|  |  |  |
| --- | --- | --- |
|  | **Fours** | **Fives** |
| 5m Time (secs) | 2.34 ± 0.29 | 2.30 ± 0.38 |
| 10m Time (secs) | 3.95 ± 0.53 | 3.93 ± 0.65 |
| 15m Time (secs) | 5.40 ± 0.74 | 5.42 ± 0.88 |
| 20m Time (secs) | 6.76 ± 0.96 | 6.83 ± 1.11 |
| Fastest 20m Time (secs) | 6.68 ± 0.96 | 6.74 ± 1.07 |
| 5m Velocity (m·s-1) | 2.17 ± 0.25 | 2.21 ± 0.27 |
| 10m Velocity (m·s-1) | 3.14 ± 0.42 | 3.12 ± 0.41 |
| 15m Velocity (m·s-1) | 3.49 ± 0.46 | 3.41 ± 0.45 |
| 20m Velocity (m·s-1) | 3.77 ± 0.53 | 3.61 ± 0.50 |
| Overall Velocity (m·s-1) | 3.00 ± 0.38 | 2.98 ± 0.38 |
| 5m Acceleration (m·s-2) | 0.95 ± 0.21 | 0.99 ± 0.21 |
| 10m Acceleration (m·s-2) | 0.62 ± 0.18 | 0.58 ± 0.18 |
| 15m Acceleration (m·s-2) | 0.24 ± 0.08 | 0.19 ± 0.06 |
| 20m Acceleration (m·s-2) | 0.21 ± 0.09 | 0.15 ± 0.08 |

Table S1. Game Format 20m sprint results