

Table S4. References of somatotypes from female elite athletes (SomaRef).

TEAM SPORTS			
SPORT	ENDO	MESO	ECTO
Soccer	3.1	3.6	2.4
Handball	4.2	4.7	1.8
Basketball	3.7	3.2	2.4
Water polo, center	3.9	4.3	2.3
Water polo, wing	4.1	4.5	2.3
Water polo, goalkeeper	4.1	3.7	2.7
Futsal, pivot wing	4.01	3.17	2.03
Futsal, pivot	4.28	4.13	1.6
Futsal, wing	3.96	2.97	2.06
Futsal, forward	3.78	3.67	1.92
Futsal, goalkeeper	4.15	3.06	2.17
Volleyball, hitter	2.9	3.2	3.0
Volleyball, center	2.9	2.9	3.3
Volleyball, setter	2.8	3.1	3.0
Volleyball, libero	3.3	4.0	2.3
Volleyball, opposite	3.0	3.4	2.9
ENDURANCE SPORTS			
SPORT	ENDO	MESO	ECTO
Triathlon	2.8	3.6	3.0
Racewalking	3.11	3.04	2.93
COMBAT SPORTS			
SPORT	ENDO	MESO	ECTO
Karate	3.1	3.7	2.4
Fencing	3.7	4.8	1.3
Pencak silat	4.0	4.1	1.9
Judo, <48 kg	2.17	5.11	1.4
Judo, <52 kg	2.2	2.71	3.48
Judo, <57 kg	2.8	3.62	2.73
Judo, <63 kg	2.71	3.39	2.32
Judo, <70 kg	3.69	4.58	1.77
Judo, <78 kg	3.07	4.99	1.21
Judo	4.9	5.6	1.7
INDIVIDUAL SPORTS			
SPORT	ENDO	MESO	ECTO
Bodybuilder	1.7	4.8	2.7
Sprint paddling	3.6	3.7	3.0
Rowing, lightweight	2.4	3.3	3.7
Gymnastics	3.2	3.4	3.0

CrossFit® practitioners	4.4	4.5	1.8
DANCE SPORTS			
SPORT	ENDO	MESO	ECTO
Ten dance	3.1	3.0	3.4
Latin dance	3.1	3.0	3.1
Standard dance	2.5	2.5	3.9
Ballet	3.19	5.17	2.62
Breakdancing	2.34	5.16	2.38

Note. Table S3 presents reference values for somatotypes of modern elite athletes from the 'SomaRef' database, detailing the distribution of endomorphy, mesomorphy, and ectomorphy across various sports.