

# **Injury Surveillance System**

**Men's Lacrosse  
2005-06**



## INTRODUCTION

The NCAA Injury Surveillance System (ISS) was developed in 1982 to provide current and reliable data on injury trends in intercollegiate athletics. Injury data are collected yearly from a representative sample of NCAA member institutions and the resulting data summaries are reviewed by appropriate sports rules committees and the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. The goal of this project continues to be to reduce injury rates through suggested changes in rules, protective equipment or coaching techniques based on data provided by the Injury Surveillance System. Injury data are also presented at national sports science meetings.

During the 1982-83 academic year, injury data were collected only on the sport of football. By 1988, the system had expanded to include four additional fall sports (field hockey, men's soccer, women's soccer and women's volleyball); six additional winter sports (men's basketball, women's basketball, men's gymnastics, women's gymnastics, men's ice hockey and wrestling); and five spring sports (baseball, men's lacrosse, women's lacrosse, spring football and softball). Women's ice hockey was added in the 2000-01 academic year.

In academic year 2002-03 the NCAA began testing a Web-based version of data collection for its existing sports. In 2003-04 three sports (men's and women's soccer and field hockey) were piloted as a web-based system. In 2004-05 all sixteen existing sports were converted to web-based data collection. In 2005-06 all NCAA championship sports, as well as emerging and club sports were available for data collection in the ISS. The web-based system allows the ISS to become a primary medical record for each institution. With real time access to individual school data and efficient end-of-year reports that allow comparison of individual school data across years as well as with conference, divisional and national trends, the ISS has become a tool for risk management at the individual school, conference and Association level.

## RESULTS

The following tables are a summary of the ISS information collected on the sport of **men's lacrosse**. It should be noted that these data represent selected information; a more complete printout of injury data for each sport monitored is available on [www.ncaa.org/iss](http://www.ncaa.org/iss) under Sport Specific Data.

**The injury data presented in this report are a summary of reported injuries that occurred in organized practices and games that restricted participation for at least one day. All schools that submitted exposure information for at least 70 percent of actual practices and games in a given season were included in the final sample.** It is important to emphasize that this system does not identify all injuries that occur at each NCAA institution in a particular sport. Rather, it collects a sampling that is representative of a cross-section of NCAA institutions. These data are descriptive in nature; no statistical analysis of these data has been performed.

The change from paper and pen to web-based data entry has resulted in a need to educate and support a new generation of ISS users. While the web-based system brings better data and significantly enhanced efficiency to athletic trainers, the transition learning curve has resulted in initial reduced participation. The differences in data collection methods and sample size may limit the comparability of the two generations of data. Therefore, most of the tables and figures in this report contain data from the last six years of the original data collection method (1998-99 through 2003-04) with an across-year average, followed by two years of data collected via the web with a second average value. New sports added to the system in 2005

will only have one year of data for each category. **The significant difference in data collection methods may limit comparability between the two data sets.**

## MEN'S LACROSSE SUMMARY

In men's lacrosse, 15 schools (seven percent of sponsoring schools) submitted appropriate data to be included in the national sample (Table 1, page 3).

- **Practice injury rate** - The injury rate for practice was 4.1 injuries per 1000 athlete exposure (A-E). This was similar to the previous year's rate (Figure 1, page 4).
- **Competition injury rate** – The injury rate for competition was 15.3 injuries per 1000 A-E. The competition injury rate slightly lower than the previous year's rate (Figure 1, page 4). Assuming 20 game participants, the competition injury rate equates to one injury every three games.
- **Season** – Men's lacrosse follows a pattern of most ISS sports of having the highest risk of practice injury in preseason and the lowest risk of practice injury in postseason. (Note: There is a smaller sample size in postseason). The preseason practice injury rate was about 2.5 times the regular season practice rate (Figure 4, page 7).
- **General body area injured** - Lower extremity injuries accounted for 67 percent of all practice and 49 percent of all competition injuries with trunk accounting for another 14 percent in practice and nine percent in competition. Head injuries accounted for seven percent of practice and 23 percent of game injuries (Figures 10 and 11, pages 13 and 14).
- **Severe injuries** –Forty percent of all reported practice and competition injuries had time loss of seven days or more (Figure 7 and 8, page 10 and 11). Five percent of practice and three percent of competition injuries required surgery (Figure 9b, page 12). Concussions, knee sprains and thigh strains were the top competition injuries that kept players out seven days or more (Table 4, page 17).
- **Concussion** –Twenty percent of all competition injuries involved concussions (Table 3, page 17). The injury mechanism for competition concussions was primarily player contact.
- **Time and location of game injury** – In games, 46 percent of injuries occurred in the second half, and 41 percent in the first half (Figure 13, page 16). Game injuries were fairly evenly distributed by field location (Figure 14, page 16)
- **Mechanism of injury** – Non-contact was accounted for 49 percent of practice injuries and 25 percent of game injuries. Contact with player accounted for 21 percent of practice injuries and 52 percent of competition injuries. Contact with a stick accounted for eight percent of practice and game injuries (Figures 12a and 12b, page 15).

**Table 1 – Men's Lacrosse  
Distribution of Participating Teams**

|         | <u>Div. I</u> |           | <u>Div. II</u> |           | <u>Div. III</u> |            | <u>Totals</u> |            |
|---------|---------------|-----------|----------------|-----------|-----------------|------------|---------------|------------|
| 1997-98 | 14            | <b>52</b> | 8              | <b>31</b> | 20              | <b>105</b> | 42            | <b>188</b> |
| 1998-99 | 9             | <b>52</b> | 4              | <b>31</b> | 22              | <b>114</b> | 35            | <b>197</b> |
| 1999-00 | 11            | <b>54</b> | 5              | <b>32</b> | 26              | <b>118</b> | 42            | <b>204</b> |
| 2000-01 | 11            | <b>55</b> | 1              | <b>30</b> | 23              | <b>122</b> | 35            | <b>207</b> |
| 2001-02 | 7             | <b>55</b> | 3              | <b>29</b> | 26              | <b>127</b> | 36            | <b>211</b> |
| 2002-03 | 6             | <b>54</b> | 1              | <b>30</b> | 19              | <b>130</b> | 26            | <b>214</b> |
| 2003-04 | 7             | <b>54</b> | 2              | <b>29</b> | 18              | <b>129</b> | 27            | <b>212</b> |
| 2004-05 | 6             | <b>56</b> | 1              | <b>30</b> | 8               | <b>130</b> | 15            | <b>216</b> |
| 2005-06 | 6             | <b>56</b> | 0              | <b>33</b> | 9               | <b>132</b> | 15            | <b>221</b> |

Note: Totals indicate regional and divisional breakdown of institutions participating in the NCAA Injury Surveillance System. Numbers in bold, italicized text indicate the total numbers of NCAA institutions sponsoring the sport by division and nationally.

