**Participant Flow**
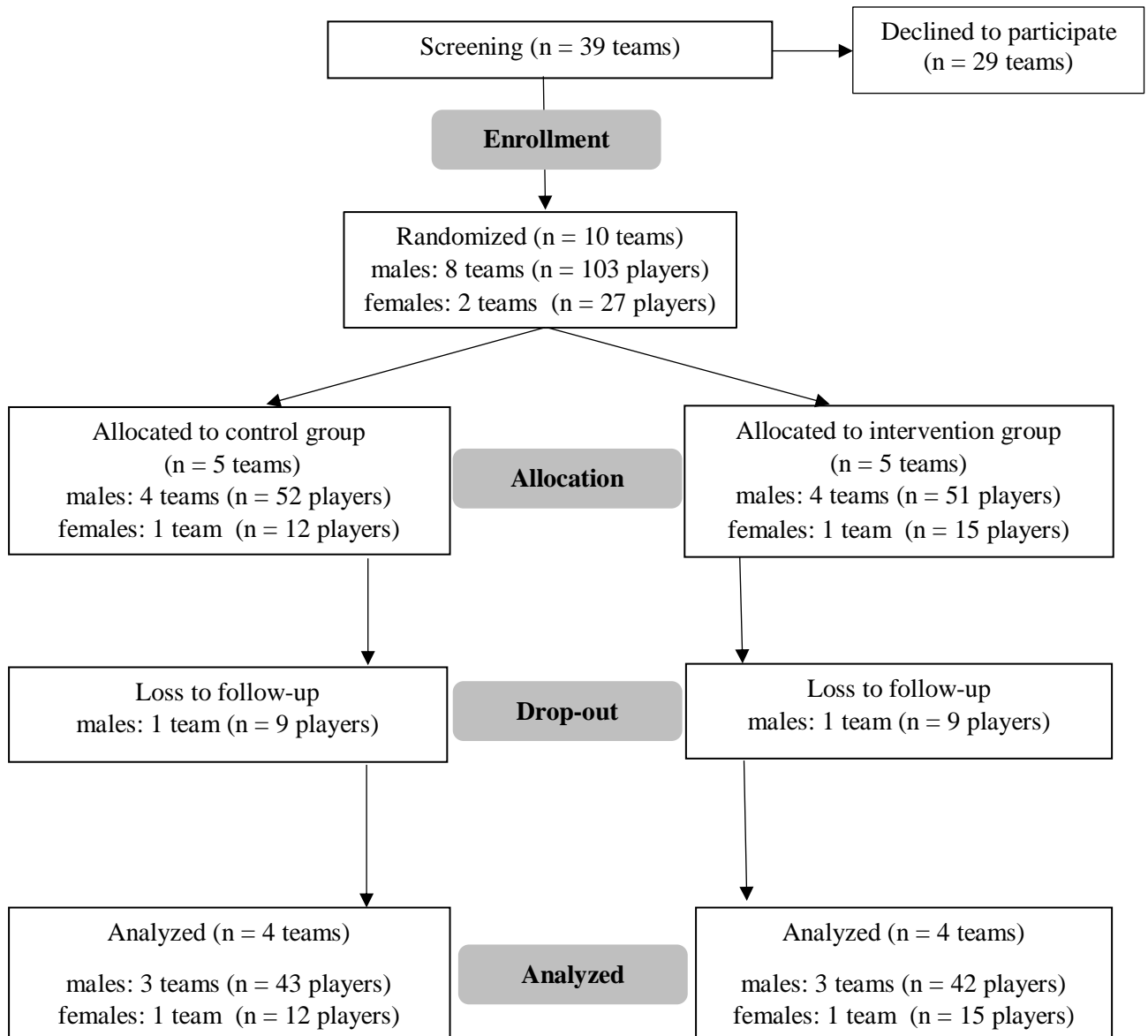
**Figure 1.** Flow chart of participant enrollment, randomized group allocation, and final analysis



Screening (n = 39 teams)

Declined to participate
(n = 29 teams)

**Enrollment**

Randomized (n = 10 teams)
males: 8 teams (n = 103 players)
females: 2 teams  (n = 27 players)

Allocated to control group
(n = 5 teams)
males: 4 teams (n = 52 players)
females: 1 team  (n = 12 players)

**Allocation**

Allocated to intervention group
(n = 5 teams)
males: 4 teams (n = 51 players)
females: 1 team  (n = 15 players)

Loss to follow-up
males: 1 team (n = 9 players)

**Drop-out**

Loss to follow-up
males: 1 team (n = 9 players)

