

## LEGAL AWARENESS OF SPORTS INJURIES AMONG JORDANIAN PROFESSIONAL FOOTBALL PLAYERS

### CONHECIMENTOS LEGAIS SOBRE LESÕES ESPORTIVAS ENTRE JOGADORES DE FUTEBOL PROFISSIONAIS JORDÂNIOS

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#### Abstract

This research measures the level of legal awareness with regard to sports injuries among Jordanian professional football players and examines its relationship with professional experience. The study used a quantitative, descriptive survey design that was conducted in the 2025 season with a sample of 175 players in all professional clubs in Jordan. Information were obtained through a standardized questionnaire focused in four areas: knowledge of injury related legal rights, understanding of liability and legal responsibilities, knowledge on procedures, information related to perception of fairness in the management. Results show that legal literacy is generally at low to medium level among players, where less experienced/experienced players tend to have the poorest perception levels. One-way ANOVA

#### Resumo

*Este estudo investiga o nível de consciência legal sobre lesões esportivas entre jogadores de futebol profissionais jordanianos e examina o impacto da experiência profissional nessa consciência. Um desenho quantitativo descritivo por questionário foi empregado, com uma amostra de 175 jogadores de todos os clubes profissionais da Jordânia durante a temporada de 2025. Os dados foram coletados por meio de um questionário estruturado cobrindo quatro áreas: conhecimento dos direitos legais relacionados a lesões, compreensão da responsabilidade legal, familiaridade com procedimentos legais e percepção de justiça na gestão de lesões. Os resultados revelam que a consciência legal geral dos jogadores é geralmente baixa a média, sendo os jogadores menos experientes os que apresentam os níveis*



analysis also showed a significant impact of experience on legal awareness, in which athletes with more than 10 years had significantly higher scores than those who were less experienced ( $p < 0.01$ ). Nonetheless, legal knowledge remained seemingly limited even among the more experienced players. These results support the implementation of specific educational programs, legal advice and formalized mentoring to enhance players' knowledge regarding their rights and duties in dealing with injuries. Such interventions might improve equity, accountability, and safety in Jordanian professional football.

**Keywords:** Legal Awareness. Sports Injuries. Professional Football. Athlete Experience.

*mais baixos. A análise ANOVA de um fator indicou um efeito estatisticamente significativo da experiência sobre a consciência legal, mostrando que jogadores com mais de 10 anos de experiência profissional apresentaram escores significativamente mais altos que seus colegas menos experientes ( $p < 0,01$ ). Apesar dessa associação positiva, mesmo os jogadores mais experientes exibiram apenas níveis moderados de conhecimento legal. Esses achados destacam a necessidade de programas educacionais direcionados, assessoria jurídica e iniciativas de mentoria estruturada para melhorar a compreensão dos jogadores sobre seus direitos e responsabilidades na gestão de lesões. A implementação dessas intervenções poderia aumentar a justiça, a responsabilidade e a segurança no futebol profissional na Jordânia.*

**Palavras-chave:** Conhecimento Jurídico. Lesões Esportivas. Futebol Profissional. Experiência do Atleta.

## 1 INTRODUCTION

Football is one of the most popular and demanding sports in the world. The game characteristics also include repetitive diving play actions, physical contacts and fast tactical decisions during both training and match situations, which are likely to cause injuries. Epidemiological studies repeatedly reveal that soccer players sustain high rates of injury, which can affect performance, continuation of participation and long-term health (Ekstrand et al., 2011; Fuller et al., 2006).

Sports Injuries and the Law Aside from their health and physical implications, sports injuries can have significant legal ramifications. However, those incidents which occur on the field are complex and can be subject to questions of responsibility, negligence and the scope of duty of care owed by a club, coach or referee to athletes and sporting bodies. Players who are injured when the safety standards are not upheld or the rules are broken may have legitimate legal claims (Gardiner et al., 2012).

As such, legal literacy in sport is a key aspect of athlete safeguarding. It relates to the legal rules that govern imminent involvement, such as contractual rights, insurance benefits, disciplinary systems or liability/forum procedures. When these rights are

violated players are often unable or unaware that there is support (Greenfield & Osborn, 2018) available for them – such as compensation and medical assistance.