Figure 1 - Men's Lacrosse  
PRACTICE and GAME Injury Rates  
All Schools

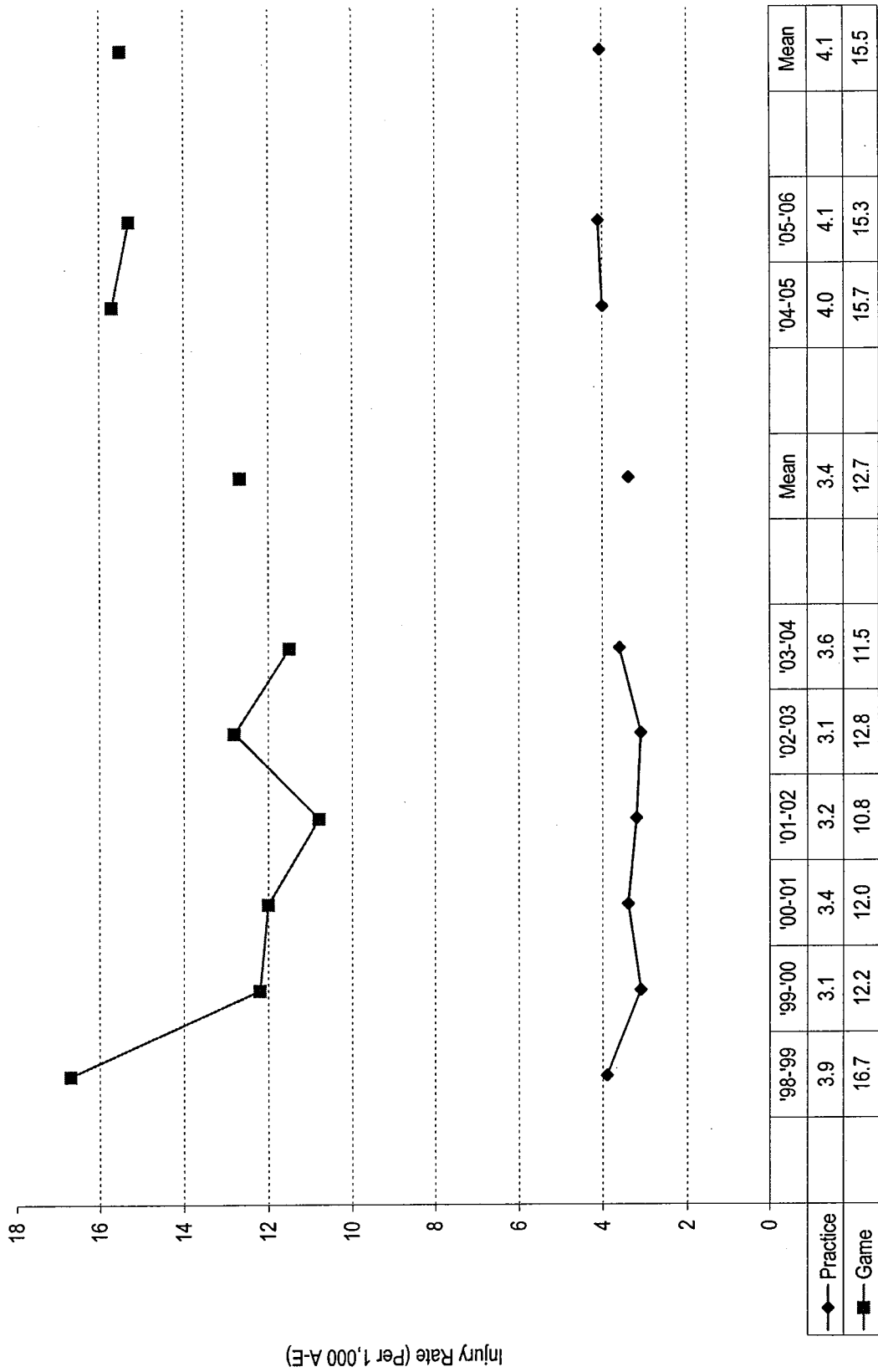


Figure 2 - Men's Lacrosse  
