Appendix A. Supplementary data

Table S1. Musculoskeletal tests conducted for sub-elite women's cricket

Test	Equipment	Variables	Rationale for tests	Protocols followed
Body compositions	Omron, Model OM-BF511	Weight Body Mass Index Body Fat Muscle Mass Resting Metabolic Rate	Objective scale to measure each variable for body composition.	Ihmels M, Welk GJ, McClain JJ, Schaben J. The Reliability and Convergent Validity of Field Tests of Body Composition in Young Adolescents. Journal of Physical Activity and Health. 2006; 3(s2):S67-S77. Lintsi M, Kaarma H, Kull I. Comparison of hand-to-hand bioimpedance and anthropometry equations versus dual-energy X-ray absorptiometry for assessing body fat percentage in 17-18-year-old conscripts. Clinical physiology and functional imaging. 2004; 24(2):85-90.
Individual strength	VALD Dynamo	Shoulder Internal Rotation Shoulder External Rotation Knee Flexion Knee Extension Hip Extension	All testing was done using hand-held dynamometry for objective measurement of strength testing. Trials were identified from a list of tests provided by VALD to be done using their software.	All VALD protocols were followed. Links for each of the protocols: Shoulder IR: https://support.vald.com/hc/en-au/articles/14564824963481-DynaMo-Plus-Test-Shoulder-Strength-Protocol#7 Shoulder ER: https://support.vald.com/hc/en-au/articles/14564824963481-DynaMo-Plus-Test-Shoulder-Strength-Protocol#20 Knee Flexion: https://support.vald.com/hc/en-au/articles/19112858914329-DynaMo-Plus-Test-Knee-Strength-Protocol#5 Knee Extension: https://support.vald.com/hc/en-au/articles/19112858914329-DynaMo-Plus-Test-Knee-Strength-Protocol#14 Hip Extension: https://support.vald.com/hc/en-au/articles/19073392034713-DynaMo-

Test	Equipment	Variables	Rationale for tests	Protocols followed
Functional strength	VALD ForceDecks	Countermovement Jump Single Leg Jump Hop Test Push-up Test Isometric Mid-Thigh Pull	All tests were done on force plates for objective measurement of physical qualities. Trials were identified from a list of tests provided by VALD to be done using their software.	Plus-Test-Hip-Strength-Protocol#6 All VALD protocols were followed. Links for each of the protocols: Countermovement jump: https://support.vald.com/hc/en-au/articles/4999886017817-ForceDecks-Test-Countermovement-Jump-Protocol Single leg jump: https://support.vald.com/hc/en-au/articles/4999875514393-ForceDecks-Test-Single-Leg-Jump-Protocol Hop test: https://support.vald.com/hc/en-au/articles/4999906960153-ForceDecks-Test-Hop-Test-Protocol Push up https://support.vald.com/hc/en-au/articles/4999827968665-ForceDecks-Test-Push-Up-Protocol Isometric Mid-Thigh Pull https://support.vald.com/hc/en-au/articles/7667730369817-ForceDecks-Test-Isometric-Mid-Thigh-Pull-Protocol
Aerobic fitness		2km Time Trial	Part of a battery of pre-tests as national requirements for each team.	2km timed run around the outfield of a cricket field (on grass) with trainer shoes (not cricket spikes) – as a requirement by the national cricket guidelines.

Table S2. Total means for body composition and musculoskeletal testing for sub-elite female cricket players

Variables	Mean and Standard Deviation (±)	
Body composition		
Weight [kg]	66.05 ± 10.59	
BMI [kg/m^2]	23.55 ± 3.35	
Body fat %	32.14 ± 6.95	
Muscle mass %	28.98 ± 3.62	
RMR [kcal]	1406.00 ± 122.67	
Functional strength tests		
CMJ		
Jump Height [cm]	23.31 ± 3.85	
Peak Power [W]	2655.8 ± 553.45	
Peak Power / BM [W/kg]	40.36 ± 5.56	
Peak Landing Force [N]	2869.84 ± 646.67	
SLJ	*Non-dominant*	*Dominant*
Concentric Mean Force [N]	897.45 ± 149.08	885.14± 150.06
Eccentric Mean Force [N]	667.84 ± 136.68	660.39 ± 125.40
Jump Height (Flight Time) [cm]	11.02 ± 2.31	11.02 ± 2.89
Peak Power [W]	1589.93 ± 348.46	1542.77 ± 320.47
Peak Power / BM [W/kg]	24.13 ± 4.32	23.08 ± 5.56
Hop test		
Mean Active Stiffness [N/m]	26431.10 ± 20703.45	
Mean Jump Height (Flight Time) [cm]	22.93 ± 7.46	
Mean Landing RFD [N/s]	38773.70 ± 17437.69	
Mean Peak Power [W]	5285.38 ± 4510.18	
IMTP		

Variables	Mean and Standard Deviation (±)
Force at 50ms [N]	868.85 ± 223.03
Force at 100ms [N]	949.88 ± 223.26
Force at 150ms [N]	1001.58 ± 217.75
Force at 200ms [N]	1058.98 ± 229.88
Peak Vertical Force [N]	1420.30 ± 296.16
Push up test	
Concentric Mean Power / BM [W/kg]	3.02 ± 0.79
Concentric Mean Velocity [m/s]	0.45 ± 0.11
Eccentric Mean Power / BM [W/kg]	2.68 ± 0.79
Concentric Mean Force (Left) [N]	218.48 ± 34.07
Concentric Mean Force (Right) [N]	231.22 ± 37.07