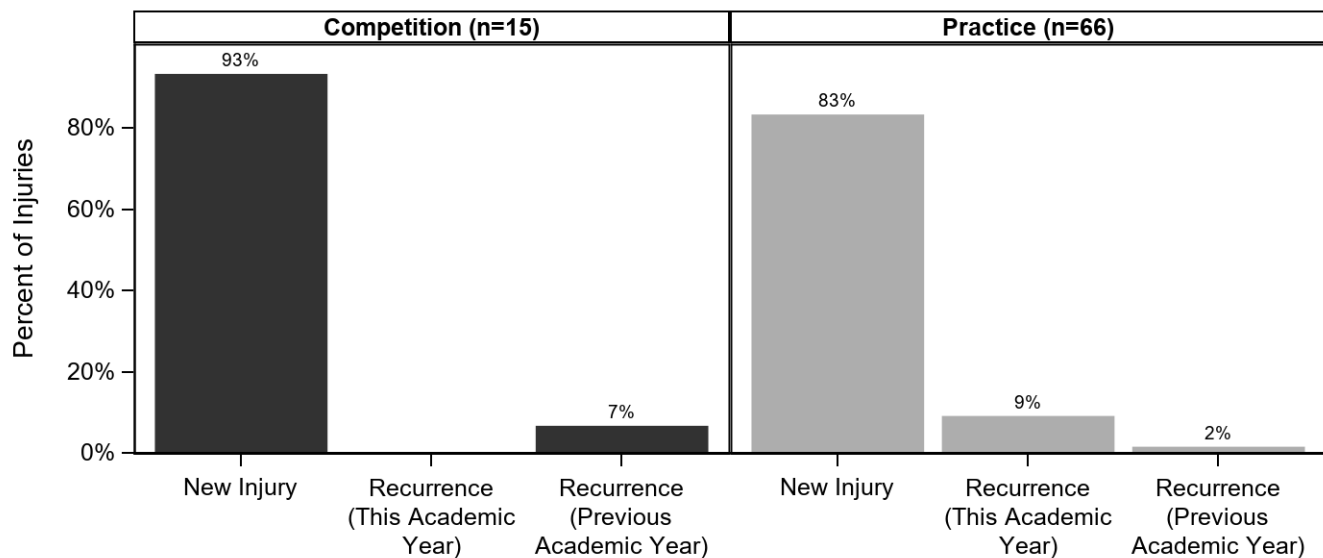


Table 18.6 Time during Season of Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	26	32.5%
Regular Season	54	67.5%
Total	80	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 18.7 Practice-Related Variables for Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	1	1.7%
Second 1/2 Hour	10	17.2%
1-2 Hours into Practice	12	20.7%
>2 Hours into Practice	1	1.7%
Unknown	34	58.6%
Total	58	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 18.8 Activities Leading to Girls' Track and Field Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Running	7	46.7%	47	85.5%	54	77.1%
Jumping/Landing	2	13.3%	4	7.3%	6	8.6%
Running Hurdles	4	26.7%	1	1.8%	5	7.1%
Unknown	0	0.0%	3	5.5%	3	4.3%
Other	1	6.7%	0	0.0%	1	1.4%
Warming Up	1	6.7%	0	0.0%	1	1.4%
Total	15	100.0%	55	100.0%	70	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 18.9 Activity Resulting in Girls' Track and Field Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis							
	Strain/Sprain		Contusion		Concussion		Other	
	n	%	n	%	n	%	n	%
Jumping/Landing	3	8.1%	1	50.0%	1	50.0%	1	3.4%
Other	1	2.7%	0	0.0%	0	0.0%	0	0.0%
Running	28	75.7%	0	0.0%	0	0.0%	26	89.7%
Running Hurdles	3	8.1%	1	50.0%	1	50.0%	0	0.0%
Unknown	1	2.7%	0	0.0%	0	0.0%	2	6.9%
Warming Up	1	2.7%	0	0.0%	0	0.0%	0	0.0%
Total	37	100.0%	2	100.0%	2	100.0%	29	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XIX. BOYS' CROSS COUNTRY INJURY EPIDEMIOLOGY

Table 19.1 Boys' Cross Country Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	25	34,147	0.73
Competition	3	5,352	0.56
Practice	22	28,795	0.76

* All analyses in this chapter present un-weighted data.

Table 19.2 Demographic Characteristics of Injured Boys' Cross Country Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	4	20.0%
Sophomore	1	5.0%
Junior	9	45.0%
Senior	6	30.0%
Total	20	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.9 (1.5)
n	21

BMI	
Minimum	15.6
Maximum	25.2
Mean (SD)	20.8 (2.7)
n	18

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 19.1 Diagnosis of Boys' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

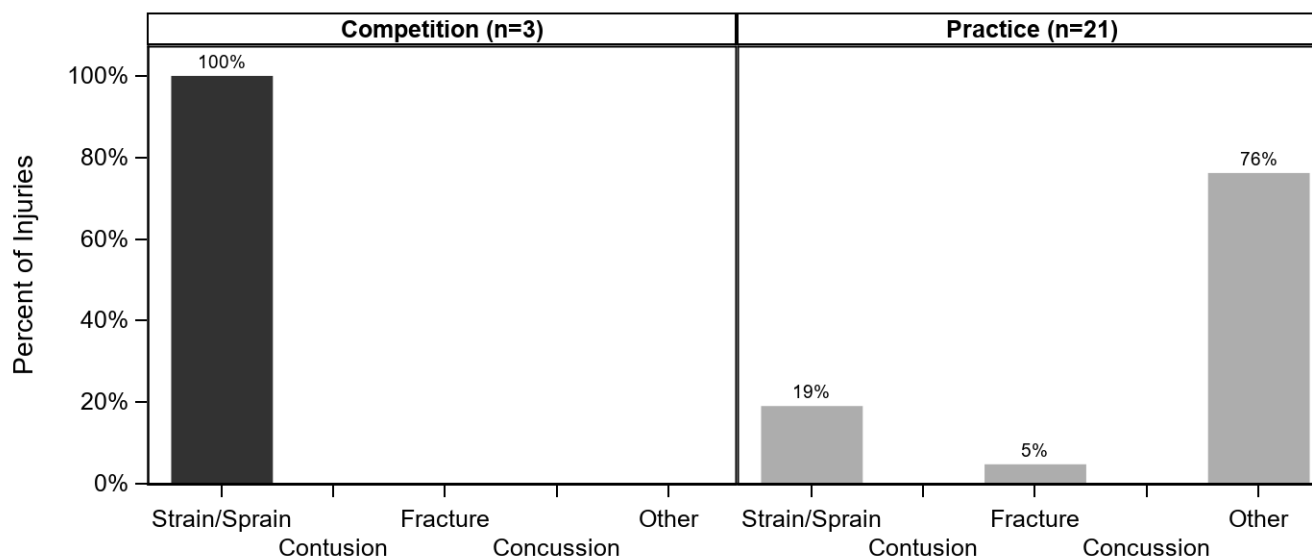


Table 19.3 Body Site of Boys' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

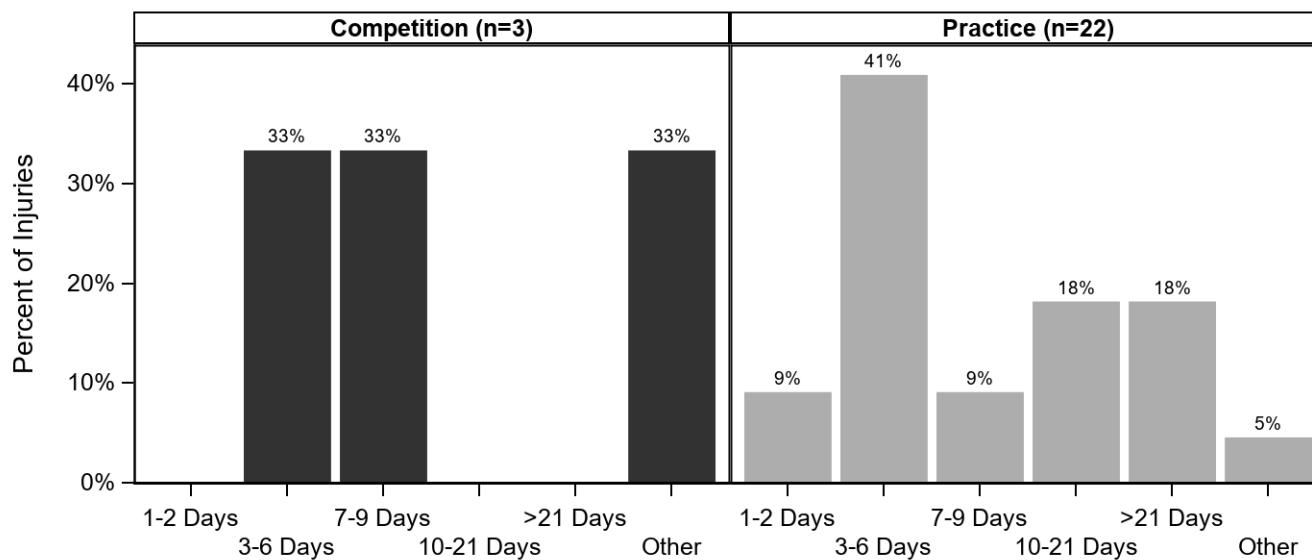
Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Lower Leg	1	33.3%	8	36.4%	9	36.0%
Knee	0	0.0%	7	31.8%	7	28.0%
Hip/Thigh/Upper Leg	1	33.3%	3	13.6%	4	16.0%
Ankle	1	33.3%	1	4.5%	2	8.0%
Foot	0	0.0%	2	9.1%	2	8.0%
Hand/Wrist	0	0.0%	1	4.5%	1	4.0%
Total	3	100.0%	22	100.0%	25	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 19.4 Ten Most Common Boys' Cross Country Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=3)		Practice (n=21)		Overall (n=24)	
	n	%	n	%	n	%
Knee Other	0	0.0%	7	33.3%	7	29.2%
Lower Leg Other	0	0.0%	7	33.3%	7	29.2%
Hip/Thigh/Upper Leg Strain/Sprain	1	33.3%	2	9.5%	3	12.5%
Lower Leg Strain/Sprain	1	33.3%	1	4.8%	2	8.3%
Ankle Strain/Sprain	1	33.3%	0	0.0%	1	4.2%
Foot Fracture	0	0.0%	1	4.8%	1	4.2%
Foot Other	0	0.0%	1	4.8%	1	4.2%
Hand/Wrist Strain/Sprain	0	0.0%	1	4.8%	1	4.2%
Hip/Thigh/Upper Leg Other	0	0.0%	1	4.8%	1	4.2%