PRACTICE Injury Rates by Division

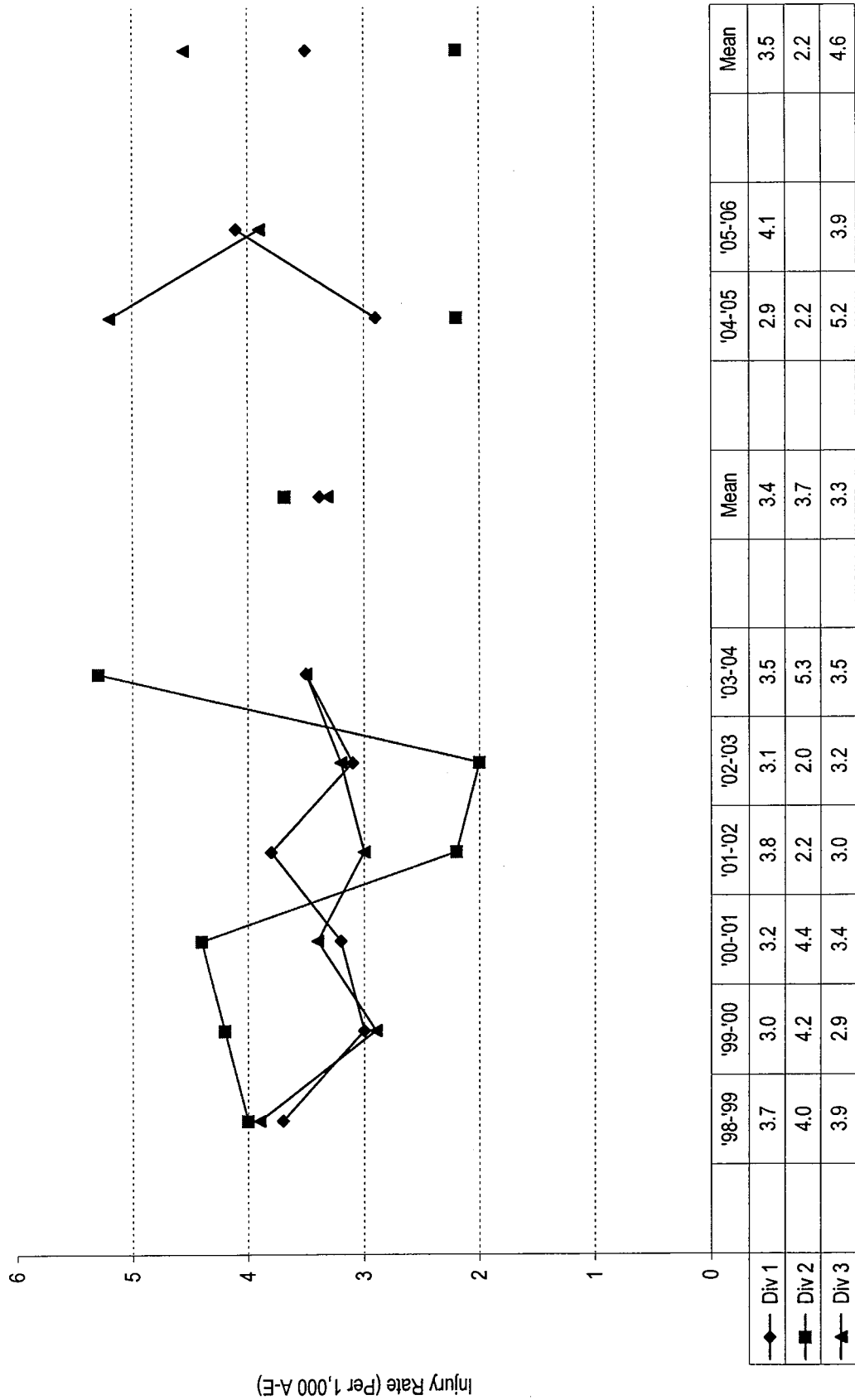
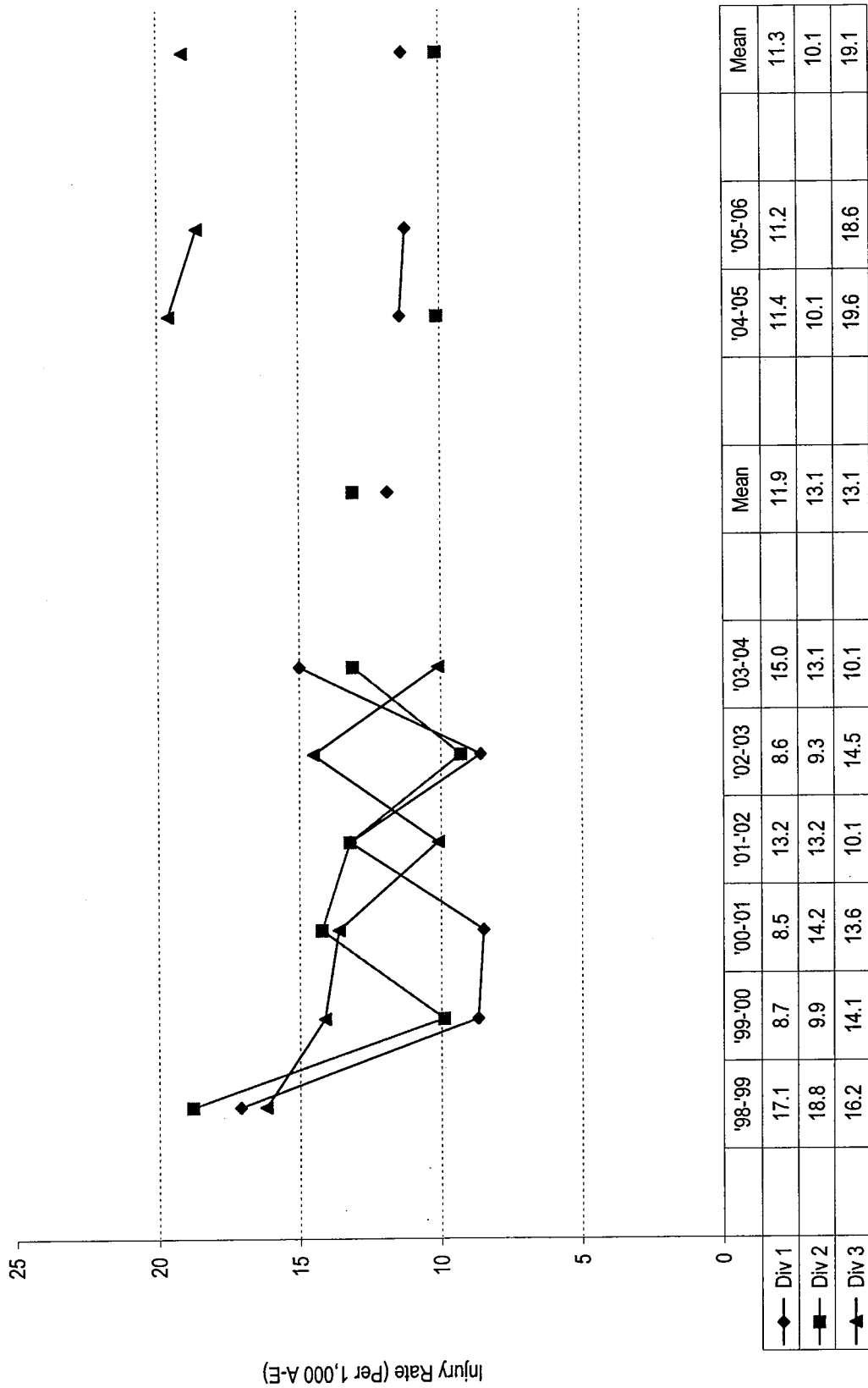
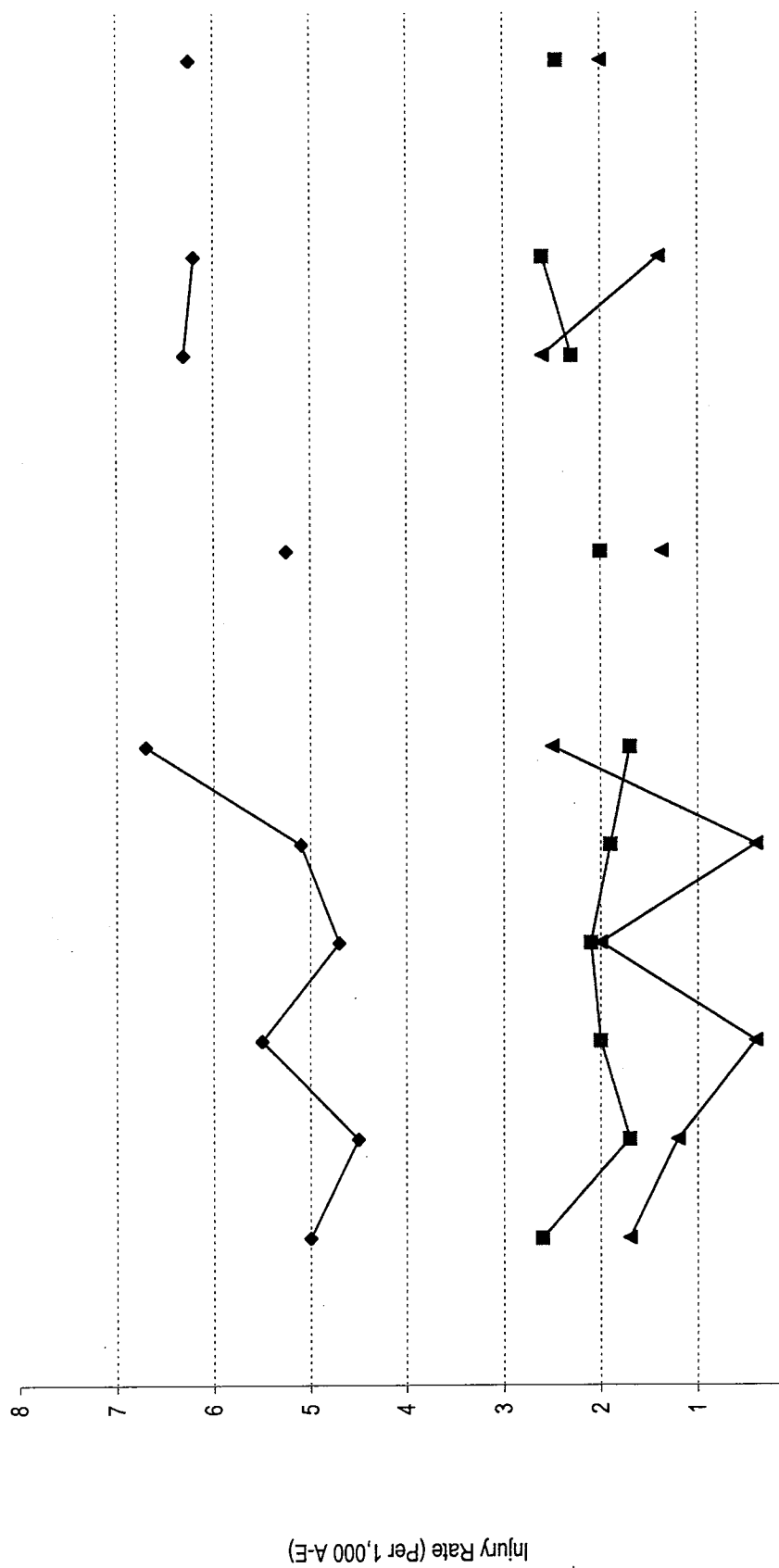


