

Original Sample Summary Report

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

2025-26 School Year

**Compiled by:
Christy Collins, PhD
Megan Anderson, MPH
Todd Burus, MAS**

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 *Data contained within these reports should not be published in any form without permission from the Principal Investigator.*

For reprints/further information contact:

Christy Collins, PhD
President
Datalys Center for Sports Injury Research and Prevention

6151 Central Ave
Indianapolis, IN 46220
1-855-832-4222
highschoolrio@datalyscenter.org

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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 objectives of this study are to maintain the National High School Sports- Related Injury Surveillance Study among a nationally representative 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' wrestling, boys' baseball, and girls' softball 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 9 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.
- F. To compare injury rates and patterns from the 2005-06 through the 2025-26 school years.

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 two 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.

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. All high schools with an AT willing to serve as a reporter 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 strata to obtain 100 study schools. To maintain a nationally representative sample, if a school dropped out of the study, another school from the same stratum was randomly selected for replacement. Participating ATs were offered a \$300-\$350 honorarium depending on the number of sports reported along with an individualized school injury report and 10 Category B CEUs following the study's conclusion.

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 events resulting in <1 day time loss were collected, unless otherwise noted, analyses in this report excluded these injuries. With the exception of injury rates, data were weighted for all analyses to produce national estimates. For each sport in each stratum, weights account for the total number of US schools offering the sport and the average number of participating study schools reporting each week for that sport. For example, following is the algorithm used to calculate football weights for the small (enrollment ≤ 1,000) west stratum:

$$\text{weight} = \frac{\text{national total \# of small west US high schools}}{\text{average \# of small west participating schools reporting football each week}}$$

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:

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

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

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

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. Injury rates over time were compared by running a linear regression and testing for trend.

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)	Nationally Estimated # Injuries
Overall	Total	2,912	1,382,375	2.11	1,205,886
	Competition	1,716	386,874	4.44	712,938
	Practice	1,196	995,501	1.20	492,948
Boys' Football	Total	1,179	334,487	3.52	427,626
	Competition	733	57,809	12.68	268,187
	Practice	446	276,678	1.61	159,439
Boys' Soccer	Total	275	149,353	1.84	174,367
	Competition	194	44,790	4.33	113,567
	Practice	81	104,563	0.77	60,800
Girls' Soccer	Total	253	123,387	2.05	139,383
	Competition	180	38,905	4.63	90,344
	Practice	73	84,482	0.86	49,039
Girls' Volleyball	Total	165	127,656	1.29	83,086
	Competition	71	44,172	1.61	34,737
	Practice	94	83,484	1.13	48,349
Boys' Basketball	Total	282	171,998	1.64	99,660
	Competition	150	53,107	2.82	55,972
	Practice	132	118,891	1.11	43,688
Girls' Basketball	Total	198	110,896	1.79	63,110
	Competition	112	34,962	3.20	36,026
	Practice	86	75,934	1.13	27,084
Boys' Wrestling	Total	308	134,424	2.29	96,500
	Competition	135	30,718	4.39	44,819
	Practice	173	103,706	1.67	51,681

Boys' Baseball	Total	143	140,404	1.02	55,679
	Competition	89	50,249	1.77	36,352
	Practice	54	90,155	0.60	19,327
Girls' Softball	Total	109	89,770	1.21	66,475
	Competition	52	32,162	1.62	32,934
	Practice	57	57,608	0.99	33,541

* 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%	91.0%	4.6%	100.0%
Boys' Football	4.4%	90.4%	5.2%	100.0%
Boys' Soccer	5.3%	91.7%	3.0%	100.0%
Girls' Soccer	3.6%	91.0%	5.4%	100.0%
Girls' Volleyball	2.9%	95.4%	1.7%	100.0%
Boys' Basketball	5.7%	89.8%	4.5%	100.0%
Girls' Basketball	3.3%	93.8%	2.8%	100.0%
Boys' Wrestling	4.1%	90.3%	5.6%	100.0%
Boys' Baseball	7.3%	86.7%	6.1%	100.0%
Girls' Softball	2.6%	94.8%	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. Because they accounted for a small proportion of all injuries overall, they are not included in any other analyses.

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	196,924	24.9%	86,378	26.9%
Sophomore	190,296	24.1%	83,409	26.0%
Junior	168,729	21.4%	92,224	28.7%
Senior	233,758	29.6%	58,944	18.4%
Total **	789,707	100.0%	320,954	100.0%

Age (years)		
Minimum	13	13
Maximum	19	18
Mean (SD)	15.9 (1.3)	15.7 (1.2)
n	668,274	271,052

BMI		
Minimum	15.1	14.6
Maximum	58.2	45.0
Mean (SD)	24.5 (4.7)	22.2 (3.5)
n	519,407	208,709

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

** Throughout this chapter, totals and n's represent the total 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

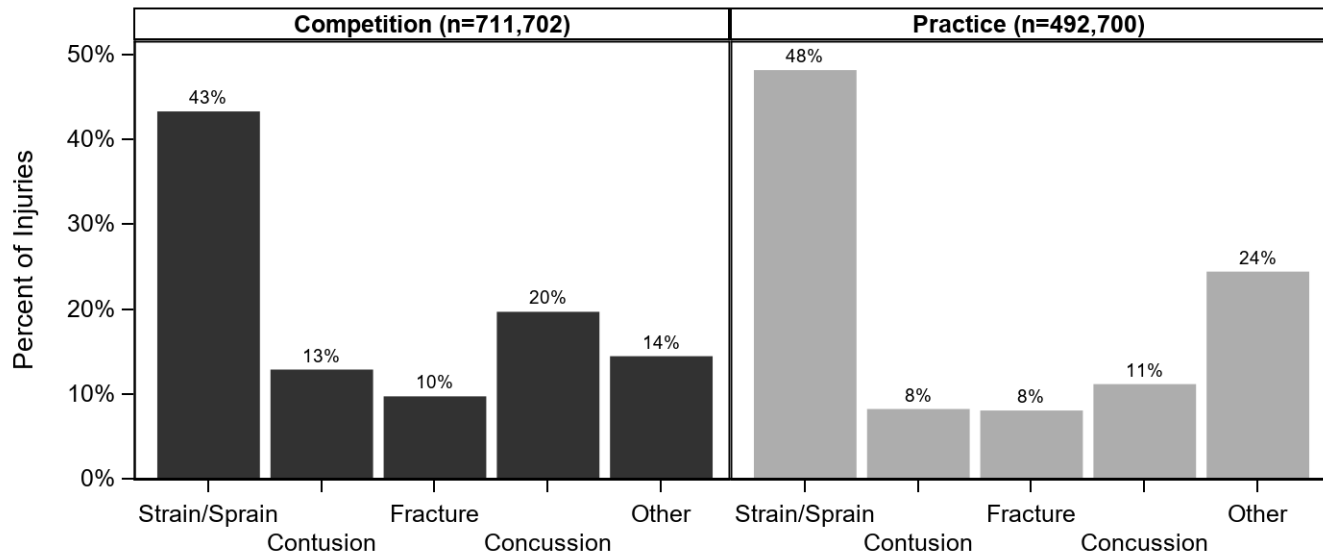


Table 2.4 Body Site of Injury by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Head/Face	154,971	21.7%	73,279	14.9%	228,250	18.9%
Ankle	115,734	16.2%	88,297	18.0%	204,032	16.9%
Knee	105,528	14.8%	53,970	11.0%	159,499	13.2%
Hip/Thigh/Upper Leg	75,844	10.6%	64,897	13.2%	140,741	11.7%
Hand/Wrist	71,182	10.0%	49,837	10.1%	121,019	10.0%
Shoulder	57,943	8.1%	30,130	6.1%	88,073	7.3%
Lower Leg	36,169	5.1%	28,797	5.9%	64,967	5.4%
Trunk	23,328	3.3%	33,084	6.7%	56,413	4.7%
Arm/Elbow	27,976	3.9%	23,414	4.8%	51,390	4.3%
Foot	21,550	3.0%	28,136	5.7%	49,686	4.1%
Other	13,817	1.9%	4,072	0.8%	17,889	1.5%
Neck	7,439	1.0%	8,386	1.7%	15,825	1.3%
Systemic	1,316	0.2%	5,535	1.1%	6,851	0.6%
Total	712,798	100.0%	491,837	100.0%	1,204,635	100.0%

* Totals and n's represent the total 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.

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

	Male (n=120,896)		Female (n=68,562)		Overall (n=189,458)	
Ankle Ligament Injuries	n	%	n	%	n	%
Anterior Talofibular Ligament	90,860	75.2%	59,819	87.2%	150,679	79.5%
Calcaneofibular Ligament	32,599	27.0%	27,543	40.2%	60,142	31.7%
Anterior Tibiofibular Ligament	22,182	18.3%	9,007	13.1%	31,189	16.5%
Posterior Talofibular Ligament	9,754	8.1%	15,617	22.8%	25,371	13.4%
Deltoid Ligament	8,146	6.7%	4,437	6.5%	12,583	6.6%
Posterior Tibiofibular Ligament	3,400	2.8%	1,545	2.3%	4,945	2.6%

* Multiple ligament responses allowed per injury report. Totals and n's are not always equal due to slight rounding of the weighted number of injuries and missing responses. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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

	Male (n=103,795)		Female (n=47,475)		Overall (n=151,270)	
Knee Ligament Injuries	n	%	n	%	n	%
Patella and/or Patellar Tendon	24,914	24.0%	20,387	42.9%	45,301	29.9%
Anterior Cruciate Ligament	17,681	17.0%	11,597	24.4%	29,278	19.4%
Medial Collateral Ligament	22,393	21.6%	6,435	13.6%	28,828	19.1%
Torn Cartilage (Meniscus)	18,251	17.6%	4,802	10.1%	23,053	15.2%
Lateral Collateral Ligament	6,908	6.7%	840	1.8%	7,748	5.1%
Posterior Cruciate Ligament	1,052	1.0%	280	0.6%	1,332	0.9%

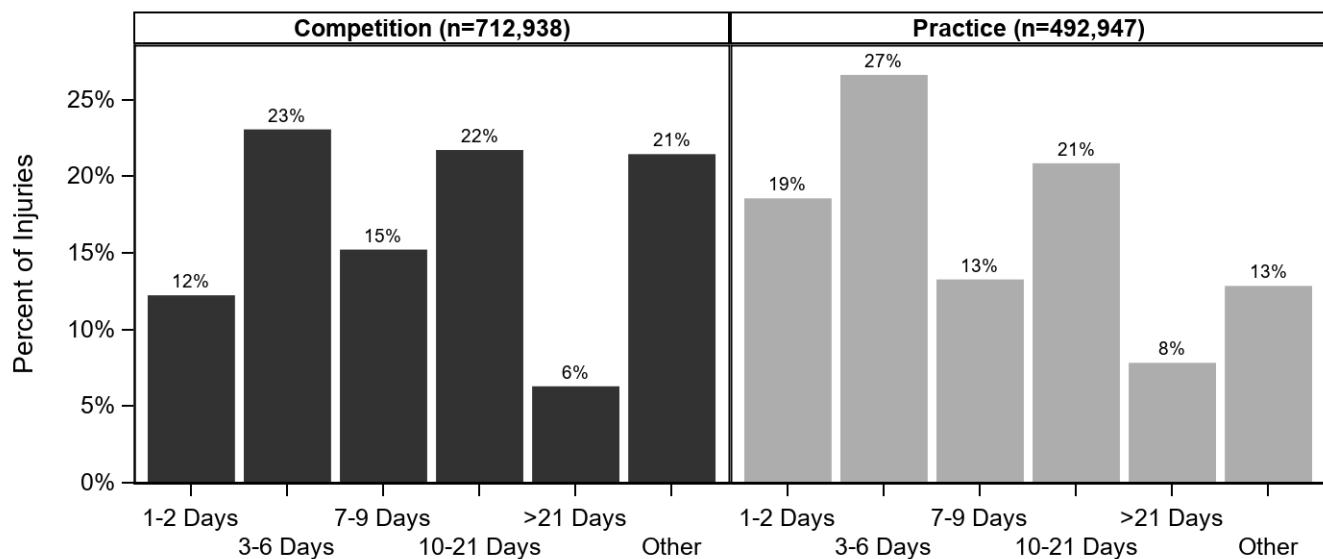
* Multiple ligament responses allowed per injury report. Totals and n's are not always equal due to slight rounding of the weighted number of injuries and missing responses. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=711,565)		Practice (n=491,588)		Overall (n=1,203,152)	
	n	%	n	%	n	%
Head/Face Concussion	140,039	19.7%	54,948	11.2%	194,986	16.2%
Ankle Strain/Sprain	107,105	15.1%	81,237	16.5%	188,342	15.7%
Hip/Thigh/Upper Leg Strain/Sprain	47,803	6.7%	54,087	11.0%	101,890	8.5%
Knee Strain/Sprain	46,534	6.5%	19,683	4.0%	66,217	5.5%
Knee Other	33,242	4.7%	29,755	6.1%	62,997	5.2%
Hand/Wrist Fracture	32,101	4.5%	19,023	3.9%	51,124	4.2%
Shoulder Strain/Sprain	29,604	4.2%	13,918	2.8%	43,522	3.6%
Shoulder Other	26,338	3.7%	14,247	2.9%	40,585	3.4%
Hand/Wrist Strain/Sprain	18,906	2.7%	21,639	4.4%	40,545	3.4%
Hip/Thigh/Upper Leg Contusion	21,550	3.0%	4,849	1.0%	26,399	2.2%

* Totals and n's represent the total 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 2.2 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

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	53,025	7.5%	24,055	5.0%	77,081	6.5%
Did Not Require Surgery	652,815	92.5%	461,854	95.0%	1,114,669	93.5%
Total	705,840	100.0%	485,909	100.0%	1,191,749	100.0%

* Totals and n's represent the total 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 2.3 New and Recurring Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

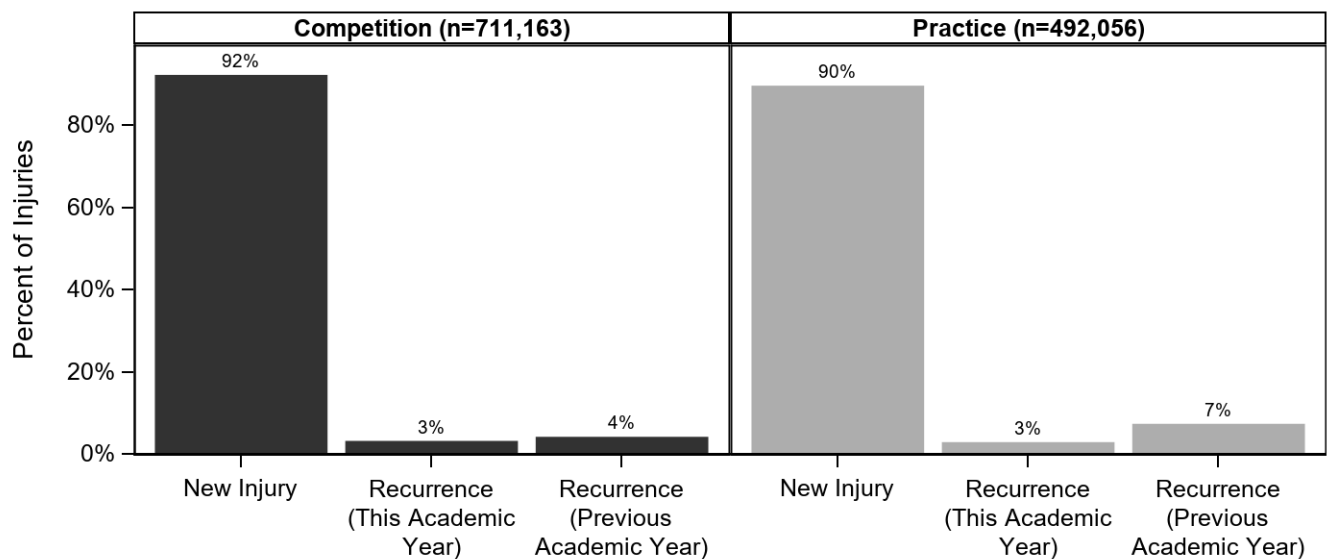


Table 2.9 Time during Season of Injury, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	243,343	20.2%
Regular Season	905,308	75.2%
Post Season	53,998	4.5%
Unknown/Other	889	0.1%
Total	1,203,538	100.0%

* Totals and n's represent the total 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.

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	35,311	7.3%
Second 1/2 Hour	68,656	14.2%
1-2 Hours into Practice	234,482	48.5%
>2 Hours into Practice	14,023	2.9%
Unknown	131,097	27.1%
Total	483,571	100.0%

* Totals and n's represent the total 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.

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=1,205,885	%
Certified Athletic Trainer	1,125,648	93.3%
Orthopedic Physician	178,549	14.8%
Physician/Pediatrician	171,134	14.2%
Other	22,899	1.9%
Nurse Practitioner	14,535	1.2%
Physician's Assistant	11,105	0.9%
Chiropractor	5,505	0.5%
Neurologist/Neuropsychologist	4,738	0.4%
School Nurse	1,903	0.2%
Assessment Method:	n=1,205,885	%
Evaluation	1,191,555	98.8%
X-Ray	416,208	34.5%
MRI	129,737	10.8%
CT-Scan	20,242	1.7%
Blood Work/Lab Test	8,251	0.7%
Other	7,609	0.6%

* Multiple responses allowed per injury report.

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)	Nationally Estimated # Injuries
Total	1,179	334,487	3.52	427,626
Competition	733	57,809	12.68	268,187
Practice	446	276,678	1.61	159,439

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	102,469	26.2%
Sophomore	83,427	21.3%
Junior	83,177	21.3%
Senior	121,966	31.2%
Total	391,039	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.8 (1.3)
n	324,733

BMI	
Minimum	15.4
Maximum	58.2
Mean (SD)	25.8 (5.0)
n	252,862

* Throughout this chapter, totals and n's represent the total 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 3.1 Diagnosis of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

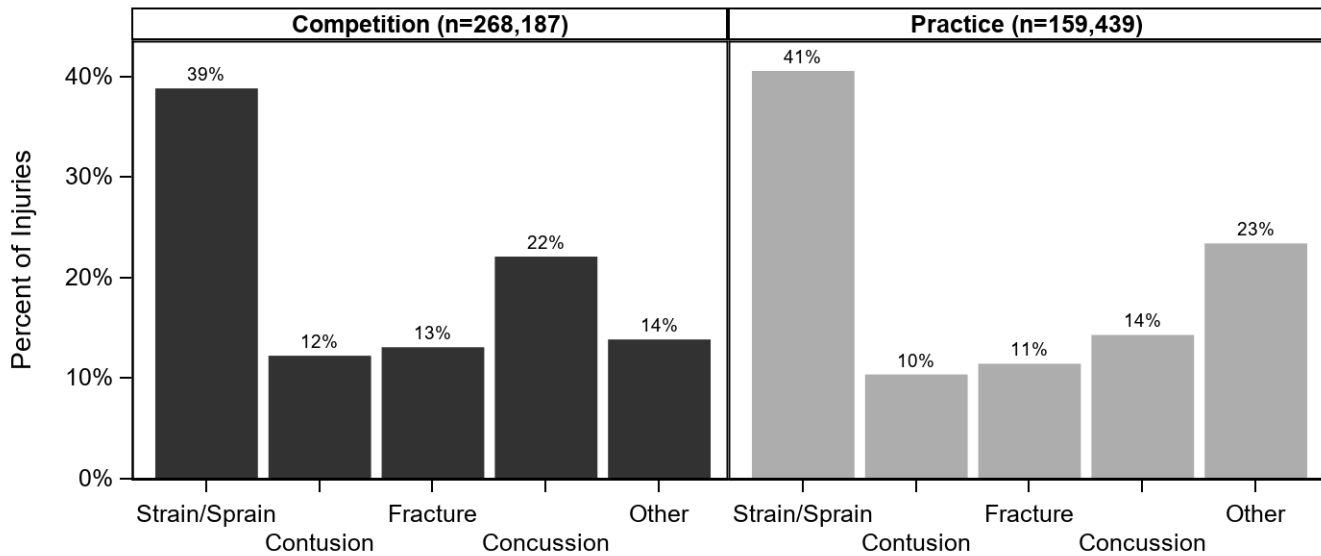


Table 3.3 Body Site of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Head/Face	61,210	22.8%	25,494	16.0%	86,704	20.3%
Ankle	34,298	12.8%	19,332	12.1%	53,630	12.5%
Knee	40,731	15.2%	12,735	8.0%	53,466	12.5%
Hand/Wrist	27,605	10.3%	21,434	13.4%	49,039	11.5%
Shoulder	29,748	11.1%	14,634	9.2%	44,382	10.4%
Hip/Thigh/Upper Leg	17,064	6.4%	21,601	13.5%	38,665	9.0%
Arm/Elbow	12,175	4.5%	11,413	7.2%	23,588	5.5%
Lower Leg	15,845	5.9%	6,115	3.8%	21,960	5.1%
Trunk	8,728	3.3%	12,471	7.8%	21,199	5.0%
Other	9,871	3.7%	3,505	2.2%	13,375	3.1%
Foot	5,157	1.9%	4,439	2.8%	9,596	2.2%
Neck	4,822	1.8%	3,453	2.2%	8,275	1.9%
Systemic	793	0.3%	2,814	1.8%	3,607	0.8%
Total	268,047	100.0%	159,439	100.0%	427,486	100.0%

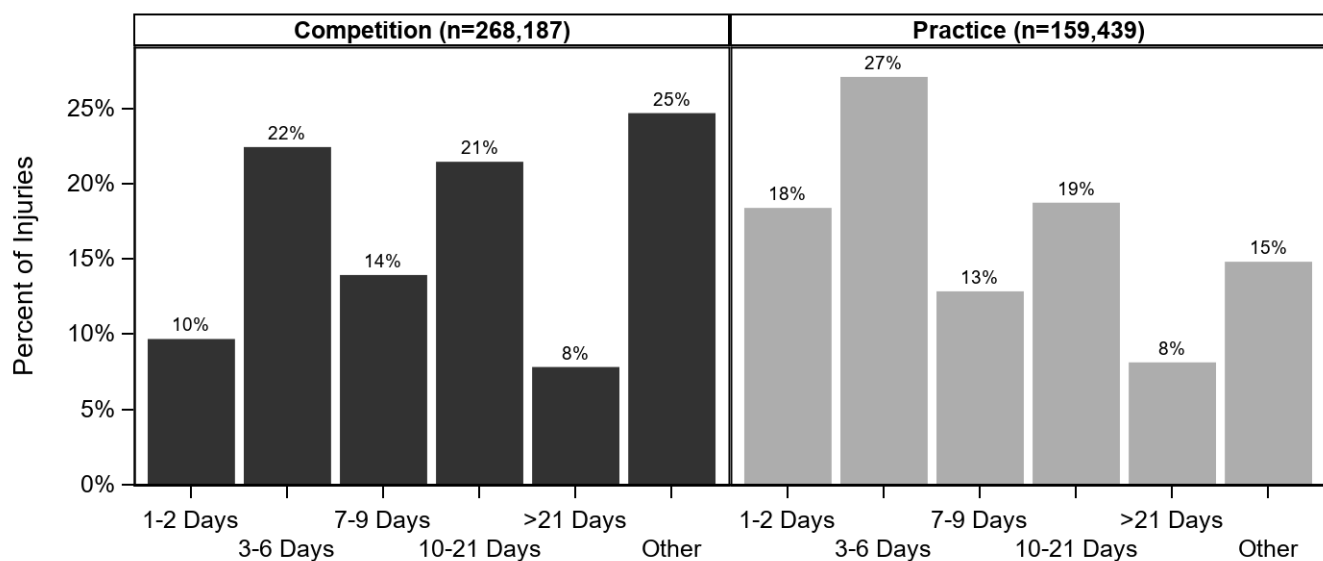
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=268,048)		Practice (n=159,437)		Overall (n=427,490)	
	n	%	n	%	n	%
Head/Face Concussion	59,203	22.1%	22,786	14.3%	81,989	19.2%
Ankle Strain/Sprain	30,221	11.3%	16,885	10.6%	47,106	11.0%
Hip/Thigh/Upper Leg Strain/Sprain	10,349	3.9%	16,086	10.1%	26,435	6.2%
Knee Strain/Sprain	18,283	6.8%	6,295	3.9%	24,578	5.7%
Hand/Wrist Fracture	12,083	4.5%	10,173	6.4%	22,257	5.2%
Shoulder Other	13,610	5.1%	7,918	5.0%	21,529	5.0%
Shoulder Strain/Sprain	15,210	5.7%	5,074	3.2%	20,284	4.7%
Knee Other	12,665	4.7%	5,492	3.4%	18,158	4.2%
Hand/Wrist Strain/Sprain	6,847	2.6%	6,159	3.9%	13,006	3.0%
Trunk Strain/Sprain	3,519	1.3%	7,385	4.6%	10,904	2.6%

* Totals and n's represent the total 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 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	23,510	8.9%	8,989	5.7%	32,498	7.7%
Did Not Require Surgery	241,182	91.1%	147,405	94.3%	388,587	92.3%
Total	264,692	100.0%	156,394	100.0%	421,086	100.0%

* Totals and n's represent the total 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 3.3 History of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

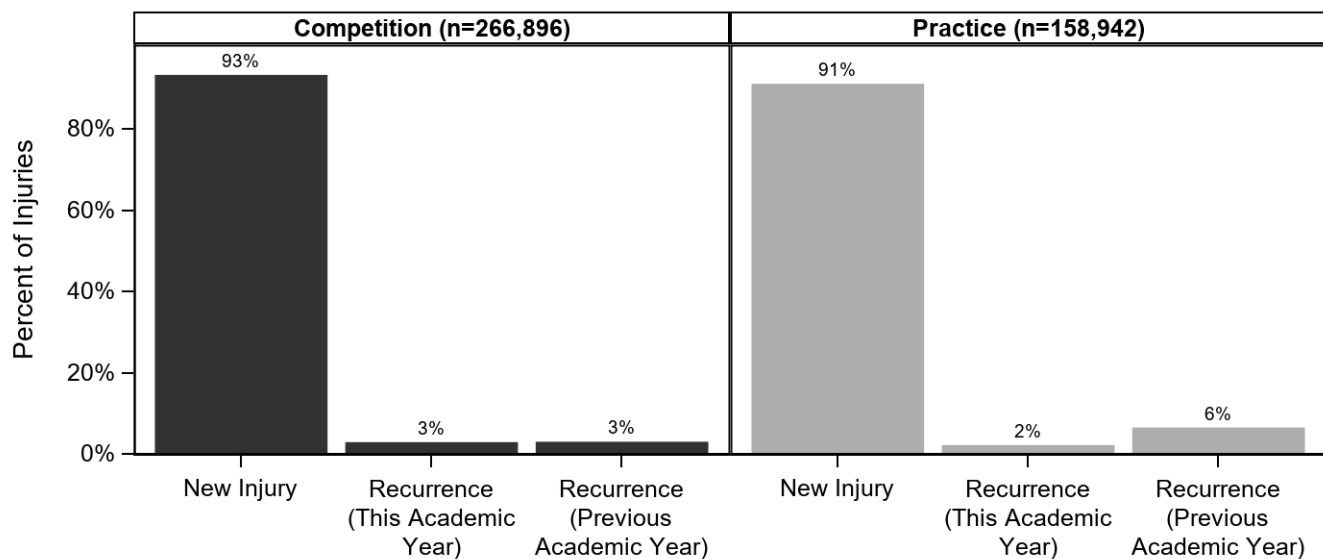


Table 3.6 Time during Season of Football Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	91,362	21.4%
Regular Season	312,038	73.1%
Post Season	23,415	5.5%
Total	426,814	100.0%

* Totals and n's represent the total 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.