Figure 19.2 Time Loss of Boys' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 19.5 Boys' Cross Country Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Did Not Require Surgery	3	100.0%	21	100.0%	24	100.0%
Total	3	100.0%	21	100.0%	24	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 19.3 History of Boys' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

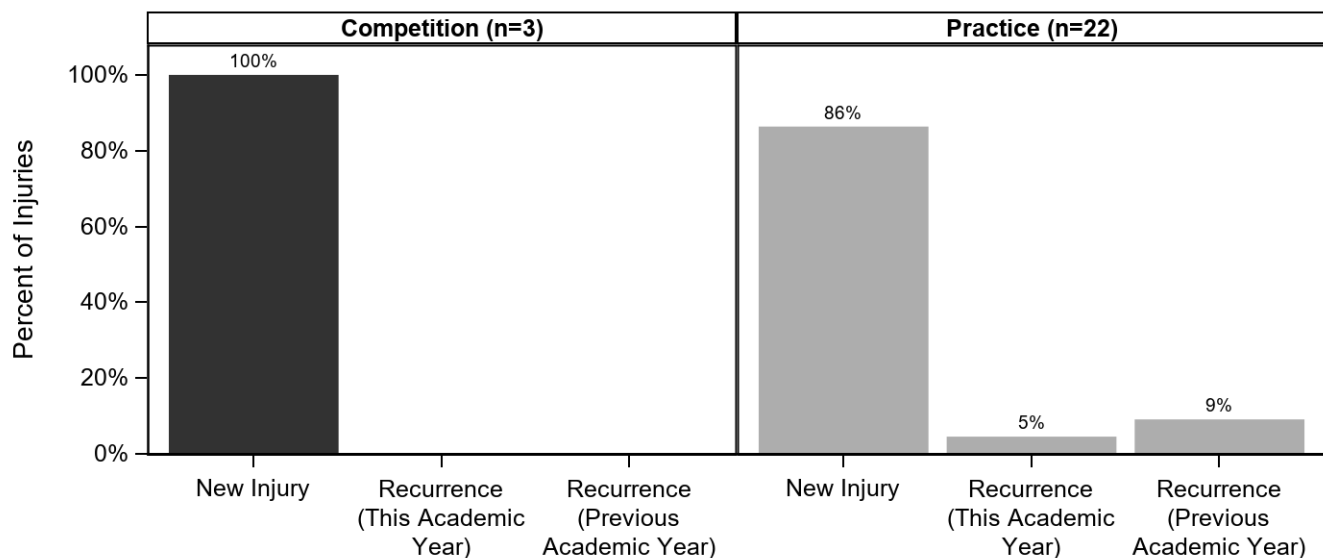


Table 19.6 Time during Season of Boys' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	8	33.3%
Regular Season	13	54.2%
Post Season	3	12.5%
Total	24	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 19.7 Practice-Related Variables for Boys' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	1	5.0%
1-2 Hours into Practice	12	60.0%
Unknown	7	35.0%
Total	20	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 19.8 Activities Leading to Boys' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Running	3	100.0%	13	68.4%	16	72.7%
Conditioning	0	0.0%	4	21.1%	4	18.2%
Unknown	0	0.0%	2	10.5%	2	9.1%
Total	3	100.0%	19	100.0%	22	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 19.9 Activity Resulting in Boys' Cross Country Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis					
	Strain/Sprain		Fracture		Other	
	n	%	n	%	n	%
Conditioning	1	14.3%	1	100.0%	2	14.3%
Running	6	85.7%	0	0.0%	10	71.4%
Unknown	0	0.0%	0	0.0%	2	14.3%
Total	7	100.0%	1	100.0%	14	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XX. GIRLS' CROSS COUNTRY INJURY EPIDEMIOLOGY

Table 20.1 Girls' Cross Country Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	22	31,841	0.69
Competition	9	4,714	1.91
Practice	13	27,127	0.48

* All analyses in this chapter present un-weighted data.

Table 20.2 Demographic Characteristics of Injured Girls' Cross Country Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	6	46.2%
Sophomore	2	15.4%
Junior	2	15.4%
Senior	3	23.1%
Total	13	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.1 (1.6)
n	15

BMI	
Minimum	15.5
Maximum	31.4
Mean (SD)	20.1 (4.4)
n	12

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 20.1 Diagnosis of Girls' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

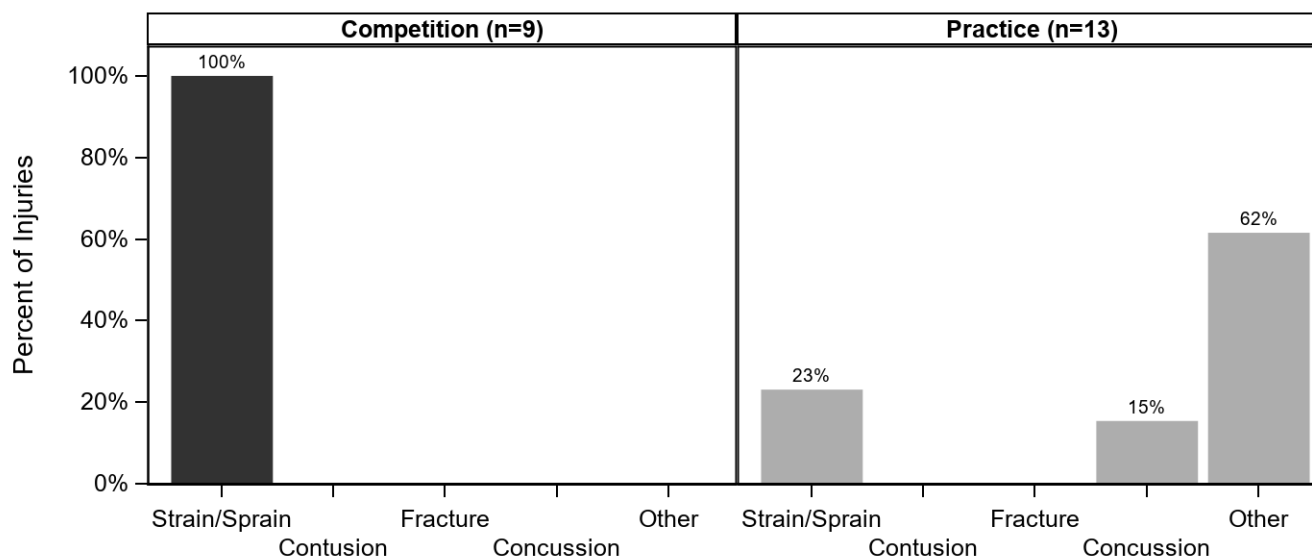


Table 20.3 Body Site of Girls' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