Figure 3 - Men's Lacrosse  
GAME Injury Rates by Division



**Figure 4 - Men's Lacrosse**  
**Pre, Regular and Post Season PRACTICE Injury Rates**  
*Preseason: prior to the first regular season game*  
*Postseason: following the final regular season game*



|         | '98-'99 | '99-'00 | '00-'01 | '01-'02 | '02-'03 | '03-'04 | Mean | '04-'05 | '05-'06 | Mean |
|---------|---------|---------|---------|---------|---------|---------|------|---------|---------|------|
| Pre     | 5.0     | 4.5     | 5.5     | 4.7     | 5.1     | 6.7     | 5.3  | 6.3     | 6.2     | 6.3  |
| Regular | 2.6     | 1.7     | 2.0     | 2.1     | 1.9     | 1.7     | 2.0  | 2.3     | 2.6     | 2.5  |
| Post    | 1.7     | 1.2     | 0.4     | 2.0     | 0.4     | 2.5     | 1.4  | 2.6     | 1.4     | 2.0  |

**Figure 5 - Men's Lacrosse**  
**Regular and Post Season GAME Injury Rates**  
*Preseason: prior to the first regular season game*  
*Postseason: following the final regular season game*

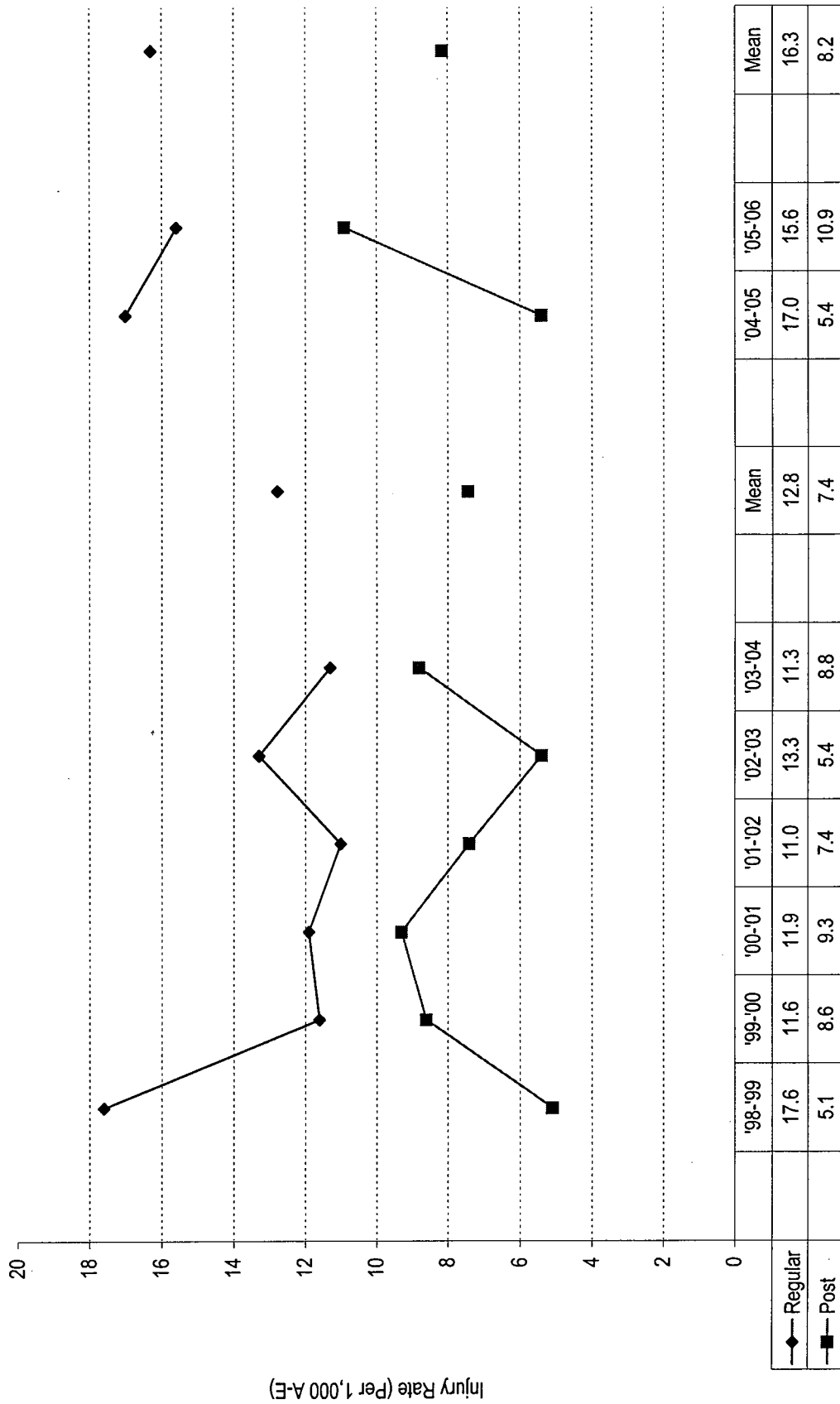


Figure 6 - Men's Lacrosse  
GAME Surface Injury Rates

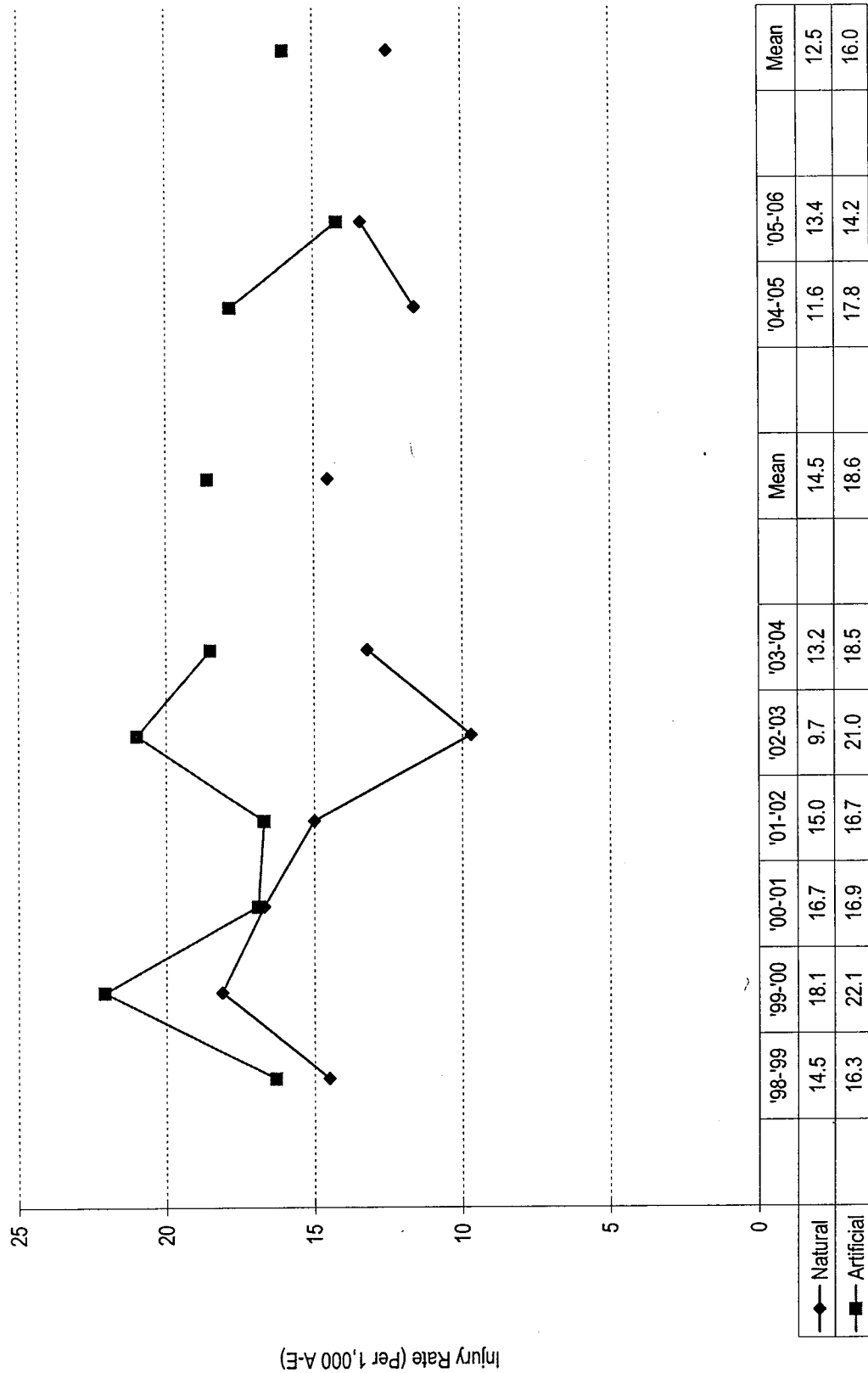
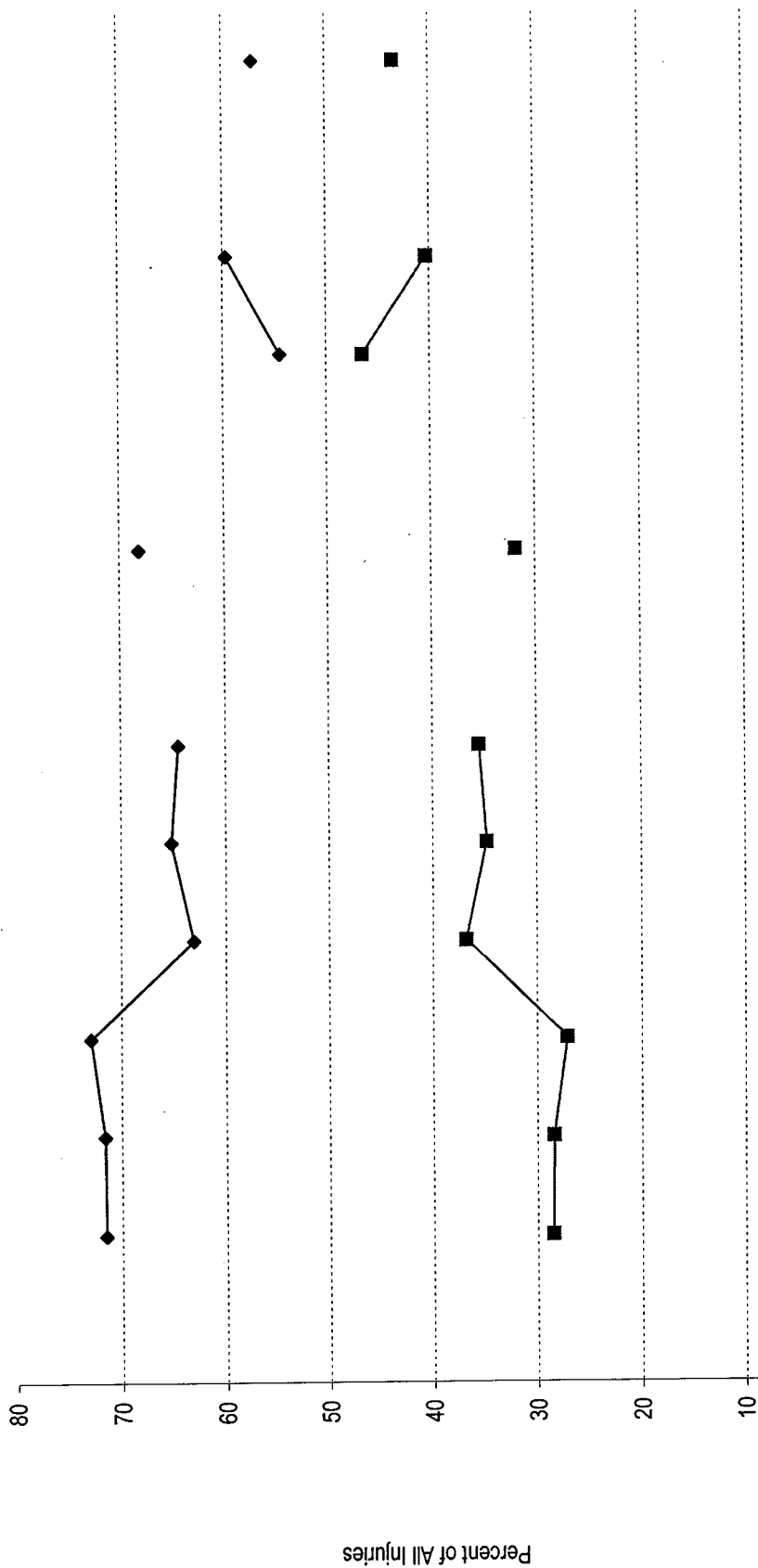


Figure 7 - Men's Lacrosse  
Time-Loss Injuries - PRACTICE  
*Restricted or no participation*



|          | '98-'99 | '99-'00 | '00-'01 | '01-'02 | '02-'03 | '03-'04 | Mean | '04-'05 | '05-'06 | Mean |
|----------|---------|---------|---------|---------|---------|---------|------|---------|---------|------|
| 1-6 days | 71.5    | 71.6    | 72.9    | 63.1    | 65.2    | 64.5    | 68.1 | 54.5    | 59.7    | 57.1 |
| 7+ days  | 28.5    | 28.4    | 27.1    | 36.8    | 34.8    | 35.5    | 31.9 | 46.5    | 40.3    | 43.4 |