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	1,064	0.5%
First Quarter	26,078	11.1%
Second Quarter	71,253	30.4%
Third Quarter	72,273	30.8%
Fourth Quarter	63,277	27.0%
Overtime	446	0.2%
Total	234,392	100.0%

Field Location		
End Zone	6,408	2.7%
Red Zone (20 Yard Line to Goal Line)	28,539	11.9%
Between the 20 Yard Lines	131,693	54.9%
Off the Field	1,030	0.4%
Unknown	72,391	30.2%
Total	240,061	100.0%

* Totals and n's represent the total 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.

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	8,683	5.6%
Second 1/2 Hour	20,640	13.4%
1-2 Hours into Practice	82,842	53.6%
>2 Hours into Practice	3,892	2.5%
Unknown	38,517	24.9%
Total	154,575	100.0%

* Totals and n's represent the total 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 3.4 Player Position of Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

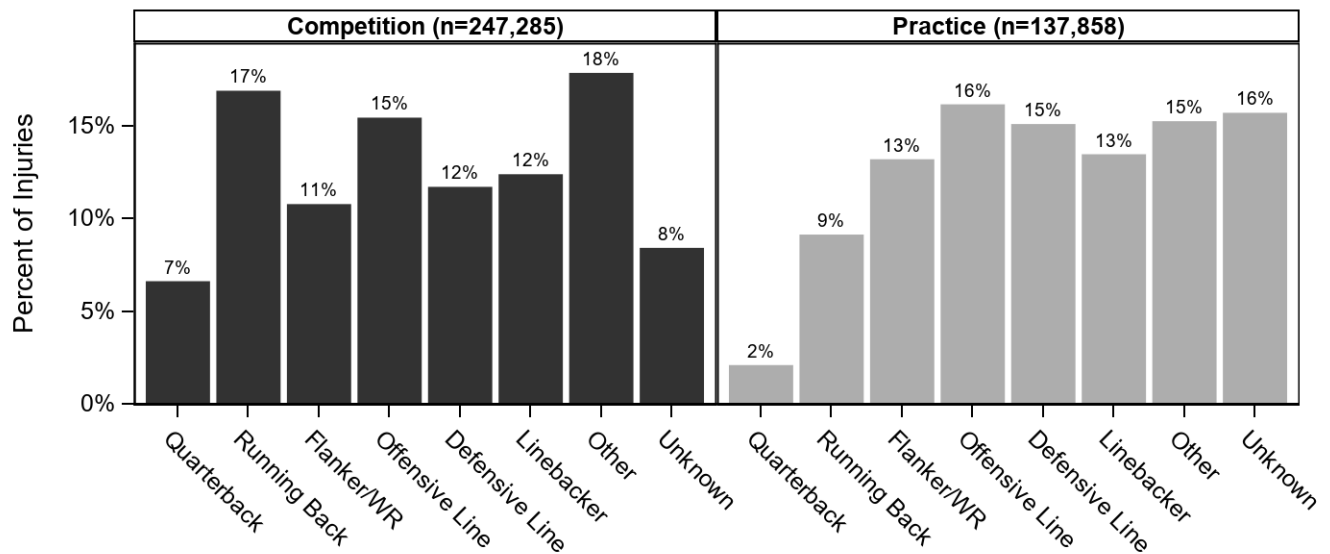


Table 3.9 Activities Leading to Football Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Being Tackled	79,436	31.8%	16,843	11.6%	96,279	24.4%
Tackling	68,099	27.2%	24,101	16.6%	92,200	23.3%
Blocking	32,173	12.9%	23,286	16.1%	55,458	14.0%
Unknown	29,038	11.6%	23,419	16.1%	52,457	13.3%
Other	9,805	3.9%	12,046	8.3%	21,851	5.5%
Stepped On, Fell On or Kicked	13,233	5.3%	4,921	3.4%	18,154	4.6%
N/A **	2,428	1.0%	15,306	10.6%	17,734	4.5%
Being Blocked	7,759	3.1%	9,060	6.2%	16,819	4.3%
Rotation Around a Planted Foot/Inversion	5,899	2.4%	9,564	6.6%	15,463	3.9%
Contact with Ball	1,310	0.5%	4,702	3.2%	6,012	1.5%
Contact with Blocking Sled/Dummy	0	0.0%	1,324	0.9%	1,324	0.3%
Uneven Playing Surface	730	0.3%	503	0.3%	1,233	0.3%
Total	249,910	100.0%	145,074	100.0%	394,984	100.0%

* Totals and n's represent the total 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.

** Includes overuse, heat illness, conditioning, 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	4,912	3.1%	1,847	4.1%	3,507	7.0%	4,780	6.5%	1,773	2.5%
Being Tackled	29,859	19.1%	20,238	44.5%	13,802	27.6%	21,953	30.0%	10,428	14.9%
Blocking	20,783	13.3%	3,393	7.5%	5,791	11.6%	14,940	20.4%	10,552	15.0%
Contact with Ball	1,316	0.8%	668	1.5%	2,194	4.4%	0	0.0%	1,834	2.6%
Contact with Blocking Sled/Dummy	730	0.5%	531	1.2%	63	0.1%	0	0.0%	0	0.0%
N/A **	6,279	4.0%	668	1.5%	0	0.0%	0	0.0%	10,788	15.4%
Other	14,354	9.2%	1,013	2.2%	2,562	5.1%	1,254	1.7%	2,668	3.8%
Rotation Around a Planted Foot/Inversion	11,729	7.5%	0	0.0%	594	1.2%	0	0.0%	3,140	4.5%
Stepped On, Fell On or Kicked	8,600	5.5%	3,894	8.6%	5,062	10.1%	300	0.4%	300	0.4%
Tackling	32,182	20.6%	11,212	24.7%	9,831	19.6%	19,388	26.5%	19,588	27.9%
Uneven Playing Surface	1,093	0.7%	0	0.0%	140	0.3%	0	0.0%	0	0.0%
Unknown	24,157	15.5%	1,980	4.4%	6,513	13.0%	10,680	14.6%	9,127	13.0%
Total	155,992	100.0%	45,443	100.0%	50,058	100.0%	73,293	100.0%	70,198	100.0%

* Totals and n's represent the total 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.

** Includes overuse, heat illness, conditioning, 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)	Nationally Estimated # Injuries
Total	275	149,353	1.84	174,367
Competition	194	44,790	4.33	113,567
Practice	81	104,563	0.77	60,800

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	43,820	26.8%
Sophomore	40,389	24.7%
Junior	34,143	20.9%
Senior	45,105	27.6%
Total	163,457	100.0%

Age (years)	
Minimum	14
Maximum	19
Mean (SD)	16.0 (1.2)
n	141,292

BMI	
Minimum	16.0
Maximum	35.0
Mean (SD)	22.2 (2.9)
n	118,464

* Throughout this chapter, totals and n's represent the total 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 4.1 Diagnosis of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

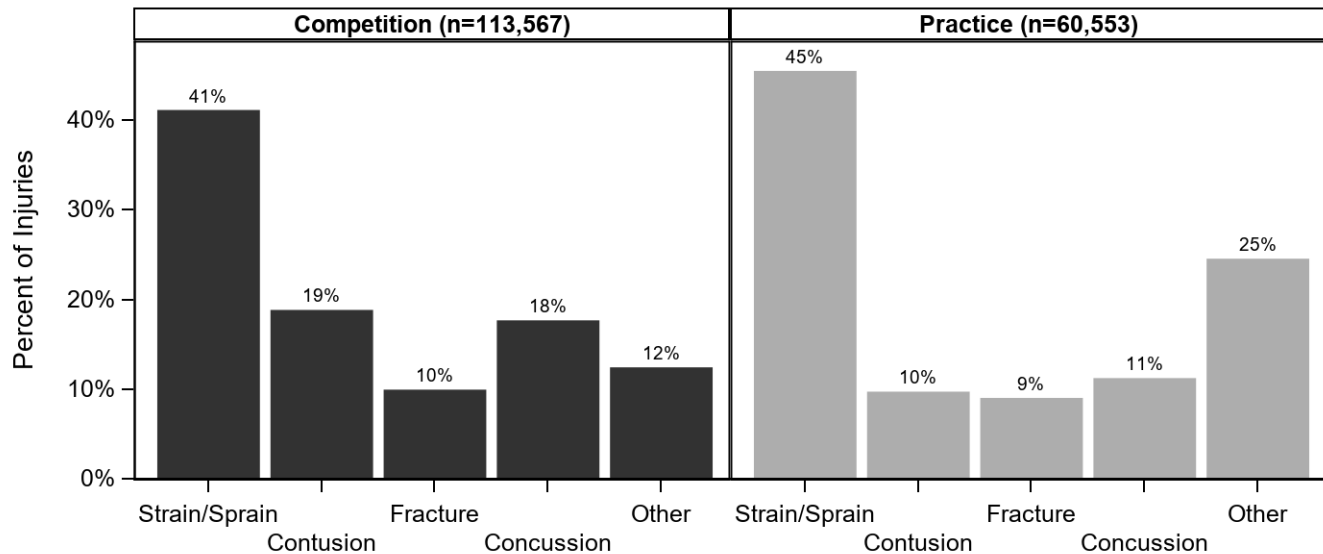


Table 4.3 Body Site of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg	24,948	22.0%	11,642	19.1%	36,591	21.0%
Head/Face	22,742	20.0%	9,730	16.0%	32,472	18.6%
Ankle	15,281	13.5%	7,583	12.5%	22,864	13.1%
Knee	13,246	11.7%	4,297	7.1%	17,543	10.1%
Foot	9,822	8.6%	6,611	10.9%	16,433	9.4%
Hand/Wrist	9,815	8.6%	4,543	7.5%	14,358	8.2%
Lower Leg	6,043	5.3%	8,165	13.4%	14,207	8.1%
Trunk	5,978	5.3%	5,690	9.4%	11,668	6.7%
Arm/Elbow	1,607	1.4%	2,538	4.2%	4,146	2.4%
Shoulder	3,221	2.8%	0	0.0%	3,221	1.8%
Other	864	0.8%	0	0.0%	864	0.5%
Total	113,567	100.0%	60,800	100.0%	174,367	100.0%

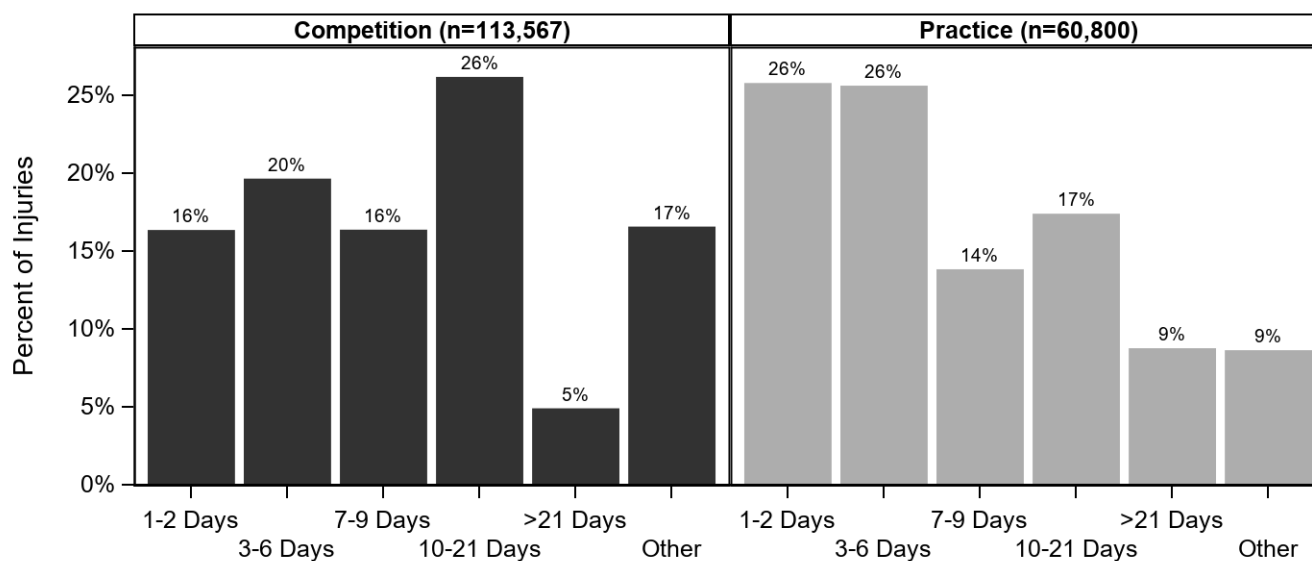
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=113,568)		Practice (n=60,554)		Overall (n=174,121)	
	n	%	n	%	n	%
Head/Face Concussion	20,067	17.7%	6,798	11.2%	26,865	15.4%
Hip/Thigh/Upper Leg Strain/Sprain	12,666	11.2%	10,613	17.5%	23,280	13.4%
Ankle Strain/Sprain	13,725	12.1%	6,913	11.4%	20,639	11.9%
Hip/Thigh/Upper Leg Contusion	10,685	9.4%	0	0.0%	10,685	6.1%
Knee Strain/Sprain	8,809	7.8%	423	0.7%	9,232	5.3%
Foot Contusion	3,389	3.0%	5,387	8.9%	8,776	5.0%
Hand/Wrist Fracture	6,218	5.5%	1,276	2.1%	7,494	4.3%
Lower Leg Other	247	0.2%	6,740	11.1%	6,987	4.0%
Knee Other	3,109	2.7%	3,628	6.0%	6,736	3.9%
Hand/Wrist Strain/Sprain	2,288	2.0%	3,073	5.1%	5,361	3.1%

* Totals and n's represent the total 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 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	3,853	3.4%	2,961	5.0%	6,813	3.9%
Did Not Require Surgery	109,292	96.6%	56,810	95.0%	166,102	96.1%
Total	113,145	100.0%	59,771	100.0%	172,916	100.0%

* Totals and n's represent the total 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 4.3 History of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

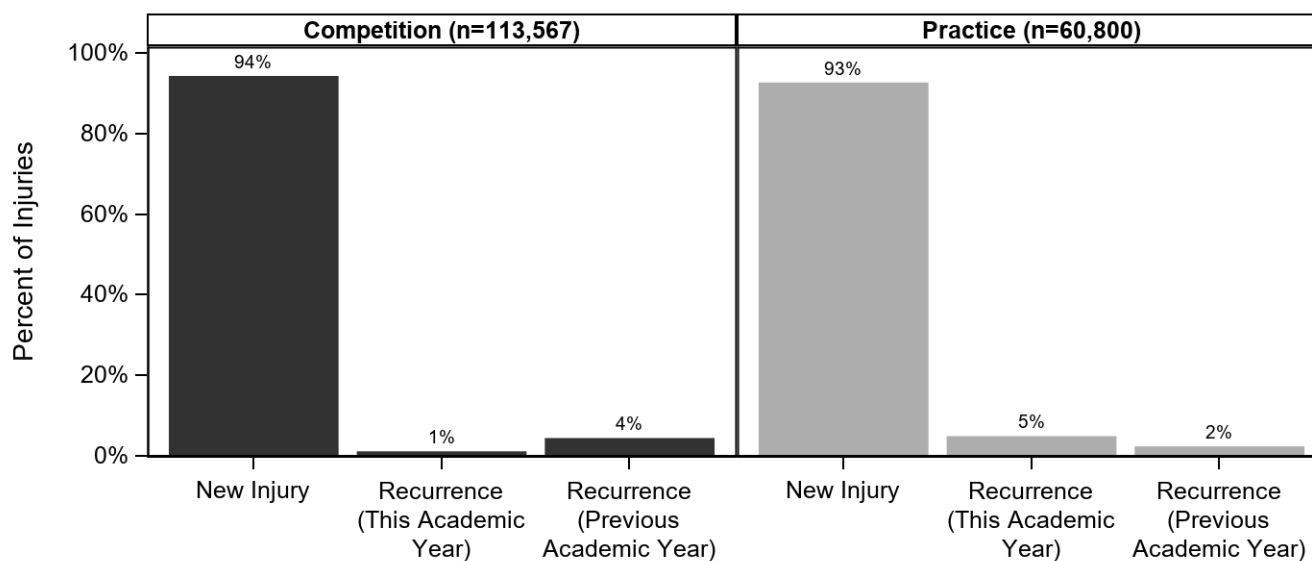


Table 4.6 Time during Season of Boys' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	34,751	19.9%
Regular Season	135,005	77.4%
Post Season	4,612	2.6%
Total	174,367	100.0%

* Totals and n's represent the total 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.

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	3,868	3.7%
First Half	19,393	18.7%
Second Half	57,530	55.6%
Overtime	121	0.1%
Unknown	22,565	21.8%
Total	103,477	100.0%

Field Location		
Goal Box (Defense)	12,640	12.5%
Goal Box (Offense)	5,057	5.0%
Side of Goal Box (Defense)	5,777	5.7%
Side of Goal Box (Offense)	10,089	10.0%
Top of Goal Box Extended to Center Line (Offense)	17,435	17.2%
Top of Goal Box Extended to Center Line (Defense)	5,877	5.8%
Off the Field	1,792	1.8%
Unknown	42,459	42.0%
Total	101,125	100.0%

* Totals and n's represent the total 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.

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	1,594	2.7%
Second 1/2 Hour	5,923	10.1%
1-2 Hours into Practice	31,481	53.6%
>2 Hours into Practice	442	0.8%
Unknown	19,302	32.9%
Total	58,742	100.0%

* Totals and n's represent the total 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 4.4 Player Position of Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

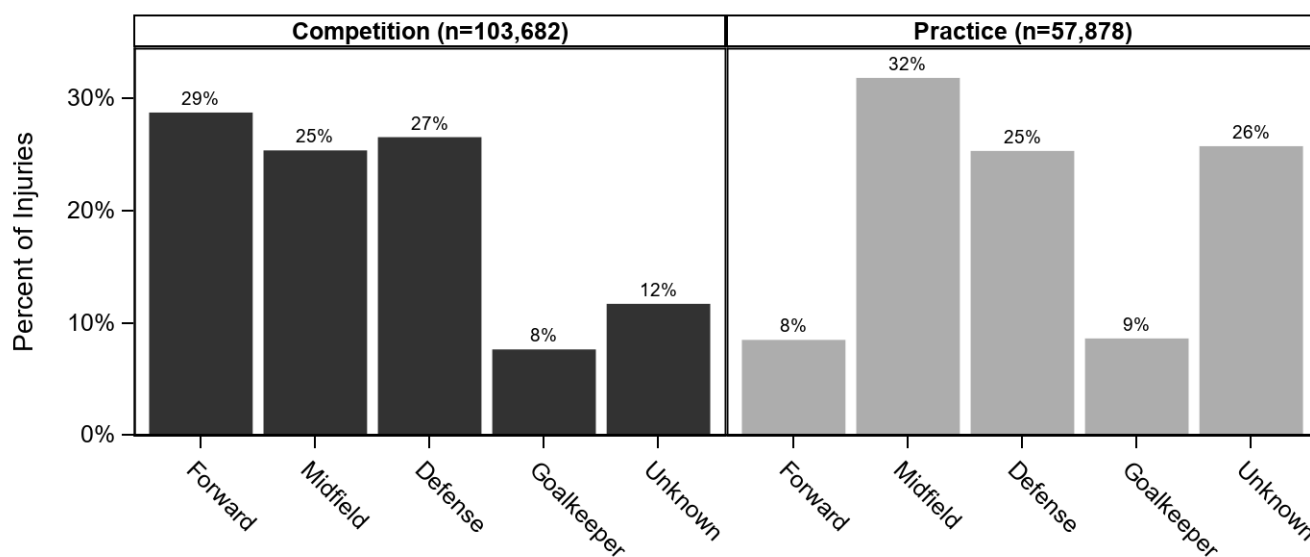


Table 4.9 Activities Leading to Boys' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	24,690	23.5%	24,157	41.6%	48,847	29.9%
Defending	19,143	18.2%	5,328	9.2%	24,471	15.0%
Chasing Loose Ball	11,718	11.1%	4,385	7.6%	16,103	9.9%
Unknown	9,800	9.3%	5,841	10.1%	15,642	9.6%
Ball Handling/Dribbling	9,322	8.9%	2,894	5.0%	12,216	7.5%
Heading Ball	7,912	7.5%	3,328	5.7%	11,240	6.9%
Shooting	6,509	6.2%	2,876	5.0%	9,385	5.7%
Goaltending	5,325	5.1%	2,461	4.2%	7,786	4.8%
Blocking Shot	5,279	5.0%	2,061	3.5%	7,340	4.5%
Passing	1,174	1.1%	1,114	1.9%	2,288	1.4%
Other	1,114	1.1%	1,114	1.9%	2,228	1.4%
Conditioning	0	0.0%	2,091	3.6%	2,091	1.3%
Receiving a Slide Tackle	864	0.8%	423	0.7%	1,287	0.8%
Receiving Pass	1,182	1.1%	0	0.0%	1,182	0.7%
Attempting a Slide Tackle	1,114	1.1%	0	0.0%	1,114	0.7%
Total	105,145	100.0%	58,073	100.0%	163,218	100.0%

* Totals and n's represent the total 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.

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%	1,114	4.2%	0	0.0%
Ball Handling/Dribbling	6,585	9.5%	3,518	14.3%	1,619	10.6%	0	0.0%	247	0.9%
Blocking Shot	4,123	6.0%	61	0.2%	247	1.6%	2,909	11.0%	0	0.0%
Chasing Loose Ball	5,474	7.9%	3,575	14.5%	3,899	25.4%	1,424	5.4%	1,731	6.3%
Conditioning	2,091	3.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Defending	9,105	13.2%	6,909	28.1%	1,893	12.4%	5,535	20.8%	1,029	3.8%
General Play	22,565	32.7%	6,981	28.4%	3,208	20.9%	3,175	12.0%	12,919	47.1%
Goaltending	3,235	4.7%	669	2.7%	247	1.6%	1,904	7.2%	1,731	6.3%
Heading Ball	0	0.0%	1,671	6.8%	864	5.6%	6,554	24.7%	2,150	7.8%
Other	1,114	1.6%	0	0.0%	0	0.0%	0	0.0%	1,114	4.1%
Passing	1,114	1.6%	61	0.2%	1,114	7.3%	0	0.0%	0	0.0%
Receiving Pass	442	0.6%	494	2.0%	0	0.0%	247	0.9%	0	0.0%
Receiving a Slide Tackle	423	0.6%	0	0.0%	617	4.0%	247	0.9%	0	0.0%
Shooting	5,996	8.7%	0	0.0%	1,424	9.3%	1,903	7.2%	61	0.2%
Unknown	6,810	9.9%	669	2.7%	195	1.3%	1,536	5.8%	6,431	23.5%
Total	69,075	100.0%	24,607	100.0%	15,327	100.0%	26,549	100.0%	27,413	100.0%

* Totals and n's represent the total 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.