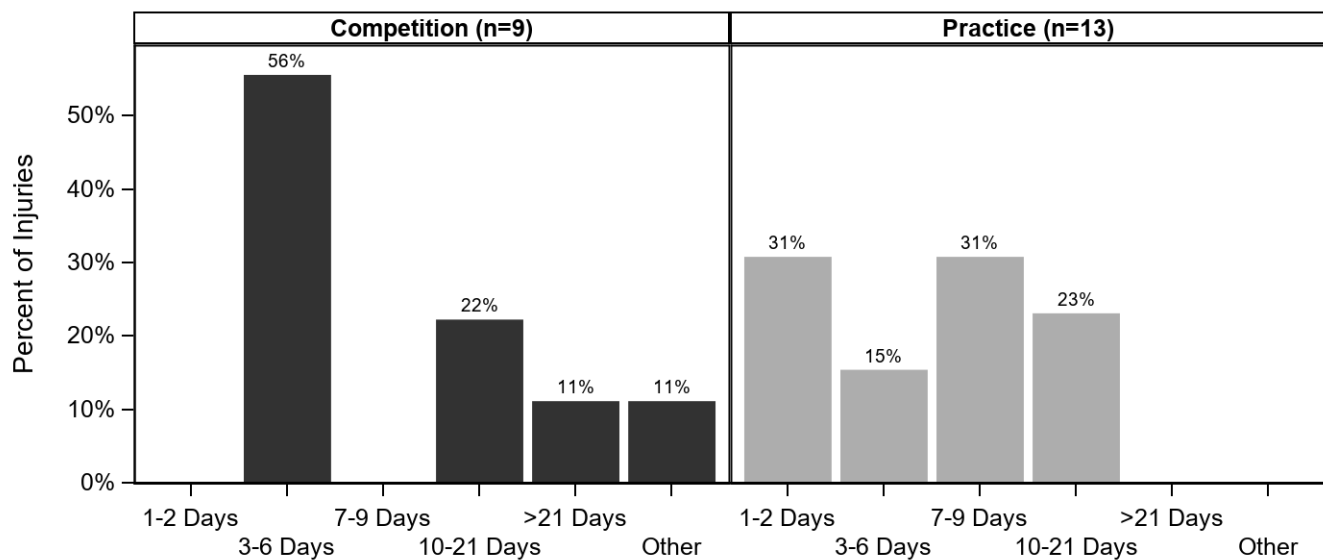
Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Ankle	6	66.7%	1	7.7%	7	31.8%
Hip/Thigh/Upper Leg	2	22.2%	3	23.1%	5	22.7%
Knee	0	0.0%	3	23.1%	3	13.6%
Lower Leg	0	0.0%	3	23.1%	3	13.6%
Head/Face	0	0.0%	2	15.4%	2	9.1%
Trunk	1	11.1%	1	7.7%	2	9.1%
Total	9	100.0%	13	100.0%	22	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 20.4 Ten Most Common Girls' Cross Country Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=9)		Practice (n=13)		Overall (n=22)	
	n	%	n	%	n	%
Ankle Strain/Sprain	6	66.7%	1	7.7%	7	31.8%
Hip/Thigh/Upper Leg Strain/Sprain	2	22.2%	1	7.7%	3	13.6%
Lower Leg Other	0	0.0%	3	23.1%	3	13.6%
Head/Face Concussion	0	0.0%	2	15.4%	2	9.1%
Hip/Thigh/Upper Leg Other	0	0.0%	2	15.4%	2	9.1%
Knee Other	0	0.0%	2	15.4%	2	9.1%
Knee Strain/Sprain	0	0.0%	1	7.7%	1	4.5%
Trunk Other	0	0.0%	1	7.7%	1	4.5%
Trunk Strain/Sprain	1	11.1%	0	0.0%	1	4.5%

Figure 20.2 Time Loss of Girls' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 20.5 Girls' Cross Country Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Practice		Overall	
Need for Surgery	n	%	n	%	n	%
Required Surgery	1	11.1%	0	0.0%	1	4.5%
Did Not Require Surgery	8	88.9%	13	100.0%	21	95.5%
Total	9	100.0%	13	100.0%	22	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 20.3 History of Girls' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

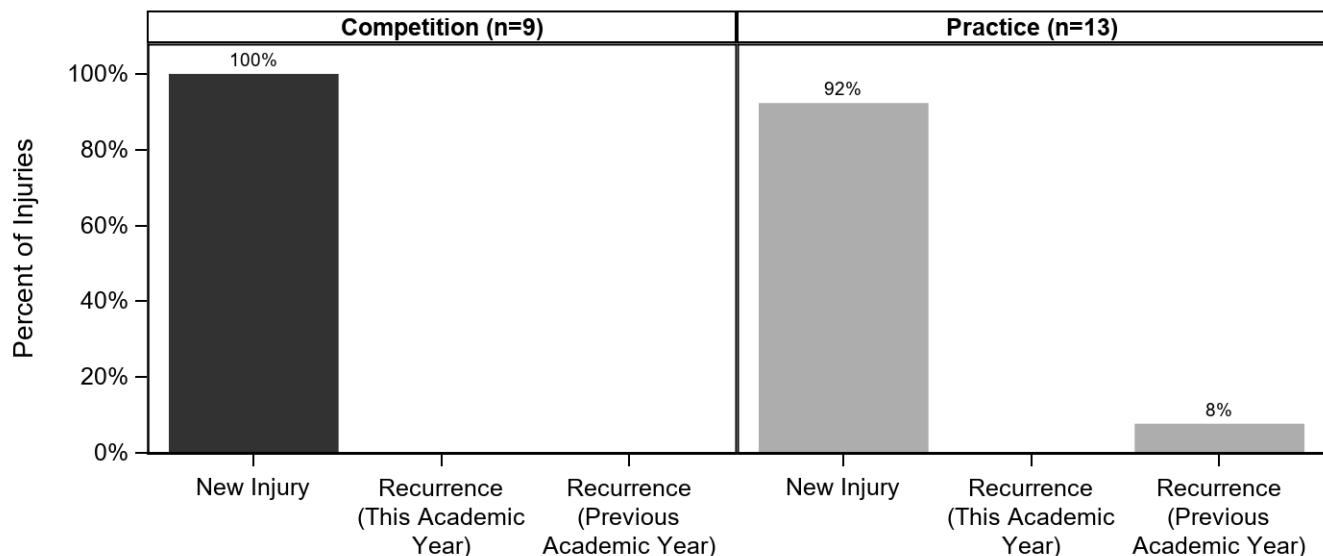


Table 20.6 Time during Season of Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	2	9.5%
Regular Season	17	81.0%
Post Season	2	9.5%
Total	21	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 20.7 Practice-Related Variables for Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
1-2 Hours into Practice	10	83.3%
>2 Hours into Practice	2	16.7%
Total	12	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 20.8 Activities Leading to Girls' Cross Country Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Running	5	71.4%	6	75.0%	11	73.3%
Warming Up	2	28.6%	0	0.0%	2	13.3%
Other	0	0.0%	1	12.5%	1	6.7%
Conditioning	0	0.0%	1	12.5%	1	6.7%
Total	7	100.0%	8	100.0%	15	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 20.9 Activity Resulting in Girls' Cross Country Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis					
	Strain/Sprain		Concussion		Other	
	n	%	n	%	n	%
Conditioning	0	0.0%	1	50.0%	0	0.0%
Other	0	0.0%	1	50.0%	0	0.0%
Running	6	75.0%	0	0.0%	5	100.0%
Warming Up	2	25.0%	0	0.0%	0	0.0%
Total	8	100.0%	2	100.0%	5	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XXI. CHEERLEADING INJURY EPIDEMIOLOGY

Table 21.1 Cheerleading Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	# Injuries	# Exposures	Injury Rate (per 1,000 AEs)
Total	69	75,319	0.92
Competition	3	3,777	0.79
Performance	6	16,619	0.36
Practice	60	54,923	1.09

* All analyses in this chapter present un-weighted data.

Table 21.2 Demographic Characteristics of Injured Cheerleading Athletes, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Year in School	n	%
Freshman	21	32.3%
Sophomore	14	21.5%
Junior	15	23.1%
Senior	15	23.1%
Total	65	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.6 (1.3)
n	45

BMI	
Minimum	14.2
Maximum	32.0
Mean (SD)	21.3 (3.6)
n	34

* Throughout this report, totals and n's represent the total un-weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Figure 21.1 Diagnosis of Cheerleading Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

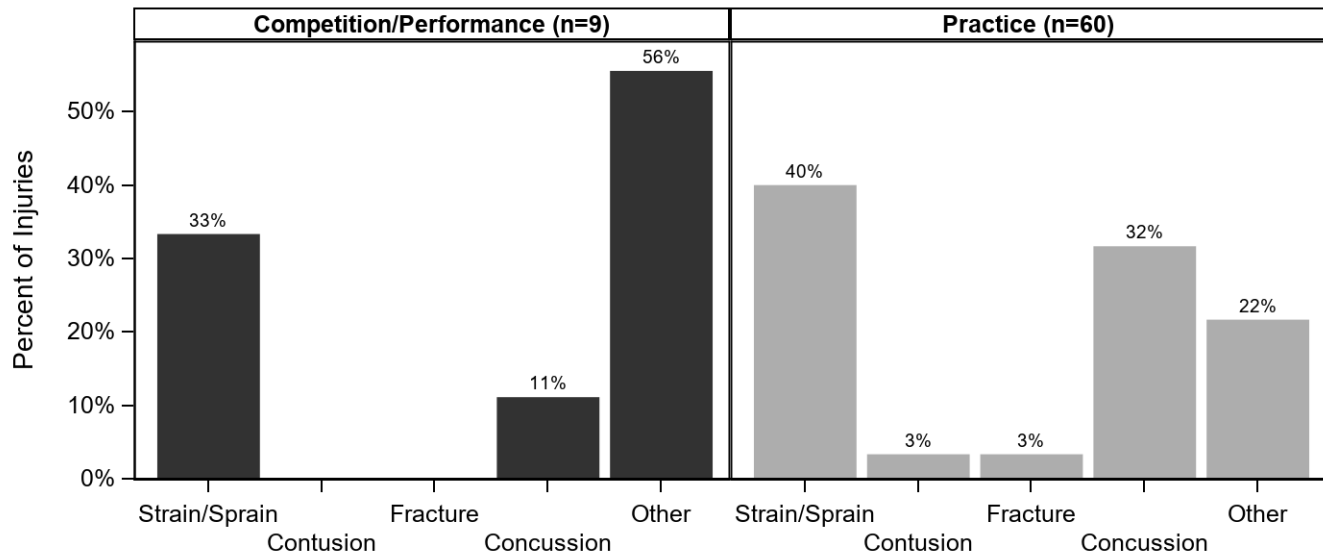


Table 21.3 Body Site of Cheerleading Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

