

Effectiveness of empirically based tackle technique intervention to reduce the in-game risk of injury

ACTRN12624000657527

Status	RECRUITING
Sponsor	University of Sydney
Enrollment	2,000 participants

Plain Language Summary

Rugby league and rugby union are contact sports where tackling is fundamental — but the way a tackle is performed can significantly affect the risk of head injuries (including concussion), shoulder injuries, and breast injuries. This University of Sydney study is testing whether a structured re-education program can change in-game tackle technique and reduce these injury risks.

The program is evidence-based, draws on Indigenous pedagogy and will be led by an Indigenous expert coach, given that Indigenous and Pasifika players make up a disproportionately large share of the NRL. Tackle technique will be assessed using both video analysis during actual games and detailed 3D motion capture in the laboratory.

You may be eligible if you are a male or female rugby league or rugby union player competing in NSW, ACT, NRL, or Rugby Australia competitions, including junior competitions for players aged 14–18. Female participants in one of the cohorts must be 17 or older. Players who are not able to commit to the study requirements or provide written consent are not eligible.

Key Eligibility Criteria

Inclusion (5)

- Healthy sub-elite and elite rugby league/rugby union male and female athletes who are currently playing in a NSW, ACT, National Rugby League or Rugby Australia competition.
- Junior male or female participants aged 14 to 18 years who are competing in competitions such as one of the following competitions: SG Ball cup (Male U18 years), SLE Laurie Daley Cup (U18s), Harvey Normal Tarsha Gale Cup (Women U18 years), Harold Matthews Cup (Male U16s years), SLE Andrew Johns Cup (U16s years). Male and female rugby union players will be competing in NSW School 7s and XV's pathway and Sydney Junior Club Competition as outlined in <https://www.nswjuniors.com.au/post/nsw-rep-rugby-roadmaps-u10s-to-u18s>
- Female participants in Cohort 3 will be aged over 17 years of age
- Willingness to give written informed consent prior to participation in the study
- Willingness to comply with the study

Exclusion (4)

- Female participants in Cohort 3 aged under 17 years of age
- Female participants in Cohort 3 with a history of epilepsy that is induced by flashing light
- Participants who do not understand and/or cannot commit to the requirements of the study
- Participants who are not willing or able to give informed written consent

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000657527>

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