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Netball is played by more than 20 million people in over 80 nations around the world, from recreational level through to elite, national representation. The UK operates its own elite netball competition (NSL) played annually between January and May which attracts athletes from some of the world’s top netballing countries [1].

The game requires quick dynamic movements including jumping, quick acceleration, rapid change of direction, pivoting and cutting manoeuvres, all of which can expose players to a wide range of different injuries across various anatomical locations [2].

With the increasing number of females participating within the sport and England Netball announcing that for the first time in its history it will be offering full time, professional contracts there is a growing need to be able to understand the nature and occurrence of injuries sustained at top level competition.

A prospective cohort design was used to collect descriptive injury data using only elite netball players competing in the 2016 Netball Superleague season.

103 players gave consent to take part in the study (85.8% return rate) with an average recruitment from each team of 12.88 ± 2.53. 4 players suffered major injuries in the first half of the season and did not participate in all 14 rounds of match play (96.1% retention rate)

Injury audit form drafted based on information contained in a questionnaire by the Rugby Injury Consensus Group to monitor epidemiology of rugby injuries. Adapted to suit netball specific characteristics [2].

The physiotherapist or sports therapist from each of the franchise teams were instructed how to complete injury audit forms at the start of the season. Data was recorded during match play and training.

No significant association was observed between playing position and injury incidence $\chi^2 (2) = 0.917, p = 0.632$.

Overall injury frequency was highest in the first half of the regular 14 week season with 57.6% of all injuries occurring in this time frame.

Pre-season preparation, half time match strategies and overall physiological conditioning should be considered when addressing injury prevention within elite netball. Early occurrence of injury within the season suggests there may be some form of training effect as the increase in exposure occurs.