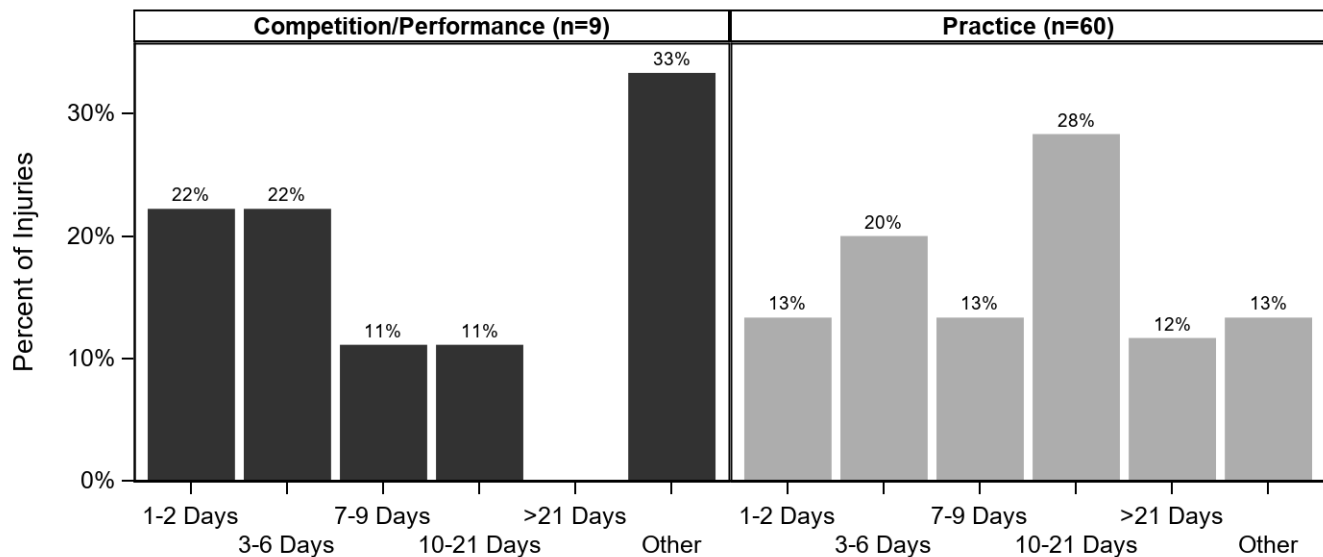
	Competition		Performance		Practice		Overall	
Body Site	n	%	n	%	n	%	n	%
Head/Face	0	0.0%	1	16.7%	23	38.3%	24	34.8%
Hand/Wrist	0	0.0%	0	0.0%	7	11.7%	7	10.1%
Arm/Elbow	1	33.3%	1	16.7%	4	6.7%	6	8.7%
Trunk	0	0.0%	1	16.7%	5	8.3%	6	8.7%
Knee	0	0.0%	0	0.0%	5	8.3%	5	7.2%
Neck	1	33.3%	1	16.7%	3	5.0%	5	7.2%
Shoulder	0	0.0%	0	0.0%	5	8.3%	5	7.2%
Systemic	1	33.3%	1	16.7%	1	1.7%	3	4.3%
Ankle	0	0.0%	0	0.0%	2	3.3%	2	2.9%
Hip/Thigh/Upper Leg	0	0.0%	1	16.7%	1	1.7%	2	2.9%
Lower Leg	0	0.0%	0	0.0%	2	3.3%	2	2.9%
Other	0	0.0%	0	0.0%	2	3.3%	2	2.9%
Total	3	100.0%	6	100.0%	60	100.0%	69	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 21.4 Ten Most Common Cheerleading Injury Diagnoses by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

Diagnosis	Competition (n=3)		Performance (n=6)		Practice (n=60)		Overall (n=69)	
	n	%	n	%	n	%	n	%
Head/Face Concussion	0	0.0%	1	16.7%	19	31.7%	20	29.0%
Hand/Wrist Strain/Sprain	0	0.0%	0	0.0%	7	11.7%	7	10.1%
Arm/Elbow Other	1	33.3%	1	16.7%	3	5.0%	5	7.2%
Shoulder Strain/Sprain	0	0.0%	0	0.0%	5	8.3%	5	7.2%
Knee Other	0	0.0%	0	0.0%	4	6.7%	4	5.8%
Neck Strain/Sprain	1	33.3%	1	16.7%	2	3.3%	4	5.8%
Trunk Strain/Sprain	0	0.0%	0	0.0%	4	6.7%	4	5.8%
Head/Face Other	0	0.0%	0	0.0%	3	5.0%	3	4.3%
Systemic Other	1	33.3%	1	16.7%	1	1.7%	3	4.3%
Hip/Thigh/Upper Leg Strain/Sprain	0	0.0%	1	16.7%	1	1.7%	2	2.9%

Figure 21.2 Time Loss of Cheerleading Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *



* Other category is made up of medical disqualification for season, medical disqualification for career, athlete chooses not to continue, and season ended before athlete returned to play.

Table 21.5 Cheerleading Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

	Competition		Performance		Practice		Overall	
Need for Surgery	n	%	n	%	n	%	n	%
Required Surgery	0	0.0%	0	0.0%	1	1.7%	1	1.5%
Did Not Require Surgery	3	100.0%	6	100.0%	58	98.3%	67	98.5%
Total	3	100.0%	6	100.0%	59	100.0%	68	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Figure 21.3 History of Cheerleading Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

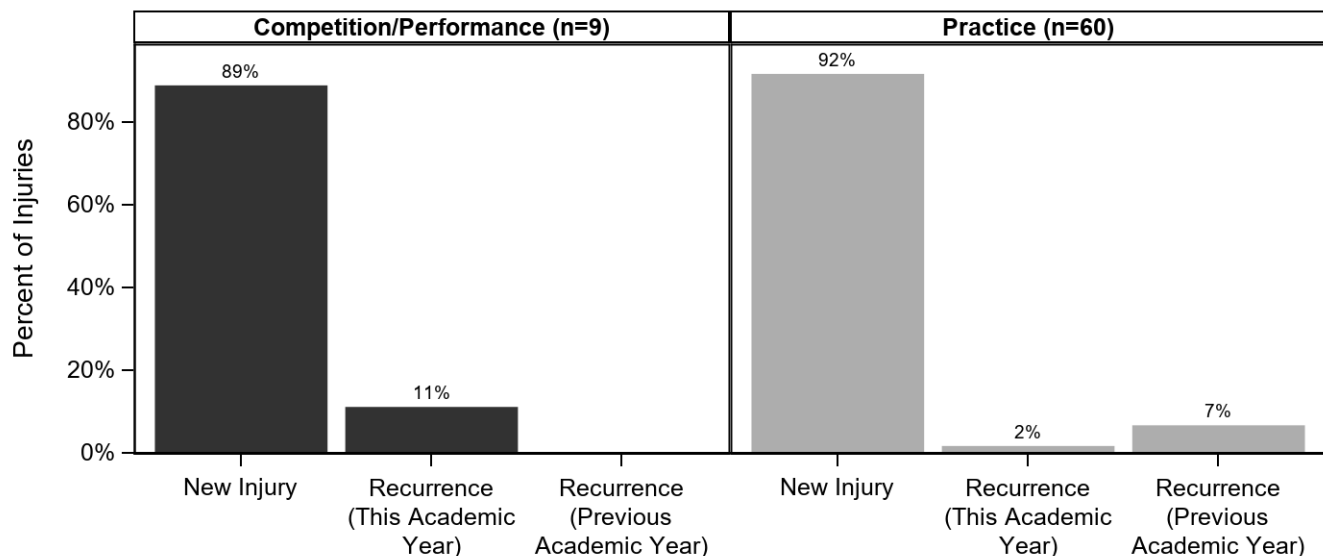


Table 21.6 Time during Season of Cheerleading Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	15	21.7%
Regular Season	53	76.8%
Post Season	1	1.4%
Total	69	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 21.7 Practice-Related Variables for Cheerleading Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Practice	n	%
First 1/2 Hour	2	3.4%
Second 1/2 Hour	8	13.8%
1-2 Hours into Practice	33	56.9%
>2 Hours into Practice	2	3.4%
Unknown	13	22.4%
Total	58	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 21.8 Activities Leading to Cheerleading Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Performance		Practice		Overall	
	n	%	n	%	n	%	n	%
Partner Stunt	1	33.3%	1	16.7%	15	25.4%	17	25.0%
Unknown	0	0.0%	0	0.0%	14	23.7%	14	20.6%
Pyramid	0	0.0%	1	16.7%	9	15.3%	10	14.7%
Toss	0	0.0%	1	16.7%	8	13.6%	9	13.2%
Other	1	33.3%	1	16.7%	4	6.8%	6	8.8%
Moving Tumbling	0	0.0%	1	16.7%	5	8.5%	6	8.8%
Standing Tumbling	1	33.3%	0	0.0%	2	3.4%	3	4.4%
Jump	0	0.0%	0	0.0%	2	3.4%	2	2.9%
Warm-Up	0	0.0%	1	16.7%	0	0.0%	1	1.5%
Total	3	100.0%	6	100.0%	59	100.0%	68	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

Table 21.9 Activity Resulting in Cheerleading Injuries by Injury Diagnosis, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Diagnosis									
	Strain/Sprain		Contusion		Fracture		Concussion		Other	
	n	%	n	%	n	%	n	%	n	%
Jump	2	7.4%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Moving Tumbling	3	11.1%	0	0.0%	0	0.0%	1	5.3%	2	11.1%
Other	3	11.1%	0	0.0%	0	0.0%	0	0.0%	3	16.7%
Partner Stunt	5	18.5%	1	50.0%	2	100.0%	4	21.1%	5	27.8%
Pyramid	1	3.7%	0	0.0%	0	0.0%	8	42.1%	1	5.6%
Standing Tumbling	2	7.4%	0	0.0%	0	0.0%	0	0.0%	1	5.6%
Toss	5	18.5%	1	50.0%	0	0.0%	2	10.5%	1	5.6%
Unknown	5	18.5%	0	0.0%	0	0.0%	4	21.1%	5	27.8%
Warm-Up	1	3.7%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Total	27	100.0%	2	100.0%	2	100.0%	19	100.0%	18	100.0%

* Totals and n's are not always equal due to slight rounding or missing responses.

