

Injury statistics | Q2 2026 | Sports

July 2026



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Prevention. Care. Recovery.



Notes and caveats

- This report 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.
- Data are displayed in calendar years. ie. 1 January to 31 December
- All included claims are accepted for cover.
- Claims managed by an accredited employer have been excluded.
- Data were extracted on 7 July 2026 and may differ if re-run at a later date.

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

Measure	Calendar Year						
	2020	2021	2022	2023	2024	2025	2026 YTD
New Claims	402,801	418,146	421,613	452,882	487,003	496,456	272,589
Active Claims	486,282	507,546	502,068	539,956	585,088	602,738	363,182
Active Costs	\$633,384,194	\$694,658,549	\$731,857,385	\$839,155,027	\$1,007,655,259	\$1,078,779,506	\$498,299,355

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

Team Sport	2024	2025	2026 YTD
Basketball	23,069	22,592	12,076
Hockey	11,627	11,604	6,562
Netball	23,796	23,701	13,867
Outdoor Cricket	9,560	10,209	5,173
Rugby League	10,082	10,066	6,071
Rugby Union	59,237	58,056	38,715
Soccer	48,232	47,865	26,120
Touch Rugby	9,698	10,279	4,978

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

Team Sport	2024	2025	2026 YTD
Cycling	28,287	27,334	16,382
Dancing	9,125	9,504	5,141
Fitness Training / Gym	60,844	67,055	35,373
Golf	10,201	11,018	5,964
Jogging	16,407	17,419	9,312
Martial Arts	8,826	8,811	4,272
Scooter	9,785	9,590	6,213
Skateboarding	5,026	4,607	2,433
Skiing - Snow	7,631	8,309	1,072
Tennis	9,148	9,583	5,203
Tramping	8,864	9,260	5,626
Weightlifting	12,676	13,140	6,885

Table 4: The number of new claims for the top 10 most common sports lodged between 1 January 2017 and 30 June 2026, broken down by accident location

Basketball	2024	2025	2026 YTD
Northland Region	531	497	232
Auckland Region	9,748	9,823	5,387
Waikato Region	2,006	1,958	1,074
Bay of Plenty Region	1,728	1,680	791
Gisborne Region	134	148	63
Hawke's Bay Region	534	553	270
Taranaki Region	512	535	265
Manawatū-Whanganui Region	704	722	385
Wellington Region	1,984	1,764	885
Tasman Region	77	86	39
Nelson Region	301	327	157
Marlborough Region	171	136	82
Canterbury Region	2,946	2,723	1,534
West Coast Region	126	104	59
Otago Region	1,128	1,101	601
Southland Region	366	367	198

Cycling

	2024	2025	2026 YTD
Northland Region	786	732	427
Auckland Region	5,710	5,710	3,591
Waikato Region	2,779	2,783	1,606
Bay of Plenty Region	2,798	2,477	1,416
Gisborne Region	203	205	113
Hawke's Bay Region	1,079	1,038	541
Taranaki Region	689	723	424
Manawatū-Whanganui Region	960	966	616
Wellington Region	2,411	2,144	1,362
Tasman Region	585	583	344
Nelson Region	898	932	474
Marlborough Region	368	368	198
Canterbury Region	4,876	4,625	2,735
West Coast Region	260	258	208
Otago Region	3,045	2,977	1,903
Southland Region	495	457	275

Fitness Training / Gym	2024	2025	2026 YTD
Northland Region	1,372	1,552	833
Auckland Region	28,512	31,874	16,716
Waikato Region	4,930	5,890	3,113
Bay of Plenty Region	4,180	4,340	2,327
Gisborne Region	276	351	214
Hawke's Bay Region	1,753	1,849	1,049
Taranaki Region	1,078	1,174	638
Manawatū-Whanganui Region	1,258	1,353	681
Wellington Region	5,728	6,079	3,125
Tasman Region	336	338	187
Nelson Region	653	729	408
Marlborough Region	269	271	148
Canterbury Region	6,514	7,006	3,765
West Coast Region	72	79	42
Otago Region	3,188	3,391	1,748
Southland Region	592	609	295

Hockey

	2024	2025	2026 YTD
Northland Region	566	802	283
Auckland Region	3,813	3,861	2,373
Waikato Region	1,048	1,017	598
Bay of Plenty Region	885	872	455
Gisborne Region	87	76	39
Hawke's Bay Region	390	386	206
Taranaki Region	306	290	211
Manawatū-Whanganui Region	519	471	240
Wellington Region	1,208	1,054	523
Tasman Region	30	28	29
Nelson Region	166	170	96
Marlborough Region	54	52	34
Canterbury Region	1,600	1,520	872
West Coast Region	40	43	28
Otago Region	723	781	476
Southland Region	124	139	70

