

An investigation of some factors associated with injuries of university rugby players in Sri Lanka

Silva K. P. I.¹*, Weerasinghe S.¹, Attanayake D.²

¹*Department of Sports Science, Faculty of Applied Sciences, University of Sri Jayewardenepura, Nugegoda, Sri Lanka*

²*Institute of Sports Medicine, Colombo, Sri Lanka*

Rugby players face a higher risk of injury compared to other athletes. This study was conducted to understand the key factors associated with injuries of university rugby players. The study was conducted as a census study. The sample consisted of 100 players who took part in the Sri Lanka University Games 2019 Rugby competition. The participants were in the age range of 23±3 years, free from injuries for 6 months before the start of the season, and free from systemic injuries. Data were gathered using a pre-validated, structured, self-administered questionnaire. Out of 100 total responses, 76 players sustained injuries and 28.9% of them had recurrent injuries. Of the injured players, 65.8% were given field-side treatment by a qualified medical professional and 76.3% were referred for further medical attention. Almost half of the injuries were sustained during matches and 52.8% of those injuries occurred in the second half of the game. Majority of the injuries were caused due to contact and more than half of the injuries were trauma injuries. A majority (63.2%) of the players had not worn stipulated protective gear. There were significant associations between injury incidence and injury recurrence ($p=0.003$), contact injuries and aspect of play (training or match) ($p=0.013$), and contact injuries and type of injury ($p=0.002$). According to the findings, physical conditioning, skills practice, match situation-related practice and developing knowledge of the mandatory use of protective gear could be identified as the key areas that could be addressed to minimize injury incidence in inter-university rugby.

Keywords: *Injury prevalence, injury surveillance, university rugby*

*Corresponding author: pasinduilex@gmail.com