

Table S3. References of somatotypes from male elite athletes (SomaRef).

TEAM SPORTS			
SPORT	ENDO	MESO	ECTO
Baseball, first baseman	3.38	6.83	0.6
Baseball, infielder	2.86	5.91	1.54
Baseball, catcher	4.08	6.84	0.32
Baseball, outfielder	2.96	6.66	0.66
Baseball, pitcher	3.26	5.66	1.47
Basketball, forward	2.8	3.7	3.8
Basketball, guard	3.2	4.2	3.2
Basketball, center	3.0	3.5	3.7
Rugby, back	2.2	6.5	1.2
Rugby, forward	2.8	7.2	0.8
Volleyball, setter	2.6	1.9	5.3
Volleyball, opposite	2.3	2.5	5.1
Volleyball, center	2.2	3.9	3.6
Volleyball, hitter	2.4	2.6	4.6
Soccer, goalkeeper	2.8	4.6	2.5
Soccer, midfielder	2.5	4.9	2.2
Soccer, defender	2.3	4.8	2.3
Soccer, forward	2.7	4.6	2.5
Tennis	2.9	4.6	2.5
Water polo, wing	2.53	5.01	2.4
Water polo, center back	3.0	5.8	1.9
Water polo, center forward	3.54	6.14	1.56
SPEED AND ENDURANCE SPORTS			
SPORT	ENDO	MESO	ECTO
Marathon	1.53	1.61	3.86
Racewalking	2.34	3.33	3.39
Runners, (800 m, 1,500 m)	1.6	3.82	3.81
Runners, (3,000 m, 5,000 m, 10,000 m)	2.11	4.72	3.36
Sprint (100 m)	2.1	5.0	2.6
Sprint (200 m, 400 m)	1.7	4.9	2.9
Triathlon	2.0	3.8	2.8
INDIVIDUAL SPORTS			
SPORT	ENDO	MESO	ECTO
Gymnastics	1.9	6.7	1.6
Powerlifting, heavyweight	6.3	10.7	0.1
Powerlifting, lightweight	3.2	7.5	1.1
Powerlifting, middleweight	3.2	8.0	0.7
Windsurf	2.3	5.0	2.4

Sprint paddling	2.6	4.6	3.1
Mountain climbing	1.55	5.28	2.64
Surf	2.48	5.0	1.0
Tennis	3.3	4.3	2.5
Padel	3.7	4.1	2.4
Basque pelota	4.5	5.7	1.7
Mountain biking	1.7	4.6	3.1
Rowing, lightweight	1.4	4.5	3.5
Traditional rowing, bow/stern	2.1	5.1	2.6
Traditional rowing, 3rd/4th	2.8	5.2	2.5
CrossFit® practitioners	3.5	5.2	1.7
COMBAT SPORTS			
SPORT	ENDO	MESO	ECTO
Pencak silat	3.2	5.6	2.0
Greco-roman wrestling, heavyweight	2.2	6.8	1.1
Greco-roman wrestling, lightweight	1.7	6.3	1.3
Ssireum wrestiling, gyungjang	3.2	5.6	1.3
Ssireum wrestiling, sojang	3.2	5.7	1
Ssireum wrestiling, chungjang	4.1	6.4	0.7
Ssireum wrestiling, yongjang,	4.2	5.7	0.6
Ssireum wrestiling, yongsa	4.5	5.9	0.6
Ssireum wrestiling, yeoksa	5.8	6.6	0.2
Ssireum wrestiling, jangsa	7.2	8.2	0.1
Olympic wrestling	3.8	5.3	1.6
Boxing, lightweight	1.8	3.2	3.1
Boxing, light middleweight	2.3	3.7	2.2
Boxing, middleweight	2.1	3.5	2.6
Boxing, heavyweight	3.5	4.5	1.1
Jiu-jitsu pass fighter	2.3	7.0	1.26
Jiu-jitsu guard fighter	2.17	5.9	2.07
Mixed artial arts	2.9	6.4	1.9
Taekwondo, >80 kg	2.9	2.8	1.9
Taekwondo, <54 kg	1.2	3.2	4.8
Taekwondo, <63 kg	1.5	4.2	3.9
Taekwondo, <74 kg	1.9	4.8	3.0
Taekwondo, <87 kg	1.8	5.9	2.0
Taekwondo, <58 kg	1.6	2.8	4.3
Taekwondo, <68 kg	1.9	3.4	3.5
Taekwondo, <80 kg	1.9	3.7	3.0
Karate	3.2	5.1	1.9

Judo, >100 kg	4.1	6.3	0.4
Judo, <100 kg	3.2	5.9	0.9
Judo, <60 kg	1.5	4.0	2.2
Judo, <66 kg	1.8	3.8	2.9
Judo, <73 kg	1.9	4.3	2.5
Judo, <81 kg	2.1	4.9	1.9
DANCE SPORTS			
SPORT	ENDO	MESO	ECTO
Ten dance	2.6	3.9	3.2
Latin dance	2.4	4.3	2.6
Standard dance	2.2	3.7	3.6
Breakdancing	2.28	4.64	2.69

Note. Table S2 presents reference values for somatotypes of modern elite athletes from the 'SomaRef' database, detailing the distribution of endomorphy, mesomorphy, and ectomorphy across various sports.