XXII. GENDER DIFFERENCES WITHIN SPORTS

22.1 BOYS' AND GIRLS' SOCCER

Table 22.1 Comparison of Boys' and Girls' Soccer Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	Boys' Soccer	Girls' Soccer *	RR (95% CI) **
Total	1.96	2.19	1.12 (0.96-1.29)
Competition	4.52	5.00	1.11 (0.93-1.32)
Practice	0.86	0.89	1.03 (0.79-1.36)

* Throughout this chapter, rate ratios (RR) and injury proportion ratios (IPR) compare the gender with a higher injury rate/proportion (bolded) to the gender with a lower injury rate/proportion.

** Throughout this chapter, statistically significant RR and IPR are bolded.

Table 22.2 Comparison of Body Sites of Boys' and Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Boys' Soccer	Girls' Soccer	IPR (95% CI)
Head/Face	16.3%	24.6%	1.50 (1.12-2.02)
Neck	0.3%	0.0%	--
Shoulder	1.8%	0.9%	2.08 (0.54-8.01)
Trunk	4.7%	3.0%	1.61 (0.75-3.44)
Arm/Elbow	1.8%	0.9%	2.08 (0.54-8.01)
Hand/Wrist	7.1%	2.7%	2.68 (1.27-5.62)
Hip/Thigh/Upper Leg	21.3%	18.0%	1.18 (0.88-1.60)
Knee	12.4%	17.2%	1.41 (0.99-2.02)
Lower Leg	8.4%	5.0%	1.68 (0.95-2.97)
Ankle	18.4%	22.5%	1.22 (0.91-1.63)
Foot	6.6%	4.1%	1.59 (0.84-3.02)
Other	0.8%	0.6%	1.34 (0.22-7.99)
Systemic	0.0%	0.6%	--
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.3 Comparison of Diagnoses of Boys' and Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Soccer	Girls' Soccer	IPR (95% CI)
Strain/Sprain	49.1%	55.3%	1.13 (0.98-1.30)
Contusion	14.2%	6.8%	2.09 (1.31-3.34)
Fracture	9.8%	4.7%	2.06 (1.17-3.64)
Concussion	12.9%	23.1%	1.78 (1.29-2.47)
Other	14.0%	10.1%	1.39 (0.93-2.09)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.4 Most Common Boys' and Girls' Soccer Injury Diagnoses, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Soccer	Girls' Soccer	IPR (95% CI)
Ankle Strain/Sprain	16.1%	20.7%	1.29 (0.94-1.76)
Head/Face Concussion	12.9%	23.1%	1.78 (1.29-2.47)
Hip/Thigh/Upper Leg Strain/Sprain	16.4%	16.6%	1.01 (0.73-1.41)
Knee Other	3.4%	5.9%	1.73 (0.87-3.42)
Knee Strain/Sprain	6.3%	9.2%	1.45 (0.87-2.42)

* Only includes diagnoses accounting for >5% of boys' or girls' soccer injuries.

Table 22.5 Comparison of Time Loss of Boys' and Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time Loss	Boys' Soccer	Girls' Soccer	IPR (95% CI)
1-2 Days	17.4%	11.8%	1.47 (1.02-2.12)
3-6 Days	23.4%	23.1%	1.01 (0.77-1.32)
7-9 Days	14.5%	16.3%	1.12 (0.79-1.58)
10-21 Days	21.3%	24.0%	1.12 (0.85-1.47)
>21 Days	7.9%	4.4%	1.78 (0.98-3.26)
Other	15.5%	20.4%	1.31 (0.96-1.80)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.6 Comparison of Mechanisms of Boys' and Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Soccer Mechanism	Boys' Soccer	Girls' Soccer	IPR (95% CI)
Contact with Another Player	27.2%	25.3%	1.08 (0.84-1.38)
Contact with Ball	13.1%	16.8%	1.28 (0.90-1.84)
Contact with Goal	0.8%	0.6%	1.37 (0.23-8.16)
N/A **	15.8%	12.8%	1.24 (0.85-1.79)
Other	6.1%	8.2%	1.35 (0.78-2.32)
Rotation Around a Planted Foot/Inversion	10.8%	15.9%	1.46 (0.99-2.16)
Slide Tackle	4.7%	2.4%	1.94 (0.85-4.44)
Stepped On/Fell On/Kicked	13.3%	7.0%	1.90 (1.18-3.06)
Uneven Playing Surface	1.7%	0.9%	1.82 (0.46-7.25)
Unknown	6.4%	10.1%	1.57 (0.94-2.63)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

** Includes overuse, heat illness, conditioning, etc.

Table 22.7 Comparison of Activities of Boys' and Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Soccer Activity	Boys' Soccer	Girls' Soccer	IPR (95% CI)
Attempting a Slide Tackle	0.3%	0.3%	1.08 (0.07-17.35)
Ball Handling/Dribbling	7.9%	8.5%	1.08 (0.65-1.79)
Blocking Shot	4.2%	3.0%	1.39 (0.63-3.05)
Chasing Loose Ball	9.3%	9.1%	1.02 (0.63-1.63)
Conditioning	2.5%	0.9%	2.77 (0.75-10.18)
Defending	13.8%	12.2%	1.13 (0.77-1.67)
General Play	27.6%	27.4%	1.01 (0.79-1.28)
Goaltending	6.8%	4.9%	1.39 (0.75-2.57)
Heading Ball	5.6%	6.1%	1.08 (0.59-1.98)
Other	0.6%	1.5%	2.71 (0.53-13.91)
Passing	1.4%	3.0%	2.16 (0.75-6.28)
Receiving Pass	2.5%	3.7%	1.44 (0.61-3.39)
Receiving a Slide Tackle	1.1%	0.3%	3.70 (0.41-33.08)
Shooting	6.2%	4.0%	1.56 (0.80-3.06)
Unknown	10.1%	14.9%	1.47 (0.98-2.21)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

22.2 BOYS' AND GIRLS' BASKETBALL

Table 22.8 Comparison of Boys' and Girls' Basketball Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	Boys' Basketball	Girls' Basketball *	RR (95% CI) **
Total	1.77	1.84	1.04 (0.89-1.22)
Competition	2.99	3.32	1.11 (0.89-1.38)
Practice	1.23	1.16	1.06 (0.84-1.35)

* Throughout this chapter, rate ratios (RR) and injury proportion ratios (IPR) compare the gender with a higher injury rate/proportion (bolded) to the gender with a lower injury rate/proportion.

** Throughout this chapter, statistically significant RR and IPR are bolded.

Table 22.9 Comparison of Body Sites of Boys' and Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Boys' Basketball	Girls' Basketball	IPR (95% CI)
Head/Face	14.1%	17.3%	1.23 (0.85-1.78)
Neck	0.3%	0.0%	--
Shoulder	4.3%	2.4%	1.76 (0.70-4.44)
Trunk	5.6%	1.6%	3.46 (1.20-10.00)
Arm/Elbow	0.5%	1.6%	3.03 (0.56-16.51)
Hand/Wrist	9.3%	9.3%	1.00 (0.61-1.66)
Hip/Thigh/Upper Leg	8.8%	6.0%	1.45 (0.80-2.62)
Knee	12.8%	16.9%	1.33 (0.90-1.95)
Lower Leg	4.8%	4.8%	1.01 (0.49-2.07)
Ankle	34.6%	34.7%	1.00 (0.80-1.25)
Foot	5.1%	4.4%	1.14 (0.55-2.36)
Systemic	0.0%	0.8%	--
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.10 Comparison of Diagnoses of Boys' and Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Basketball	Girls' Basketball	IPR (95% CI)
Strain/Sprain	57.7%	59.3%	1.03 (0.90-1.18)
Contusion	10.4%	6.0%	1.71 (0.96-3.05)
Fracture	8.8%	5.2%	1.67 (0.90-3.12)
Concussion	8.2%	13.3%	1.61 (1.01-2.57)
Other	14.9%	16.1%	1.08 (0.75-1.57)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.11 Most Common Boys' and Girls' Basketball Injury Diagnoses, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Basketball	Girls' Basketball	IPR (95% CI)
Ankle Strain/Sprain	33.2%	33.9%	1.02 (0.81-1.28)
Hand/Wrist Strain/Sprain	3.7%	5.6%	1.52 (0.73-3.13)
Head/Face Concussion	8.2%	13.3%	1.61 (1.01-2.57)
Knee Other	5.1%	6.5%	1.28 (0.67-2.44)
Knee Strain/Sprain	6.4%	8.5%	1.33 (0.75-2.33)

* Only includes diagnoses accounting for >5% of boys' or girls' basketball injuries.