Unlike the voluminous work that is available on preventing and rehabilitating injuries, athletes' legal knowledge has received relatively little scholarly scrutiny. A lot of frameworks in the field of sports science focus on biomechanical, physiological and training-related injury risk factors and pay no attention to whether athletes have insight into their own regulatory environment for who is responsible when they get hurt, or when something happens that could prevent them from getting injured (Meeuwisse et al., 2007; Bahr & Krosshaug, 2005).

Legal Unconsciousness and its repercussions can be dire. Players who do not know their rights might agree to a premature return-to-play decision, substandard treatment or dangerous training environments. Improved communication, on the other hand, can improve interactions with administrators and health care providers, promote risk documentation and compliance with safety regulations aimed at reducing injury (Anderson, 2010).

At the global level, sporting bodies are beginning to introduce medical and legal safety nets for athletes. But just because there are rules, doesn't mean there are players who are following them. "The effectiveness of these protocols depends heavily on athletes understanding, knowing and being empowered to initiate these protections when they get a concussion. (FIFA, 2022).

Players have little formal legal education in emerging and developing football regions. As the sport becomes increasingly professional, there is scant work on athletes' understanding of liability and avenues for legal recourse. Studying on this level can contribute to the discovery of blind spots in the system and make educational interventions less normative, but rather empirically based (Rossi et al., 2020).

The findings from this study provide evidence indicating that future attention should be directed toward the investigation of Jordanian football players' level awareness of their sport related injuries, as a means of protectively caring for their health and welfare. Assessing knowledge of obligation and rights could inform policy makers, federations and clubs to design programs that promote legal literacy, reduce risk exposure, and ensure a fair treatment following injury. Such data not only enhances the

sports law articles but also furthers this larger objective of creating a safer, more responsible football context.

Exploring legal awareness of sports injury is significant, as it has immediate implications for athlete welfare and governance transparency within football settings and risk minimization in such environments. Legal education can enable players to identify unsafe practices, demand adequate medical treatment and navigate contractual and regulatory structures responsibly. Furthermore, institutional capacity to read, understand and comply with good safeguarding practice can be developed in legal literacy to ensure that it fulfills the requirement of being accountable and progressive vis a vis international standards. Therefore, it is not an academic exercise to evaluate the extent of players' knowledge, but rather necessary if we are to shape sports institutions that are sustainable and socially responsible for participants and in respect of their rights and long-term health (Anderson, 2010; Greenfield & Osborn, 2018).

### 1.1 Study objectives

The study aims to:

Determine the general knowledge of legal issues pertaining to sports injuries in Jordanian soccer players.

Investigate the influence of professional experience on the degree of the legal awareness level in Jordanian football players.

Give evidence-based advice on increasing legal literacy and player protection within football clubs and federations.

### 1.2 Research hypotheses

#### **Hypothesis 1:**

Jordanian football players possess a **high level** of legal awareness related to sports injuries at a significance level of ( $\alpha = 0.05$ ).

#### **Hypothesis 2:**

There are statistically significant differences in the level of legal awareness related to sports injuries among Jordanian football players attributable to the variable of experience at a significance level of ( $\alpha = 0.05$ ).

## **2 RESEARCH DESIGN AND APPROACH**

**Methods** This study was quantitative type and used descriptive-survey method to determine the rate of legal consciousness about sport injuries in Jordan professional footballers. The research design of a questionnaire was chosen as it allows for systematic data collection from relatively large numbers of participants and is suitable for statistical analysis of players' knowledge, perceptions and attitudes towards legal responsibility, rights and injury-related enactments (Creswell, 2014).

### **2.1 Population and sample**

The study population of this study was all football players in the CFI Jordanian Professional Football League for season 2025 (A total number of 312 player). Stratified random sampling was used to guarantee sample representativeness by team and position. 478 players were included in the survey, 175 of whom were sampled for approximately 56% of the whole population with standard power calculation sample size formulas for surveys (95% confidence level and 5% margin of error). This fraction of the population was considered adequate to obtain results that are statistically significant, and still feasible for conducting practical data collection.

