Injury statistics | Q3 2026 |

Sports

October 2026



He Kaupare. He Manaaki. He Whakaora.
Prevention. Care. Recovery.

Notes and caveats

- This data includes accepted sport-related injury claims managed by ACC.
- New claims are counted where a claim is lodged with ACC within the specified period. A claim may be lodged immediately following an accident or at any later stage.
- Active claims are counted where the claim received at least one payment within the specified period. A claim was not necessarily lodged or had the accident occur within this period.
- A claim may be active in more than one calendar year and will be counted once in each relevant year in which at least one payment was made.
- Active Costs are the GST exclusive cost of payments made for claims that were active in the specified period.
- The cost of public hospital services during the acute stage of an injury is covered under the Public Health Acute Services (PHAS) regulations.
- These services are bulk-funded and not attributed to individual claims, so cannot be included in these data.
- The calendar year in which the service was paid may differ to the calendar year in which the service was provided.
- Diagnosis is based on the primary injury on the claim. A claim may have multiple injuries, but only the primary one is included here.
- All included claims are accepted for cover
- Data are displayed in calendar years. i.e. 1 January to 31 December
- Claims managed by an accredited employer have been excluded.
- Results are based on data available at the time of extraction and may vary if rerun later.

Table 1: The number of new claims, active claims and active costs (excluding GST) for sports related injuries between 1 January 2020 and 30 September 2026

	Calendar Year						
Measure	**2020**	**2021**	**2022**	**2023**	**2024**	**2025**	**2026 YTD**
New Claims	402,536	418,013	421,474	452,714	486,802	496,260	408,005
Active Claims	485,859	507,256	501,773	539,628	584,744	602,361	506,301
Active Costs	$631,953,228	$693,191,264	$730,354,925	$837,796,265	$1,005,924,806	$1,076,994,983	$782,681,918

Table 2: The number of new claims for the top 8 most common team sports lodged between 1 January 2024 and 30 September 2026

	Calendar Year		
Team Sport	**2024**	**2025**	**2026 YTD**
Basketball	23,069	22,592	18,651
Cricket, Indoor Cricket	10,429	11,026	6,914
Hockey	11,627	11,604	10,538
Netball	23,796	23,701	21,820
Rugby League	10,082	10,066	9,211
Rugby Union	59,234	58,057	55,802
Soccer	48,232	47,865	41,197
Touch Rugby	9,698	10,279	6,232

Table 3: The number of new claims for the top 12 most common individual sports lodged between 1 January 2024 and 30 September 2026

Individual Sport	2024	2025	2026 YTD
Cycling	28,287	27,337	21,533
Dancing	9,125	9,503	7,827
Fitness Training / Gym	60,844	67,057	54,881
Golf	10,201	11,020	8,678
Jogging	16,407	17,419	13,938
Martial Arts	8,826	8,810	6,681
Scooter	9,785	9,590	8,236
Skiing - Snow	7,631	8,309	6,422
Swimming	8,396	8,354	6,183
Tennis	9,147	9,583	7,463
Tramping	8,864	9,260	7,177
Weightlifting	12,676	13,139	10,590

Table 4: The number of new claims for the top 10 most common sports lodged between 1 January 2024 and 30 September 2026, broken down by accident location

Basketball	2024	2025	2026 YTD
Northland Region	531	497	357
Auckland Region	9,748	9,823	8,223
Waikato Region	2,006	1,958	1,629
Bay of Plenty Region	1,728	1,680	1,266
Gisborne Region	134	148	93
Hawke's Bay Region	534	553	408
Taranaki Region	512	535	433
Manawatū-Whanganui Region	704	722	634
Wellington Region	1,984	1,763	1,392
Tasman Region	77	86	71
Nelson Region	301	327	245
Marlborough Region	171	136	120
Canterbury Region	2,946	2,723	2,394
West Coast Region	126	105	91
Otago Region	1,128	1,101	917
Southland Region	366	367	292
Other/ Unknown	73	68	86

Cricket, Indoor Cricket	2024	2025	2026 YTD
Northland Region	138	221	97
Auckland Region	3,883	4,163	2,694
Waikato Region	986	934	583
Bay of Plenty Region	575	682	347
Gisborne Region	58	30	28
Hawke's Bay Region	442	468	311
Taranaki Region	195	255	148
Manawatū-Whanganui Region	324	359	207
Wellington Region	1,275	1,339	888
Tasman Region	60	56	40
Nelson Region	124	131	71
Marlborough Region	80	84	40
Canterbury Region	1,548	1,519	974
West Coast Region	21	24	11
Otago Region	513	544	330
Southland Region	91	98	71
Other/ Unknown	116	119	74

