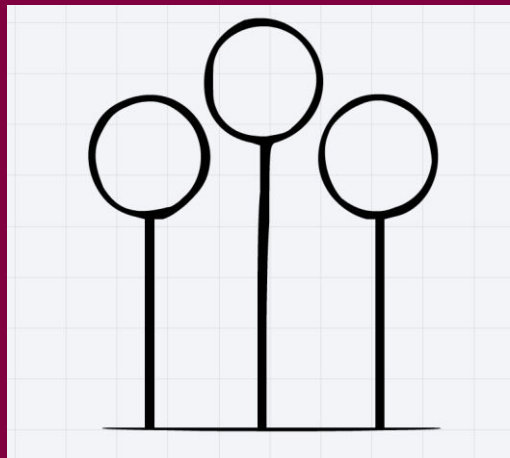


INJURIES IN QUIDDITCH : A DESCRIPTIVE EPIDEMIOLOGICAL STUDY



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BACKGROUND

- Quidditch is a fast growing, physically intense, mixed-gender, full-contact sport
- First played in 2005, originally adapted from JK Rowling’s Harry Potter novels
- Now played worldwide in over 25 countries by over 20,000 players
- Quidditch offers a unique opportunity to study injury patterns in a mixed-gender, full-contact sport – an area of increasing importance with the developing culture of transition from single gender to mixed gender sport
- There is no evidence of quidditch injury rates in the literature to date – Is it safe?

RULES

- Largely based on the fictional game
- Two teams of seven players and up to five balls in play at one time
- Players must be carrying broomsticks (PVC pipes) between their thighs at all times
- Three chasers try to score past one keeper by throwing a quaffle (slightly deflated volleyball) through three opposing teams hoops
- Two beaters attack opposing players with one of three bludgers (dodge balls), which temporarily knock the player out of the game if hit
- The final ball, the snitch, consists of a human runner shielding a tennis ball in a sock hanging from the back of their shorts

UNIQUE GENDER RULE – The International Quidditch Association created a “four maximum” gender rule, which states that a team can contain a maximum of four players on the pitch who identify as the same gender at one time. This means that players of any gender, whether they identify with a gender or not, can compete.



AIM

- Examine types of injuries sustained whilst playing quidditch in terms of incidence, anatomical distribution and gender distribution

METHODS

- Anonymous, self-reporting questionnaire was distributed to all active quidditch players in the UK
- Data collection referred to the previous 12 months and included player demographics, type of injury, self reported skill level, mechanism of injury, treatment required, time returned to quidditch

Definitions used

- Incidence was defined as rate of injury per 1,000 hours of quidditch played. This included matches and training.
- Injury was defined as any injury sustained whilst playing quidditch that required “medical attention”.

RESULTS & DISCUSSION

- 348 players completed the questionnaire (50.87% response rate)

Injury rate and location

Rate of injury vs other full contact sports in the literature

Type of sport	Injuries per 1,000 hours
Quidditch	4.06
Men’s amateur rugby union	14
Men’s amateur Australian football	27.2
Professional men’s football	8

Injury location	Percentage of total injuries
Lower limb	32.2%
Head	28.6%
Upper limb	28.2%
Neck	4.0%
Chest	2.7%
Abdomen	2.0%
Face	1.7%
Pelvis	0.6%

Concussion

Concussion rate vs other full contact sports in the literature

Type of sport	Concussion rate per 1,000 hours
Quidditch	0.88
Men’s rugby league	8
Australian football	4.2
Professional rugby union	3.9

Proportion of injuries as concussion vs other sports in the literature

Type of sport	Proportion of injuries as concussion
Quidditch	21%
Amateur rugby union	4.7%
Professional rugby union	3-10%

- Absolute rate of concussion is low compared to other sports
- Concussion is over-represented in quidditch injuries

Concussion vs gender

- More females sustained concussion than males (42 vs 26)
- Difference between concussion rate in males vs females was statistically significant (p=0.006)

Concussion rate in males per 1,000 hours	Concussion rate in females per 1,000 hours
0.651	1.163

CONCLUSION

This is the first study of its kind to describe injury in a mixed -gender, full-contact sport.

Findings:

- Overall incidence of injury seemed to be acceptable compared to other full contact sports
- Head and extremity injuries are most common
- Incidence of concussion is not high, but over-represented in quidditch
- More females sustained concussion than males

Future research

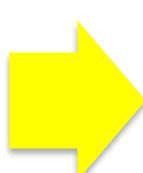
- Prospective study with real time data collection at three sporting events, with follow up, and more detailed data collection around head injuries.
- In the interim, education around the recognition and management of concussion should be made a priority.

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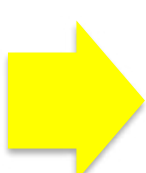
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684 eligible UK athletes



348 responses to questionnaire (50.87% response rate)



348 participants, 315 injuries