Analyzed (n = 4 teams)

males: 3 teams (n = 43 players)
females: 1 team  (n = 12 players)

**Analyzed**

Analyzed (n = 4 teams)

males: 3 teams (n = 42 players)
females: 1 team  (n = 15 players)

**Baseline Characteristics**

**Table 1.** Demographic (mean ± standard deviation) and exposure data

|  | Control group | Intervention group | p |
|---|---|---|---|
| *Demographic data* | | | |
| Age (years) | 21.6 ± 2.6 | 21.6 ± 2.5 | 0.97 |
| Height (cm) | 186.9 ± 9.1 | 186.2 ± 8.8 | 0.70 |
| Body mass (kg) | 81.5 ± 10.9 | 80.0 ± 10.4 | 0.22 |
| Body mass index | 23.2 ± 1.2 | 23.0 ± 1.2 | 0.31 |
| *Exposure data* | | | |
| Match exposure (h) | 230 | 230 | |
| Training exposure (h) | 10,507,5 | 11,038,5 | |
| Overall exposure (h) | 10,737.5 | 11,268.5 | |
| Match athlete exposure | 696 | 731 | |
| Training athlete exposure | 7,005 | 7,359 | |
| Overall athlete exposure | 7,701 | 8,090 | |

## Outcome Measures

**Table 2.** Frequency (n), incidence rate (95% confidence intervals [CI]), incidence rate ratio (95% CI), and magnitude based inferences

| Injuries | Control group | | | Intervention group | | | Comparison | | Clinical inference | Likelihood effect (%) |
|---|---|---|---|---|---|---|---|---|---|---|
| | n | IR per 1000 AE (95% CI) | IR per 1000 h (95% CI) | n | IR per 1000 AE (95% CI) | IR per 1000 h (95% CI) | IRR (95% CI) | p | | |
| Achilles Tendinitis | 1 | 0.13 (0.01, 0.64) | 0.09 (0.00, 0.46) | 0 | - | - | - | - | - | - |
| Ankle sprain | 11 | 1.43 (0.75, 2.48) | 1.02 (0.54, 1.78) | 3 | 0.37 (0.09, 1.09) | 0.27 (0.07, 0.72) | 0.26 (0.09, 0.82) | 0.021 | Very likely beneficial, very unlikely harmful | 98.3│1.0│0.6 |
| ACL tear | 3 | 0.39 (0.10, 1.06) | 0.28 (0.07, 0.76)) | 1 | 0.12 (0.01, 0.61) | 0.09 (0.01, 0.44) | 0.32 (0.04, 2.45) | 0.27 | Unclear | 84.2│4.4│11.4 |
| Knee sprain (MCL and LCL) | 3 | 0.39 (0.10, 1.06) | 0.28 (0.07, 0.76) | 1 | 0.12 (0.01, 0.61) | 0.09 (0.01, 0.44) | 0.32 (0.04, 2.39) | 0.27 | Unclear | 84.2│4.4│11.4 |
| Overall knee (ACL, MCL, LCL) | 6 | 0.78 (0.32, 1.62) | 0.56 (0.23, 1.62) | 2 | 0.25 (0.04, 0.82) | 0.18 (0.03, 0.59) | 0.32 (0.09, 1.10) | 0.07 | Likely beneficial, very unlikely harmful | 95.0│2.6│2.4 |
| Quadriceps contusion | 1 | 0.13 (0.01, 0.64) | 0.09 (0.01, 0.46) | 0 | - | - | - | - | - | - |
| Muscle strain (hamstring) | 1 | 0.13 (0.01, 0.64) | 0.09 (0.01, 0.46) | 1 | 0.12 (0.01, 0.61) | 0.09 (0.01, 0.44) | 0.97 (0.09, 10.06) | 0.98 | Unclear | 47.5│6.9│45.5 |
| Shoulder subluxation | 0 | - | - | 1 | 0.12 (0.01, 0.61) | 0.09 (0.01, 0.44) | - | - | - | - |
| Finger fracture | 1 | 0.13 (0.01, 0.64) | 0.09 (0.01, 0.46) | 1 | 0.12 (0.01, 0.61) | 0.09 (0.01, 0.44) | 0.97 (0.08, 11.60) | 0.98 | Unclear | 47.5│6.9│45.5 |
| Overall injuries | 21 | 2.73 (1.78, 4.18) | 1.96 (1.24, 2.94) | 8 | 0.99 (0.46, 1.88) | 0.71 (0.33, 1.35) | 0.37 (0.24, 0.56) | <0.001 | Most likely beneficial, most unlikely harmful | 99.8│0.1│0.0 |

## Adverse events

There were no adverse events associated with this trial.