Jogging

	2024	2025	2026 YTD
Northland Region	339	328	178
Auckland Region	5,816	6,199	3,246
Waikato Region	1,255	1,392	778
Bay of Plenty Region	1,263	1,327	716
Gisborne Region	113	92	74
Hawke's Bay Region	446	567	313
Taranaki Region	392	419	245
Manawatū-Whanganui Region	333	381	225
Wellington Region	1,653	1,651	934
Tasman Region	127	120	87
Nelson Region	246	253	131
Marlborough Region	160	140	115
Canterbury Region	2,441	2,580	1,307
West Coast Region	74	79	56
Otago Region	1,448	1,460	731
Southland Region	202	293	126

Netball**2024****2025****2026 YTD**

Northland Region	753	715	531
Auckland Region	8,376	8,072	4,665
Waikato Region	2,313	2,385	1,416
Bay of Plenty Region	1,504	1,494	791
Gisborne Region	214	153	125
Hawke's Bay Region	944	995	577
Taranaki Region	663	786	396
Manawatū-Whanganui Region	989	986	622
Wellington Region	2,488	2,514	1,375
Tasman Region	135	126	98
Nelson Region	317	279	163
Marlborough Region	177	195	101
Canterbury Region	3,063	2,956	1,696
West Coast Region	119	105	63
Otago Region	1,148	1,248	817
Southland Region	524	630	403



Rugby Union	2024	2025	2026 YTD
Northland Region	2,167	1,877	1,367
Auckland Region	17,186	17,535	11,394
Waikato Region	6,755	6,793	4,691
Bay of Plenty Region	4,910	4,781	2,654
Gisborne Region	747	608	491
Hawke's Bay Region	2,808	2,554	1,708
Taranaki Region	1,749	1,798	1,085
Manawatū-Whanganui Region	2,816	2,666	1,883
Wellington Region	4,684	4,261	2,896
Tasman Region	365	281	278
Nelson Region	789	620	460
Marlborough Region	416	336	256
Canterbury Region	7,759	7,494	5,476
West Coast Region	249	281	166
Otago Region	4,015	4,318	2,722
Southland Region	1,609	1,619	1,031

Soccer	2024	2025	2026 YTD
Northland Region	1,246	1,137	555
Auckland Region	20,995	21,532	11,852
Waikato Region	4,213	4,166	2,287
Bay of Plenty Region	2,485	2,585	1,345
Gisborne Region	322	289	185
Hawke's Bay Region	1,598	1,592	880
Taranaki Region	885	899	490
Manawatū-Whanganui Region	1,470	1,561	735
Wellington Region	5,981	5,707	3,039
Tasman Region	213	237	155
Nelson Region	756	615	333
Marlborough Region	239	237	146
Canterbury Region	5,041	4,724	2,682
West Coast Region	59	74	29
Otago Region	2,172	1,965	1,098
Southland Region	405	413	212

Touch Rugby	2024	2025	2026 YTD
Northland Region	274	303	143
Auckland Region	4,287	4,681	2,063
Waikato Region	1,028	1,102	567
Bay of Plenty Region	802	763	304
Gisborne Region	96	101	36
Hawke's Bay Region	233	279	115
Taranaki Region	182	220	84
Manawatū-Whanganui Region	312	292	153
Wellington Region	494	478	391
Tasman Region	62	69	36
Nelson Region	89	93	35
Marlborough Region	92	82	46
Canterbury Region	1,140	1,241	766
West Coast Region	21	24	7
Otago Region	461	414	170
Southland Region	85	95	40

Weightlifting	2024	2025	2026 YTD
Northland Region	345	411	222
Auckland Region	5,875	5,849	3,072
Waikato Region	924	976	466
Bay of Plenty Region	929	955	501
Gisborne Region	110	99	69
Hawke's Bay Region	366	461	211
Taranaki Region	167	218	97
Manawatū-Whanganui Region	331	290	168
Wellington Region	1,140	1,357	716
Tasman Region	44	54	44
Nelson Region	159	185	94
Marlborough Region	61	89	39
Canterbury Region	1,441	1,396	730
West Coast Region	29	18	10
Otago Region	629	647	358
Southland Region	100	108	79