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)	Nationally Estimated # Injuries
Total	253	123,387	2.05	139,383
Competition	180	38,905	4.63	90,344
Practice	73	84,482	0.86	49,039

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	24,270	18.5%
Sophomore	33,525	25.6%
Junior	46,021	35.1%
Senior	27,271	20.8%
Total	131,087	100.0%

Age (years)		
Minimum	13	
Maximum	18	
Mean (SD)	15.8 (1.2)	
n	116,968	

BMI		
Minimum	16.7	
Maximum	33.3	
Mean (SD)	21.9 (2.8)	
n	91,772	

* Throughout this chapter, totals and n's represent the total 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 5.1 Diagnosis of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

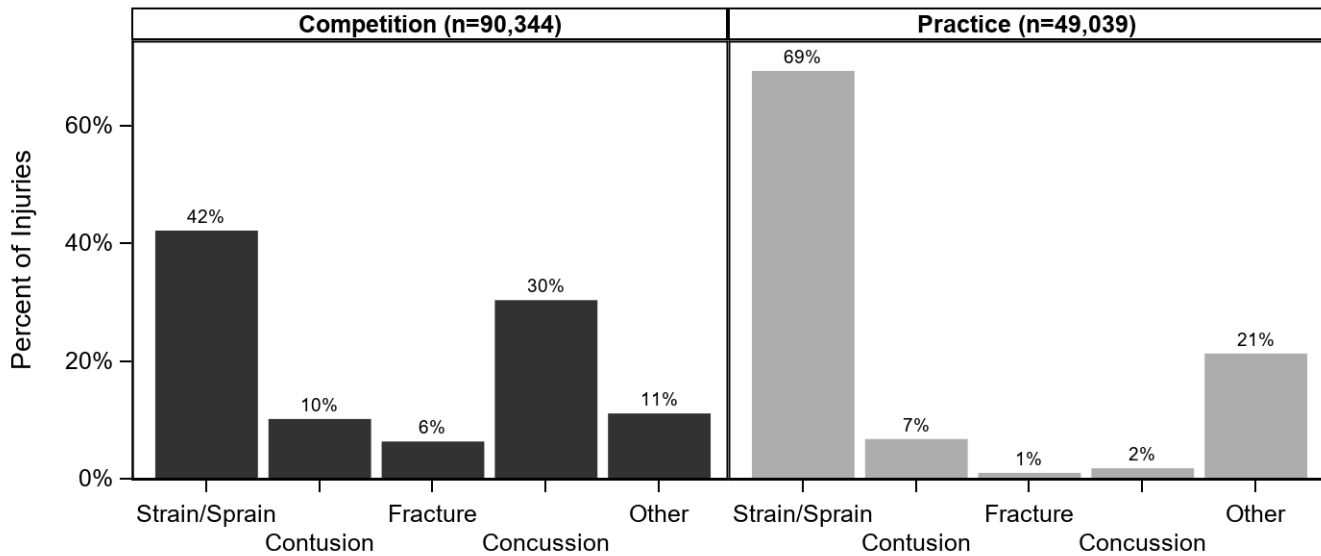


Table 5.3 Body Site of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Head/Face	29,638	32.8%	2,500	5.1%	32,138	23.1%
Ankle	18,611	20.6%	11,194	22.8%	29,805	21.4%
Knee	18,436	20.4%	7,434	15.2%	25,871	18.6%
Hip/Thigh/Upper Leg	10,048	11.1%	13,858	28.3%	23,906	17.2%
Lower Leg	6,326	7.0%	4,929	10.1%	11,254	8.1%
Foot	732	0.8%	6,244	12.7%	6,975	5.0%
Hand/Wrist	3,082	3.4%	199	0.4%	3,281	2.4%
Trunk	546	0.6%	2,010	4.1%	2,557	1.8%
Shoulder	1,454	1.6%	0	0.0%	1,454	1.0%
Arm/Elbow	1,011	1.1%	0	0.0%	1,011	0.7%
Systemic	199	0.2%	671	1.4%	870	0.6%
Other	260	0.3%	0	0.0%	260	0.2%
Total	90,344	100.0%	49,039	100.0%	139,383	100.0%

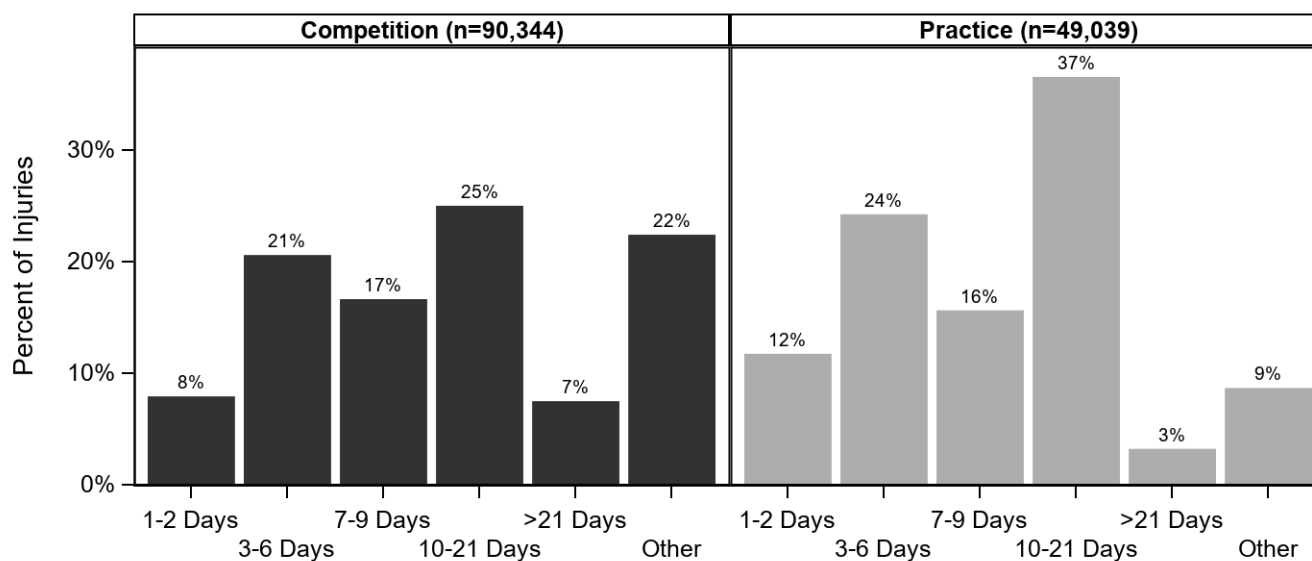
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=90,343)		Practice (n=49,038)		Overall (n=139,384)	
	n	%	n	%	n	%
Ankle Strain/Sprain	17,528	19.4%	10,995	22.4%	28,523	20.5%
Head/Face Concussion	27,395	30.3%	870	1.8%	28,265	20.3%
Hip/Thigh/Upper Leg Strain/Sprain	8,283	9.2%	13,578	27.7%	21,862	15.7%
Knee Other	7,789	8.6%	3,565	7.3%	11,354	8.1%
Knee Strain/Sprain	6,205	6.9%	3,869	7.9%	10,074	7.2%
Lower Leg Strain/Sprain	2,976	3.3%	1,339	2.7%	4,316	3.1%
Lower Leg Other	1,339	1.5%	2,739	5.6%	4,078	2.9%
Foot Contusion	671	0.7%	2,877	5.9%	3,548	2.5%
Foot Strain/Sprain	61	0.1%	3,306	6.7%	3,366	2.4%
Knee Contusion	3,104	3.4%	0	0.0%	3,104	2.2%

* Totals and n's represent the total 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 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	6,020	6.7%	1,131	2.4%	7,150	5.2%
Did Not Require Surgery	83,984	93.3%	46,569	97.6%	130,553	94.8%
Total	90,004	100.0%	47,700	100.0%	137,704	100.0%

* Totals and n's represent the total 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 5.3 History of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

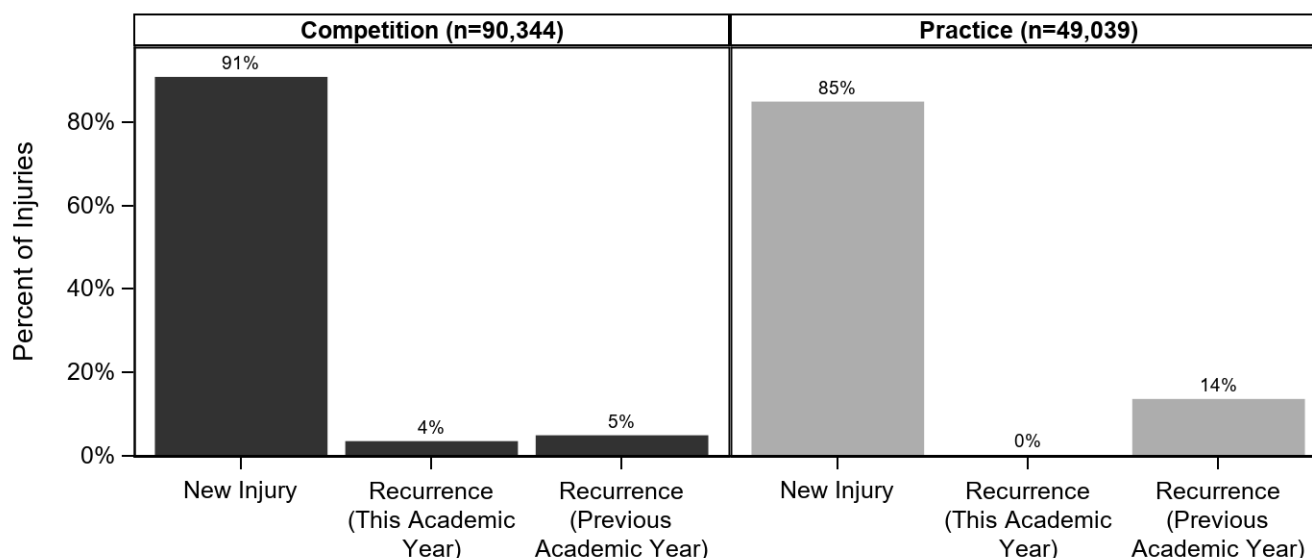


Table 5.6 Time during Season of Girls' Soccer Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	24,272	17.4%
Regular Season	104,791	75.3%
Post Season	10,040	7.2%
Total	139,103	100.0%

* Totals and n's represent the total 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.

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	2,044	2.3%
First Half	16,875	19.2%
Second Half	47,900	54.5%
Unknown	21,050	24.0%
Total	87,869	100.0%

Field Location		
Goal Box (Defense)	8,711	10.1%
Goal Box (Offense)	8,181	9.5%
Side of Goal Box (Defense)	3,907	4.5%
Side of Goal Box (Offense)	3,976	4.6%
Top of Goal Box Extended to Center Line (Offense)	11,834	13.7%
Top of Goal Box Extended to Center Line (Defense)	13,689	15.8%
Off the Field	1,630	1.9%
Unknown	34,474	39.9%
Total	86,401	100.0%

* Totals and n's represent the total 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.

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	8,001	16.5%
Second 1/2 Hour	8,275	17.1%
1-2 Hours into Practice	23,537	48.7%
>2 Hours into Practice	671	1.4%
Unknown	7,884	16.3%
Total	48,368	100.0%

* Totals and n's represent the total 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 5.4 Player Position of Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

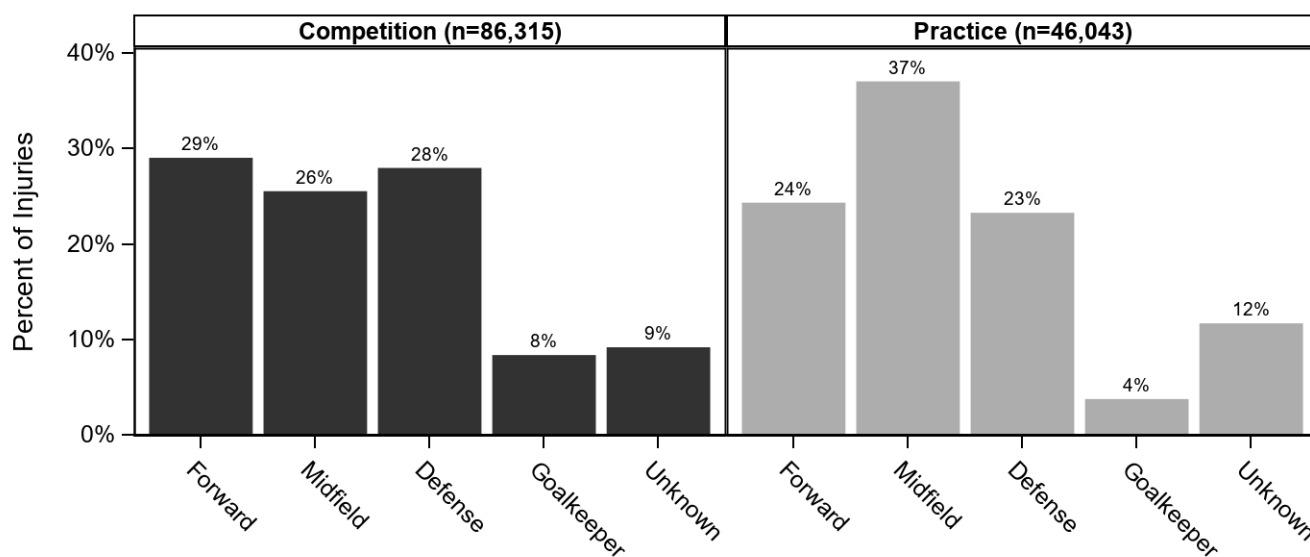


Table 5.9 Activities Leading to Girls' Soccer Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	26,278	29.7%	16,377	35.1%	42,655	31.5%
Unknown	12,593	14.2%	6,913	14.8%	19,506	14.4%
Chasing Loose Ball	6,747	7.6%	7,701	16.5%	14,448	10.7%
Defending	11,567	13.1%	1,296	2.8%	12,863	9.5%
Ball Handling/Dribbling	8,142	9.2%	280	0.6%	8,421	6.2%
Heading Ball	7,308	8.3%	0	0.0%	7,308	5.4%
Blocking Shot	2,551	2.9%	3,422	7.3%	5,973	4.4%
Shooting	2,580	2.9%	3,349	7.2%	5,929	4.4%
Goaltending	3,600	4.1%	1,296	2.8%	4,895	3.6%
Other	0	0.0%	4,688	10.0%	4,688	3.5%
Receiving Pass	3,780	4.3%	182	0.4%	3,962	2.9%
Passing	1,889	2.1%	199	0.4%	2,088	1.5%
Attempting a Slide Tackle	1,255	1.4%	0	0.0%	1,255	0.9%
Conditioning	0	0.0%	1,011	2.2%	1,011	0.7%
Receiving a Slide Tackle	280	0.3%	0	0.0%	280	0.2%
Total	88,569	100.0%	46,714	100.0%	135,284	100.0%

* Totals and n's represent the total 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.

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	1,255	1.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Ball Handling/Dribbling	4,856	7.0%	732	5.9%	2,010	32.4%	625	2.4%	199	1.0%
Blocking Shot	4,923	7.0%	425	3.4%	0	0.0%	625	2.4%	0	0.0%
Chasing Loose Ball	11,391	16.3%	425	3.4%	0	0.0%	1,927	7.3%	705	3.5%
Conditioning	951	1.4%	0	0.0%	0	0.0%	0	0.0%	61	0.3%
Defending	7,529	10.8%	199	1.6%	280	4.5%	3,516	13.2%	1,339	6.6%
General Play	19,329	27.7%	6,695	53.7%	732	11.8%	3,750	14.1%	12,149	60.0%
Goaltending	884	1.3%	425	3.4%	479	7.7%	2,010	7.6%	1,097	5.4%
Heading Ball	0	0.0%	0	0.0%	0	0.0%	7,308	27.5%	0	0.0%
Other	2,678	3.8%	1,339	10.7%	0	0.0%	0	0.0%	671	3.3%
Passing	1,184	1.7%	199	1.6%	0	0.0%	0	0.0%	705	3.5%
Receiving Pass	2,330	3.3%	61	0.5%	671	10.8%	560	2.1%	340	1.7%
Receiving a Slide Tackle	280	0.4%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Shooting	5,730	8.2%	0	0.0%	199	3.2%	0	0.0%	0	0.0%
Unknown	6,517	9.3%	1,964	15.8%	1,825	29.5%	6,232	23.5%	2,969	14.7%
Total	69,837	100.0%	12,465	100.0%	6,196	100.0%	26,551	100.0%	20,235	100.0%

* Totals and n's represent the total 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.

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)	Nationally Estimated # Injuries
Total	165	127,656	1.29	83,086
Competition	71	44,172	1.61	34,737
Practice	94	83,484	1.13	48,349

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	18,175	23.9%
Sophomore	27,923	36.7%
Junior	16,738	22.0%
Senior	13,290	17.5%
Total	76,125	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	15.6 (1.1)
n	65,294

BMI	
Minimum	14.6
Maximum	39.4
Mean (SD)	22.1 (3.5)
n	49,339

* Throughout this chapter, totals and n's represent the total 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 6.1 Diagnosis of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

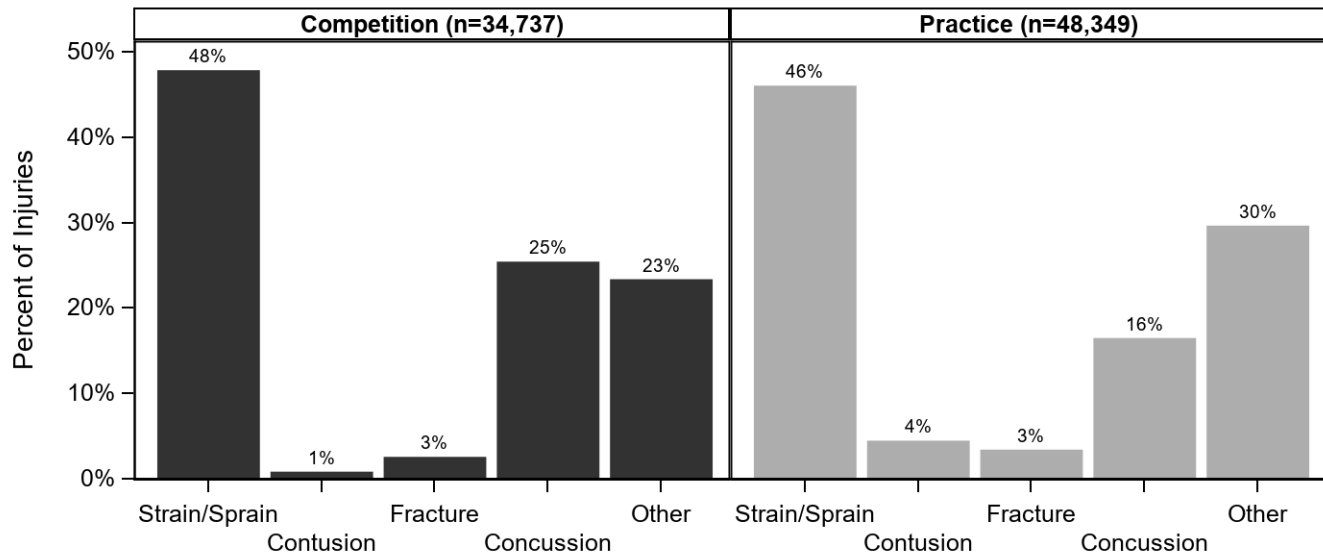


Table 6.3 Body Site of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Ankle	6,945	20.0%	12,521	25.9%	19,466	23.4%
Head/Face	9,758	28.1%	9,560	19.8%	19,317	23.2%
Knee	2,580	7.4%	8,507	17.6%	11,087	13.3%
Hand/Wrist	4,080	11.7%	2,239	4.6%	6,319	7.6%
Lower Leg	1,465	4.2%	4,742	9.8%	6,207	7.5%
Shoulder	2,869	8.3%	2,487	5.1%	5,356	6.4%
Trunk	2,551	7.3%	2,402	5.0%	4,953	6.0%
Hip/Thigh/Upper Leg	1,509	4.3%	3,018	6.2%	4,527	5.4%
Arm/Elbow	2,048	5.9%	0	0.0%	2,048	2.5%
Foot	933	2.7%	976	2.0%	1,909	2.3%
Neck	0	0.0%	1,896	3.9%	1,896	2.3%
Total	34,737	100.0%	48,349	100.0%	83,086	100.0%

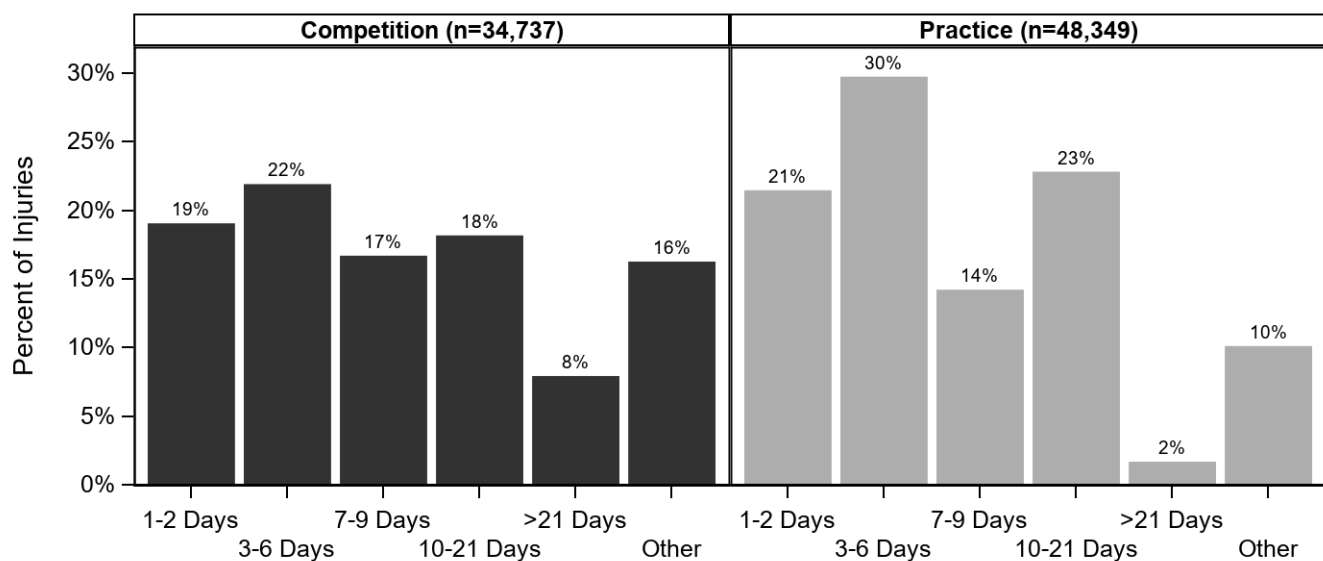
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=34,736)		Practice (n=48,348)		Overall (n=83,083)	
	n	%	n	%	n	%
Ankle Strain/Sprain	6,945	20.0%	11,880	24.6%	18,825	22.7%
Head/Face Concussion	8,830	25.4%	7,965	16.5%	16,795	20.2%
Knee Other	1,796	5.2%	5,222	10.8%	7,018	8.4%
Shoulder Strain/Sprain	2,744	7.9%	1,683	3.5%	4,427	5.3%
Lower Leg Other	948	2.7%	2,205	4.6%	3,153	3.8%
Hip/Thigh/Upper Leg Strain/Sprain	1,509	4.3%	1,509	3.1%	3,018	3.6%
Hand/Wrist Other	2,844	8.2%	0	0.0%	2,844	3.4%
Trunk Strain/Sprain	2,026	5.8%	641	1.3%	2,667	3.2%
Hand/Wrist Strain/Sprain	948	2.7%	1,714	3.5%	2,662	3.2%
Lower Leg Strain/Sprain	0	0.0%	2,538	5.2%	2,538	3.1%

* Totals and n's represent the total 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 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	1,445	4.2%	848	1.8%	2,293	2.8%
Did Not Require Surgery	32,731	95.8%	47,501	98.2%	80,232	97.2%
Total	34,176	100.0%	48,349	100.0%	82,525	100.0%

* Totals and n's represent the total 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 6.3 History of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

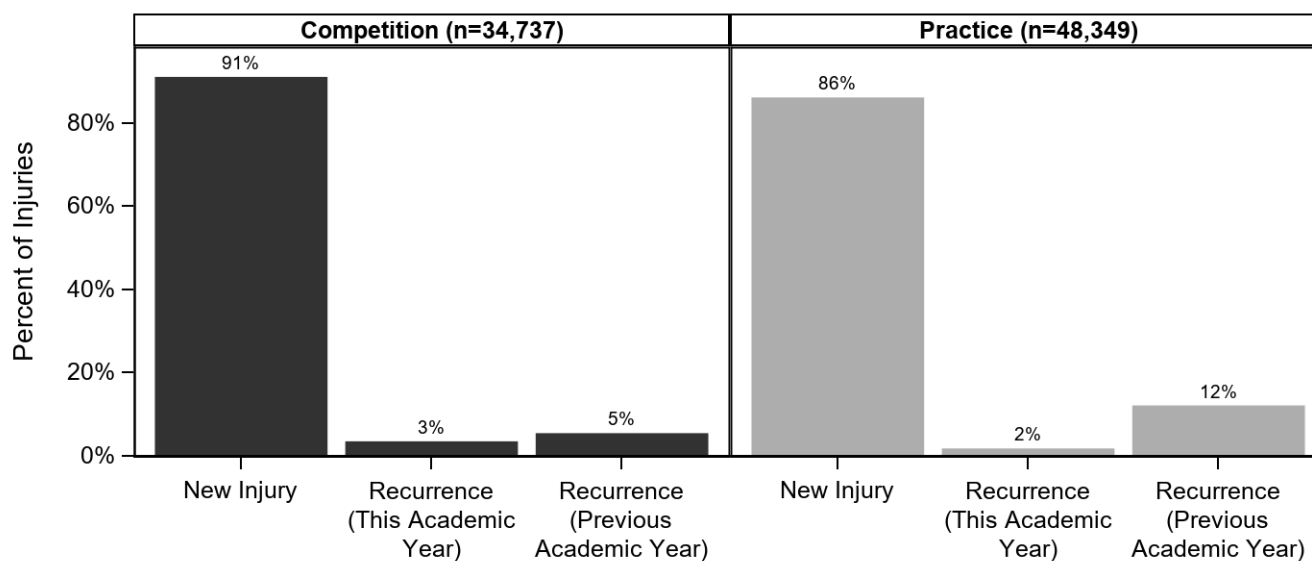


Table 6.6 Time during Season of Girls' Volleyball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	12,160	14.6%
Regular Season	65,598	79.0%
Post Season	5,041	6.1%
Unknown/Other	287	0.3%
Total	83,086	100.0%

* Totals and n's represent the total 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.