Table 22.12 Comparison of Time Loss of Boys' and Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time Loss	Boys' Basketball	Girls' Basketball	IPR (95% CI)
1-2 Days	20.7%	19.0%	1.09 (0.79-1.52)
3-6 Days	23.1%	24.6%	1.06 (0.80-1.42)
7-9 Days	17.0%	13.7%	1.24 (0.84-1.82)
10-21 Days	17.6%	19.4%	1.10 (0.79-1.54)
>21 Days	5.3%	6.5%	1.21 (0.64-2.30)
Other	16.2%	16.9%	1.04 (0.73-1.50)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.13 Comparison of Mechanisms of Boys' and Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Basketball Mechanism	Boys' Basketball	Girls' Basketball	IPR (95% CI)
Collision with Another Player	23.6%	21.2%	1.11 (0.82-1.52)
Contact with Ball	3.4%	7.8%	2.28 (1.12-4.65)
Jumping/Landing	24.2%	16.5%	1.47 (1.04-2.08)
N/A **	8.0%	9.5%	1.19 (0.70-2.04)
Other	8.5%	6.9%	1.23 (0.69-2.22)
Rotation Around a Planted Foot/Inversion	14.8%	16.0%	1.08 (0.73-1.59)
Stepped On/Fell On/Kicked	10.0%	13.4%	1.35 (0.85-2.12)
Unknown	7.4%	8.7%	1.17 (0.67-2.05)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

** Includes overuse, heat illness, conditioning, etc.

Table 22.14 Comparison of Activities of Boys' and Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Basketball Activity	Boys' Basketball	Girls' Basketball	IPR (95% CI)
Ball Handling/Dribbling	5.4%	6.1%	1.13 (0.58-2.21)
Chasing Loose Ball	9.7%	8.7%	1.11 (0.66-1.89)
Conditioning	2.3%	4.4%	1.91 (0.76-4.78)
Defending	15.7%	10.0%	1.56 (0.99-2.48)
General Play	16.3%	23.1%	1.42 (1.02-1.99)
Other	2.0%	1.3%	1.53 (0.40-5.87)
Passing	0.6%	0.4%	1.31 (0.12-14.45)
Rebounding	20.6%	13.5%	1.52 (1.03-2.24)
Receiving Pass	2.0%	6.6%	3.28 (1.35-7.93)
Screening	0.6%	0.0%	--
Shooting	9.1%	7.4%	1.23 (0.70-2.17)
Unknown	15.7%	18.3%	1.17 (0.81-1.68)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

22.3 BOYS' AND GIRLS' WRESTLING

Table 22.15 Comparison of Boys' and Girls' Wrestling Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	Boys' Wrestling	Girls' Wrestling *	RR (95% CI) **
Total	2.33	3.41	1.46 (1.19-1.79)
Competition	4.37	7.34	1.68 (1.26-2.25)
Practice	1.67	2.24	1.34 (1.01-1.78)

* Throughout this chapter, rate ratios (RR) and injury proportion ratios (IPR) compare the gender with a higher injury rate/proportion (bolded) to the gender with a lower injury rate/proportion.

** Throughout this chapter, statistically significant RR and IPR are bolded.

Table 22.16 Comparison of Body Sites of Boys' and Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Boys' Wrestling	Girls' Wrestling	IPR (95% CI)
Head/Face	22.6%	34.1%	1.50 (1.11-2.05)
Neck	2.7%	4.0%	1.61 (0.55-4.74)
Shoulder	17.7%	11.9%	1.49 (0.88-2.52)
Trunk	5.7%	4.0%	1.45 (0.56-3.77)
Arm/Elbow	7.6%	10.3%	1.35 (0.72-2.53)
Hand/Wrist	7.9%	3.2%	2.50 (0.89-6.99)
Hip/Thigh/Upper Leg	2.7%	4.0%	1.45 (0.50-4.18)
Knee	19.1%	13.5%	1.42 (0.87-2.32)
Lower Leg	1.1%	0.0%	--
Ankle	8.4%	7.1%	1.19 (0.58-2.43)
Foot	1.4%	2.4%	1.74 (0.42-7.22)
Other	1.1%	4.0%	3.63 (0.99-13.37)
Systemic	1.9%	1.6%	1.20 (0.25-5.76)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.17 Comparison of Diagnoses of Boys' and Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Wrestling	Girls' Wrestling	IPR (95% CI)
Strain/Sprain	37.1%	35.7%	1.03 (0.79-1.35)
Contusion	5.7%	1.6%	3.61 (0.86-15.28)
Fracture	7.6%	3.2%	2.41 (0.86-6.76)
Concussion	17.7%	27.0%	1.52 (1.06-2.19)
Other	31.9%	32.5%	1.02 (0.76-1.37)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.18 Most Common Boys' and Girls' Wrestling Injury Diagnoses, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Wrestling	Girls' Wrestling	IPR (95% CI)
Ankle Strain/Sprain	7.4%	7.1%	1.03 (0.50-2.14)
Arm/Elbow Other	4.4%	7.9%	1.82 (0.84-3.91)
Head/Face Concussion	17.8%	27.0%	1.52 (1.06-2.19)
Head/Face Other	3.0%	6.3%	2.11 (0.87-5.15)
Knee Other	9.3%	4.8%	1.95 (0.84-4.55)
Knee Strain/Sprain	7.9%	7.9%	1.00 (0.50-2.00)
Shoulder Other	8.7%	4.0%	2.20 (0.87-5.55)
Shoulder Strain/Sprain	8.7%	7.9%	1.10 (0.56-2.18)

* Only includes diagnoses accounting for >5% of boys' or girls' wrestling injuries.

Table 22.19 Comparison of Time Loss of Boys' and Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time Loss	Boys' Wrestling	Girls' Wrestling	IPR (95% CI)
1-2 Days	9.8%	7.1%	1.38 (0.68-2.78)
3-6 Days	17.9%	23.0%	1.28 (0.87-1.88)
7-9 Days	14.4%	15.9%	1.10 (0.68-1.76)
10-21 Days	20.4%	20.6%	1.03 (0.69-1.54)
>21 Days	12.0%	9.5%	1.26 (0.69-2.32)
Other	25.5%	23.8%	1.08 (0.75-1.54)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.20 Comparison of Mechanisms of Boys' and Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Wrestling Mechanism	Boys' Wrestling	Girls' Wrestling	IPR (95% CI)
Acute no contact	16.1%	15.2%	1.06 (0.66-1.71)
Contact with another player	42.6%	28.8%	1.48 (1.10-2.00)
Contact with playing apparatus	0.5%	0.0%	--
Contact with playing surface	24.9%	28.0%	1.13 (0.81-1.57)
Illness	4.6%	14.4%	3.10 (1.65-5.84)
Other	2.2%	0.8%	2.73 (0.34-21.79)
Overuse/chronic	3.0%	6.4%	2.13 (0.87-5.19)
Unknown	6.0%	6.4%	1.06 (0.49-2.34)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

** Includes overuse, heat illness, conditioning, etc.

Table 22.21 Comparison of Activities of Boys' and Girls' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Wrestling Activity	Boys' Wrestling	Girls' Wrestling	IPR (95% CI)
Conditioning	2.2%	1.7%	1.29 (0.27-6.16)
Escape	5.3%	2.5%	2.09 (0.62-7.03)
Fall	7.2%	7.6%	1.06 (0.50-2.23)
N/A	6.9%	18.6%	2.71 (1.56-4.72)
Near fall	3.4%	2.5%	1.35 (0.38-4.79)
Other	3.1%	3.4%	1.08 (0.35-3.41)
Reversal	0.0%	0.8%	--
Riding	2.2%	3.4%	1.55 (0.46-5.22)
Sparing	15.9%	9.3%	1.71 (0.92-3.17)
Takedown	36.9%	31.4%	1.18 (0.87-1.59)
Unknown	16.9%	18.6%	1.10 (0.70-1.73)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

22.4 BOYS' BASEBALL AND GIRLS' SOFTBALL

Table 22.22 Comparison of Baseball and Softball Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	Boys' Baseball	Girls' Softball *	RR (95% CI) **
Total	1.06	1.24	1.17 (0.93-1.47)
Competition	1.97	1.82	1.08 (0.80-1.46)
Practice	0.56	0.92	1.66 (1.16-2.37)

* Throughout this chapter, rate ratios (RR) and injury proportion ratios (IPR) compare the gender with a higher injury rate/proportion (bolded) to the gender with a lower injury rate/proportion.

