**Appendix 1**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Injuries (Training), *nT* | Time of Exposure (Training), *hT* | Incidence /1000h  (Training) | Injuries (Matches), *nM* | Time of Exposure (Matches), *hM* | Incidence /1000h (Matches) | Injuries, *n* | Time of Exposure, *h* | Incidence /1000h |
| **Under 17**  *- Team 1*  *- Team 2*  *- Team 3*  *- Team 4*  *- Team 5*  *- Team 6*  *- Team 7*  *- Team 8*  *- Team 9*  *- Team 10*  *- Team 11* | **73**  1  3  1  2  5  4  41  3  6  4  3 | **28 598.5**  2 931.8  1 882.1  2 090.3  3 855.0  2 178.8  2 288.3  4 893.8  1 586.8  3 625.4  1 264.4  2 001.8 | **2.14** (0.64-3.64)\*  0.34  1.59  0.48  0.52  2.29  1.75  8.38  1.89  1.65  3.16  1.50 | **65**  3  8  1  12  6  2  16  2  4  5  6 | **5 074.5**  674.7  586.7  293.3  645.3  293.3  337.3  616.0  337.3  645.3  308.0  337.3 | **12.60** (7.40-17.80)\*  4.45  13.64  3.41  18.60  20.45  5.93  25.97  5.93  6.20  16.23  17.79 | **138**  4  11  2  14  11  6  57  5  10  9  9 | **33 673.0**  3 606.5  2 468.8  2 383.6  4 500.3  2 472.1  2 625.6  5 509.8  1 924.1  4 270.7  1 572.4  2 339.1 | **3.74** (1.96-5.51)\*  1.11  4.46  0.84  3.11  4.45  2.29  10.35  2.60  2.34  5.72  3.85 |
| **Under 19**  *- Team 12*  *- Team 13*  *- Team 14*  *- Team 15*  *- Team 16*  *- Team 17*  *- Team 18*  *- Team 19*  *- Team 20*  *- Team 21* | **46**  4  1  2  8  2  8  10  5  3  3 | **24 561.0**  2 358.0  1 542.1  2 256.0  1 633.0  3 180.8  4 730.6  2 437.5  2 106.8  2 114.9  2 201.3 | **1.97** (0.94-3.01)\*  1.70  0.65  0.89  4.90  0.63  1.69  4.10  2.37  1.42  1.36 | **64**  1  7  0  8  4  15  3  8  8  10 | **3828.0**  379.5  379.5  330.0  379.5  330.0  660.0  297.0  379.5  313.5  379.5 | **16.01** (9.32-22.69)\*  2.64  18.45  0.00  21.08  12.12  22.73  10.10  21.08  25.52  26.35 | **110**  5  8  2  16  6  23  13  13  11  13 | **28 389.0**  2 737.5  1 921.6  2 586.0  2 012.5  3 510.8  5 390.6  2 734.5  2 486.3  2 428.4  2 580.8 | **4.02** (2.53-5.52)\*  1.83  4.16  0.77  7.95  1.71  4.27  4.75  5.23  4.53  5.04 |
| **Total** | **119** | **53 159.5** | **2.06** (1.22-2.90)\* | **129** | **8 902.5** | **14.22** (10.35-18.09)\* | **248** | **62 062.0** | **3.87** (2.81-4.94)\* |

*Values marked with \* correspond to the average incidence of injury with 95% Confidence Interval referred throughout the article.*

**Appendix 1**. Number of injuries, time of exposure in hours and incidence per 1000 hours of exposure (training, matches and total) by each of the 21 teams enrolled in the study. *nT*=number of injuries during Training. *hT*=Time of exposure during Training in hours. *nM*=number of injuries during Matches. *hM*=Time of exposure during Matches in hours. *n*=number of total injuries (*nT+nM*). *h*=Time of total exposure (*hT+hM*).