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	3,385	10.5%
First Game	1,763	5.5%
Second Game	7,869	24.5%
Third Game	4,722	14.7%
Fourth Game	1,077	3.4%
Fifth Game	1,683	5.2%
Unknown	11,633	36.2%
Total	32,133	100.0%

Court Location		
Right Back (Server)	1,979	6.2%
Right Forward	2,990	9.3%
Outside Court (Your Side)	1,465	4.6%
Middle Forward	3,657	11.4%
Left Forward	3,423	10.7%
Left Back	2,393	7.5%
Outside the Playable Area	525	1.6%
At the Net	1,752	5.5%
Unknown	13,823	43.2%
Total	32,008	100.0%

* Totals and n's represent the total 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.

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	1,202	2.5%
Second 1/2 Hour	8,208	17.0%
1-2 Hours into Practice	25,956	53.7%
>2 Hours into Practice	1,042	2.2%
Unknown	11,940	24.7%
Total	48,349	100.0%

* Totals and n's represent the total 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 6.4 Player Position of Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

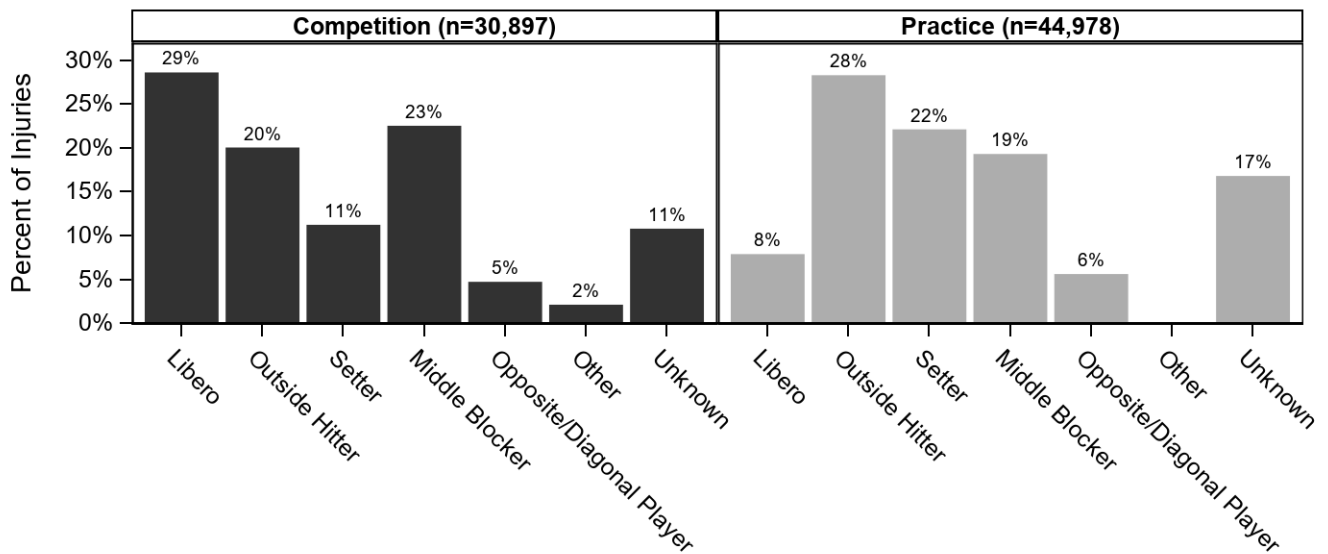


Table 6.9 Activities Leading to Girls' Volleyball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	9,198	28.6%	16,082	35.8%	25,280	32.8%
Digging	9,768	30.4%	6,285	14.0%	16,053	20.8%
Blocking	5,516	17.2%	7,425	16.5%	12,941	16.8%
Unknown	1,772	5.5%	4,472	9.9%	6,244	8.1%
Spiking	412	1.3%	5,106	11.4%	5,518	7.2%
Serving	2,015	6.3%	1,033	2.3%	3,048	4.0%
Passing	1,091	3.4%	1,589	3.5%	2,680	3.5%
Other	1,414	4.4%	1,086	2.4%	2,501	3.2%
Setting	948	3.0%	812	1.8%	1,761	2.3%
Conditioning	0	0.0%	1,086	2.4%	1,086	1.4%
Total	32,133	100.0%	44,978	100.0%	77,111	100.0%

* Totals and n's represent the total 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.

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	10,279	28.9%	0	0.0%	0	0.0%	766	4.7%	1,896	9.0%
Conditioning	525	1.5%	561	37.5%	0	0.0%	0	0.0%	0	0.0%
Digging	5,069	14.2%	287	19.2%	85	3.4%	6,754	41.1%	3,858	18.3%
General Play	8,829	24.8%	646	43.3%	1,122	44.2%	2,691	16.4%	11,992	57.0%
Other	0	0.0%	0	0.0%	517	20.4%	1,984	12.1%	0	0.0%
Passing	287	0.8%	0	0.0%	287	11.3%	2,106	12.8%	0	0.0%
Serving	1,364	3.8%	0	0.0%	0	0.0%	1,033	6.3%	650	3.1%
Setting	1,235	3.5%	0	0.0%	525	20.7%	0	0.0%	0	0.0%
Spiking	4,044	11.4%	0	0.0%	0	0.0%	0	0.0%	1,474	7.0%
Unknown	3,991	11.2%	0	0.0%	0	0.0%	1,086	6.6%	1,167	5.5%
Total	35,624	100.0%	1,494	100.0%	2,536	100.0%	16,421	100.0%	21,036	100.0%

* Totals and n's represent the total 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.

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)	Nationally Estimated # Injuries
Total	282	171,998	1.64	99,660
Competition	150	53,107	2.82	55,972
Practice	132	118,891	1.11	43,688

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	21,918	22.9%
Sophomore	28,561	29.8%
Junior	15,854	16.6%
Senior	29,443	30.7%
Total	95,776	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	16.0 (1.3)
n	84,860

BMI	
Minimum	17.5
Maximum	31.2
Mean (SD)	22.3 (2.7)
n	57,896

* Throughout this chapter, totals and n's represent the total 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 7.1 Diagnosis of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

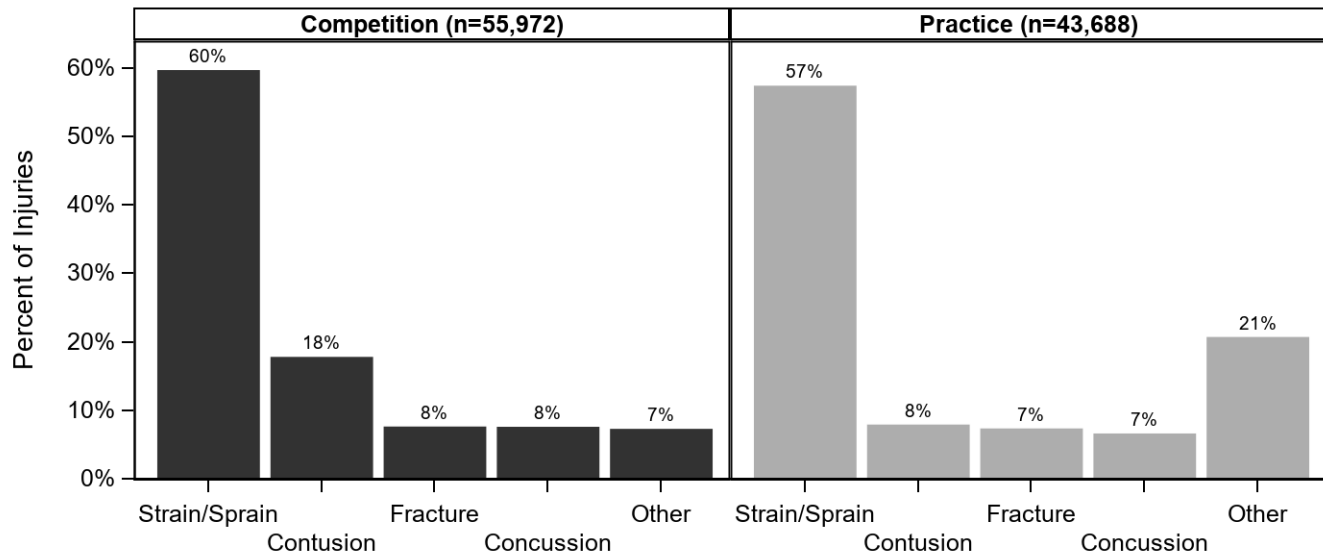


Table 7.3 Body Site of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Ankle	21,469	38.4%	16,900	38.7%	38,368	38.5%
Knee	7,670	13.7%	5,461	12.5%	13,130	13.2%
Head/Face	6,692	12.0%	5,905	13.5%	12,597	12.6%
Hand/Wrist	5,443	9.7%	3,457	7.9%	8,901	8.9%
Hip/Thigh/Upper Leg	7,071	12.6%	1,314	3.0%	8,385	8.4%
Foot	1,451	2.6%	4,372	10.0%	5,823	5.8%
Trunk	1,838	3.3%	3,521	8.1%	5,359	5.4%
Lower Leg	3,136	5.6%	826	1.9%	3,962	4.0%
Shoulder	1,202	2.1%	1,304	3.0%	2,506	2.5%
Neck	0	0.0%	629	1.4%	629	0.6%
Total	55,972	100.0%	43,688	100.0%	99,659	100.0%

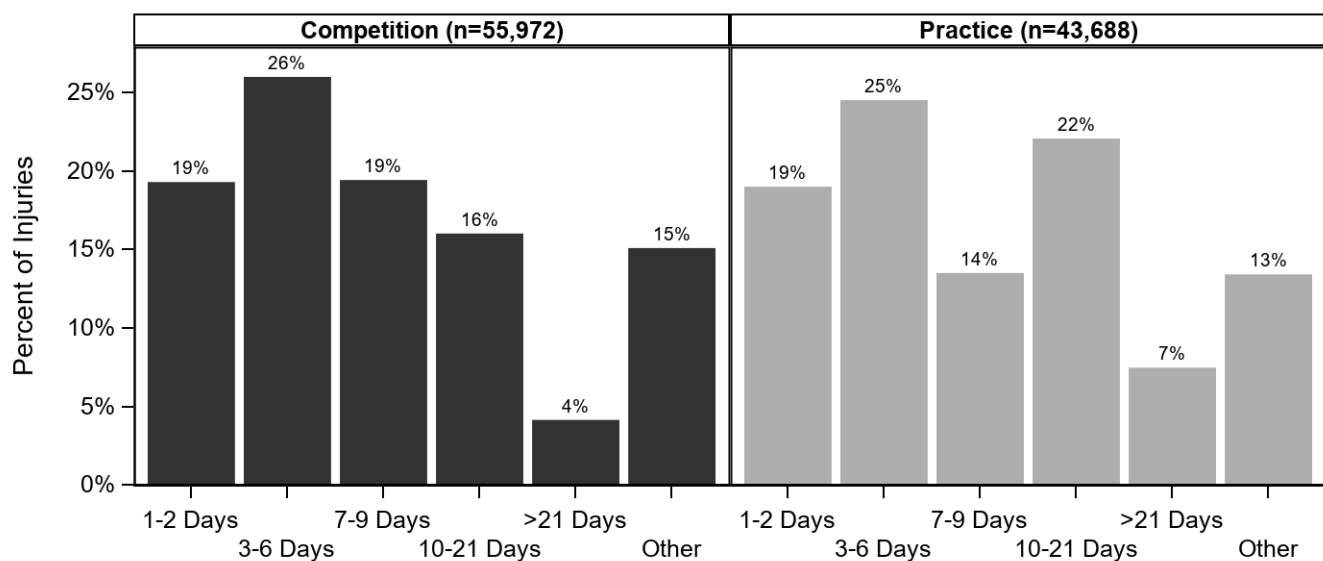
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=55,971)		Practice (n=43,688)		Overall (n=99,661)	
	n	%	n	%	n	%
Ankle Strain/Sprain	20,906	37.4%	15,710	36.0%	36,616	36.7%
Head/Face Concussion	4,246	7.6%	2,888	6.6%	7,134	7.2%
Knee Strain/Sprain	4,501	8.0%	2,458	5.6%	6,959	7.0%
Hip/Thigh/Upper Leg Strain/Sprain	3,121	5.6%	1,314	3.0%	4,436	4.5%
Hand/Wrist Fracture	2,679	4.8%	1,322	3.0%	4,001	4.0%
Knee Other	1,301	2.3%	2,375	5.4%	3,676	3.7%
Hip/Thigh/Upper Leg Contusion	3,321	5.9%	0	0.0%	3,321	3.3%
Lower Leg Strain/Sprain	2,260	4.0%	826	1.9%	3,086	3.1%
Hand/Wrist Strain/Sprain	1,507	2.7%	1,011	2.3%	2,518	2.5%
Trunk Contusion	1,640	2.9%	878	2.0%	2,518	2.5%

* Totals and n's represent the total 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 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 *

Need for Surgery	Competition		Practice		Overall	
	n	%	n	%	n	%
Required Surgery	4,309	7.7%	2,896	6.6%	7,205	7.2%
Did Not Require Surgery	51,663	92.3%	40,791	93.4%	92,454	92.8%
Total	55,972	100.0%	43,688	100.0%	99,659	100.0%

* Totals and n's represent the total 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 7.3 History of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

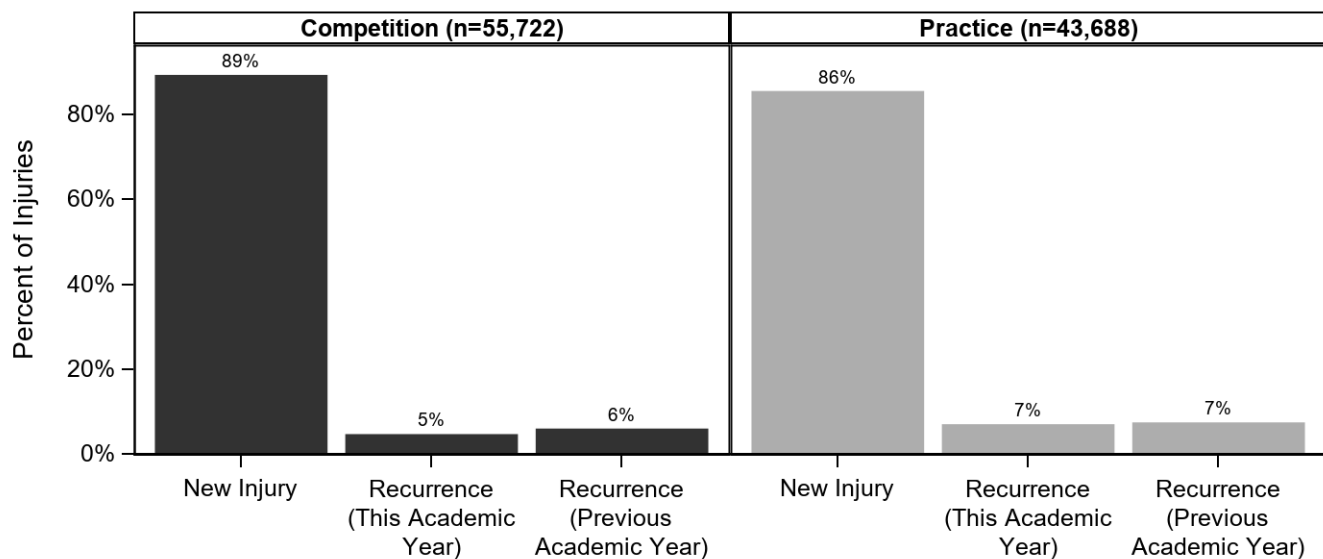


Table 7.6 Time during Season of Boys' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	22,638	23.0%
Regular Season	74,129	75.3%
Post Season	1,327	1.3%
Unknown/Other	310	0.3%
Total	98,403	100.0%

* Totals and n's represent the total 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.

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	%
First Quarter	4,025	7.5%
Second Quarter	12,716	23.7%
Third Quarter	17,282	32.2%
Fourth Quarter	8,164	15.2%
Unknown	11,567	21.5%
Total	53,754	100.0%

Court Location		
Inside Lane (Offense)	11,007	20.7%
Inside Lane (Defense)	13,082	24.6%
Between 3 Point Arc and Lane (Offense)	4,635	8.7%
Between 3 Point Arc and Lane (Defense)	2,631	5.0%
Outside 3 Point Arc (Offense)	1,567	2.9%
Outside 3 Point Arc (Defense)	3,712	7.0%
Out of Bounds	132	0.2%
Off the Court	65	0.1%
Backcourt	563	1.1%
Unknown	15,732	29.6%
Total	53,126	100.0%

* Totals and n's represent the total 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.

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	4,490	10.3%
Second 1/2 Hour	8,134	18.6%
1-2 Hours into Practice	18,699	42.9%
>2 Hours into Practice	1,419	3.3%
Unknown	10,880	24.9%
Total	43,622	100.0%

* Totals and n's represent the total 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 7.4 Player Position of Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

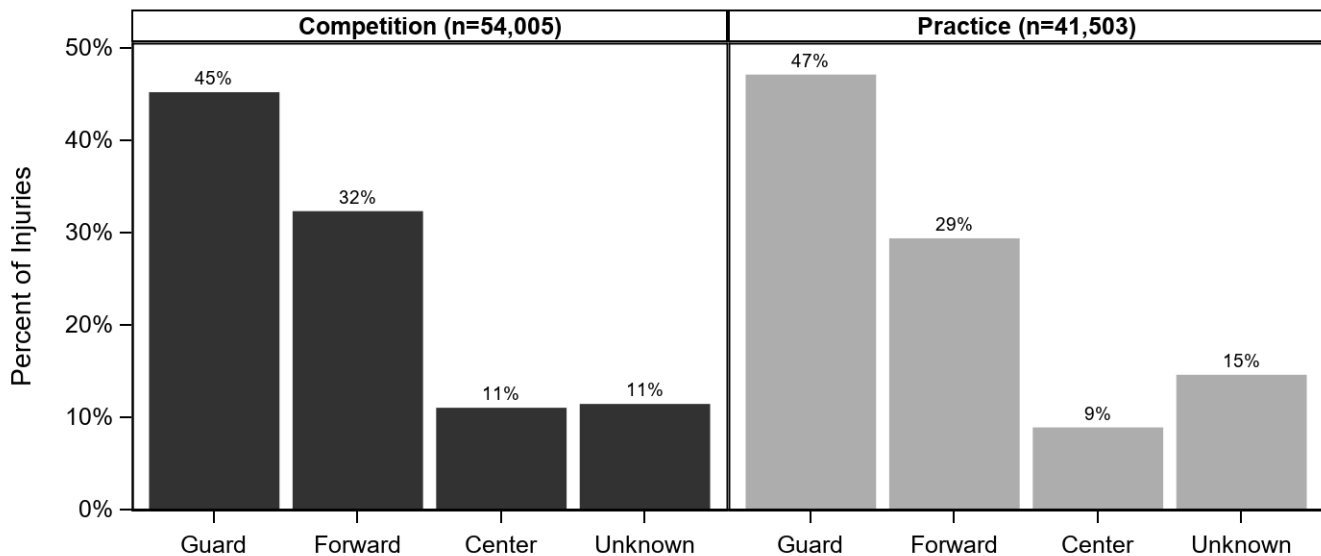


Table 7.9 Activities Leading to Boys' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Rebounding	12,056	22.1%	9,681	23.3%	21,737	22.6%
Unknown	7,914	14.5%	8,627	20.8%	16,541	17.2%
Defending	11,855	21.7%	3,881	9.4%	15,736	16.4%
General Play	6,145	11.2%	8,570	20.6%	14,715	15.3%
Shooting	6,453	11.8%	2,737	6.6%	9,190	9.6%
Chasing Loose Ball	6,211	11.4%	1,376	3.3%	7,587	7.9%
Ball Handling/Dribbling	2,250	4.1%	2,638	6.4%	4,888	5.1%
Conditioning	0	0.0%	1,949	4.7%	1,949	2.0%
Other	0	0.0%	1,669	4.0%	1,669	1.7%
Receiving Pass	879	1.6%	65	0.2%	944	1.0%
Screening	310	0.6%	310	0.7%	621	0.6%
Passing	560	1.0%	0	0.0%	560	0.6%
Total	54,633	100.0%	41,503	100.0%	96,137	100.0%

* Totals and n's represent the total 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.

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	4,012	7.0%	0	0.0%	0	0.0%	0	0.0%	876	7.0%
Chasing Loose Ball	2,331	4.1%	2,128	15.9%	760	11.8%	1,241	18.4%	1,126	8.9%
Conditioning	561	1.0%	0	0.0%	629	9.7%	131	1.9%	629	5.0%
Defending	9,096	16.0%	3,190	23.8%	1,571	24.3%	1,814	26.9%	65	0.5%
General Play	7,696	13.5%	3,143	23.4%	310	4.8%	0	0.0%	3,565	28.3%
Other	1,359	2.4%	0	0.0%	0	0.0%	0	0.0%	310	2.5%
Passing	560	1.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Rebounding	14,870	26.1%	938	7.0%	1,143	17.7%	2,545	37.8%	2,240	17.8%
Receiving Pass	0	0.0%	629	4.7%	250	3.9%	0	0.0%	65	0.5%
Screening	621	1.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Shooting	6,740	11.8%	1,640	12.2%	0	0.0%	132	2.0%	678	5.4%
Unknown	9,068	15.9%	1,752	13.1%	1,807	27.9%	873	13.0%	3,040	24.1%
Total	56,915	100.0%	13,420	100.0%	6,470	100.0%	6,736	100.0%	12,595	100.0%

* Totals and n's represent the total 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.