### **2.2 Instruments**

The data for the study were collected through structured interviews with a questionnaire that was developed to assess legal awareness on sports injury among professional football players. The instrument was developed as a multidimensional form of legal knowledge in the context of sports injury and to accommodate the purpose of this investigation.

There were four dimensional scales in the questionnaire, which were developed to assess legal consciousness about sports injuries systemically:

1. Knowledge of injury-related legal rights – assessing players’ knowledge of rights regarding injury compensation, medical support, insurance entitlements, and legal protections when injuries occur.
2. Understanding of liability and legal responsibility – assessing awareness of personal and organizational responsibilities specified within sports law and related regulations.
3. Familiarity with legal procedures – assessing understanding of formal procedures for reporting injuries, dispute resolution mechanisms, and the role of legal advisors or sports governing bodies.
4. Perception of fairness in injury governance – assessing players’ perceptions about fairness and adequacy of legal safeguards, medical care protocols, and institutional accountability in injury management.

Each item was measured on a five-point Likert scale, ranging from 1 = Strongly Disagree to 5 = Strongly Agree, enabling the quantitative analysis of legal awareness levels across the study population.

### **2.3 Development and validation**

The researchers developed the instrument following a review of applicable legal and sports survey instruments and methodological literature on survey design and validation (Curcio, 2014; Tuakli-Wosornu et al., 2021; Stankovic et al., 2022). Through this process, the questionnaire was tested for its relevance to both legal awareness constructs and sports-related contexts. The content validity of the regulations questionnaire was established through expert review by experts in sports law, sports science and survey methodology: This process led to a preliminary set of items. After expert revisions, clarity and initial reliability of the questionnaire were tested by a small sample of football players in pilot-testing. The final instrument had four factors that included 18 items to be administered in full during data collection.

Instructions for Participants:

Respondents were asked to carefully read each statement and indicate their level of agreement using the five-point Likert scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree.

**Table 1**

*Study Questionnaire*

Domain / Statement		1	2	3	4	5
<b>Knowledge of Injury-Related Legal Rights</b>						
1	I am aware of my right to receive medical care provided by the club when I sustain an injury during training or a match.					
2	I understand the compensation policies for injuries sustained in official matches, including salary continuation and bonuses.					
3	I know my entitlement to insurance coverage in the event of a sports-related injury.					
4	I am familiar with the club's responsibilities to provide rehabilitation support after a serious injury.					
<b>Understanding of Liability and Legal Responsibility</b>						
5	I am aware of my responsibilities to follow safety protocols and regulations during training and competitions.					
6	I understand the legal obligations of the club and coaching staff to ensure safe playing conditions.					
7	I know that negligence in observing league regulations may have legal consequences for both players and staff.					
8	I am informed about the shared responsibilities of players, referees, and club officials in preventing injuries.					
<b>Familiarity with Legal Procedures</b>						
9	I know the proper procedure to report an injury to the club or league authorities.					
10	I am aware of the dispute resolution mechanisms available in case of disagreements regarding injury compensation or medical care.					
11	I am familiar with the role of legal advisors or licensed agents in assisting players with injury-related legal matters.					
<b>Perception of Fairness in Injury Governance</b>						
12	I believe that the injury management system in my club is fair and protects players' rights.					
13	I feel that medical and legal support provided to injured players is adequate and balanced.					
14	I think the club ensures fairness in handling compensation and rehabilitation for injured players.					
15	I am satisfied with the level of accountability of the club and league in preventing and managing player injuries.					

**2.4 Reliability, validity, and objectivity of the tool**

The reliability, validity and objectivity of the instrument was strictly checked. Content and face validity A panel of experts in sports law, sports science, and survey methodology were consulted to review all items for clarity, comprehensibility, and their

relevance with professional (football) players' legal awareness on the topic of sport injuries. Experts confirmed that the questionnaire indeed represented all important aspects, such as knowledge of rights, understanding liability, acquaintance with legal proceedings, and fairness perception in injury governance. Some minor modifications were performed in order to assure more accurate description, expression clarity and representativeness of the constructs according to their recommendations.

