**Aim:** To establish the incidence and nature of knee time-loss injuries in English men’s community rugby and to assess differences between different levels of play.

**Results:**
There were 475 knee injuries over 8797 matches resulting in 2.7 injuries/1000 player match hours (95% CI 2.5–2.9). There was a mean severity of 10.7 weeks absence (median of 5 weeks).

No significant difference between playing levels

<table>
<thead>
<tr>
<th>Playing level</th>
<th>Injury incidence per 1000 player hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semi-professional</td>
<td>3.8</td>
</tr>
<tr>
<td>Amateur</td>
<td>3.2</td>
</tr>
<tr>
<td>Recreational</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Most common knee injury diagnosis (% of all injuries):
- Medial Collateral ligament strain: 30%
- Anterior Collateral ligament strain: 19%
- Posterior Collateral ligament strain: 19%
  (undiagnosed ligament strains: 5%)
- Cartilage related: 14%
- Other joint sprains: 12%

Forwards: 2.5 (95% CI 2.2–2.8)
Backs: 2.9 (95% CI 2.5–3.2)

No significant difference between playing levels

**Conclusion:** The knee is one of the most commonly injured sites with a relatively high time-loss compared with other injuries.