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)	Nationally Estimated # Injuries
Total	198	110,896	1.79	63,110
Competition	112	34,962	3.20	36,026
Practice	86	75,934	1.13	27,084

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	20,205	33.8%
Sophomore	11,847	19.8%
Junior	16,354	27.3%
Senior	11,396	19.1%
Total	59,802	100.0%

Age (years)	
Minimum	14
Maximum	18
Mean (SD)	15.5 (1.2)
n	46,923

BMI	
Minimum	16.8
Maximum	45.0
Mean (SD)	22.2 (3.7)
n	30,869

* Throughout this chapter, totals and n's represent the total 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 8.1 Diagnosis of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

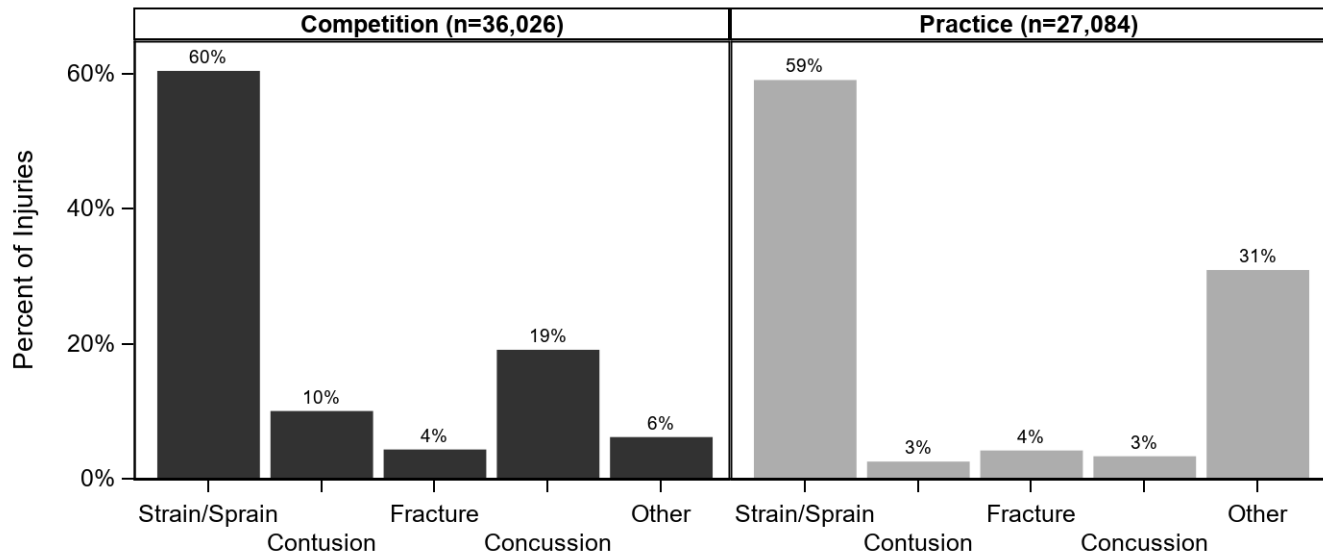


Table 8.3 Body Site of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Ankle	11,570	32.1%	10,244	37.8%	21,814	34.6%
Knee	6,269	17.4%	3,875	14.3%	10,144	16.1%
Head/Face	8,022	22.3%	1,872	6.9%	9,895	15.7%
Hand/Wrist	3,008	8.3%	3,145	11.6%	6,153	9.7%
Hip/Thigh/Upper Leg	2,105	5.8%	2,588	9.6%	4,693	7.4%
Lower Leg	2,477	6.9%	1,850	6.8%	4,327	6.9%
Foot	1,756	4.9%	1,378	5.1%	3,133	5.0%
Systemic	0	0.0%	1,173	4.3%	1,173	1.9%
Shoulder	747	2.1%	0	0.0%	747	1.2%
Arm/Elbow	71	0.2%	515	1.9%	586	0.9%
Trunk	0	0.0%	445	1.6%	445	0.7%
Total	36,026	100.0%	27,084	100.0%	63,111	100.0%

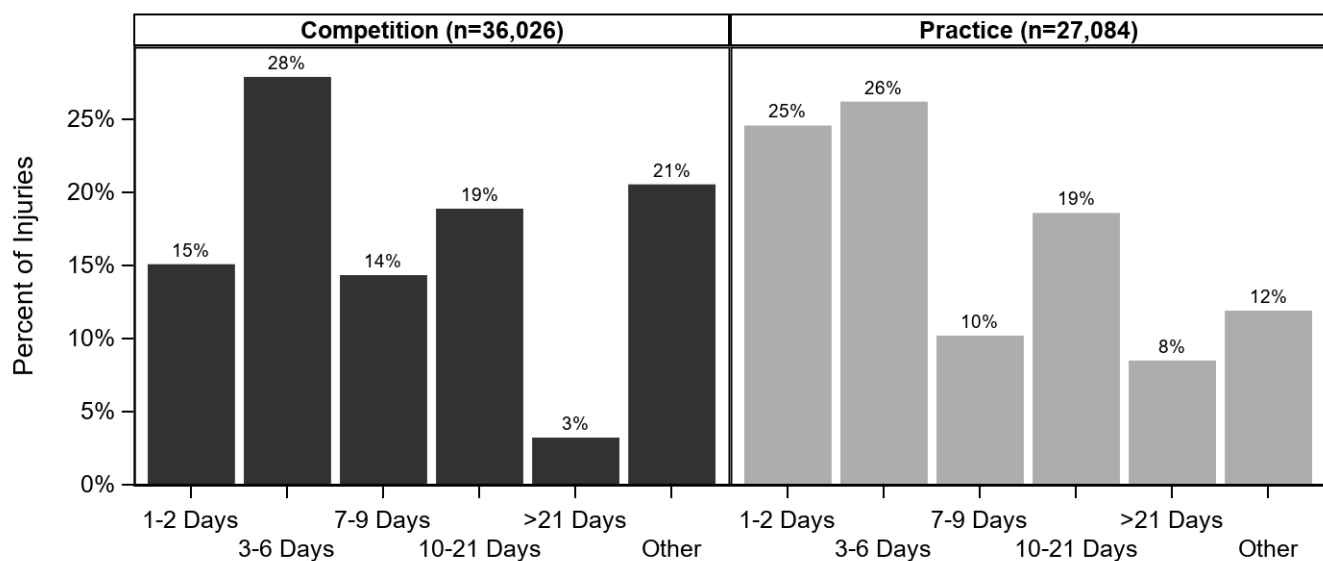
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=36,028)		Practice (n=27,084)		Overall (n=63,112)	
	n	%	n	%	n	%
Ankle Strain/Sprain	11,570	32.1%	9,952	36.7%	21,522	34.1%
Head/Face Concussion	6,878	19.1%	901	3.3%	7,779	12.3%
Knee Strain/Sprain	3,722	10.3%	1,307	4.8%	5,028	8.0%
Knee Other	1,254	3.5%	2,466	9.1%	3,720	5.9%
Hand/Wrist Strain/Sprain	1,591	4.4%	2,082	7.7%	3,674	5.8%
Hip/Thigh/Upper Leg Strain/Sprain	1,448	4.0%	1,485	5.5%	2,933	4.6%
Lower Leg Strain/Sprain	2,477	6.9%	0	0.0%	2,477	3.9%
Hand/Wrist Fracture	1,417	3.9%	960	3.5%	2,377	3.8%
Lower Leg Other	0	0.0%	1,850	6.8%	1,850	2.9%
Foot Strain/Sprain	807	2.2%	649	2.4%	1,456	2.3%

* Totals and n's represent the total 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 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	3,134	8.7%	1,789	6.6%	4,924	7.8%
Did Not Require Surgery	32,892	91.3%	25,295	93.4%	58,187	92.2%
Total	36,026	100.0%	27,084	100.0%	63,111	100.0%

* Totals and n's represent the total 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 8.3 History of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

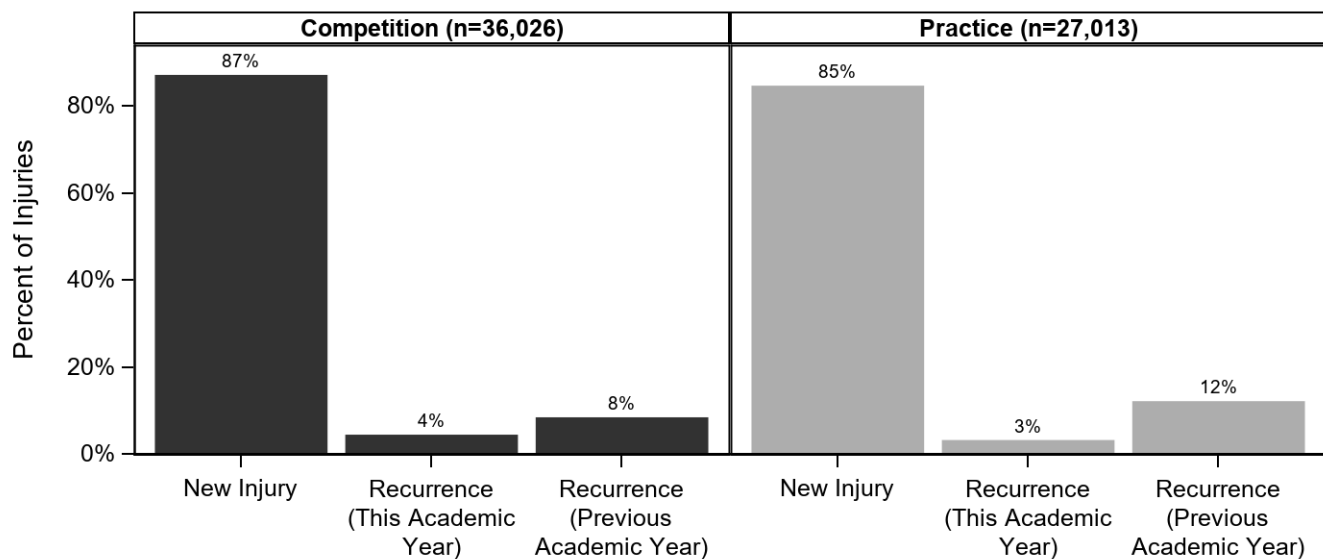


Table 8.6 Time during Season of Girls' Basketball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	10,616	16.8%
Regular Season	50,556	80.1%
Post Season	1,648	2.6%
Unknown/Other	292	0.5%
Total	63,111	100.0%

* Totals and n's represent the total 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.

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	204	0.6%
First Quarter	2,379	7.3%
Second Quarter	5,718	17.5%
Third Quarter	6,646	20.4%
Fourth Quarter	6,433	19.7%
Unknown	11,246	34.5%
Total	32,626	100.0%

Court Location		
Inside Lane (Offense)	5,348	16.8%
Inside Lane (Defense)	7,347	23.1%
Between 3 Point Arc and Lane (Offense)	860	2.7%
Between 3 Point Arc and Lane (Defense)	1,122	3.5%
Outside 3 Point Arc (Offense)	2,725	8.6%
Outside 3 Point Arc (Defense)	535	1.7%
Out of Bounds	515	1.6%
Backcourt	173	0.5%
Unknown	13,171	41.4%
Total	31,796	100.0%

* Totals and n's represent the total 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.

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	3,670	13.7%
Second 1/2 Hour	5,274	19.6%
1-2 Hours into Practice	8,726	32.5%
>2 Hours into Practice	1,103	4.1%
Unknown	8,069	30.1%
Total	26,841	100.0%

* Totals and n's represent the total 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 8.4 Player Position of Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

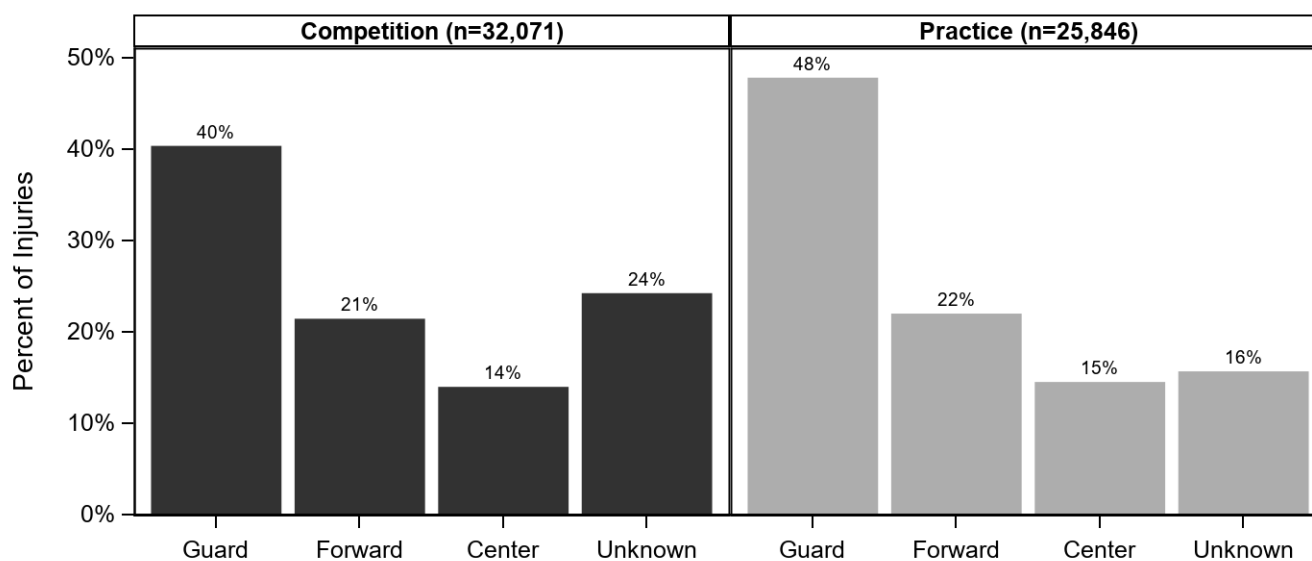


Table 8.9 Activities Leading to Girls' Basketball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
General Play	5,797	17.7%	6,012	23.1%	11,809	20.1%
Unknown	5,984	18.3%	5,408	20.8%	11,392	19.4%
Rebounding	5,732	17.5%	3,971	15.2%	9,703	16.5%
Chasing Loose Ball	5,739	17.5%	464	1.8%	6,204	10.6%
Shooting	3,164	9.7%	2,463	9.5%	5,627	9.6%
Defending	1,956	6.0%	2,721	10.4%	4,676	8.0%
Ball Handling/Dribbling	2,924	8.9%	447	1.7%	3,371	5.7%
Receiving Pass	1,229	3.8%	1,791	6.9%	3,020	5.1%
Conditioning	0	0.0%	2,489	9.6%	2,489	4.2%
Passing	0	0.0%	292	1.1%	292	0.5%
Other	204	0.6%	0	0.0%	204	0.3%
Total	32,728	100.0%	26,058	100.0%	58,786	100.0%

* Totals and n's represent the total 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.

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	2,180	6.0%	243	9.6%	71	2.6%	71	1.0%	807	7.8%
Chasing Loose Ball	1,668	4.6%	658	25.9%	0	0.0%	3,515	50.6%	362	3.5%
Conditioning	973	2.7%	0	0.0%	0	0.0%	0	0.0%	1,516	14.6%
Defending	3,341	9.2%	243	9.6%	142	5.3%	605	8.7%	345	3.3%
General Play	6,873	19.0%	760	29.9%	0	0.0%	204	2.9%	3,972	38.2%
Other	102	0.3%	0	0.0%	0	0.0%	102	1.5%	0	0.0%
Passing	292	0.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Rebounding	7,991	22.1%	243	9.6%	243	9.0%	643	9.2%	583	5.6%
Receiving Pass	2,504	6.9%	0	0.0%	515	19.1%	0	0.0%	0	0.0%
Shooting	5,313	14.7%	0	0.0%	0	0.0%	71	1.0%	243	2.3%
Unknown	4,980	13.8%	394	15.5%	1,721	63.9%	1,737	25.0%	2,560	24.6%
Total	36,218	100.0%	2,540	100.0%	2,692	100.0%	6,949	100.0%	10,388	100.0%

* Totals and n's represent the total 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.

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)	Nationally Estimated # Injuries
Total	308	134,424	2.29	96,500
Competition	135	30,718	4.39	44,819
Practice	173	103,706	1.67	51,681

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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	19,149	20.3%
Sophomore	23,907	25.4%
Junior	27,394	29.1%
Senior	23,686	25.2%
Total	94,137	100.0%

Age (years)	
Minimum	14
Maximum	19
Mean (SD)	16.0 (1.2)
n	76,364

BMI	
Minimum	15.1
Maximum	54.5
Mean (SD)	23.9 (5.1)
n	56,636

* Throughout this chapter, totals and n's represent the total 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

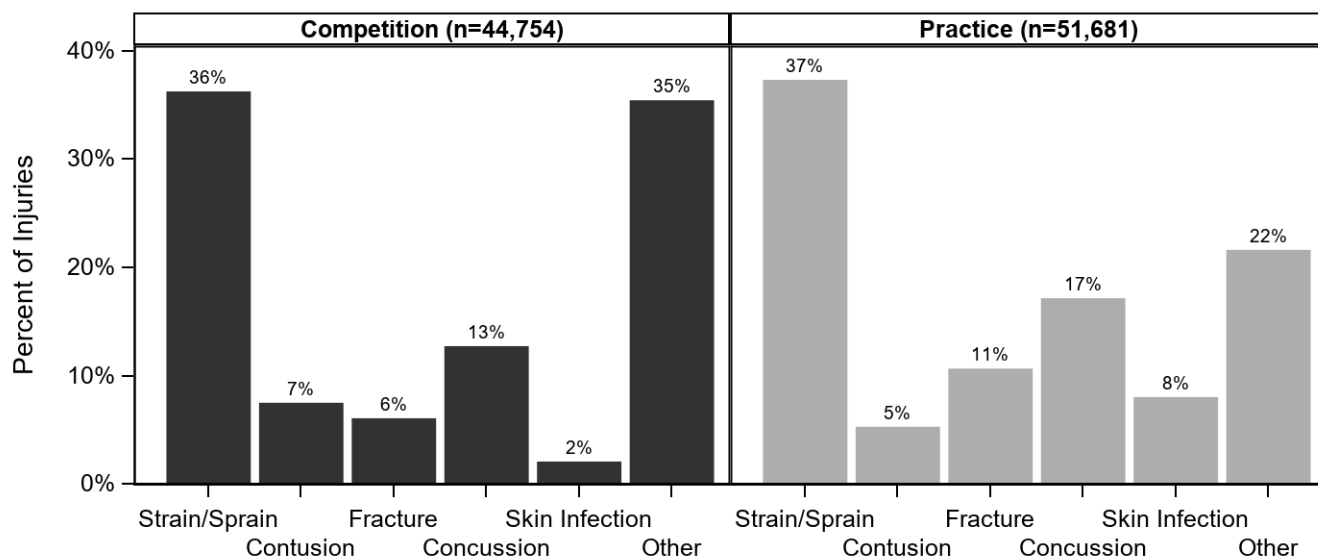


Table 9.3 Body Site of Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Shoulder	10,834	24.2%	8,461	16.7%	19,295	20.2%
Knee	10,419	23.2%	8,064	15.9%	18,483	19.4%
Head/Face	6,496	14.5%	11,776	23.3%	18,272	19.2%
Ankle	4,040	9.0%	4,610	9.1%	8,650	9.1%
Hand/Wrist	3,812	8.5%	3,827	7.6%	7,638	8.0%
Arm/Elbow	3,793	8.5%	2,474	4.9%	6,267	6.6%
Trunk	1,405	3.1%	3,425	6.8%	4,830	5.1%
Hip/Thigh/Upper Leg	864	1.9%	2,561	5.1%	3,425	3.6%
Neck	730	1.6%	1,582	3.1%	2,312	2.4%
Foot	334	0.7%	1,963	3.9%	2,298	2.4%
Other	1,768	3.9%	334	0.7%	2,102	2.2%
Systemic	324	0.7%	877	1.7%	1,201	1.3%
Lower Leg	0	0.0%	617	1.2%	617	0.6%
Total	44,819	100.0%	50,571	100.0%	95,390	100.0%

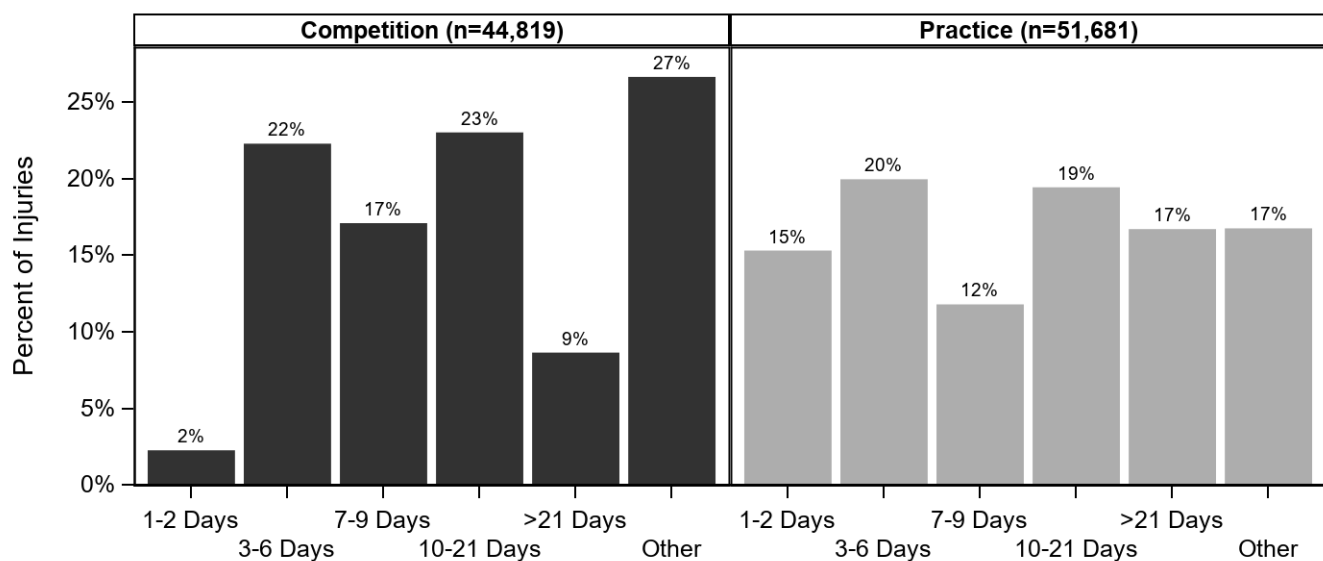
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

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=44,755)		Practice (n=50,570)		Overall (n=95,324)	
	n	%	n	%	n	%
Head/Face Concussion	5,691	12.7%	8,862	17.5%	14,553	15.3%
Shoulder Other	7,133	15.9%	3,645	7.2%	10,778	11.3%
Knee Other	3,905	8.7%	4,815	9.5%	8,720	9.1%
Shoulder Strain/Sprain	3,701	8.3%	4,492	8.9%	8,193	8.6%
Ankle Strain/Sprain	3,975	8.9%	3,652	7.2%	7,628	8.0%
Knee Strain/Sprain	3,441	7.7%	2,712	5.4%	6,153	6.5%
Arm/Elbow Other	2,990	6.7%	1,798	3.6%	4,788	5.0%
Knee Contusion	3,073	6.9%	537	1.1%	3,610	3.8%
Hip/Thigh/Upper Leg Strain/Sprain	864	1.9%	2,561	5.1%	3,425	3.6%
Hand/Wrist Fracture	1,330	3.0%	1,625	3.2%	2,955	3.1%

* Totals and n's represent the total 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 9.2 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 *

Need for Surgery	Competition		Practice		Overall	
	n	%	n	%	n	%
Required Surgery	6,559	15.0%	2,334	4.6%	8,893	9.4%
Did Not Require Surgery	37,150	85.0%	48,348	95.4%	85,498	90.6%
Total	43,709	100.0%	50,682	100.0%	94,391	100.0%

* Totals and n's represent the total 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 9.3 History of Boys' Wrestling Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

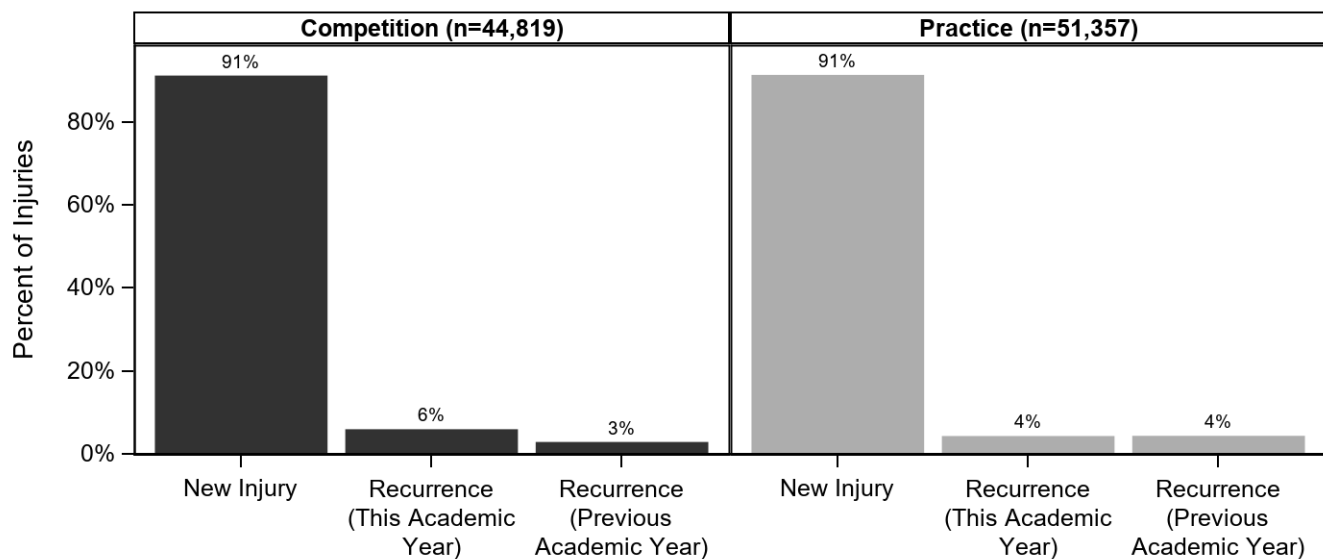


Table 9.6 Time during Season of Boys' Wrestling Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	21,683	22.5%
Regular Season	70,207	72.8%
Post Season	4,610	4.8%
Total	96,500	100.0%

* Totals and n's represent the total 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.