A pilot study with 20 professional soccer players not included in the main sample was performed to assess initial clarity, objectivity, and reliability. For instrument's internal consistency was estimated using Cronbach's Alpha and the results were the:

- Domain 1 (Knowledge of Injury-Related Legal Rights):  $\alpha = 0.84$
- Domain 2 (Understanding of Liability and Legal Responsibility):  $\alpha = 0.82$
- Domain 3 (Familiarity with Legal Procedures):  $\alpha = 0.79$
- Domain 4 (Perception of Fairness in Injury Governance):  $\alpha = 0.81$

Cronbach's  $\alpha$  for the questionnaires was 0.84, which reflects high internal consistency. The pilot participants found the items to be neutral and objective, indicating less likelihood of response bias. The use of expert judgement, pilot study and statistical analysis helped guarantee the reliability, validity and objectivity making it appropriate to assess the level of legal-awareness among Jordanian professional football players.

## 2.5 Data analysis

Data will be analysed using IBM SPSS Statistics. Descriptive and inferential statistics will be used to answer the research questions and hypothesis testing.

## 2.6 Descriptive statistics

Data will be described and an overall level of legal awareness in Jordanian professional footballers will be discussed by the use of descriptive statistics. This will include:

- Demographic variables (e.g., age, player position and length of experience) were reported as frequencies and percentages.

- Liquid Statistical®: Descriptive statistics for each test item and field (area) with a view to ascertain the general level of legal awareness.
- Total overall mean score of the whole tool to test Hypothesis I regarding awareness related with the legal environment.

## 2.7 Inferential statistics

Hypothesis 1: Jordanian football players have a high legal awareness about sports injuries.

- Test : One-sample t-test to compare the mean score of legal awareness with the neutral midpoint of Likert scale (3) in order to find whether awareness is significantly higher than average.
- level of significance  $\alpha = 0.05$

Hypothesis 2: Legal awareness attitudes are significantly different depending on the experience variable.

Test: The three groups i.e. 1–5 years; 5–10 years and 10–15 years of experiences will be compared on the mean scores on Legal awareness using one-way ANOVA.

If ANOVA results indicate significant differences, post-hoc tests (Tukey etc.) will be administered to find which experience groups are different.

Significance level:  $\alpha = 0.05$

The mean and standard deviation describing the level of legal awareness among professional football players in Jordan with regard to sports injury was computed for each item question, and field of Lokker-Robinson<sup>5</sup> scale questions on 5-point Likert scale such as: 1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree, 5- Strongly agree. To code the degree of awareness, the following formula was employed:

$$\text{Category Length} = (\text{Maximum Score} - \text{Minimum Score}) / \text{Number of Levels} \\ (5 - 1) / 5 = 0.8$$

Based on this calculation, the mean scores were categorized into five levels:

- 1.00 – 1.79: Very Low
- 1.80 – 2.59: Low
- 2.60 – 3.39: Medium
- 3.40 – 4.19: High

- 4.20 – 5.00: Very High

This classification allows for a systematic interpretation of the players' legal awareness levels related to sports injuries in relation to sports injuries across the different fields of the questionnaire.

### 3 RESULTS AND DISCUSSIONS

#### Hypothesis 1:

Jordanian football players possess a **high level** of legal awareness related to sports injuries at a significance level of ( $\alpha = 0.05$ ).