Cycling	2024	2025	2026 YTD
Northland Region	786	732	590
Auckland Region	5,710	5,710	4,795
Waikato Region	2,779	2,783	2,142
Bay of Plenty Region	2,798	2,478	1,919
Gisborne Region	203	205	147
Hawke's Bay Region	1,079	1,038	720
Taranaki Region	689	723	553
Manawatū-Whanganui Region	960	967	792
Wellington Region	2,411	2,144	1,805
Tasman Region	585	583	439
Nelson Region	898	932	635
Marlborough Region	368	368	265
Canterbury Region	4,876	4,625	3,608
West Coast Region	260	258	241
Otago Region	3,045	2,977	2,243
Southland Region	495	457	344
Other/ Unknown	345	357	295

Fitness Training / Gym	2024	2025	2026 YTD
Northland Region	1,372	1,552	1,272
Auckland Region	28,512	31,875	25,900
Waikato Region	4,930	5,890	4,803
Bay of Plenty Region	4,180	4,340	3,591
Gisborne Region	276	351	321
Hawke's Bay Region	1,753	1,849	1,590
Taranaki Region	1,078	1,174	1,031
Manawatū-Whanganui Region	1,258	1,353	1,116
Wellington Region	5,728	6,080	4,791
Tasman Region	336	338	307
Nelson Region	653	729	616
Marlborough Region	269	271	232
Canterbury Region	6,514	7,006	5,898
West Coast Region	72	79	67
Otago Region	3,188	3,391	2,757
Southland Region	592	609	467
Other/ Unknown	133	170	122

Hockey	2024	2025	2026 YTD
Northland Region	566	802	484
Auckland Region	3,813	3,861	3,526
Waikato Region	1,048	1,017	984
Bay of Plenty Region	885	872	832
Gisborne Region	87	76	72
Hawke's Bay Region	390	386	345
Taranaki Region	306	290	322
Manawatū-Whanganui Region	519	471	427
Wellington Region	1,208	1,054	919
Tasman Region	30	28	38
Nelson Region	166	170	150
Marlborough Region	54	52	64
Canterbury Region	1,600	1,520	1,355
West Coast Region	40	43	54
Otago Region	723	781	768
Southland Region	124	139	137
Other/ Unknown	68	42	61

Jogging	2024	2025	2026 YTD
Northland Region	339	328	266
Auckland Region	5,816	6,199	4,929
Waikato Region	1,255	1,392	1,200
Bay of Plenty Region	1,263	1,327	1,076
Gisborne Region	113	92	106
Hawke's Bay Region	446	567	437
Taranaki Region	392	419	365
Manawatū-Whanganui Region	333	381	327
Wellington Region	1,653	1,651	1,315
Tasman Region	127	120	122
Nelson Region	246	253	185
Marlborough Region	160	140	147
Canterbury Region	2,441	2,580	1,990
West Coast Region	74	79	71
Otago Region	1,448	1,460	1,139
Southland Region	202	293	177
Other/ Unknown	99	138	86

Netball	2024	2025	2026 YTD
Northland Region	753	715	791
Auckland Region	8,376	8,072	7,152
Waikato Region	2,313	2,385	2,298
Bay of Plenty Region	1,504	1,494	1,362
Gisborne Region	214	153	188
Hawke's Bay Region	944	995	858
Taranaki Region	663	786	661
Manawatū-Whanganui Region	989	986	961
Wellington Region	2,488	2,514	2,145
Tasman Region	135	126	161
Nelson Region	317	279	308
Marlborough Region	177	195	186
Canterbury Region	3,063	2,956	2,782
West Coast Region	119	105	110
Otago Region	1,148	1,248	1,209
Southland Region	524	630	594
Other/ Unknown	69	62	54

Rugby Union	2024	2025	2026 YTD
Northland Region	2,167	1,878	1,989
Auckland Region	17,186	17,535	16,476
Waikato Region	6,755	6,793	6,589
Bay of Plenty Region	4,910	4,781	4,035
Gisborne Region	747	608	701
Hawke's Bay Region	2,808	2,554	2,460
Taranaki Region	1,749	1,798	1,581
Manawatū-Whanganui Region	2,816	2,665	2,680
Wellington Region	4,684	4,261	4,107
Tasman Region	365	281	394
Nelson Region	789	620	692
Marlborough Region	416	336	371
Canterbury Region	7,758	7,495	7,759
West Coast Region	249	281	307
Otago Region	4,013	4,318	3,857
Southland Region	1,609	1,619	1,569
Other/ Unknown	213	234	235