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	334	0.9%
First Period	3,459	9.0%
Second Period	12,078	31.4%
Third Period	5,332	13.9%
Unknown	17,230	44.8%
Total	38,434	100.0%

Mat Location		
Within 28ft Circle	33,514	82.6%
Out of Bounds	583	1.4%
Unknown	6,463	15.9%
Total	40,560	100.0%

* Totals and n's represent the total 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.

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	5,269	10.5%
Second 1/2 Hour	4,377	8.7%
1-2 Hours into Practice	18,777	37.4%
>2 Hours into Practice	1,726	3.4%
Unknown	20,119	40.0%
Total	50,269	100.0%

* Totals and n's represent the total 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.

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	17,093	41.8%	10,372	22.1%	27,464	31.3%
Unknown	6,039	14.8%	11,449	24.4%	17,488	19.9%
Sparring	3,705	9.1%	11,107	23.7%	14,813	16.9%
N/A **	324	0.8%	5,466	11.7%	5,790	6.6%
Fall	4,165	10.2%	1,141	2.4%	5,306	6.0%
Escape	3,850	9.4%	1,316	2.8%	5,166	5.9%
Other	537	1.3%	3,088	6.6%	3,625	4.1%
Riding	2,632	6.4%	389	0.8%	3,020	3.4%
Near Fall	2,519	6.2%	462	1.0%	2,980	3.4%
Conditioning	0	0.0%	2,098	4.5%	2,098	2.4%
Total	40,864	100.0%	46,886	100.0%	87,750	100.0%

* Totals and n's represent the total 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.

** Includes overuse, heat illness, conditioning, 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	676	2.1%	0	0.0%	893	10.9%	0	0.0%	530	1.9%
Escape	2,259	6.9%	1,110	20.6%	0	0.0%	334	2.5%	1,463	5.2%
Fall	1,454	4.5%	0	0.0%	334	4.1%	610	4.6%	2,907	10.3%
N/A **	462	1.4%	0	0.0%	0	0.0%	0	0.0%	5,328	18.8%
Near Fall	537	1.7%	1,110	20.6%	341	4.2%	334	2.5%	658	2.3%
Other	1,110	3.4%	341	6.3%	65	0.8%	138	1.0%	1,971	7.0%
Riding	658	2.0%	0	0.0%	1,110	13.5%	0	0.0%	1,253	4.4%
Sparring	5,915	18.2%	1,253	23.3%	2,620	31.9%	2,106	15.9%	2,919	10.3%
Takedown	12,196	37.5%	1,566	29.1%	1,174	14.3%	5,260	39.7%	7,203	25.4%
Unknown	7,254	22.3%	0	0.0%	1,669	20.3%	4,470	33.7%	4,094	14.5%
Total	32,520	100.0%	5,380	100.0%	8,206	100.0%	13,253	100.0%	28,326	100.0%

* Totals and n's represent the total 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.

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

X. BOYS' BASEBALL INJURY EPIDEMIOLOGY

Table 10.1 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)	Nationally Estimated # Injuries
Total	143	140,404	1.02	55,679
Competition	89	50,249	1.77	36,352
Practice	54	90,155	0.60	19,327

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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

Year in School	n	%
Freshman	11,290	22.1%
Sophomore	14,218	27.8%
Junior	8,950	17.5%
Senior	16,599	32.5%
Total	51,058	100.0%

Age (years)	
Minimum	13
Maximum	18
Mean (SD)	16.1 (1.4)
n	41,993

BMI	
Minimum	17.2
Maximum	33.8
Mean (SD)	23.9 (3.0)
n	34,246

* Throughout this chapter, totals and n's represent the total 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 Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

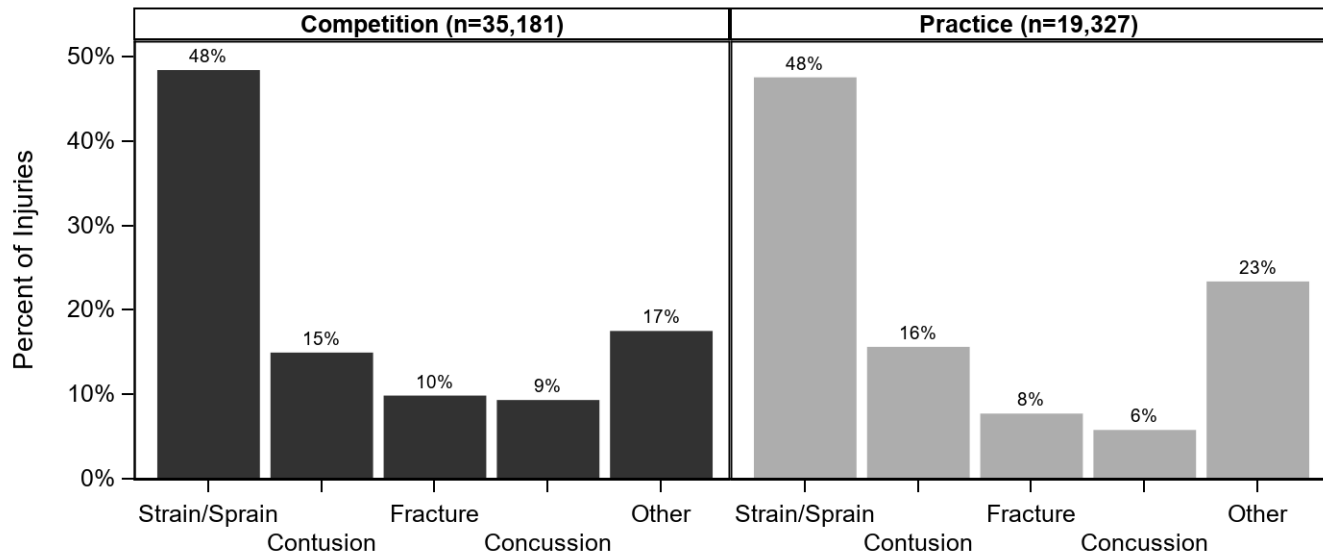


Table 10.3 Body Site of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Arm/Elbow	5,848	16.1%	4,301	22.3%	10,150	18.2%
Hip/Thigh/Upper Leg	6,731	18.5%	1,504	7.8%	8,236	14.8%
Hand/Wrist	5,449	15.0%	2,105	10.9%	7,554	13.6%
Head/Face	4,264	11.7%	3,088	16.0%	7,353	13.2%
Shoulder	5,828	16.0%	1,360	7.0%	7,187	12.9%
Ankle	2,351	6.5%	1,875	9.7%	4,226	7.6%
Knee	2,232	6.1%	1,751	9.1%	3,983	7.2%
Foot	1,365	3.8%	962	5.0%	2,327	4.2%
Lower Leg	644	1.8%	1,492	7.7%	2,136	3.8%
Other	993	2.7%	0	0.0%	993	1.8%
Neck	0	0.0%	826	4.3%	826	1.5%
Trunk	647	1.8%	63	0.3%	709	1.3%
Total	36,352	100.0%	19,327	100.0%	55,679	100.0%

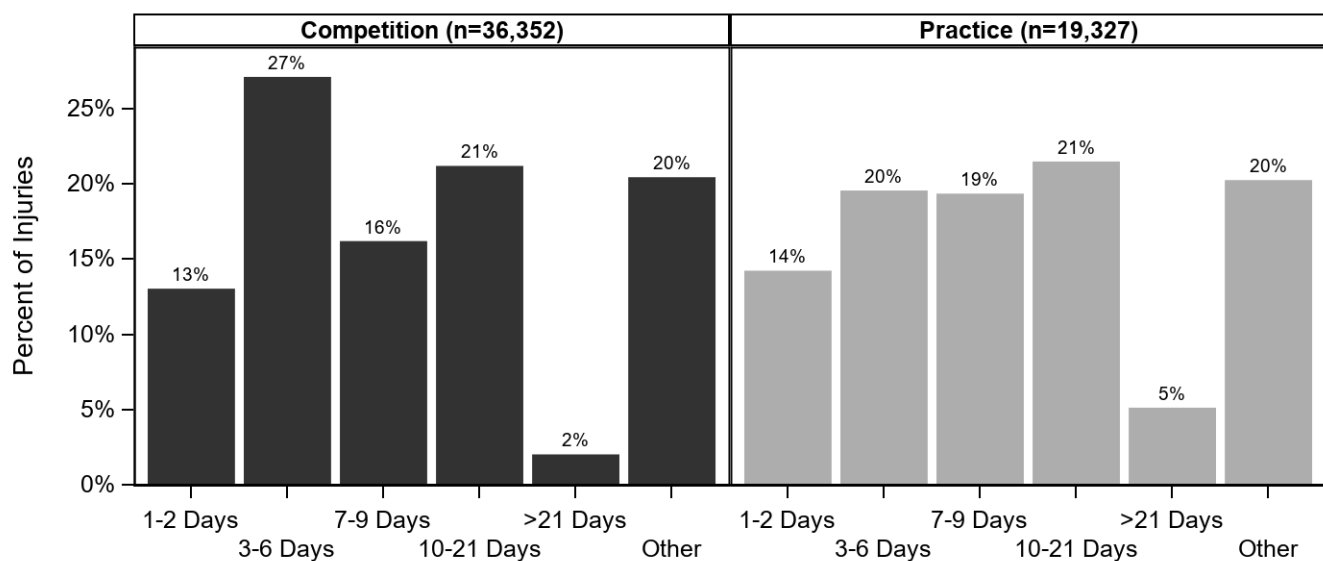
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Table 10.4 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=35,180)		Practice (n=19,327)		Overall (n=54,507)	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg Strain/Sprain	5,695	16.2%	1,160	6.0%	6,855	12.6%
Arm/Elbow Strain/Sprain	3,730	10.6%	3,067	15.9%	6,797	12.5%
Head/Face Concussion	3,279	9.3%	1,116	5.8%	4,394	8.1%
Shoulder Strain/Sprain	3,728	10.6%	408	2.1%	4,136	7.6%
Hand/Wrist Fracture	2,863	8.1%	1,020	5.3%	3,883	7.1%
Arm/Elbow Other	1,860	5.3%	1,234	6.4%	3,094	5.7%
Ankle Strain/Sprain	1,661	4.7%	1,272	6.6%	2,933	5.4%
Shoulder Other	1,273	3.6%	952	4.9%	2,225	4.1%
Head/Face Contusion	63	0.2%	1,847	9.6%	1,910	3.5%
Hand/Wrist Contusion	826	2.3%	826	4.3%	1,653	3.0%

* Totals and n's represent the total 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 10.2 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 10.5 Boys' Baseball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Need for Surgery	Competition		Practice		Overall	
	n	%	n	%	n	%
Required Surgery	2,308	6.4%	1,686	8.7%	3,994	7.2%
Did Not Require Surgery	33,786	93.6%	17,640	91.3%	51,426	92.8%
Total	36,094	100.0%	19,327	100.0%	55,420	100.0%

* Totals and n's represent the total 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 10.3 History of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

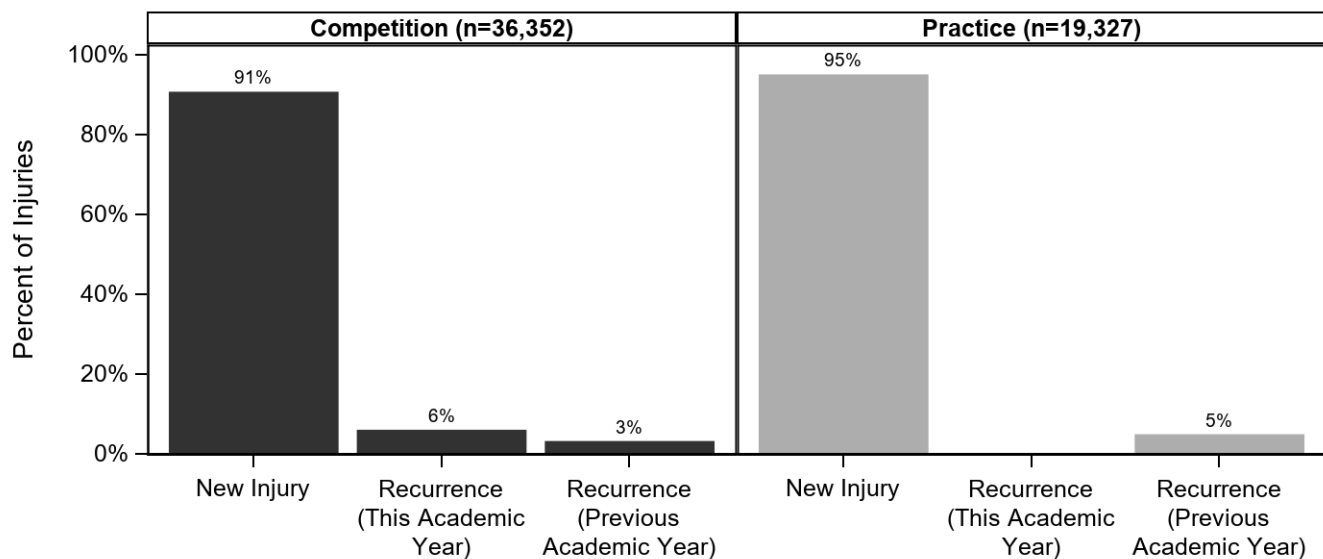


Table 10.6 Time during Season of Boys' Baseball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	8,895	16.0%
Regular Season	43,478	78.1%
Post Season	3,306	5.9%
Total	55,679	100.0%

* Totals and n's represent the total 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.

Table 10.7 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	539	1.6%
First Inning	3,654	10.6%
Second Inning	2,589	7.5%
Third Inning	1,978	5.7%
Fourth Inning	6,542	18.9%
Fifth Inning	3,352	9.7%
Sixth Inning	2,072	6.0%
Seventh Inning	1,614	4.7%
Unknown	12,217	35.4%
Total	34,555	100.0%

Field Location		
Pitchers Mound	8,448	24.4%
Home Plate	6,906	20.0%
First Base	4,050	11.7%
Second Base	3,897	11.3%
Third Base	1,938	5.6%
Infield	258	0.7%
Outfield	6,574	19.0%
Foul Territory	63	0.2%
Other	1,773	5.1%
Unknown	648	1.9%
Total	34,555	100.0%

* Totals and n's represent the total 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.

Table 10.8 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	905	4.7%
Second 1/2 Hour	4,041	21.0%
1-2 Hours into Practice	8,352	43.4%
>2 Hours into Practice	1,146	6.0%
Unknown	4,820	25.0%
Total	19,264	100.0%

* Totals and n's represent the total 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 10.4 Player Position of Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

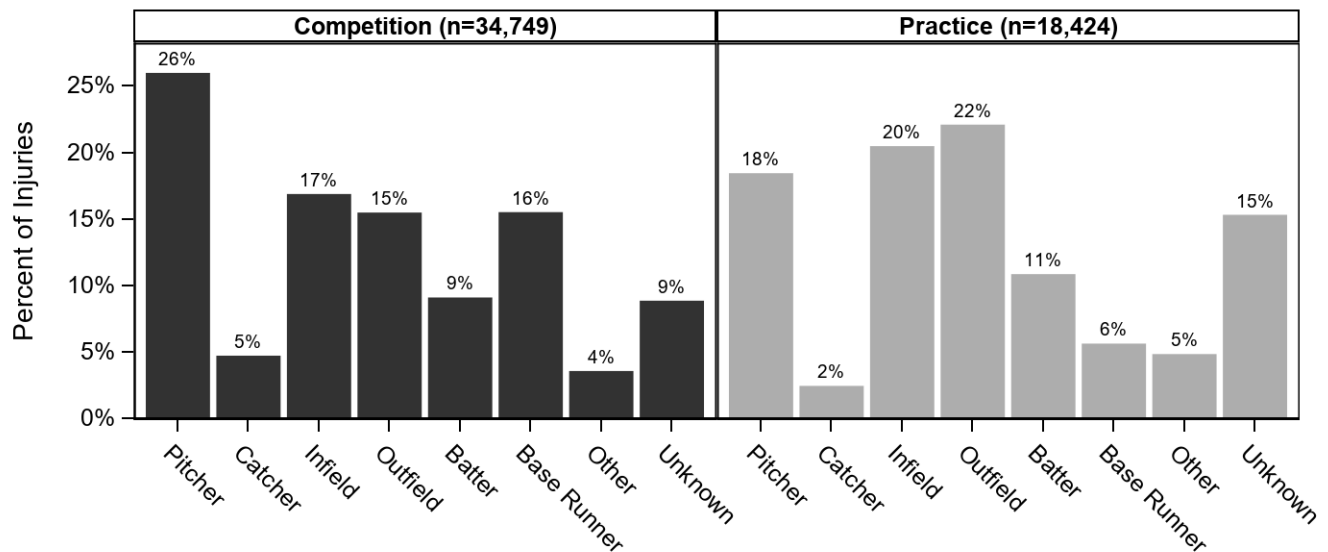


Table 10.9 Activities Leading to Boys' Baseball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Fielding a Batted Ball	7,068	20.3%	4,368	23.7%	11,436	21.5%
Pitching	8,642	24.9%	2,031	11.0%	10,673	20.1%
Batting	4,681	13.5%	3,362	18.3%	8,043	15.1%
Running Bases	6,429	18.5%	1,485	8.1%	7,915	14.9%
Sliding	3,611	10.4%	689	3.7%	4,300	8.1%
General Play	0	0.0%	3,492	19.0%	3,492	6.6%
Catching	2,150	6.2%	793	4.3%	2,943	5.5%
Other	952	2.7%	826	4.5%	1,778	3.3%
Fielding a Thrown Ball	1,216	3.5%	0	0.0%	1,216	2.3%
Throwing	0	0.0%	1,118	6.1%	1,118	2.1%
Unknown	0	0.0%	258	1.4%	258	0.5%
Total	34,749	100.0%	18,424	100.0%	53,173	100.0%

* Totals and n's represent the total 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.

Table 10.10 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	1,687	6.7%	3,995	48.3%	987	19.9%	730	16.6%	644	6.3%
Catching	345	1.4%	797	9.6%	257	5.2%	1,419	32.3%	126	1.2%
Fielding a Batted Ball	4,934	19.7%	2,495	30.2%	1,234	24.9%	1,419	32.3%	1,355	13.3%
Fielding a Thrown Ball	767	3.1%	448	5.4%	0	0.0%	0	0.0%	0	0.0%
General Play	2,001	8.0%	194	2.3%	0	0.0%	0	0.0%	1,297	12.8%
Other	126	0.5%	0	0.0%	0	0.0%	826	18.8%	826	8.1%
Pitching	7,729	30.9%	0	0.0%	194	3.9%	0	0.0%	2,750	27.1%
Running Bases	5,378	21.5%	345	4.2%	1,171	23.6%	0	0.0%	1,020	10.0%
Sliding	1,306	5.2%	0	0.0%	1,112	22.4%	0	0.0%	1,537	15.1%
Throwing	774	3.1%	0	0.0%	0	0.0%	0	0.0%	345	3.4%
Unknown	0	0.0%	0	0.0%	0	0.0%	0	0.0%	258	2.5%
Total	25,048	100.0%	8,274	100.0%	4,955	100.0%	4,394	100.0%	10,157	100.0%

* Totals and n's represent the total 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.

XI. GIRLS' SOFTBALL INJURY EPIDEMIOLOGY

Table 11.1 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)	Nationally Estimated # Injuries
Total	109	89,770	1.21	66,475
Competition	52	32,162	1.62	32,934
Practice	57	57,608	0.99	33,541

* All remaining analyses in this chapter present data weighted to provide national injury estimates.

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

Year in School	n	%
Freshman	27,358	42.6%
Sophomore	13,608	21.2%
Junior	16,358	25.5%
Senior	6,881	10.7%
Total	64,204	100.0%

Age (years)		
Minimum	13	
Maximum	18	
Mean (SD)	15.7 (1.1)	
n	44,708	

BMI		
Minimum	15.0	
Maximum	43.2	
Mean (SD)	23.1 (4.5)	
n	39,571	

* Throughout this chapter, totals and n's represent the total 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 Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

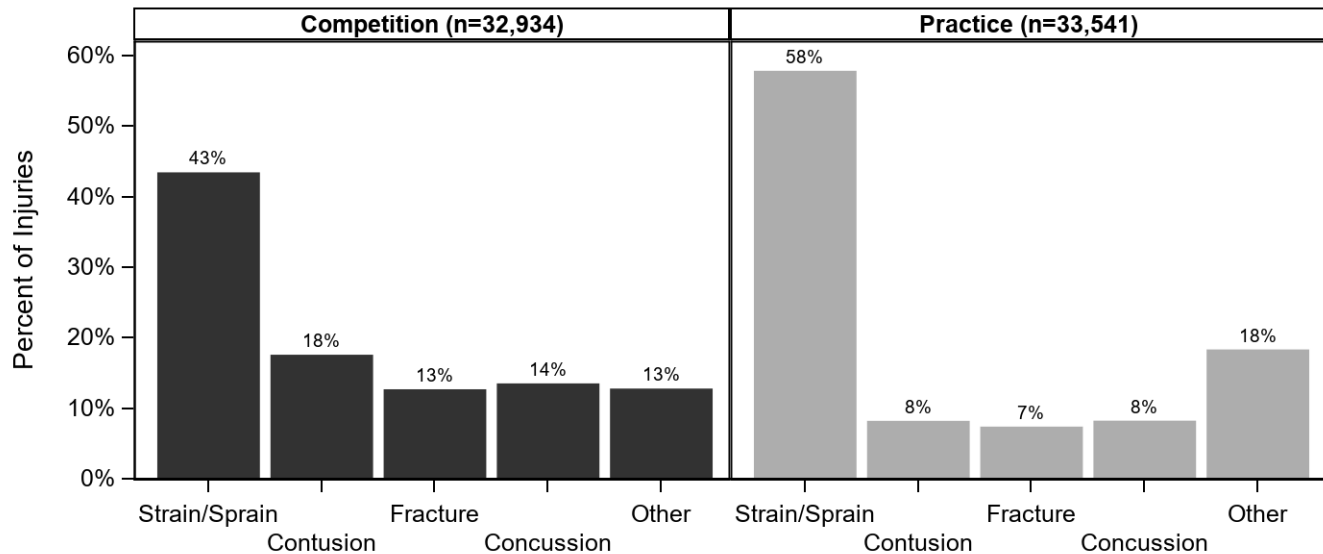


Table 11.3 Body Site of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Body Site	Competition		Practice		Overall	
	n	%	n	%	n	%
Hand/Wrist	8,888	27.0%	8,888	26.5%	17,776	26.7%
Hip/Thigh/Upper Leg	5,503	16.7%	6,810	20.3%	12,313	18.5%
Head/Face	6,149	18.7%	3,353	10.0%	9,502	14.3%
Knee	3,944	12.0%	1,846	5.5%	5,791	8.7%
Ankle	1,169	3.5%	4,039	12.0%	5,208	7.8%
Trunk	1,636	5.0%	3,057	9.1%	4,692	7.1%
Shoulder	2,041	6.2%	1,885	5.6%	3,926	5.9%
Arm/Elbow	1,421	4.3%	2,174	6.5%	3,595	5.4%
Neck	1,887	5.7%	0	0.0%	1,887	2.8%
Foot	0	0.0%	1,192	3.6%	1,192	1.8%
Lower Leg	234	0.7%	62	0.2%	296	0.4%
Other	62	0.2%	234	0.7%	296	0.4%
Total	32,934	100.0%	33,541	100.0%	66,475	100.0%

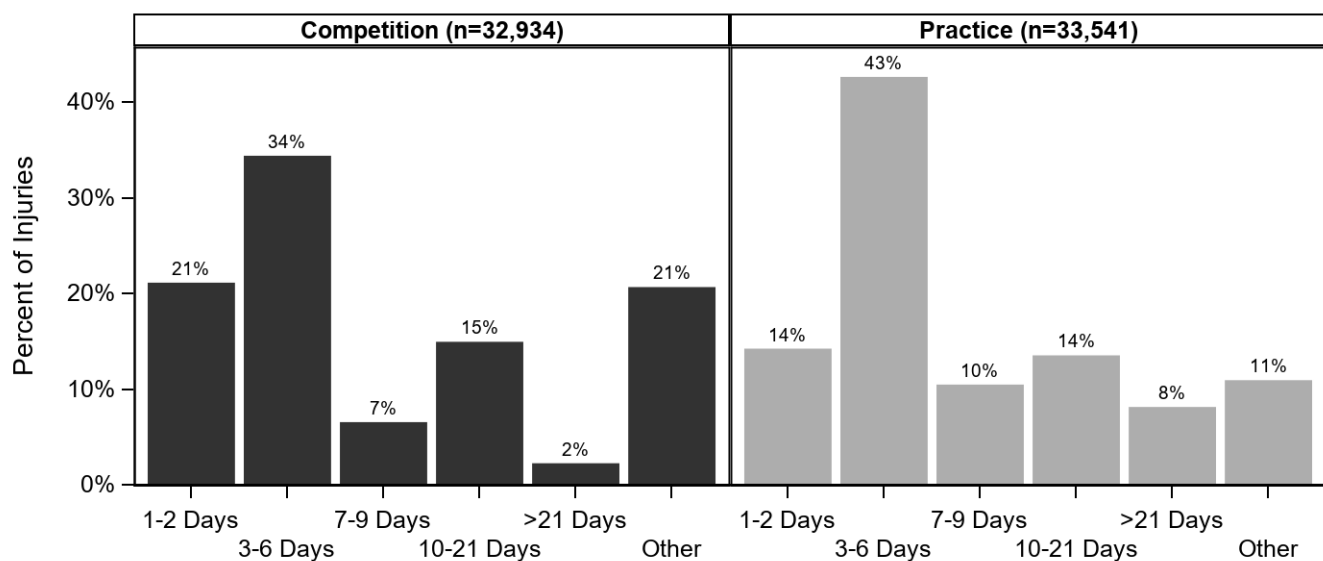
* Totals and n's represent the total weighted number of injury reports containing a valid response for the particular question. Due to a low level of non-response, these totals are always similar but are not always equal to the total number of injuries.

