

Table 5E.3.2: Overall Game and Practice Injury Rates for 15 Sports, 1988-1989 to 2003-2004

<u>Sports</u>	<u>Injury Rate (per 1000 Athlete-Exposures [1])</u>
<u>Game Injury Rate</u>	
Men's baseball	5.8
Men's basketball	9.9
Women's basketball	7.7
Women's field hockey	7.9
Men's football [2]	35.9
Women's gymnastics	15.2
Men's ice hockey	16.3
Women's ice hockey	12.6
Men's lacrosse	12.6
Women's lacrosse	7.2
Men's soccer	18.8
Women's soccer	16.4
Women's softball	4.3
Women's volleyball	4.6
Men's wrestling	26.4
<u>Practice Injury Rate</u>	
Men's baseball	1.9
Men's basketball	4.3
Women's basketball	4.0
Women's field hockey	3.7
Men's fall football [2]	3.8
Women's gymnastics	6.1
Men's ice hockey	2.0
Women's ice hockey [1]	2.5
Men's lacrosse	3.2
Women's lacrosse	3.3
Men's soccer	4.3
Women's soccer	5.2
Women's softball	2.7
Women's volleyball	4.1
Men's wrestling	5.7
Men's spring football [2]	9.6

[1] Data collection for women's ice hockey began in 2000-2001.

[1] Athlete-exposures are defined as one athlete participating in one game or practice.

[2] Fall and spring football are reported separately for practices because no "official games" are played during spring football; only fall football is listed for games.

Source: Hootman JM, Dick R, Agel J. Epidemiology of Collegiate Injuries for 15 Sports: Summary and Recommendations for Injury Prevention Initiatives. *Journal of Athletic Training* 2007;42(2):311-319.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1941297/>

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