Soccer	2024	2025	2026 YTD
Northland Region	1,246	1,137	932
Auckland Region	20,995	21,531	18,407
Waikato Region	4,213	4,166	3,705
Bay of Plenty Region	2,485	2,585	2,314
Gisborne Region	322	289	287
Hawke's Bay Region	1,598	1,592	1,393
Taranaki Region	885	899	816
Manawatū-Whanganui Region	1,470	1,561	1,185
Wellington Region	5,981	5,707	4,661
Tasman Region	213	237	231
Nelson Region	756	615	512
Marlborough Region	239	237	246
Canterbury Region	5,041	4,725	4,297
West Coast Region	59	74	54
Otago Region	2,172	1,965	1,674
Southland Region	405	413	341
Other/ Unknown	152	132	142

Weightlifting	2024	2025	2026 YTD
Northland Region	345	411	366
Auckland Region	5,875	5,850	4,718
Waikato Region	924	976	731
Bay of Plenty Region	929	955	752
Gisborne Region	110	99	99
Hawke's Bay Region	366	461	312
Taranaki Region	167	218	139
Manawatū-Whanganui Region	331	290	255
Wellington Region	1,140	1,357	1,107
Tasman Region	44	54	63
Nelson Region	159	185	140
Marlborough Region	61	89	68
Canterbury Region	1,441	1,396	1,125
West Coast Region	29	18	21
Otago Region	629	645	560
Southland Region	100	108	115
Other/ Unknown	26	27	19

Table 5: The number of new claims for the top 10 most common sports with concussion as the primary injury diagnosis lodged between 1 January 2024 and 30 September 2026

Top 10 sports	2024	2025	2026 YTD
Rugby Union	2,283	2,230	2,161
Soccer	799	816	691
Cycling	568	514	408
Basketball	267	291	225
Hockey	221	235	233
Netball	158	166	166
Cricket, Indoor Cricket	81	85	55
Fitness Training / Gym	83	77	78
Jogging	46	55	35
Weightlifting	8	14	7

Table 6: The number of new claims for the top 10 most common sports with dental injury as the primary injury diagnosis lodged between 1 January 2024 and 30 September 2026

Top 10 Sports	2024	2025	2026 YTD
Rugby Union	737	752	771
Soccer	589	538	688
Basketball	508	470	479
Cycling	466	473	455
Hockey	219	178	234
Netball	145	169	184
Cricket, Indoor Cricket	142	135	128
Fitness Training / Gym	119	124	126
Jogging	100	132	139
Weightlifting	7	9	12

Table 7: The number of new claims for the top 10 most common sports with fracture / dislocation as the primary injury diagnosis lodged between 1 January 2024 and 30 September 2026

Top 10 Sports	2024	2025	2026 YTD
Rugby Union	5,839	5,480	5,047
Cycling	3,463	3,222	2,555
Soccer	4,150	3,962	3,170
Basketball	2,452	2,332	1,801
Netball	1,717	1,564	1,391
Cricket, Indoor Cricket	885	1,034	584
Fitness Training / Gym	749	703	545
Hockey	651	644	607
Jogging	371	329	287
Weightlifting	130	129	110

Table 8: The number of new claims for the top 10 most common sports with laceration / puncture / sting as the primary injury diagnosis lodged between 1 January 2024 and 30 September 2026

Top 10 Sports	2024	2025	2026 YTD
Cycling	5,632	5,524	4,405
Rugby Union	2,542	2,505	2,448
Soccer	1,336	1,460	1,167
Basketball	885	910	805
Hockey	660	600	532
Fitness Training / Gym	553	628	501
Cricket, Indoor Cricket	490	521	281
Jogging	515	553	364
Netball	365	374	389
Weightlifting	45	55	26

Table 9: The number of new claims for the top 10 most common sports lodged with soft tissue injury as the primary injury diagnosis between 1 January 2024 and 30 September 2026

Top 10 Sports	2024	2025	2026 YTD
Fitness Training / Gym	58,634	64,872	53,130
Rugby Union	45,596	44,972	43,191
Soccer	40,024	39,815	34,297
Netball	20,916	20,976	19,276
Basketball	18,328	18,080	14,842
Cycling	17,003	16,552	12,852
Jogging	14,999	16,002	12,803
Weightlifting	12,311	12,806	10,329
Hockey	9,493	9,610	8,629
Cricket, Indoor Cricket	8,577	9,028	5,717