Table 11.4 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=32,935)		Practice (n=33,540)		Overall (n=66,474)	
	n	%	n	%	n	%
Hip/Thigh/Upper Leg Strain/Sprain	3,867	11.7%	5,780	17.2%	9,648	14.5%
Hand/Wrist Strain/Sprain	3,447	10.5%	5,737	17.1%	9,183	13.8%
Head/Face Concussion	4,451	13.5%	2,761	8.2%	7,212	10.8%
Hand/Wrist Fracture	2,542	7.7%	2,121	6.3%	4,663	7.0%
Ankle Strain/Sprain	573	1.7%	3,977	11.9%	4,549	6.8%
Hand/Wrist Contusion	2,666	8.1%	1,030	3.1%	3,696	5.6%
Hip/Thigh/Upper Leg Other	1,636	5.0%	1,030	3.1%	2,666	4.0%
Trunk Strain/Sprain	1,636	5.0%	1,030	3.1%	2,666	4.0%
Knee Contusion	2,465	7.5%	0	0.0%	2,465	3.7%
Knee Other	596	1.8%	1,613	4.8%	2,209	3.3%

* Totals and n's represent the total 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 11.2 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 11.5 Girls' Softball Injuries Requiring Surgery by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Need for Surgery	Competition		Practice		Overall	
	n	%	n	%	n	%
Required Surgery	1,887	5.9%	1,421	4.3%	3,309	5.1%
Did Not Require Surgery	30,135	94.1%	31,494	95.7%	61,629	94.9%
Total	32,022	100.0%	32,916	100.0%	64,938	100.0%

* Totals and n's represent the total 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 11.3 History of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

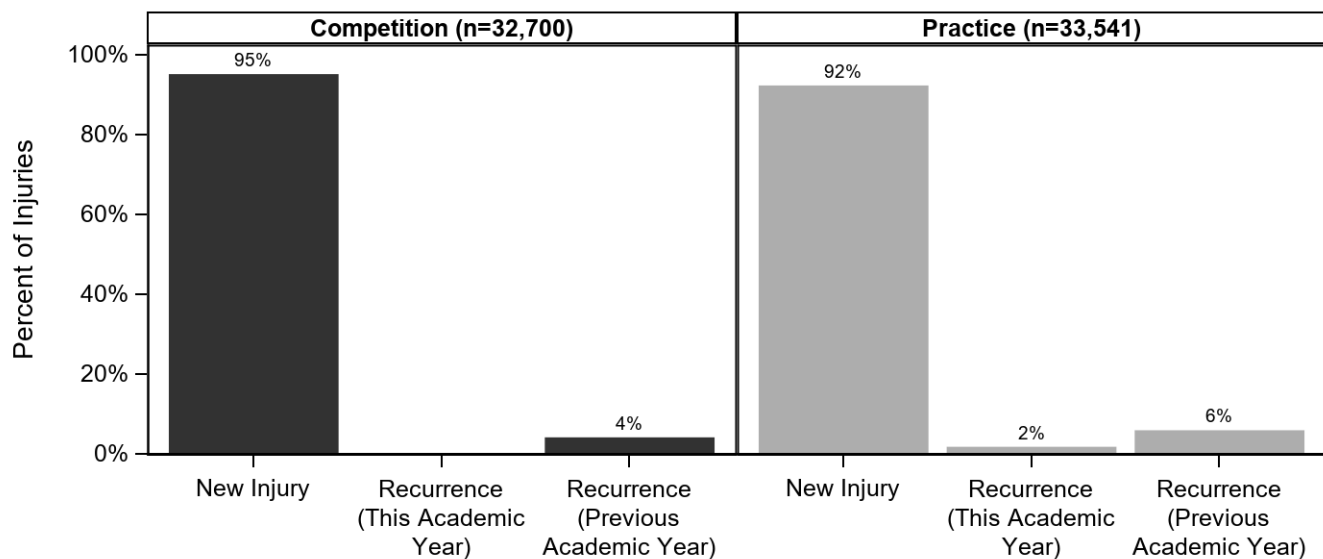


Table 11.6 Time during Season of Girls' Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Time in Season	n	%
Preseason	16,967	25.5%
Regular Season	49,508	74.5%
Total	66,475	100.0%

* Totals and n's represent the total 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.

Table 11.7 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	2,847	9.7%
First Inning	286	1.0%
Second Inning	286	1.0%
Third Inning	4,463	15.3%
Fourth Inning	3,178	10.9%
Fifth Inning	5,260	18.0%
Sixth Inning	1,640	5.6%
Seventh Inning	635	2.2%
Unknown	10,646	36.4%
Total	29,244	100.0%

Field Location		
Unknown	2,261	7.7%
Other	391	1.3%
Foul Territory	2,361	8.1%
Outfield	4,783	16.4%
Third Base	3,207	11.0%
Second Base	3,864	13.2%
First Base	4,674	16.0%
Home Plate	5,236	17.9%
Pitchers Mound	2,465	8.4%
Total	29,244	100.0%

* Totals and n's represent the total 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.

Table 11.8 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	1,498	4.5%
Second 1/2 Hour	3,784	11.3%
1-2 Hours into Practice	16,112	48.0%
>2 Hours into Practice	2,582	7.7%
Unknown	9,566	28.5%
Total	33,541	100.0%

* Totals and n's represent the total 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 11.4 Player Position of Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year

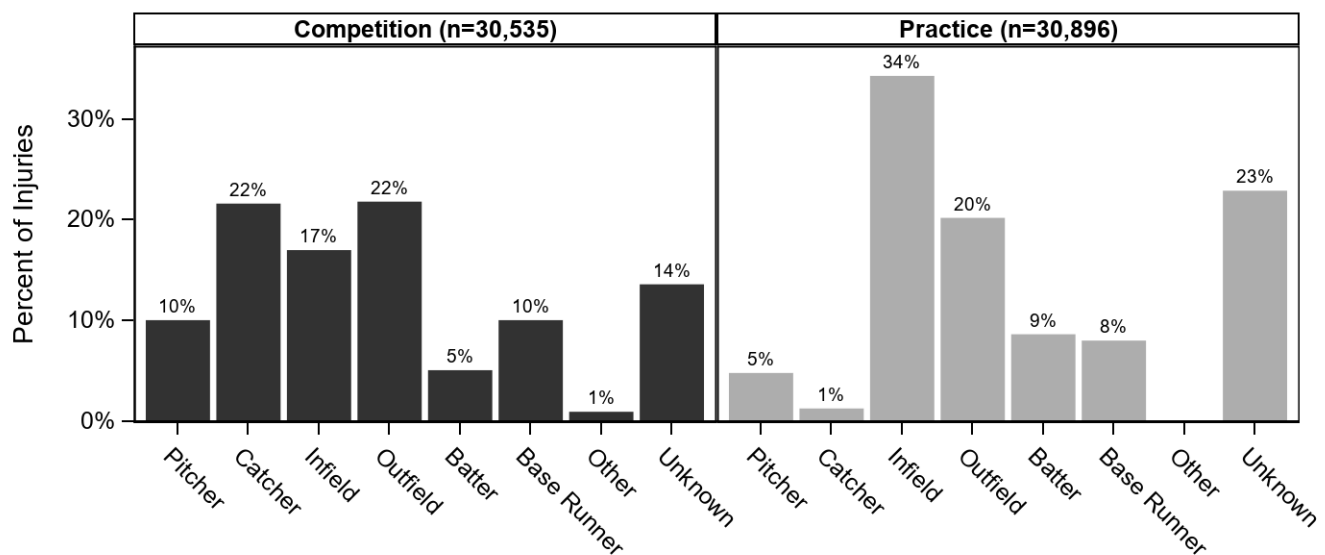


Table 11.9 Activities Leading to Girls' Softball Injuries by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2025-26 School Year *

Activity	Competition		Practice		Overall	
	n	%	n	%	n	%
Fielding a Batted Ball	6,690	21.9%	2,886	8.6%	9,576	15.0%
Running Bases	5,013	16.4%	4,183	12.5%	9,196	14.4%
Sliding	4,497	14.7%	2,919	8.7%	7,416	11.6%
Batting	1,441	4.7%	5,503	16.4%	6,944	10.8%
Catching	5,603	18.3%	62	0.2%	5,665	8.8%
Throwing	2,246	7.4%	2,941	8.8%	5,186	8.1%
Pitching	3,062	10.0%	1,479	4.4%	4,540	7.1%
General Play	286	0.9%	3,881	11.6%	4,168	6.5%
Other	62	0.2%	3,947	11.8%	4,010	6.3%
Conditioning	0	0.0%	2,581	7.7%	2,581	4.0%
Unknown	0	0.0%	2,438	7.3%	2,438	3.8%
Fielding a Thrown Ball	1,636	5.4%	659	2.0%	2,294	3.6%
Total	30,535	100.0%	33,478	100.0%	64,013	100.0%

* Totals and n's represent the total 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.

Table 11.10 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	5,999	18.8%	596	7.2%	62	0.9%	286	4.0%	0	0.0%
Catching	0	0.0%	2,728	32.8%	659	9.9%	2,279	32.2%	0	0.0%
Conditioning	2,581	8.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Fielding a Batted Ball	5,621	17.7%	0	0.0%	2,103	31.6%	1,852	26.1%	0	0.0%
Fielding a Thrown Ball	0	0.0%	2,294	27.6%	0	0.0%	0	0.0%	0	0.0%
General Play	659	2.1%	234	2.8%	0	0.0%	1,578	22.3%	1,698	16.8%
Other	1,626	5.1%	1,030	12.4%	1,353	20.3%	0	0.0%	0	0.0%
Pitching	3,114	9.8%	596	7.2%	830	12.5%	0	0.0%	0	0.0%
Running Bases	5,184	16.3%	234	2.8%	62	0.9%	468	6.6%	3,248	32.1%
Sliding	5,233	16.4%	596	7.2%	1,353	20.3%	234	3.3%	0	0.0%
Throwing	1,587	5.0%	0	0.0%	234	3.5%	0	0.0%	3,365	33.2%
Unknown	234	0.7%	0	0.0%	0	0.0%	391	5.5%	1,813	17.9%
Total	31,837	100.0%	8,308	100.0%	6,657	100.0%	7,087	100.0%	10,124	100.0%

* Totals and n's represent the total 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.

XII. GENDER DIFFERENCES WITHIN SPORTS

12.1 BOYS' AND GIRLS' SOCCER

Table 12.1 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	1.84	2.05	1.11 (0.94-1.32)
Competition	4.33	4.63	1.07 (0.87-1.31)
Practice	0.77	0.86	1.12 (0.81-1.53)

* 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 12.2 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	18.6%	23.1%	1.24 (0.79-1.94)
Shoulder	1.8%	1.0%	1.77 (0.25-12.41)
Trunk	6.7%	1.8%	3.65 (0.96-13.97)
Arm/Elbow	2.4%	0.7%	3.28 (0.58-18.67)
Hand/Wrist	8.2%	2.4%	3.50 (1.14-10.76)
Hip/Thigh/Upper Leg	21.0%	17.2%	1.23 (0.78-1.93)
Knee	10.1%	18.6%	1.87 (1.07-3.26)
Lower Leg	8.1%	8.1%	1.01 (0.46-2.21)
Ankle	13.1%	21.4%	1.63 (1.02-2.60)
Foot	9.4%	5.0%	1.89 (0.79-4.52)
Other	0.5%	0.2%	2.67 (0.36-19.49)
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 12.3 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	42.7%	51.7%	1.21 (0.96-1.53)
Contusion	15.7%	8.9%	1.75 (0.91-3.37)
Fracture	9.6%	4.4%	2.16 (0.92-5.08)
Concussion	15.4%	20.3%	1.31 (0.80-2.15)
Other	16.6%	14.7%	1.14 (0.66-1.97)
Total	100.0%	100.0%	--

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

Table 12.4 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	11.9%	20.5%	1.73 (1.05-2.83)
Foot Contusion	5.0%	2.5%	1.98 (0.54-7.33)
Head/Face Concussion	15.4%	20.3%	1.31 (0.80-2.15)
Hip/Thigh/Upper Leg Contusion	6.1%	1.0%	6.39 (0.82-49.80)
Hip/Thigh/Upper Leg Strain/Sprain	13.4%	15.7%	1.17 (0.70-1.98)
Knee Other	3.9%	8.1%	2.11 (0.81-5.51)
Knee Strain/Sprain	5.3%	7.2%	1.36 (0.61-3.04)

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

Table 12.5 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	19.6%	9.3%	2.12 (1.15-3.91)
3-6 Days	21.7%	21.9%	1.01 (0.67-1.53)
7-9 Days	15.5%	16.3%	1.05 (0.63-1.75)
10-21 Days	23.1%	29.1%	1.26 (0.85-1.85)
>21 Days	6.2%	6.0%	1.05 (0.45-2.44)
Other	13.8%	17.6%	1.27 (0.77-2.11)
Total	100.0%	100.0%	--

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

Table 12.6 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	29.9%	21.9%	1.37 (0.93-2.01)
Contact with Ball	13.8%	16.8%	1.22 (0.69-2.16)
Contact with Goal	1.5%	1.3%	1.11 (0.15-8.38)
N/A **	18.5%	14.5%	1.27 (0.74-2.16)
Other	6.9%	12.4%	1.79 (0.86-3.73)
Rotation Around a Planted Foot/Inversion	6.7%	16.3%	2.42 (1.31-4.49)
Slide Tackle	3.9%	3.5%	1.11 (0.36-3.45)
Stepped On/Fell On/Kicked	11.8%	4.9%	2.39 (1.09-5.26)
Uneven Playing Surface	1.0%	0.2%	4.98 (0.58-42.89)
Unknown	6.1%	8.1%	1.34 (0.57-3.12)
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 12.7 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	0.7%	0.9%	1.36 (0.09-21.51)
Ball Handling/Dribbling	7.5%	6.2%	1.20 (0.55-2.61)
Blocking Shot	4.5%	4.4%	1.02 (0.34-3.07)
Chasing Loose Ball	9.9%	10.7%	1.08 (0.54-2.16)
Conditioning	1.3%	0.7%	1.71 (0.27-10.73)
Defending	15.0%	9.5%	1.58 (0.86-2.90)
General Play	29.9%	31.5%	1.05 (0.74-1.50)
Goaltending	4.8%	3.6%	1.32 (0.51-3.44)
Heading Ball	6.9%	5.4%	1.27 (0.50-3.24)
Other	1.4%	3.5%	2.54 (0.46-14.00)
Passing	1.4%	1.5%	1.10 (0.24-5.15)
Receiving Pass	0.7%	2.9%	4.04 (1.19-13.75)
Receiving a Slide Tackle	0.8%	0.2%	3.81 (0.41-35.28)
Shooting	5.7%	4.4%	1.31 (0.48-3.59)
Unknown	9.6%	14.4%	1.50 (0.83-2.72)
Total	100.0%	100.0%	--

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

12.2 BOYS' AND GIRLS' BASKETBALL

Table 12.8 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	1.64	1.79	1.09 (0.91-1.31)
Competition	2.82	3.20	1.13 (0.89-1.45)
Practice	1.11	1.13	1.02 (0.78-1.34)

* 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 12.9 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	12.6%	15.7%	1.24 (0.74-2.08)
Neck	0.6%	0.0%	--
Shoulder	2.5%	1.2%	2.12 (0.60-7.48)
Trunk	5.4%	0.7%	7.62 (0.99-58.39)
Arm/Elbow	0.0%	0.9%	--
Hand/Wrist	8.9%	9.7%	1.09 (0.55-2.17)
Hip/Thigh/Upper Leg	8.4%	7.4%	1.13 (0.53-2.41)
Knee	13.2%	16.1%	1.22 (0.74-2.02)
Lower Leg	4.0%	6.9%	1.72 (0.64-4.62)
Ankle	38.5%	34.6%	1.11 (0.83-1.49)
Foot	5.8%	5.0%	1.18 (0.46-2.99)
Systemic	0.0%	1.9%	--
Total	100.0%	100.0%	--

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

Table 12.10 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	58.7%	59.8%	1.02 (0.85-1.22)
Contusion	13.5%	6.8%	1.98 (0.93-4.21)
Fracture	7.5%	4.3%	1.76 (0.71-4.37)
Concussion	7.2%	12.3%	1.72 (0.92-3.23)
Other	13.2%	16.8%	1.27 (0.76-2.12)
Total	100.0%	100.0%	--

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

Table 12.11 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	36.7%	34.1%	1.08 (0.80-1.45)
Hand/Wrist Strain/Sprain	2.5%	5.8%	2.30 (0.75-7.12)
Head/Face Concussion	7.2%	12.3%	1.72 (0.92-3.23)
Knee Other	3.7%	5.9%	1.60 (0.64-4.01)
Knee Strain/Sprain	7.0%	8.0%	1.14 (0.54-2.40)

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

Table 12.12 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	19.2%	19.2%	1.00 (0.63-1.58)
3-6 Days	25.4%	27.2%	1.07 (0.74-1.55)
7-9 Days	16.8%	12.6%	1.34 (0.79-2.27)
10-21 Days	18.7%	18.8%	1.00 (0.64-1.58)
>21 Days	5.6%	5.5%	1.02 (0.43-2.43)
Other	14.4%	16.8%	1.17 (0.72-1.92)
Total	100.0%	100.0%	--

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

Table 12.13 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	23.2%	18.0%	1.29 (0.82-2.02)
Contact with Ball	3.4%	7.4%	2.20 (0.79-6.06)
Jumping/Landing	25.7%	21.0%	1.23 (0.80-1.87)
N/A **	5.9%	10.7%	1.80 (0.83-3.88)
Other	9.7%	8.0%	1.21 (0.59-2.50)
Rotation Around a Planted Foot/Inversion	14.3%	14.2%	1.01 (0.60-1.70)
Stepped On/Fell On/Kicked	11.6%	13.4%	1.15 (0.64-2.09)
Unknown	6.1%	7.3%	1.20 (0.53-2.76)
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 12.14 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	5.1%	5.7%	1.13 (0.47-2.68)
Chasing Loose Ball	7.9%	10.6%	1.34 (0.67-2.66)
Conditioning	2.0%	4.2%	2.09 (0.62-7.00)
Defending	16.4%	8.0%	2.06 (1.06-4.00)
General Play	15.3%	20.1%	1.31 (0.80-2.16)
Other	1.7%	0.3%	5.00 (0.88-28.36)
Passing	0.6%	0.5%	1.18 (0.10-13.26)
Rebounding	22.6%	16.5%	1.37 (0.85-2.21)
Receiving Pass	1.0%	5.1%	5.23 (1.03-26.48)
Screening	0.6%	0.0%	--
Shooting	9.6%	9.6%	1.00 (0.51-1.98)
Unknown	17.2%	19.4%	1.13 (0.70-1.82)
Total	100.0%	100.0%	--

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

12.3 BOYS' BASEBALL AND GIRLS' SOFTBALL

Table 12.15 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	1.02	1.21	1.19 (0.93-1.53)
Competition	1.77	1.62	1.10 (0.78-1.54)
Practice	0.60	0.99	1.65 (1.14-2.40)

* 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 12.16 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	13.2%	14.3%	1.06 (0.50-2.24)
Neck	1.5%	2.8%	1.87 (0.16-21.57)
Shoulder	12.9%	5.9%	1.98 (0.60-6.56)
Trunk	1.3%	7.1%	5.42 (1.25-23.52)
Arm/Elbow	18.2%	5.4%	3.44 (1.17-10.09)
Hand/Wrist	13.6%	26.7%	2.02 (0.99-4.14)
Hip/Thigh/Upper Leg	14.8%	18.5%	1.23 (0.59-2.53)
Knee	7.2%	8.7%	1.19 (0.42-3.37)
Lower Leg	3.8%	0.4%	8.80 (1.35-57.39)
Ankle	7.6%	7.8%	1.01 (0.36-2.85)
Foot	4.2%	1.8%	2.38 (0.43-13.02)
Other	1.8%	0.4%	4.09 (0.47-35.82)
Total	100.0%	100.0%	--

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

Table 12.17 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	48.1%	50.7%	1.05 (0.77-1.45)
Contusion	15.2%	12.8%	1.18 (0.52-2.69)
Fracture	9.1%	10.0%	1.10 (0.41-2.95)
Concussion	8.1%	10.8%	1.35 (0.55-3.26)
Other	19.6%	15.6%	1.26 (0.61-2.59)
Total	100.0%	100.0%	--

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

Table 12.18 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	5.4%	6.8%	1.27 (0.39-4.19)
Arm/Elbow Other	5.7%	1.9%	2.92 (0.35-24.49)
Arm/Elbow Strain/Sprain	12.5%	2.6%	4.85 (1.18-20.03)
Hand/Wrist Contusion	3.0%	5.6%	1.83 (0.31-10.69)
Hand/Wrist Fracture	7.1%	7.0%	1.02 (0.32-3.19)
Hand/Wrist Strain/Sprain	1.9%	13.8%	7.34 (1.36-39.54)
Head/Face Concussion	8.1%	10.8%	1.35 (0.55-3.26)
Hip/Thigh/Upper Leg Strain/Sprain	12.6%	14.5%	1.15 (0.51-2.64)
Shoulder Strain/Sprain	7.6%	3.0%	2.53 (0.44-14.56)

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

Table 12.19 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	13.4%	17.7%	1.29 (0.59-2.80)
3-6 Days	24.5%	38.6%	1.54 (0.95-2.51)
7-9 Days	17.3%	8.5%	2.07 (0.93-4.61)
10-21 Days	21.3%	14.2%	1.53 (0.75-3.10)
>21 Days	3.1%	5.2%	2.06 (0.58-7.38)
Other	20.4%	15.8%	1.22 (0.62-2.40)
Total	100.0%	100.0%	--

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

Table 12.20 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	10.0%	8.6%	1.17 (0.41-3.35)
Contact with Bases	7.6%	7.0%	1.08 (0.37-3.13)
Contact with Thrown Ball (Non-Pitch)	2.0%	9.4%	4.68 (1.25-17.49)
Hit by Batted Ball	8.2%	14.2%	1.73 (0.69-4.31)
Hit by Pitch	8.1%	0.8%	10.07 (1.81-55.90)
N/A **	8.9%	3.2%	2.76 (0.98-7.76)
Other	28.5%	32.1%	1.13 (0.67-1.88)
Rotation Around a Planted Foot/Inversion	1.6%	7.8%	4.76 (1.11-20.37)
Throwing (Not Pitching)	5.2%	4.3%	1.19 (0.24-5.90)
Throwing (Pitching)	19.8%	4.9%	4.06 (1.18-13.94)
Unknown	0.0%	7.7%	--
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 12.21 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	15.1%	10.8%	1.39 (0.54-3.63)
Catching	5.5%	8.8%	1.60 (0.53-4.80)
Conditioning	0.0%	4.0%	--
Fielding a Batted Ball	21.5%	15.0%	1.44 (0.70-2.96)
Fielding a Thrown Ball	2.3%	3.6%	1.57 (0.21-11.56)
General Play	6.6%	6.5%	1.01 (0.27-3.76)
Other	3.3%	6.3%	1.87 (0.39-9.04)
Pitching	20.1%	7.1%	2.83 (1.08-7.41)
Running Bases	14.9%	14.4%	1.04 (0.48-2.22)
Sliding	8.1%	11.6%	1.43 (0.52-3.95)
Throwing	2.1%	8.1%	3.85 (0.83-17.79)
Unknown	0.5%	3.8%	7.84 (0.86-71.38)
Total	100.0%	100.0%	--

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

XIII. TRENDS OVER TIME

Table 13.1 Injury Rates by Sport, Type of Exposure, and Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