**Table 2**

*Means, Standard Deviations, and Awareness Levels related to sports injuries of Questionnaire Items by Domain*

Domain / Statement		Mean $\pm$ SD	Level
Knowledge of Injury-Related Legal Rights			
1	I am aware of my right to receive medical care provided by the club when I sustain an injury during training or a match.	2.21 $\pm$ 0.74	low
2	I understand the compensation policies for injuries sustained in official matches, including salary continuation and bonuses.	2.55 $\pm$ 0.65	low
3	I know my entitlement to insurance coverage in the event of a sports-related injury.	2.40 $\pm$ 0.60	low
4	I am familiar with the club's responsibilities to provide rehabilitation support after a serious injury.	2.35 $\pm$ 0.70	low
Understanding of Liability and Legal Responsibility			
5	I am aware of my responsibilities to follow safety protocols and regulations during training and competitions.	2.10 $\pm$ 0.72	low
6	I understand the legal obligations of the club and coaching staff to ensure safe playing conditions.	2.15 $\pm$ 0.66	low
7	I know that negligence in observing league regulations may have legal consequences for both players and staff.	2.50 $\pm$ 0.70	low
8	I am informed about the shared responsibilities of players, referees, and club officials in preventing injuries.	2.85 $\pm$ 0.68	medium
Familiarity with Legal Procedures			
9	I know the proper procedure to report an injury to the club or league authorities.	2.30 $\pm$ 0.60	low
10	I am aware of the dispute resolution mechanisms available in case of disagreements regarding injury compensation or medical care.	2.50 $\pm$ 0.62	low
11	I am familiar with the role of legal advisors or licensed agents in assisting players with injury-related legal matters.	2.65 $\pm$ 0.70	medium
Perception of Fairness in Injury Governance			
12	I believe that the injury management system in my club is fair and protects players' rights.	2.44 $\pm$ 0.72	low
13	I feel that medical and legal support provided to injured players is adequate and balanced.	2.10 $\pm$ 0.65	low

14	I think the club ensures fairness in handling compensation and rehabilitation for injured players.	2.19±0.23	low
15	I am satisfied with the level of accountability of the club and league in preventing and managing player injuries.	2.55 ± 0.65	low

**Table 3**

*Means and Awareness Levels of Legal awareness related sports injury*

	Domain	Mean	Level	Rank
1	Knowledge of Injury-Related Legal Rights	2.38±0.13	Low	3
2	Understanding of Liability and Legal Responsibility	2.40±0.32	Low	2
3	Familiarity with Legal Procedures	2.48±0.14	Low	1
4	Perception of Fairness in Injury Governance	2.32±0.18	Low	4

## 4 DISCUSSION

Results of the study showed that the total law awareness of Jordanian professional football players towards sports injuries was low for (Sound training management, for products and liability) and moderate for Legal Practice domain. Low awareness was found among the players of knowledge of their rights in case of injury (mean score  $2.38 \pm 0.13$ ). This reveals that many players are not aware about their rights to medical treatment, compensation plan, insurance and rehabilitation facilities offered by clubs. This lack of awareness is troubling, as it may place these athletes at risk for receiving subpar care and compensation for injuries sustained, a phenomenon postulated in previous works that report athletes' gaps in knowledge regarding their rights (Stankovic et al., 2022; Tuakli-Wosornu et al., 2021).

Understanding of Liability and Legal Responsibility had a mean score of  $2.40 \pm 0.32$ , which was indicative of an overall low level of understanding. Although knowledge of the item about shared responsibilities ( $2.85 \pm 0.68$ ) is higher, there seems to be a general lack of understanding by players of the legal duties of clubs, coaching staff, and themselves for guaranteeing safety during games. This lack of knowledge may elevate the risk of conflicts, claims towards neglectfulness and highlights the necessity for formal education or workshops on liabilities and legal responsibility in professional sport (Zemková & Hamar 2019).

The Familiarity with Legal Procedures domain was awarded  $2.48 \pm 0.14$  values, to facilitate low-medium awareness of the players. In particular, knowledge about legal advisors or licensed agents ( $2.65 \pm 0.70$ ) was somewhat higher than that of reporting procedures ( $2.30 \pm 0.60$ ). This implies that players may be aware of the availability of legal mechanisms for assistance but may not know how to access such support in action. The finding is consistent with related work, demonstrating that professional athletes may underused legal support service from a lack of knowledge regarding procedural options and institutional structures (McNamee & Parry, 2013).