**Figure 8 - Men's Lacrosse  
Time-Loss Injuries - GAME  
Restricted or no participation**

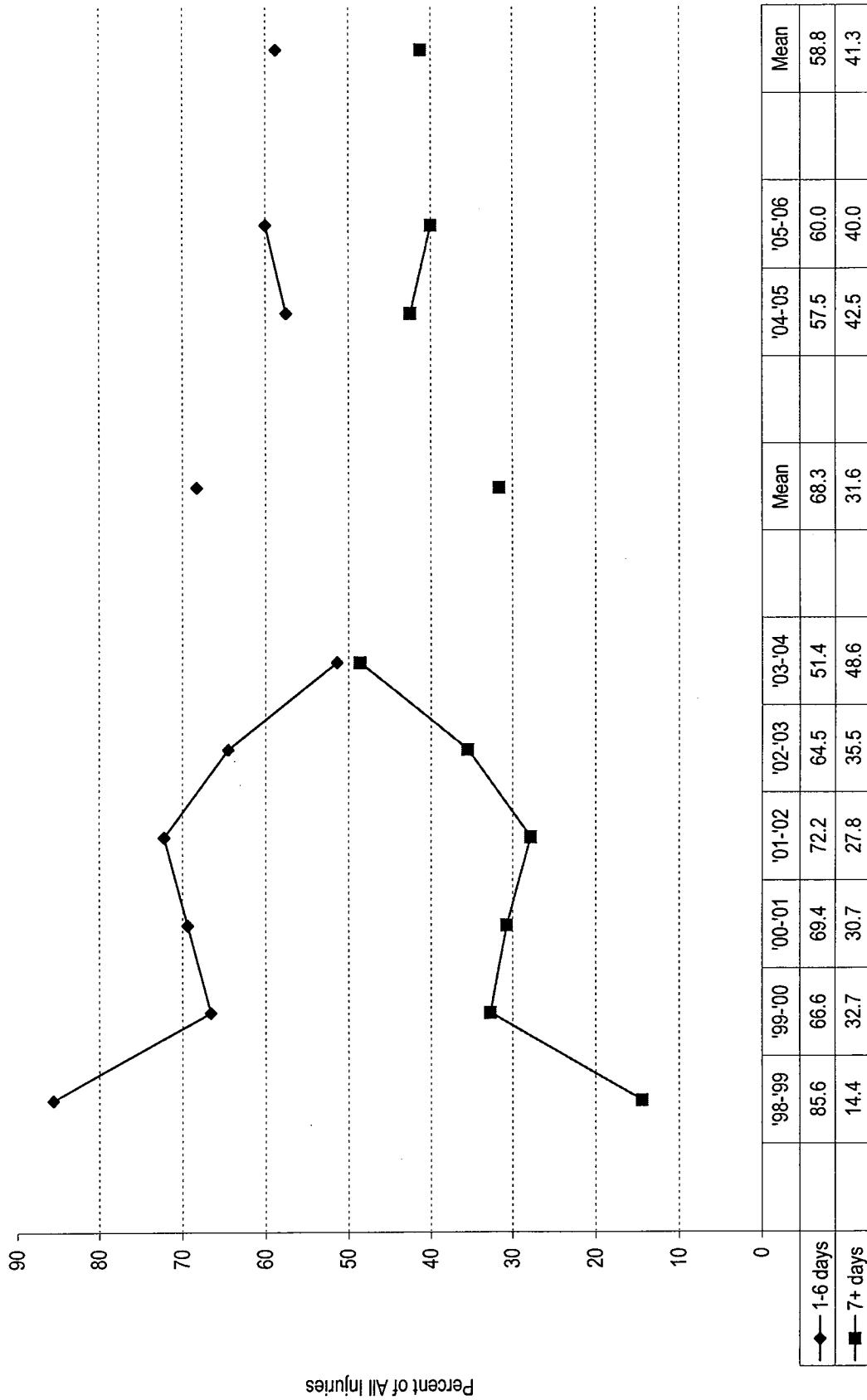


Figure 9a - Men's Lacrosse Injuries Requiring Surgery