** Throughout this chapter, statistically significant RR and IPR are bolded.

Table 22.23 Comparison of Body Sites of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Boys' Baseball	Girls' Softball	IPR (95% CI)
Head/Face	14.6%	18.5%	1.25 (0.75-2.09)
Neck	0.6%	1.5%	2.60 (0.24-28.76)
Shoulder	14.6%	10.0%	1.42 (0.75-2.69)
Trunk	2.3%	3.1%	1.30 (0.33-5.14)
Arm/Elbow	16.4%	5.4%	3.08 (1.38-6.85)
Hand/Wrist	9.9%	23.8%	2.52 (1.44-4.42)
Hip/Thigh/Upper Leg	14.0%	12.3%	1.15 (0.64-2.09)
Knee	7.0%	10.0%	1.41 (0.66-3.00)
Lower Leg	3.5%	2.3%	1.54 (0.39-6.08)
Ankle	12.3%	10.0%	1.24 (0.64-2.40)
Foot	3.5%	1.5%	2.31 (0.47-11.35)
Other	1.2%	1.5%	1.30 (0.18-9.21)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.24 Comparison of Diagnoses of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Baseball	Girls' Softball	IPR (95% CI)
Strain/Sprain	49.7%	44.6%	1.11 (0.87-1.42)
Contusion	10.7%	13.8%	1.30 (0.70-2.41)
Fracture	9.5%	13.1%	1.38 (0.72-2.64)
Concussion	7.1%	13.8%	1.95 (0.97-3.92)
Other	23.1%	14.6%	1.58 (0.96-2.61)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.25 Most Common Baseball and Softball Injury Diagnoses, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Baseball	Girls' Softball	IPR (95% CI)
Ankle Strain/Sprain	10.1%	7.7%	1.31 (0.62-2.77)
Arm/Elbow Strain/Sprain	11.2%	2.3%	4.87 (1.46-16.22)
Hand/Wrist Fracture	5.9%	8.5%	1.43 (0.62-3.28)
Hand/Wrist Strain/Sprain	1.2%	10.0%	8.45 (1.92-37.10)
Head/Face Concussion	7.1%	13.8%	1.95 (0.97-3.92)
Hip/Thigh/Upper Leg Strain/Sprain	11.8%	10.8%	1.10 (0.58-2.10)
Shoulder Other	6.5%	4.6%	1.41 (0.53-3.73)
Shoulder Strain/Sprain	7.7%	4.6%	1.67 (0.65-4.29)

* Only includes diagnoses accounting for >5% of boys' baseball or girls' softball injuries.

Table 22.26 Comparison of Time Loss of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time Loss	Boys' Baseball	Girls' Softball	IPR (95% CI)
1-2 Days	9.9%	19.2%	1.91 (1.08-3.40)
3-6 Days	25.1%	25.4%	1.00 (0.68-1.49)
7-9 Days	17.0%	11.5%	1.49 (0.83-2.66)
10-21 Days	21.1%	15.4%	1.38 (0.84-2.28)
>21 Days	4.7%	6.9%	1.67 (0.64-4.39)
Other	22.2%	21.5%	1.02 (0.66-1.57)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.27 Comparison of Mechanisms of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Baseball Mechanism	Boys' Baseball	Girls' Softball	IPR (95% CI)
Contact with Another Player	7.6%	9.8%	1.28 (0.59-2.75)
Contact with Bases	7.6%	11.4%	1.49 (0.71-3.12)
Contact with Thrown Ball (Non-Pitch)	4.5%	12.2%	2.74 (1.14-6.53)
Hit by Batted Ball	7.6%	13.0%	1.70 (0.83-3.48)
Hit by Pitch	7.0%	4.1%	1.72 (0.61-4.86)
N/A **	10.2%	8.1%	1.25 (0.59-2.68)
Other	28.7%	19.5%	1.47 (0.95-2.28)
Rotation Around a Planted Foot/Inversion	3.2%	8.1%	2.55 (0.89-7.32)
Throwing (Not Pitching)	5.1%	4.1%	1.25 (0.42-3.76)
Throwing (Pitching)	18.5%	3.3%	5.68 (2.04-15.83)
Unknown	0.0%	6.5%	--
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

** Includes overuse, heat illness, conditioning, etc.

Table 22.28 Comparison of Activities of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Baseball Activity	Boys' Baseball	Girls' Softball	IPR (95% CI)
Batting	14.6%	8.9%	1.64 (0.83-3.25)
Catching	7.0%	6.5%	1.08 (0.45-2.62)
Conditioning	0.0%	3.2%	--
Fielding a Batted Ball	16.5%	13.7%	1.20 (0.68-2.12)
Fielding a Thrown Ball	3.2%	5.6%	1.78 (0.58-5.52)
General Play	5.7%	5.6%	1.01 (0.38-2.65)
Other	3.8%	4.8%	1.27 (0.42-3.88)
Pitching	20.9%	7.3%	2.88 (1.42-5.81)
Running Bases	17.7%	18.5%	1.05 (0.63-1.73)
Sliding	6.3%	12.9%	2.04 (0.95-4.35)
Throwing	3.8%	8.1%	2.12 (0.79-5.72)
Unknown	0.6%	4.8%	7.65 (0.92-63.49)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

22.5 BOYS' AND GIRLS' TRACK AND FIELD

Table 22.29 Comparison of Boys' and Girls' Track and Field Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	Boys' Track and Field	Girls' Track and Field*	RR (95% CI) **
Total	1.25	1.12	1.12 (0.84-1.50)
Competition	2.62	1.09	2.41 (1.33-4.36)
Practice	0.97	1.12	1.16 (0.83-1.62)

* Throughout this chapter, rate ratios (RR) and injury proportion ratios (IPR) compare the gender with a higher injury rate/proportion (bolded) to the gender with a lower injury rate/proportion.

** Throughout this chapter, statistically significant RR and IPR are bolded.

Table 22.30 Comparison of Body Sites of Boys' and Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Boys' Track and Field	Girls' Track and Field	IPR (95% CI)
Head/Face	1.8%	2.5%	1.37 (0.19-9.69)
Shoulder	2.7%	0.0%	--
Trunk	7.2%	9.9%	1.37 (0.53-3.53)
Arm/Elbow	0.9%	1.2%	1.37 (0.08-22.13)
Hand/Wrist	1.8%	0.0%	--
Hip/Thigh/Upper Leg	49.5%	32.1%	1.54 (1.06-2.24)
Knee	9.0%	7.4%	1.22 (0.46-3.24)
Lower Leg	19.8%	28.4%	1.43 (0.86-2.40)
Ankle	4.5%	11.1%	2.47 (0.85-7.15)
Foot	2.7%	7.4%	2.74 (0.70-10.77)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.31 Comparison of Diagnoses of Boys' and Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Track and Field	Girls' Track and Field	IPR (95% CI)
Strain/Sprain	64.0%	50.6%	1.26 (0.98-1.64)
Contusion	0.9%	2.5%	2.74 (0.25-30.36)
Fracture	2.7%	0.0%	--
Concussion	0.9%	2.5%	2.74 (0.25-30.36)
Other	31.5%	44.4%	1.41 (0.97-2.04)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.32 Most Common Boys' and Girls' Track and Field Injury Diagnoses, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Track and Field	Girls' Track and Field	IPR (95% CI)
Ankle Strain/Sprain	2.7%	9.9%	3.65 (0.99-13.51)
Foot Other	0.9%	6.2%	6.85 (0.80-58.65)
Hip/Thigh/Upper Leg Strain/Sprain	47.7%	25.9%	1.84 (1.21-2.80)
Knee Other	5.4%	7.4%	1.37 (0.45-4.14)
Lower Leg Other	17.1%	23.5%	1.37 (0.77-2.43)
Trunk Strain/Sprain	5.4%	8.6%	1.60 (0.55-4.62)

* Only includes diagnoses accounting for >5% of boys' or girls' track and field injuries.

Table 22.33 Comparison of Time Loss of Boys' and Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time Loss	Boys' Track and Field	Girls' Track and Field	IPR (95% CI)
1-2 Days	22.5%	23.5%	1.04 (0.61-1.77)
3-6 Days	26.1%	25.9%	1.01 (0.62-1.64)
7-9 Days	18.0%	19.8%	1.10 (0.60-1.99)
10-21 Days	19.8%	11.1%	1.78 (0.86-3.69)
>21 Days	3.6%	11.1%	3.08 (0.97-9.76)
Other	9.9%	8.6%	1.15 (0.46-2.85)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.34 Comparison of Mechanisms of Boys' and Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Track Mechanism	Boys' Track and Field	Girls' Track and Field	IPR (95% CI)
Contact with Field Equipment	3.2%	4.7%	1.45 (0.30-7.09)
Contact with Ground	16.1%	15.6%	1.03 (0.49-2.17)
Fall/Trip	3.2%	4.7%	1.45 (0.30-7.09)
N/A **	43.0%	51.6%	1.20 (0.86-1.68)
Other	20.4%	7.8%	2.62 (1.02-6.71)
Rotation Around Planted Foot/Inversion	3.2%	4.7%	1.45 (0.30-7.09)
Stepped On/Kicked	2.2%	0.0%	--
Unknown	8.6%	10.9%	1.27 (0.48-3.37)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

** Includes overuse, heat illness, conditioning, etc.

Table 22.35 Comparison of Activities of Boys' and Girls' Track and Field Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Track Activity	Boys' Track and Field	Girls' Track and Field	IPR (95% CI)
Baton Hand Off	1.0%	0.0%	--
Conditioning	2.0%	0.0%	--
Jumping/Landing	12.1%	8.6%	1.41 (0.55-3.62)
Leaving Block	1.0%	0.0%	--
Other	1.0%	1.4%	1.41 (0.09-22.87)
Running	64.6%	77.1%	1.19 (0.98-1.45)
Running Hurdles	4.0%	7.1%	1.77 (0.49-6.43)
Throwing	5.1%	0.0%	--
Unknown	5.1%	4.3%	1.18 (0.29-4.84)
Warming Up	4.0%	1.4%	2.83 (0.32-25.32)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

22.6 BOYS' AND GIRLS' CROSS COUNTRY

Table 22.36 Comparison of Boys' and Girls' Cross Country Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

	Boys' Cross Country	Girls' Cross Country *	RR (95% CI) **
Total	0.73	0.69	1.06 (0.60-1.88)
Competition	0.56	1.91	3.41 (0.92-12.58)
Practice	0.76	0.48	1.59 (0.80-3.16)

* Throughout this chapter, rate ratios (RR) and injury proportion ratios (IPR) compare the gender with a higher injury rate/proportion (bolded) to the gender with a lower injury rate/proportion.