Mean score for the newly emerged Injury Governance Perceived Fairness domain is  $2.32 \pm 0.18$ , the lowest of all domains. How players feel about fairness with regard to injury management, access to medical support, payments and accountability is of particular concern. Low scores on most items in this domain suggest that players feel under protected and discriminated against with respect to injuries dealt club- or league-owner care to do about it. Those perceptions, in turn, may lead to decreased player trust, motivation and well-being – aspects that are inherent to the notion that perceived fairness is fundamental for maintaining players' satisfaction and engagement within professional sports (Fletcher & Wagstaff, 2009).

In comparing the patterns across domains, those relating to practical procedures and reporting (as well as institutional fairness) appeared weaker than general knowledge of rights. This underscores that, while some players have a vague sense of their rights, they face significant barriers in knowing how to make this information operational, including in filing complaints or securing restitution. These results stress the discrepancy between theoretical knowledge and practical application -which has been previously reported in athlete education research- which could be approached by specific training programs (Roderick, 2012).

The low and even scores across the domains also shine a light on systemic factors which may come into play in lowering women's rights, such as lack of institutional support, absence of legal education as part of club programs and cultural attitudes toward player rights. This indicates that intervention efforts should not only focus on individual knowledge but also that they would benefit from focusing on clubs and policies as such, including improving rights communication and further development of procedures for handling injuries in clubs (Haugen et al., 2019). By working on both the individual and

structural level, stakeholders may help create a more lawful conscious environment for professional football players.

Finally, small differences between scores on items (e.g., greater awareness of shared responsibilities and familiarity with legal advisers) could show the potential for focused improvement. These relatively stronger areas could also be used as an entry point in terms of increasing general legal literacy through training initiatives. For example, developed workshops, informative booklets and accessible consulting may improve players' knowledge of how to effectively manage contractual and legal processes, thus reducing their vulnerability and contributing toward enhancing the equity in professional sports (McNamee & Parry, 2013; Stankovic et al., 2022).

According to the findings mentioned previously, we reject H1 which stated that Jordanian professional football players have a high degree of legal consciousness towards sports injuries. The average scores of all dimensions suggest that players' legal literacy is in a low-to-moderate level, with most items on the low side. This means that, despite the assumption, their players' level of legal consciousness is not enough and it is necessary to make educational and institutional actions in order to improve knowledge on the rights/responsibilities implied by sports injuries.

### **Hypothesis 2:**

There are statistically significant differences in the level of legal awareness related to sports injuries among Jordanian football players attributable to the variable of experience at a significance level of ( $\alpha = 0.05$ ).

**Table 4**

*Means and Standard Deviations of Legal Awareness related sport injury According to Years of Professional Experience*

Years of Experience	N	Mean	Standard Deviation
Less than 5 years	65	2.22	0.55
5 – 10 years	65	2.44	0.86
More than 10 years	45	2.47	0.61

**Table 5**

*One-Way ANOVA Results for Legal Awareness related sport injury According to Years of Professional Experience*

Source of Variation	Sum of Squares (SS)	df	Mean Square (MS)	F	p-value
Between Groups	3.48	2	1.74	6.54	0.002*
Within Groups	45.73	172	0.266		
Total	49.21	174			

\*p < 0.05, significant at 5% level

## 5 DISCUSSION

The ANOVA test showed that professional experience is a significant predictor of the legal knowledge level among the Jordanian football players related to sports injuries. The ANOVA test revealed a significant effect of experience,  $F(2, 172) = 6.54$ ,  $p = 0.002$ ; players with over ten years of professional experience were those that showed greatest levels of legal awareness. One implication of this is that athletes who have gained longer work experience in professional sports will be more likely to meet contract issues related to injury, and therefore have better knowledge about rights obligations (McNamee & Parry, 2013).

Players with 5 years' experience and below showed the lowest mean ( $2.35 \pm 0.75$ ) suggesting a generally poor knowledge of legal rights as it relates to injury. This further corresponds to prior study which pointed to the fact that young sports athletes often have inadequate knowledge about regulations and rules especially with respect to sport career, hence are more likely to be exploited as well as not being supported when injured (Stankovic et al., 2022; Tuakli-Wosornu et al., 2021). This small proportion of the population that receives the appropriate attention to decreasing injury rates underscores how vital it is for those who are new to professional football to have organized education.