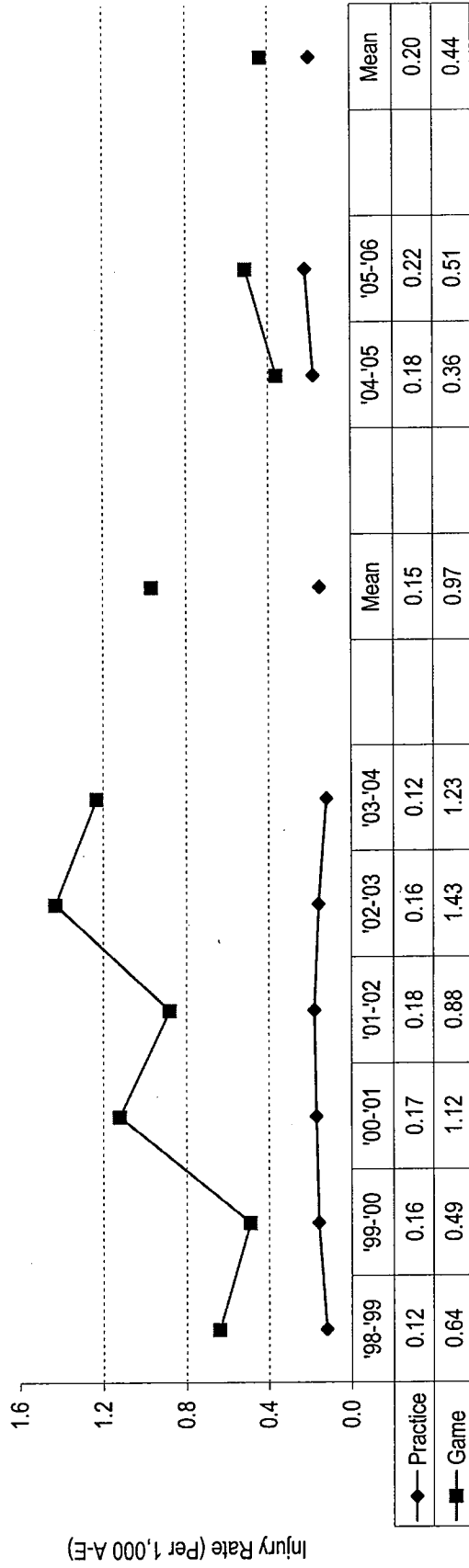
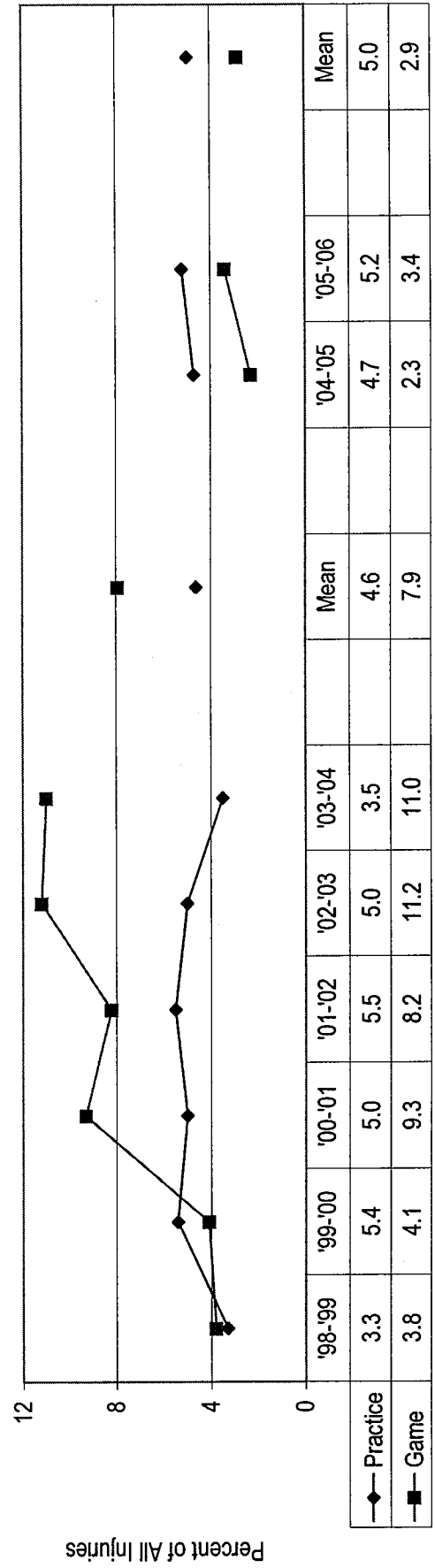
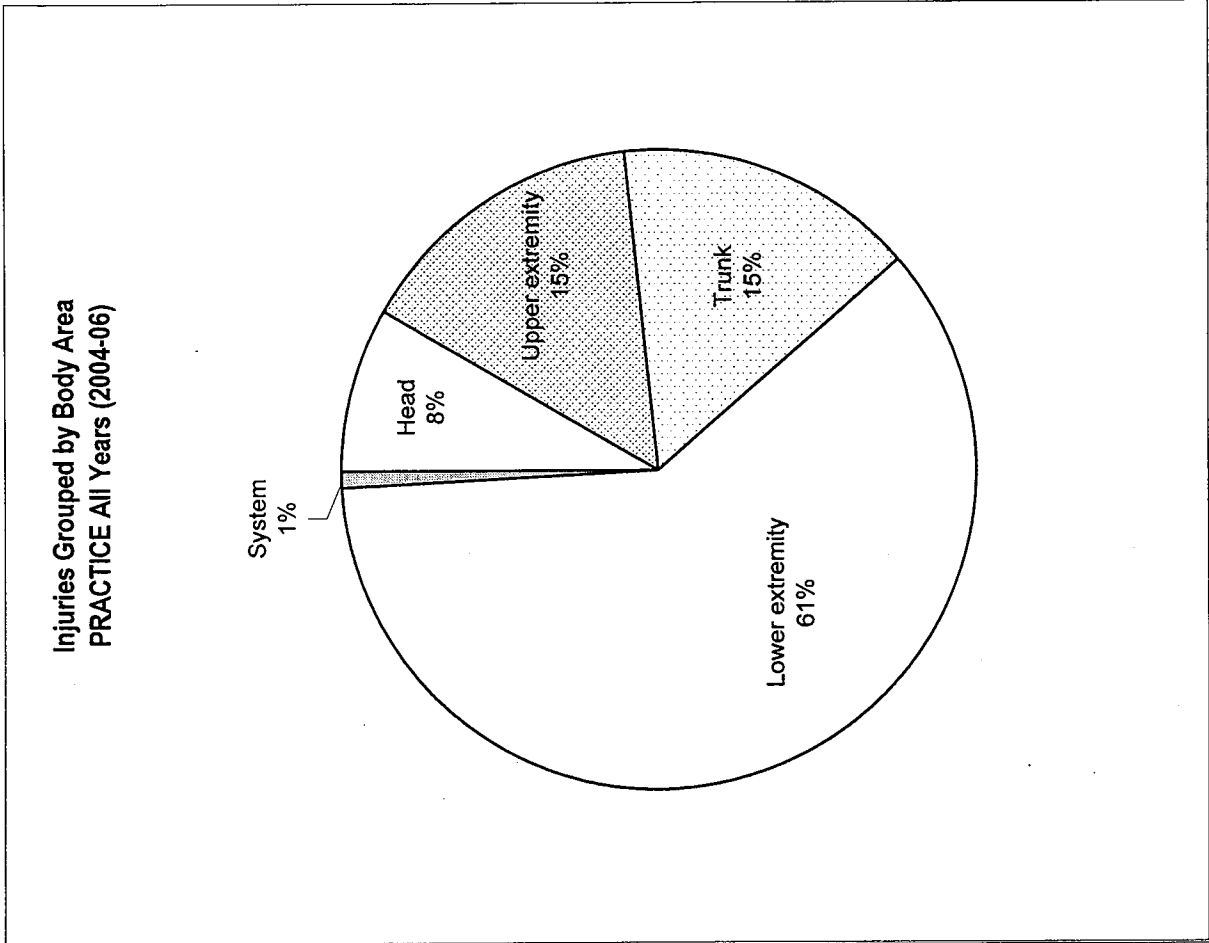
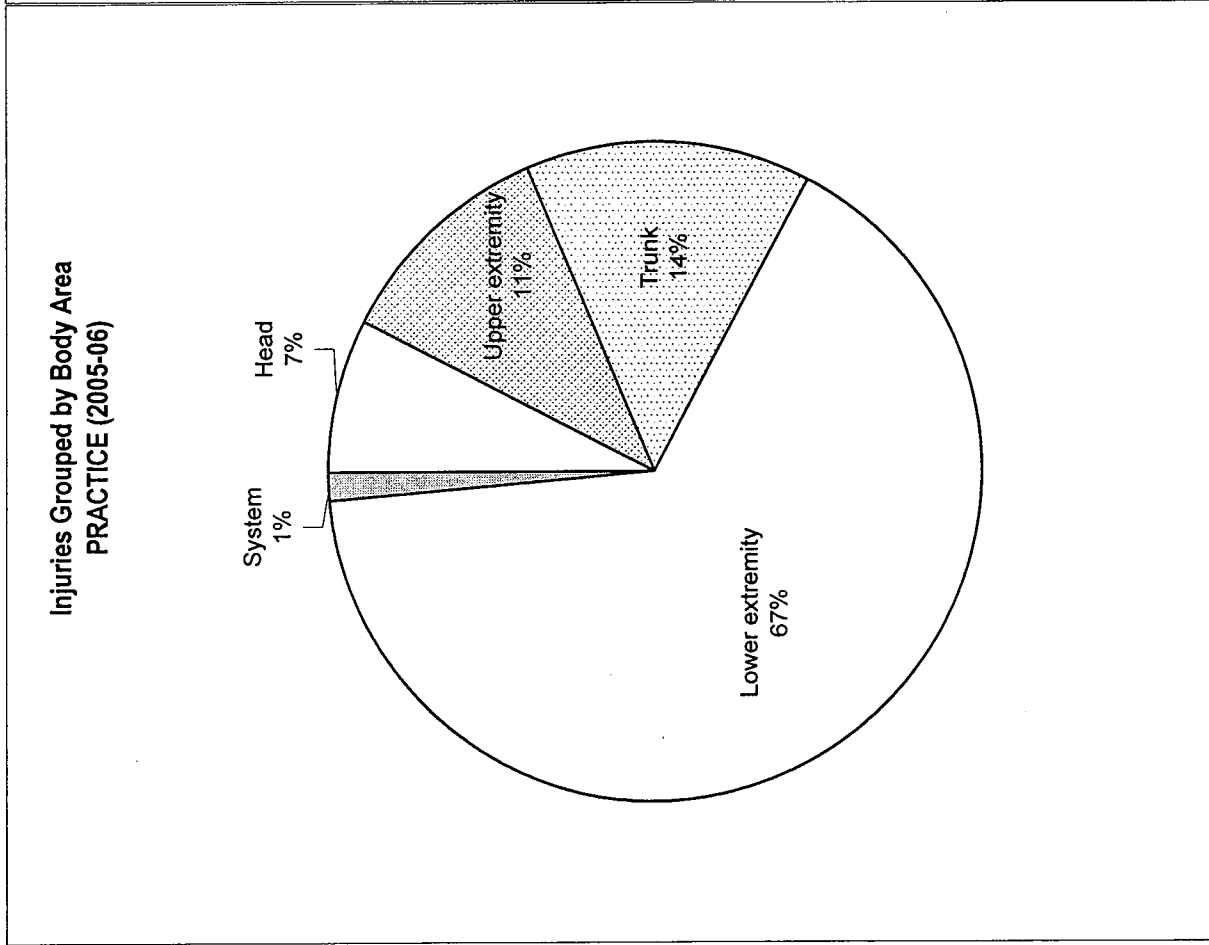