		2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26	P-Value for Trend
Overall	Total	2.46	2.53	2.28	1.96	2.03	1.97	2.17	2.16	2.18	2.13	2.32	2.07	2.45	2.29	2.31	2.01	2.36	2.41	2.25	2.41	2.11	0.7077
	Competition	4.50	4.74	4.36	3.93	4.06	4.12	4.26	4.31	4.22	4.40	4.74	4.25	4.88	4.61	5.16	3.84	4.53	4.93	4.71	4.93	4.44	0.0649
	Practice	1.67	1.71	1.51	1.24	1.28	1.16	1.40	1.34	1.39	1.28	1.39	1.21	1.47	1.38	1.30	1.36	1.47	1.46	1.29	1.38	1.20	0.1303
Boys' Football	Total	4.25	4.33	4.09	3.41	3.64	3.50	3.78	3.87	3.74	3.73	4.08	3.56	4.33	3.85	3.84	3.39	4.12	3.80	3.57	3.96	3.52	0.3097
	Competition	11.72	13.12	12.45	10.94	12.30	12.30	12.41	12.53	11.38	11.97	12.68	11.55	14.13	12.09	13.07	12.11	13.27	12.84	12.61	13.56	12.68	0.0543
	Practice	2.49	2.61	2.43	1.88	1.99	1.74	2.16	2.08	2.15	2.06	2.18	1.89	2.14	2.00	1.77	1.88	2.13	1.92	1.68	1.86	1.61	0.0008
Boys' Soccer	Total	2.39	2.19	1.75	1.59	1.73	1.56	1.64	1.52	1.62	1.60	1.87	1.47	1.94	1.83	1.59	1.80	1.76	1.80	1.89	2.01	1.84	0.7925
	Competition	4.14	4.13	3.63	3.35	3.31	3.08	3.47	3.28	3.40	3.43	3.95	3.25	3.92	3.86	3.35	3.30	3.76	3.82	3.98	4.20	4.33	0.1632
	Practice	1.56	1.41	0.95	0.85	1.04	0.90	0.90	0.78	0.82	0.78	0.91	0.67	1.04	0.92	0.82	1.25	0.90	0.91	1.00	0.96	0.77	0.1055
Girls' Soccer	Total	2.32	2.44	2.31	2.00	1.96	1.93	2.42	2.29	2.47	2.64	2.59	2.46	2.82	2.72	2.22	2.06	2.34	2.45	2.69	2.82	2.05	0.1603
	Competition	5.14	5.22	5.06	4.44	4.63	4.13	5.68	5.54	5.72	6.11	5.93	5.91	5.83	5.70	5.12	4.38	5.09	5.55	5.83	6.18	4.63	0.2536
	Practice	1.08	1.29	1.15	0.96	0.81	0.93	1.09	0.92	1.04	1.09	1.09	0.85	1.48	1.34	1.06	1.16	1.07	1.11	1.33	1.26	0.86	0.3645
Girls' Volleyball	Total	1.59	1.34	1.21	0.83	0.97	0.96	1.00	0.89	0.99	1.11	1.19	1.09	1.54	1.34	1.25	1.02	1.25	1.28	1.02	1.34	1.29	0.4758
	Competition	1.88	1.34	1.38	0.82	0.99	1.18	1.27	1.08	1.15	1.39	1.52	1.61	2.18	1.58	1.84	1.40	1.67	1.65	1.11	1.96	1.61	0.0615
	Practice	1.42	1.34	1.13	0.84	0.97	0.85	0.85	0.78	0.91	0.97	1.02	0.83	1.20	1.23	0.95	0.86	1.03	1.09	0.98	1.00	1.13	0.5640
Boys' Basketball	Total	1.82	1.72	1.38	1.33	1.43	1.35	1.40	1.47	1.45	1.08	1.48	1.54	1.54	1.61	1.52	1.87	1.75	1.91	1.59	1.61	1.64	0.1054
	Competition	2.87	2.82	2.20	2.29	2.69	2.39	2.60	2.44	2.40	1.98	2.84	2.65	2.74	3.09	2.74	2.95	3.07	3.33	2.60	2.56	2.82	0.0590
	Practice	1.40	1.26	1.04	0.94	0.90	0.91	0.91	1.04	1.02	0.68	0.90	1.04	1.01	0.98	0.99	1.45	1.14	1.33	1.11	1.17	1.11	0.4249
Girls' Basketball	Total	2.02	2.03	1.57	1.47	1.56	1.73	1.57	1.83	1.88	1.65	2.14	1.87	2.15	1.95	2.06	1.87	2.43	2.14	2.36	2.06	1.79	0.0100
	Competition	3.56	3.52	3.19	2.95	2.84	3.59	3.03	3.13	3.66	3.27	4.17	3.63	4.12	3.63	4.01	3.14	3.96	4.79	5.14	4.15	3.20	0.0080
	Practice	1.40	1.39	0.88	0.86	0.99	0.92	0.98	1.24	1.08	0.94	1.24	1.03	1.26	1.21	1.22	1.37	1.73	1.01	1.04	1.04	1.13	0.4600
Boys' Wrestling	Total	2.47	2.45	2.30	2.14	1.92	2.01	2.50	2.33	2.48	2.12	2.23	1.92	2.65	2.52	2.38	1.70	2.96	3.10	2.48	2.74	2.29	0.1437
	Competition	3.73	3.70	3.68	3.22	3.00	3.32	3.56	3.54	3.95	3.76	3.43	3.64	4.30	4.46	4.08	2.75	5.39	5.27	4.26	4.71	4.39	0.0032
	Practice	2.07	2.00	1.80	1.75	1.52	1.55	2.10	1.88	1.95	1.61	1.83	1.32	2.04	1.84	1.81	1.41	2.13	2.38	1.85	2.07	1.67	0.6895

Boys' Baseball	Total	1.18	1.25	0.94	0.78	0.82	0.81	0.83	0.88	1.01	0.94	0.84	0.74	0.95	1.03	0.70	1.05	0.96	1.33	1.06	1.12	1.02	0.4453
	Competition	1.71	2.03	1.37	1.32	1.27	1.49	1.14	1.30	1.68	1.67	1.35	1.23	1.28	1.66	0.46	1.44	1.36	1.92	1.84	1.77	1.77	0.7085
	Practice	0.88	0.82	0.71	0.48	0.57	0.46	0.65	0.66	0.63	0.55	0.56	0.44	0.77	0.68	0.74	0.82	0.72	1.01	0.65	0.74	0.60	0.4845
Girls' Softball	Total	1.13	1.11	1.26	1.03	1.11	0.94	1.46	1.15	0.99	1.00	1.30	1.34	1.34	1.43	0.91	1.24	1.55	1.50	1.22	1.42	1.21	0.0433
	Competition	1.76	1.96	1.82	1.60	1.66	1.45	2.04	1.96	1.09	1.67	2.10	1.55	1.94	2.19	1.74	1.74	1.93	2.14	1.98	2.03	1.62	0.2606
	Practice	0.79	0.65	0.95	0.72	0.82	0.69	1.16	0.73	0.93	0.65	0.87	1.21	1.01	1.01	0.69	0.96	1.33	1.16	0.82	1.09	0.99	0.0234

* Statistically significant tests for trend are bolded. COVID-19 may have affected these results.

Table 13.2 Nationally Estimated Number of Injuries by Sport, Type of Exposure, and Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

		2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18
Overall	Total	1,422,835	1,443,423	1,401,275	1,214,878	1,330,664	1,195,816	1,392,262	1,361,986	1,427,315	1,196,479	1,393,566	1,160,321	1,367,995
	Competition	746,284	748,874	748,558	668,031	738,454	711,642	740,493	779,055	790,966	708,150	801,156	699,410	798,725
	Practice	676,551	694,549	652,717	546,847	592,210	484,174	651,769	582,931	636,349	488,329	592,410	460,911	569,270
Boys' Football	Total	505,908	561,470	605,644	513,455	560,100	483,016	559,064	616,209	624,470	529,483	568,789	444,281	463,626
	Competition	274,446	285,252	304,470	279,816	310,130	296,199	287,710	344,097	324,354	286,421	316,308	252,462	281,790
	Practice	231,462	276,218	301,174	233,639	249,970	186,817	271,354	272,112	300,116	243,062	252,481	191,819	181,836
Boys' Soccer	Total	215,490	168,604	159,009	147,341	152,237	138,974	172,070	149,049	149,278	133,919	174,811	145,215	180,607
	Competition	116,987	90,461	99,785	85,837	82,737	81,238	97,540	89,429	90,683	89,091	111,720	98,031	113,655
	Practice	98,503	78,143	59,224	61,504	69,500	57,736	74,530	59,620	58,595	44,828	63,091	47,184	66,952
Girls' Soccer	Total	182,938	225,560	211,056	185,594	179,509	180,254	222,679	190,382	227,172	217,546	209,027	190,436	242,602
	Competition	121,437	145,173	141,924	118,804	129,463	124,674	145,469	141,339	167,975	158,078	142,722	146,696	152,993
	Practice	61,501	80,387	69,132	66,790	50,046	55,580	77,210	49,043	59,197	59,468	66,305	43,740	89,609
Girls' Volleyball	Total	78,298	79,592	71,791	53,413	67,204	50,711	52,662	44,064	45,144	46,807	58,127	46,601	67,163
	Competition	32,177	27,076	25,898	18,204	21,550	21,416	24,439	19,150	16,430	19,373	25,300	23,886	33,075
	Practice	46,121	52,516	45,893	35,209	45,654	29,295	28,223	24,914	28,714	27,434	32,827	22,715	34,088
Boys' Basketball	Total	96,966	94,482	82,580	77,897	84,102	79,762	75,872	85,819	84,455	55,980	81,240	88,927	93,773
	Competition	43,670	45,054	36,560	39,332	46,575	41,252	41,978	44,095	42,504	32,534	45,596	46,251	48,814
	Practice	53,296	49,428	46,020	38,565	37,527	38,510	33,894	41,724	41,951	23,446	35,644	42,676	44,959
Girls' Basketball	Total	105,355	99,779	71,568	60,673	78,328	83,033	67,280	83,107	89,451	64,491	99,598	70,700	91,059
	Competition	53,776	52,140	43,949	34,928	44,026	53,931	37,213	45,645	50,864	38,803	56,786	44,660	54,339
	Practice	51,579	47,639	27,619	25,745	34,302	29,102	30,067	37,462	38,587	25,688	42,812	26,040	36,720
Boys' Wrestling	Total	107,654	98,836	92,353	87,041	77,857	80,569	107,992	85,485	91,203	60,253	91,642	67,834	103,058
	Competition	36,238	37,781	40,260	37,074	36,704	36,536	40,235	35,016	39,378	32,728	38,430	34,405	48,770
	Practice	71,416	61,055	52,093	49,967	41,153	44,033	67,757	50,469	51,825	27,525	53,212	33,429	54,288

Boys' Baseball	Total	67,064	60,689	46,078	39,869	64,053	46,797	43,590	49,747	62,493	44,208	44,760	36,395	49,716
	Competition	33,009	33,746	22,803	25,584	36,502	29,789	20,818	24,807	37,682	27,129	25,581	21,458	26,844
	Practice	34,055	26,943	23,275	14,285	27,551	17,008	22,772	24,940	24,811	17,079	19,179	14,937	22,872
Girls' Softball	Total	63,162	54,411	61,196	49,595	67,274	52,700	91,053	58,124	53,649	43,792	65,572	69,932	76,391
	Competition	34,544	32,191	32,909	28,452	30,767	26,607	45,091	35,477	21,096	23,993	38,713	31,561	38,445
	Practice	28,618	22,220	28,287	21,143	36,507	26,093	45,962	22,647	32,553	19,799	26,859	38,371	37,946

		2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Overall	Total	1,307,414	983,683	1,237,273	1,385,717	1,534,842	1,499,393	1,439,640	1,205,886
	Competition	748,085	551,249	619,712	766,617	894,718	871,776	850,668	712,938
	Practice	559,329	432,434	617,561	619,100	640,124	627,617	588,972	492,948
Boys' Football	Total	455,449	392,734	485,416	478,688	552,396	562,530	492,229	427,626
	Competition	259,317	236,338	248,398	276,694	336,471	332,956	301,912	268,187
	Practice	196,132	156,396	237,018	201,994	215,925	229,574	190,317	159,439
Boys' Soccer	Total	184,656	134,036	143,124	174,322	198,877	192,806	206,216	174,367
	Competition	120,217	77,322	71,425	111,007	120,281	118,247	129,916	113,567
	Practice	64,439	56,714	71,699	63,315	78,596	74,559	76,300	60,800
Girls' Soccer	Total	227,951	118,608	133,171	168,680	192,685	205,801	230,933	139,383
	Competition	140,542	73,390	77,138	118,572	132,485	130,307	153,973	90,344
	Practice	87,409	45,218	56,033	50,108	60,200	75,494	76,960	49,039
Girls' Volleyball	Total	59,370	54,665	61,279	68,994	73,903	60,718	74,542	83,086
	Competition	23,045	25,810	27,437	30,805	31,391	23,122	37,504	34,737
	Practice	36,325	28,855	33,842	38,189	42,512	37,596	37,038	48,349
Boys' Basketball	Total	87,521	84,828	129,429	101,263	124,110	102,434	96,736	99,660
	Competition	48,318	47,736	64,833	53,165	64,575	54,994	50,811	55,972
	Practice	39,203	37,092	64,596	48,098	59,535	47,440	45,925	43,688
Girls' Basketball	Total	82,383	76,317	79,278	111,665	86,437	96,585	77,451	63,110
	Competition	48,080	43,148	37,603	51,976	58,076	68,747	50,510	36,026
	Practice	34,303	33,169	41,675	59,689	28,361	27,838	26,941	27,084
Boys' Wrestling	Total	91,176	94,606	81,045	142,959	149,885	128,822	128,204	96,500
	Competition	44,433	41,914	29,360	64,629	73,599	62,263	55,462	44,819
	Practice	46,743	52,692	51,685	78,330	76,286	66,559	72,742	51,681
Boys' Baseball	Total	52,889	13,087	70,377	63,115	70,685	74,776	63,750	55,679
	Competition	30,158	833	36,233	29,855	36,455	43,526	37,175	36,352
	Practice	22,731	12,254	34,144	33,260	34,230	31,250	26,575	19,327

		2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Girls' Softball	Total	66,019	14,802	54,154	76,031	85,864	74,921	69,579	66,475
	Competition	33,975	4,758	27,285	29,914	41,385	37,614	33,405	32,934
	Practice	32,044	10,044	26,869	46,117	44,479	37,307	36,174	33,541

* COVID-19 may have affected these results.

Table 13.3 Body Site of Injury by Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Body Site																					
Ankle	22.6%	19.8%	18.6%	16.3%	17.7%	17.7%	16.1%	15.5%	16.9%	15.1%	16.6%	17.8%	17.8%	18.3%	19.6%	19.1%	17.6%	18.0%	18.4%	20.2%	16.9%
Arm/Elbow	4.1%	3.9%	4.7%	4.2%	4.1%	3.1%	4.0%	3.5%	3.1%	3.7%	3.4%	3.7%	4.6%	3.5%	4.0%	4.0%	4.2%	3.6%	3.6%	4.5%	4.3%
Foot	4.4%	4.3%	4.2%	5.2%	4.2%	4.0%	3.4%	3.2%	2.8%	3.9%	3.6%	2.5%	3.9%	3.9%	3.6%	2.5%	4.7%	3.6%	4.6%	4.2%	4.1%
Hand/Wrist	9.2%	8.1%	10.2%	9.4%	10.2%	8.9%	8.6%	7.4%	7.8%	7.4%	7.8%	7.7%	9.1%	7.9%	8.4%	7.9%	7.0%	9.3%	8.6%	8.4%	10.0%
Head/Face	12.4%	12.6%	12.5%	15.1%	17.2%	23.3%	25.1%	25.7%	25.3%	27.4%	27.3%	27.2%	21.4%	21.4%	21.1%	15.6%	17.8%	17.5%	17.4%	17.5%	18.9%
Hip/Thigh/Upper Leg	10.9%	10.7%	10.3%	10.4%	9.2%	8.3%	9.8%	9.5%	8.7%	9.0%	8.0%	9.0%	10.3%	9.9%	9.9%	11.8%	10.5%	10.1%	10.4%	11.6%	11.7%
Knee	14.3%	16.4%	14.5%	14.7%	15.6%	14.2%	13.4%	14.8%	14.4%	13.7%	14.9%	13.4%	14.1%	13.8%	13.3%	15.5%	14.9%	15.2%	15.3%	14.8%	13.2%
Lower Leg	4.7%	5.4%	5.8%	5.9%	4.7%	5.0%	4.5%	3.9%	4.9%	4.0%	4.3%	4.4%	4.7%	4.2%	4.1%	5.2%	4.3%	5.8%	5.4%	4.7%	5.4%
Neck	2.1%	2.0%	1.8%	1.9%	1.9%	1.8%	1.7%	2.3%	1.2%	1.9%	1.3%	1.4%	0.9%	1.5%	1.5%	0.9%	1.1%	1.6%	1.1%	0.9%	1.3%
Other	1.0%	2.1%	2.1%	2.7%	2.2%	2.1%	2.0%	2.5%	2.4%	2.5%	2.1%	2.3%	2.0%	2.2%	2.3%	1.3%	1.2%	1.6%	2.0%	1.4%	1.5%
Shoulder	7.9%	7.9%	9.1%	8.5%	7.0%	7.0%	6.6%	6.5%	8.5%	7.2%	6.8%	6.4%	6.1%	7.7%	7.0%	7.5%	7.1%	7.5%	6.9%	6.7%	7.3%
Systemic	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	3.9%	4.3%	1.0%	1.1%	0.8%	0.6%
Trunk	6.2%	6.9%	6.4%	5.6%	5.9%	4.7%	5.0%	5.2%	4.1%	4.3%	4.0%	4.3%	5.1%	5.7%	5.2%	4.7%	5.1%	5.2%	5.2%	4.4%	4.7%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

* Throughout this chapter, n's represent the total 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. Totals are not always equal to 100% due to slight rounding or missing responses. Systemic was added in the 2020/21 academic year. COVID-19 may have affected these results.

Table 13.4 Injury Diagnosis by Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Diagnosis																					
Strain/Sprain	52.2%	48.2%	48.3%	45.8%	44.9%	43.2%	42.2%	42.3%	41.7%	39.8%	40.4%	40.2%	45.1%	44.6%	45.3%	47.8%	44.2%	46.8%	45.8%	48.0%	45.3%
Contusion	12.3%	13.7%	12.7%	11.7%	14.2%	9.6%	10.8%	10.6%	9.4%	9.3%	9.2%	9.6%	10.2%	11.1%	8.1%	9.2%	10.3%	11.2%	10.3%	10.3%	11.0%
Fracture	9.7%	9.0%	10.2%	10.8%	9.6%	10.2%	7.7%	7.8%	7.6%	9.4%	8.6%	8.5%	8.0%	7.9%	7.6%	8.9%	7.7%	9.1%	9.0%	8.4%	9.0%
Concussion	9.3%	8.4%	9.2%	11.5%	14.0%	20.0%	22.2%	23.1%	21.9%	24.6%	24.6%	24.8%	18.8%	18.8%	18.0%	12.3%	15.2%	14.8%	15.1%	14.2%	16.2%
Other	16.5%	20.7%	19.6%	20.1%	17.3%	17.0%	17.1%	16.2%	19.4%	16.9%	17.1%	16.9%	17.9%	17.5%	21.0%	21.9%	22.7%	18.1%	19.8%	19.0%	18.5%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

* Totals are not always equal to 100% due to slight rounding or missing responses. COVID-19 may have affected these results.

Table 13.5 Most Common Injury Diagnoses by Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Diagnosis																					
Ankle Strain/Sprain	20.6%	17.8%	17.4%	15.0%	16.1%	16.3%	14.7%	14.5%	15.6%	14.2%	15.7%	16.5%	16.4%	16.2%	17.7%	18.0%	15.9%	17.0%	16.3%	18.9%	15.7%
Hand/Wrist Fracture	3.5%	3.6%	4.0%	3.9%	4.2%	4.0%	3.7%	3.2%	3.3%	3.5%	3.6%	3.5%	3.4%	3.5%	3.4%	3.7%	3.1%	3.7%	3.4%	3.6%	4.2%
Hand/Wrist Strain/Sprain	3.6%	2.7%	4.0%	3.0%	2.8%	2.8%	3.0%	2.5%	2.8%	1.9%	2.5%	2.0%	3.5%	2.6%	3.3%	2.7%	2.3%	3.5%	3.1%	2.8%	3.4%
Head/Face Concussion	9.2%	8.4%	9.2%	11.5%	13.9%	20.0%	22.2%	23.1%	21.9%	24.5%	24.6%	24.8%	18.7%	18.8%	18.0%	12.4%	15.2%	14.8%	15.1%	14.2%	16.2%
Hip/Thigh/Upper Leg Strain/Sprain	8.0%	7.7%	7.3%	7.8%	6.5%	6.4%	6.9%	6.7%	6.6%	6.9%	5.7%	6.4%	8.1%	7.2%	7.5%	9.2%	8.2%	7.1%	8.0%	9.2%	8.5%
Knee Other	4.5%	4.8%	4.6%	4.4%	5.1%	4.8%	3.9%	4.1%	4.7%	4.5%	5.2%	4.9%	5.1%	4.9%	4.8%	6.0%	5.2%	5.1%	6.1%	5.8%	5.2%
Knee Strain/Sprain	7.6%	8.7%	7.7%	7.9%	7.9%	7.7%	7.6%	8.2%	7.8%	7.3%	8.1%	6.9%	6.6%	7.2%	6.5%	7.4%	7.0%	8.0%	7.0%	6.3%	5.5%
Shoulder Other	3.1%	3.6%	4.1%	4.0%	3.2%	3.7%	3.1%	3.4%	4.6%	4.0%	3.3%	3.4%	2.9%	3.4%	4.0%	3.9%	3.9%	4.2%	3.5%	3.3%	3.4%
Shoulder Strain/Sprain	3.4%	2.8%	3.5%	3.8%	2.9%	2.2%	2.9%	2.6%	3.3%	2.6%	2.9%	2.7%	2.8%	3.6%	2.6%	2.9%	3.0%	3.1%	3.0%	2.9%	3.6%
Trunk Strain/Sprain	2.9%	2.8%	3.2%	2.7%	2.6%	2.4%	1.9%	2.3%	1.7%	1.9%	1.5%	1.9%	2.6%	3.2%	2.3%	2.7%	2.1%	2.8%	2.6%	2.2%	2.2%

* COVID-19 may have affected these results.

Table 13.6 Time Loss of Injuries by Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Time Loss																					
1-2 Days	21.8%	26.2%	22.1%	13.6%	14.7%	12.8%	15.9%	12.6%	14.9%	11.0%	16.3%	12.6%	21.2%	19.1%	17.5%	17.4%	16.6%	18.2%	19.9%	17.7%	14.8%
3-6 Days	29.2%	28.1%	28.1%	28.2%	27.3%	25.2%	23.3%	23.6%	21.8%	22.0%	21.9%	22.0%	20.9%	22.5%	22.4%	22.5%	22.7%	22.5%	22.8%	23.5%	24.5%
7-9 Days	14.9%	14.5%	15.4%	17.5%	16.1%	16.7%	16.1%	16.3%	16.7%	15.6%	12.9%	16.1%	12.8%	13.3%	15.3%	12.2%	14.8%	14.4%	13.9%	13.7%	14.4%
10-21 Days	14.7%	13.9%	16.2%	19.5%	16.9%	19.2%	19.6%	21.3%	21.1%	22.1%	21.1%	21.6%	18.8%	21.0%	20.2%	18.7%	20.4%	19.9%	18.7%	20.5%	21.4%
>21 Days	6.6%	6.9%	8.9%	13.6%	7.9%	6.9%	7.0%	7.7%	7.3%	8.9%	7.7%	7.8%	6.5%	5.6%	6.3%	5.0%	7.0%	5.6%	6.6%	7.4%	6.9%
Other	12.9%	10.4%	9.4%	7.5%	17.1%	19.2%	18.0%	18.5%	18.2%	20.5%	20.0%	20.0%	19.8%	18.6%	18.4%	24.2%	18.6%	19.5%	18.2%	17.1%	17.9%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

* Totals are not always equal to 100% due to slight rounding or missing responses. COVID-19 may have affected these results.

Table 13.7 Injuries Requiring Surgery by Year, High School Sports-Related Injury Surveillance Study, US, 2005-06 to 2025-26 School Years *

	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
Required Surgery	5.1%	6.4%	6.1%	6.7%	8.1%	8.2%	6.7%	7.3%	7.6%	7.3%	6.1%	7.1%	5.7%	6.4%	6.6%	8.3%	5.5%	7.3%	6.6%	5.6%	6.5%
Did Not Require Surgery	94.9%	93.6%	93.9%	93.3%	91.9%	91.8%	93.3%	92.7%	92.4%	92.7%	93.9%	92.9%	94.3%	93.6%	93.4%	91.7%	94.5%	92.7%	93.4%	94.4%	93.5%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

* Totals are not always equal to 100% due to slight rounding or missing responses. COVID-19 may have affected these results.

XIV. 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.

XV. 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.