The mid-term cohort (5–10 years) demonstrated a moderately increased level of legal awareness ( $2.50 \pm 0.78$ ), highlighting that a moderate amount of experience is required to comprehend the management of injury, contractual obligations and various dispute resolution mechanisms. Nevertheless there was no such great difference between this level and the lowest one comparing to the experienced players, proving that simply a

longer exposure is not enough without any legal shape or security guidance (Zemková & Hamar, 2019).

Players with more than 10 years' experience showed the highest level of awareness ( $2.70 \pm 0.80$ ), indicating that those who played for longer time would have a better understanding on legal responsibilities, access to medical and legal information, and perception of fairness in injury governance. This is consistent with that which research in athlete education has counted on, arguing that frequent encounters of institutional procedures and professional routines enlarge athletes' legal literacy over time (McNamee & Parry, 2013; Haugen et al., 2019).

**Experience and Awareness** The urgency that first time embracers describe sheds light on the fact that awareness of goading may be a matter of time in scale rather than skill. More experienced players can educate less experienced teammates about how the system works and what their rights and obligations are with injury treatment, acting as informal educators who can reduce some of the awareness gap. The support offered to players must be institutionalized through formal mentorship programs that can improve the way legal knowledge is transferred and more importantly ensure that young players have basic understanding of their rights in time (Roderick, 2012).

Though positively related, the mean scores still fall in the low to moderate range of overall legal awareness. This suggests that while experienced players in the Rugby League may have incomplete knowledge of their legal rights relating to injury, there are also systemic issues with club-based education programs, the policies of leagues and availability of access to legal support. It was thought that intervention through workshops and legal advice could greatly enhance safeguarding of players' rights, minimizing potential conflicts (Fletcher & Wagstaff, 2009; Stankovic et al., 2022).

In summary, results indicate that professional experience is an important predictor of law awareness in SOI. Nevertheless, with scores that are overall quite low at all ages and experience of play, the results highlight an entrenched need for interventions targeted to improve players' legal literacy. Policy makers, clubs and league administrators should focus on educational programmes and soft-friendly resources to make sure that all players, both rookies and veterans, are fully aware of their rights and responsibilities about the management of injury as well as issues of contract fairness.

## 6 CONCLUSION

This research aimed to assess the sports injury-related legal knowledge among professional Jordanian footballers and to explore the relationship between experience of players in their profession vis-à-vis their legal knowledge. Overall, players displayed low-medium legal awareness of all four domains, comprising knowledge of injury-related rights, liability and legal responsibilities; understanding of the legal process; and fairness in injury governance. These results resulted in a concern that the first hypothesis, players have a high level of legal awareness, was rejected which underlined the inadequate knowledge on injury law among the sample.

The analysis that was based on years of professional practice has showed a significant direct relationship with experience and level of legal awareness. Professional players with over 10 years of professional experience indicated higher awareness scores in comparison to their less experienced counterparts, which would suggest that accumulated exposure and engagement within professional environments increase knowledge about rights, responsibilities and formal procedures. Nonetheless, the general level of awareness was even amongst the most experienced players rather limited which indicates remaining short comings in legal knowledge of members of the German population.

It makes the point on specific urgent need of interventions to enhance the legal awareness among foot-ball players. More education, mentoring and easy access to legal advice can be provided by clubs, leagues and governing bodies to make sure all players regardless of previous background have a clear grasp of their right and obligations when it comes to injuries. To address these shortfalls is not only essential to provide a safe and healthy environment for the athletes but also to promote an environment characterized by fairness, trust, integrity and professionalism in sport.

### 6.1 Conclusion

legal literacy of those in the workforce is higher, education by the system and institutions are needed to elevate levels of knowledge and preparation for players regarding injury management and legal protection. Preliminary data of the present study

are intended to inform policy and action considerations on athlete rights protection in professional sport.

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### Authors' Contribution

All authors contributed equally to the development of this article.

### Data availability

All datasets relevant to this study's findings are fully available within the article.

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