Figure 9b - Men's Lacrosse Injuries Requiring Surgery - Percent

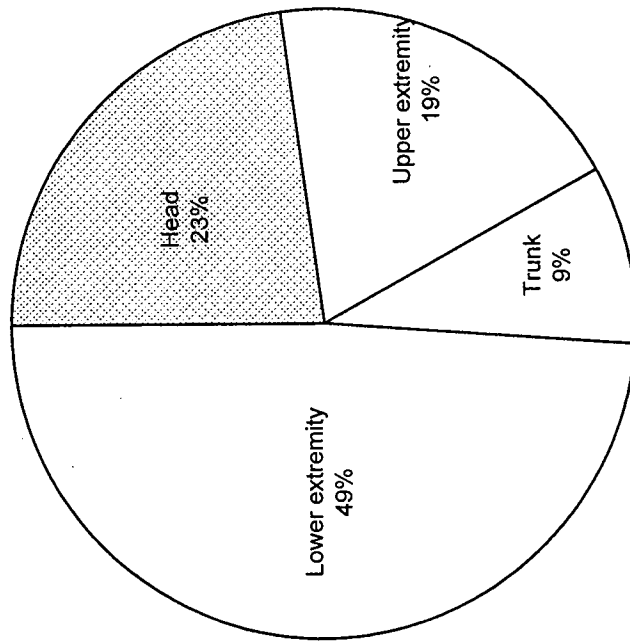


Men's Lacrosse - Figure 10



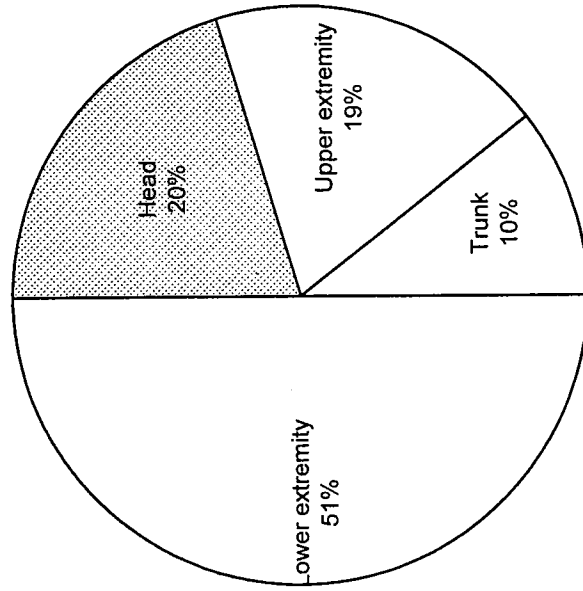
Men's Lacrosse - Figure 11

Injuries Grouped by Body Area  
GAME (2005-06)



System 0%

Injuries Grouped by Body Area  
GAME All Years (2004-06)



System 0%

Figure 12a  
Injury Mechanism - PRACTICE

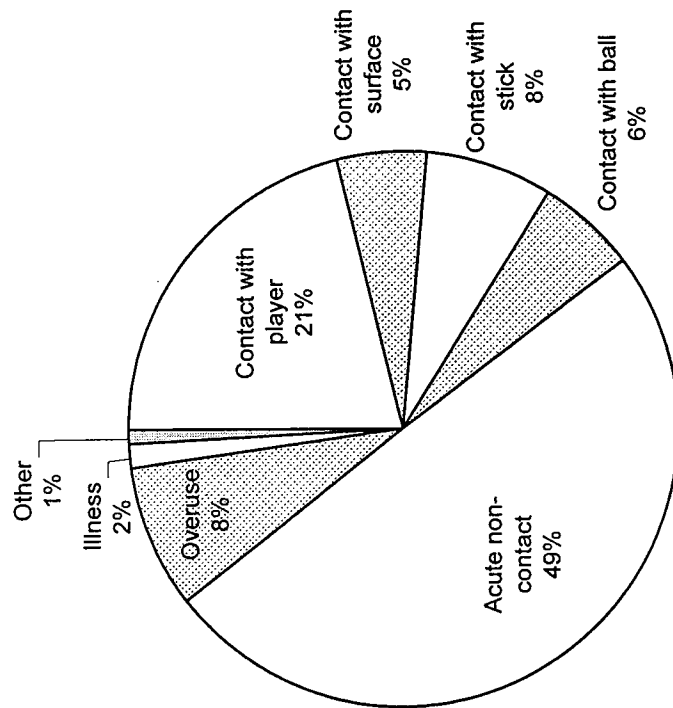
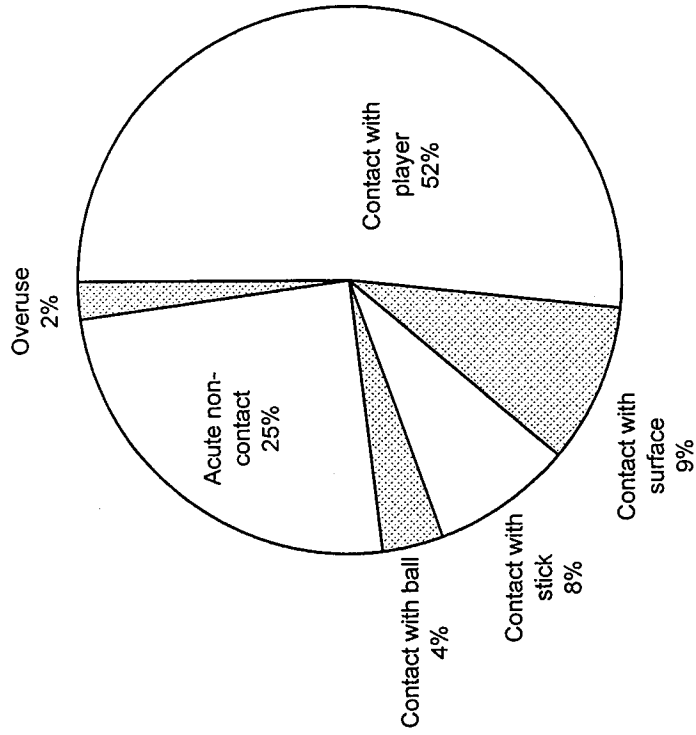
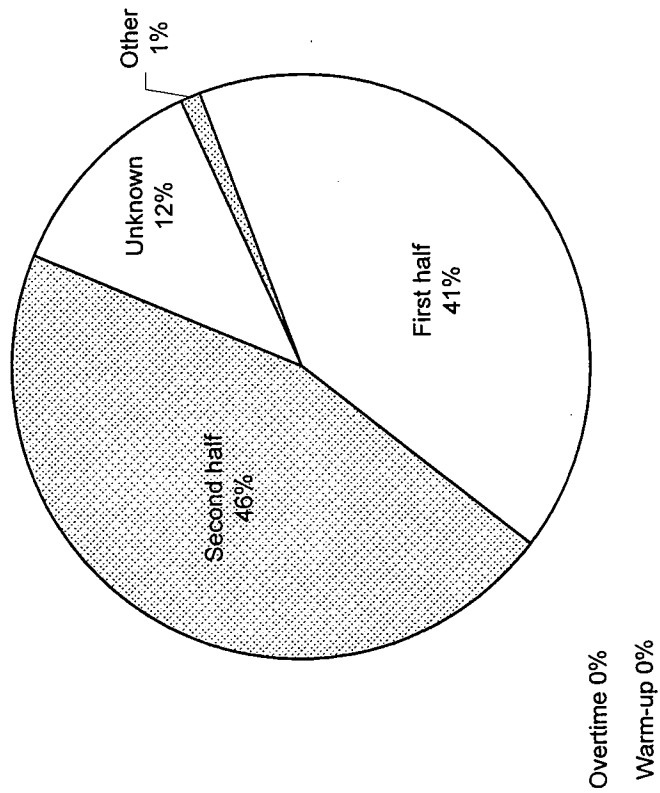


Figure 12b  
Injury Mechanism - GAME



Men's Lacrosse - Figure 13  
GAME TIME



Men's Lacrosse - Figure 14  
GAME FIELD LOCATION