** Throughout this chapter, statistically significant RR and IPR are bolded.

Table 22.37 Comparison of Body Sites of Boys' and Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Boys' Cross Country	Girls' Cross Country	IPR (95% CI)
Head/Face	0.0%	9.1%	--
Trunk	0.0%	9.1%	--
Hand/Wrist	4.0%	0.0%	--
Hip/Thigh/Upper Leg	16.0%	22.7%	1.36 (0.40-4.65)
Knee	28.0%	13.6%	2.14 (0.60-7.62)
Lower Leg	36.0%	13.6%	2.75 (0.81-9.29)
Ankle	8.0%	31.8%	7.64 (0.94-61.88)
Foot	8.0%	0.0%	--
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.38 Comparison of Diagnoses of Boys' and Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Cross Country	Girls' Cross Country	IPR (95% CI)
Strain/Sprain	29.2%	54.5%	1.87 (0.88-4.00)
Fracture	4.2%	0.0%	--
Concussion	0.0%	9.1%	--
Other	66.7%	36.4%	1.83 (0.96-3.49)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.39 Most Common Boys' and Girls' Cross Country Injury Diagnoses, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Diagnosis	Boys' Cross Country	Girls' Cross Country	IPR (95% CI)
Ankle Strain/Sprain	4.2%	31.8%	7.64 (0.94-61.88)
Head/Face Concussion	0.0%	9.1%	--
Hip/Thigh/Upper Leg Other	4.2%	9.1%	2.18 (0.19-24.55)
Hip/Thigh/Upper Leg Strain/Sprain	12.5%	13.6%	1.09 (0.23-5.14)
Knee Other	29.2%	9.1%	3.21 (0.70-14.64)
Lower Leg Other	29.2%	13.6%	2.14 (0.60-7.62)
Lower Leg Strain/Sprain	8.3%	0.0%	--

* Only includes diagnoses accounting for >5% of boys' or girls' track and field injuries.

Table 22.40 Comparison of Time Loss of Boys' and Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time Loss	Boys' Cross Country	Girls' Cross Country	IPR (95% CI)
1-2 Days	8.0%	18.2%	2.18 (0.42-11.45)
3-6 Days	40.0%	31.8%	1.31 (0.59-2.92)
7-9 Days	12.0%	18.2%	2.18 (0.42-11.45)
10-21 Days	16.0%	22.7%	1.36 (0.40-4.65)
>21 Days	16.0%	4.5%	3.67 (0.41-32.96)
Other	8.0%	4.5%	1.83 (0.16-20.63)
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

Table 22.41 Comparison of Mechanisms of Boys' and Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Cross Country Mechanism	Boys' Cross Country	Girls' Cross Country	IPR (95% CI)
Contact with Ground	0.0%	12.5%	--
Contact with Obstacle	4.5%	0.0%	--
Fall/Trip	9.1%	37.5%	4.13 (0.89-19.14)
Other	13.6%	18.8%	1.38 (0.30-6.38)
Overuse	63.6%	31.3%	2.04 (0.89-4.67)
Uneven Surface	4.5%	0.0%	--
Unknown	4.5%	0.0%	--
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

** Includes overuse, heat illness, conditioning, etc.

Table 22.42 Comparison of Activities of Boys' and Girls' Cross Country Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Cross Country Activity	Boys' Cross Country	Girls' Cross Country	IPR (95% CI)
Conditioning	18.2%	6.7%	2.73 (0.30-24.45)
Other	0.0%	6.7%	--
Running	72.7%	73.3%	1.01 (0.66-1.53)
Unknown	9.1%	0.0%	--
Warming Up	0.0%	13.3%	--
Total	100.0%	100.0%	--

* Totals are not always equal to 100% due to slight rounding or missing responses.

XXIII. REPORTER DEMOGRAPHICS & COMPLIANCE

During the 2025-26 school year, 115 ATs enrolled to participate in the study. ATs were expected to report for every week in which they were enrolled. For example, an AT who joined the study as a replacement school in week 10 was not expected to report for weeks 1-9. Overall, enrolled ATs reported an average of 41 study weeks. The majority of ATs (89%) reported for more than 20 weeks of the study. Previous internal validity checks of a 5% randomly selected sample of participating schools yielded 92.6% sensitivity, 95.8% specificity, a positive predictive value of 73.5%, and a negative predictive value of 99.0%.

Prior to the start of the study, participating ATs were asked to complete a short demographics survey. Over three-quarters (76%) of participating high schools were public schools, with the remainder being private. All ATs except for seven provided services to their athletes five or more days each week. 84% of ATs participating during the 2025-26 school year had previously participated in the National High School Sports-Related Injury Surveillance Study.

An online “End of Season” survey gave all participating ATs (both in the original study as well as in the expanded study including those ATs who did not report any data) the opportunity to provide feedback on their experiences with the study. This survey was completed by 74 ATs (64%). Average reporting time burdens were 18 minutes for the weekly exposure report and 8 minutes for the injury report form. Using a 5-point Likert scale, RIO was overwhelmingly reported to be either very easy (57%) or somewhat easy (33%) to use (1 and 2 on the Likert scale, respectively), with ATs being either very satisfied (61%) or somewhat satisfied (30%) with the system (1 and 2 on the Likert scale, respectively). Suggestions provided by ATs, such as the addition or clarification of questions or answer choices, will be used to improve the National High School Sports-Related Injury Surveillance Study for the 2026-27 school year.

XXIV. SUMMARY

High school sports play an important role in the adoption and maintenance of a physically active lifestyle among millions of US adolescents. Too often, injury prevention in this population is overlooked as sports-related injuries are thought to be unavoidable. In reality, sports-related injuries are largely preventable through the application of evidence-based preventive interventions. Such preventive interventions can include educational campaigns, introduction of new or improved protective equipment, rule changes, other policy changes, etc. The morbidity, mortality, and disability caused by high school sports-related injuries can be reduced through the development and implementation of improved injury diagnosis and treatment modalities as well as through effective prevention strategies. However, surveillance of exposure-based injury rates in a nationally representative sample of high school athletes and subsequent epidemiologic analysis of patterns of injury are needed to drive evidence-based prevention practices.

Prior to the implementation of the National High School Sports-Related Injury Surveillance Study, the study of high school sports-related injuries had largely been limited by an inability to calculate injury rates due to a lack of exposure data (i.e., frequency of participation in athletic activities including practice and competition), an inability to compare findings across groups (i.e., sports/activities, genders, schools, and levels of competition), or an inability to generalize findings from small non-representative samples. The value of national injury surveillance studies that collect injury, exposure, and risk factor data from representative samples has been well demonstrated by the National Collegiate Athletic Association's Injury Surveillance System (NCAA ISS), now known as the Injury Surveillance Program (ISP). Data collected by the NCAA has been used to develop preventive interventions including increased use of protective equipment and rule changes that have had proven success in reducing injuries among collegiate athletes.

For example, NCAA ISP data have been used to develop several interventions intended to reduce the number of preseason heat-related football injuries including the elimination of consecutive days of multiple practices, daily time limitations, and a gradual increase in equipment for conditioning and heat acclimation. Additionally, several committees have considered NCAA ISP data when making recommendations including the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports' recommendation for mandatory eye protection in women's lacrosse, the NCAA Men's Ice Hockey Rules Committee's recommendation for stricter penalties for hitting from behind, checking into the boards, and not wearing a mouthpiece, and the NCAA Men's Basketball Rules Committee's discussions of widening the free-throw lane to prevent injuries related to player contact. Unfortunately, because an equivalent injury surveillance system to collect injury and exposure data from a nationally representative sample of high school athletes had not previously existed, injury prevention efforts targeted to reduce injury rates in this population were based largely upon data collected from collegiate athletes. This is unacceptable because distinct biophysiological differences (e.g., lower muscle mass, immature growth plates, etc.) means high school athletes are not merely miniature versions of their collegiate counterparts.

The successful implementation and maintenance of the National High School Sports-Related Injury Surveillance Study demonstrates the value of a national injury surveillance system at the high school level. Dr. Collins and her research staff are committed to maintaining a permanent national high school sports injury surveillance system.

While the health benefits of a physically active lifestyle including sports participation are undeniable, participants are at risk of injury because a certain endemic level of injury can be expected during any physical activity, especially those with a competitive component. However, injury rates among high school athletes should be reduced to the lowest possible level without discouraging adolescents from engaging in this important form of physical activity. This goal can be best accomplished by monitoring injury rates and patterns of injury among high school athletes over time; investigating the etiology of preventable injuries; and developing, implementing, and evaluating evidence-based preventive interventions. Surveillance systems such as the model used for this study are critical in achieving these goals.