

# IRB INJURY SURVEILLANCE STUDY

## HSBC SEVENS WORLD SERIES 2010/11

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### Introduction:

The HSBC Sevens World Series 2010/2011 involved 8 Tournaments over the period 4 December 2010 to 28 May 2011. This report summarises the key results obtained for the 12 core teams taking part in all 8 Tournaments and for 2 teams taking part in 5 of the Tournaments.

The study was conducted in accordance with the IRB approved consensus statement on definitions and procedures for injury surveillance studies in rugby union.

### Summary of results:

98 match injuries (Backs: 61; Forwards: 37) were reported by the 14 teams during 965.8 player-match-hours (Backs: 551.9; Forwards: 413.9).

**Incidence of injury:** 101.5 injuries/1000 player-hours (Backs: 110.5; Forwards: 89.4); 0.18 injuries/team-match.

[2008/2009 – Incidence: 106.2 injuries/1000 player-match-hours; 0.18 injuries/team-match]

**Severity of injury:** Mean – 34.1 days (Backs: 31.8; Forwards: 37.8); Median – 26 days (Backs: 26; Forwards: 31).

[2008/2009 – Mean: 45.0 days; Median: 24 days]

<b>Location of injury, %:</b>	<b>2010/2011</b>	<b>2008/2009</b>
Head/neck	12.2	4.9
Lower limbs	70.4	69.9
Trunk	8.2	7.8
Upper limbs	9.2	17.5

<b>Type of injury, %:</b>	<b>2010/2011</b>	<b>2008/2009</b>
Bone	8.2	8.7
CNS/PNS	6.1	4.9
Joint (non-bone)/ligament	46.9	51.5
Muscle/tendon	35.7	33.0
Skin	2.0	-
Other injuries	1.0	1.9

<b>Cause of injury,%</b>	<b>2010/2011</b>	<b>2008/2009</b>
Contact	72.8	77.8
Non-contact	27.2	22.2

There were no statistically significant differences ( $p < 0.05$ ) in the incidence, severity, location, type or cause of injury for forwards or backs in the 2010/11 Rugby Sevens Series compared with the results reported for the 2008/09 Series. Knee ligament injuries and hamstring injuries remained the most common injuries. There were fewer ACL injuries in 2010/2011 compared to 2008/2009, which resulted in a (non-significant) reduction in the mean severity of injury.

### Conclusions:

The results obtained from the 2010/2011 HSBC Sevens World Series are in close agreement with the results obtained from the 2008/2009 Sevens Series. The intention is that the results obtained during the 2010/2011 HSBC Sevens World Series will be combined with the results collected during the HSBC Sevens World Series in 2011/12 to provide a statistically more powerful study and to enable a more detailed analysis of the risks of injury in Rugby Sevens to be published.