

Table S1. Effect sizes \pm 90 % Confidence Intervals for mean distance (m) per chucka, compared at each level of play. Values are presented in **bold** if confidence interval does not cross zero. Magnitude of the effect is denoted by the following symbols *: Small; # Moderate; †: Large; ‡: Very Large and is only provided for those effects whose confidence intervals do not cross zero.

Comparison	Speed Zone 1			Speed Zone 2			Speed Zone 3			Speed Zone 4			Speed Zone 5		
0 goal – 6 goal	-0.44	\pm	0.36*	0.42	\pm	0.36*	0.17	\pm	0.36	-0.46	\pm	0.37*	-0.49	\pm	0.49*
0 goal – 10 goal	-0.03	\pm	0.31	-0.03	\pm	0.31	-0.07	\pm	0.32	-0.74	\pm	0.33#	-0.58	\pm	0.31*
0 goal – 16 goal	-0.97	\pm	0.30#	1.05	\pm	0.30#	0.60	\pm	0.29#	-1.40	\pm	0.31†	-0.83	\pm	0.30#
0 goal – 24 goal	-0.77	\pm	0.43#	-0.23	\pm	0.42	-0.65	\pm	0.43#	-2.05	\pm	0.51‡	-2.10	\pm	0.52‡
6 goal – 10 goal	0.26	\pm	0.31	-0.56	\pm	0.32*	-0.33	\pm	0.32*	-0.27	\pm	0.31	-0.08	\pm	0.31
6 goal – 16 goal	-0.85	\pm	0.30#	0.74	\pm	0.30#	0.47	\pm	0.29*	-1.03	\pm	0.30#	-0.51	\pm	0.29*
6 goal – 24 goal	-0.79	\pm	0.43#	-0.71	\pm	0.44#	-1.07	\pm	0.45#	-1.53	\pm	0.47†	-1.36	\pm	0.47†
10 goal – 16 goal	-1.00	\pm	0.24#	-1.18	\pm	0.24#	0.78	\pm	0.24*	-0.86	\pm	0.23*	-0.49	\pm	0.22*
10 goal – 24 goal	-0.59	\pm	0.39*	-0.26	\pm	0.38	-0.95	\pm	0.40#	-1.35	\pm	0.42†	-1.47	\pm	0.41†
16 goal – 24 goal	0.59	\pm	0.37*	-1.23	\pm	0.37†	-1.38	\pm	0.38†	-0.24	\pm	0.37	-0.64	\pm	0.36#

Table S2. Effect sizes \pm 90 % Confidence Intervals for mean time (min:s) in speed zone per chukka, compared at each level of play. Values are presented in **bold** if confidence interval does not cross zero. Magnitude of the effect is denoted by the following symbols *: Small; # Moderate; †: Large; ‡: Very Large and is only provided for those effects whose confidence intervals do not cross zero.

Comparison	Speed Zone 1			Speed Zone 2			Speed Zone 3			Speed Zone 4			Speed Zone 5		
0 goal – 6 goal	0.06	\pm	0.35	0.39	\pm	0.36*	0.22	\pm	0.36	-0.46	\pm	0.36*	-0.49	\pm	0.36*
0 goal – 10 goal	0.37	\pm	0.31*	-0.05	\pm	0.31	-0.05	\pm	0.31	-0.74	\pm	0.32#	-0.58	\pm	0.32*
0 goal – 16 goal	-0.09	\pm	0.28	1.06	\pm	0.30#	0.60	\pm	0.29#	-1.39	\pm	0.31†	-0.84	\pm	0.30#
0 goal – 24 goal	-0.16	\pm	0.42	-0.17	\pm	0.42	-0.62	\pm	0.43#	-2.01	\pm	0.51‡	-2.17	\pm	0.59‡
6 goal – 10 goal	-0.30	\pm	0.31	-0.54	\pm	0.31*	-0.37	\pm	0.32*	-0.27	\pm	0.32	-0.08	\pm	0.31
6 goal – 16 goal	-0.14	\pm	0.29	0.79	\pm	0.29#	0.42	\pm	0.29*	-1.08	\pm	0.30#	-0.52	\pm	0.29*
6 goal – 24 goal	-0.22	\pm	0.42	-0.63	\pm	0.43#	-1.08	\pm	0.45#	-1.51	\pm	0.47†	-1.40	\pm	0.46†
10 goal – 16 goal	-0.43	\pm	0.23*	1.20	\pm	0.24†	0.76	\pm	0.23#	-0.94	\pm	0.23#	-0.50	\pm	0.22*
10 goal – 24 goal	-0.58	\pm	0.39*	-0.17	\pm	0.39	-0.92	\pm	0.39#	-1.33	\pm	0.41†	-1.51	\pm	0.42†
16 goal – 24 goal	-0.06	\pm	0.36	-1.19	\pm	0.37#	-1.37	\pm	0.39†	-0.03	\pm	0.36	-0.65	\pm	0.36#

Table S3. Effect sizes \pm 90 % Confidence Intervals for mean high intensity activities per chukka, compared at each level of play. Values are presented in **bold** if confidence interval does not cross zero. Magnitude of the effect is denoted by the following symbols *: Small; # Moderate; †: Large; ‡: Very Large and is only provided for those effects whose confidence intervals do not cross zero.

Comparison	Sprints			Accelerations			Decelerations			Impacts		
0 goal – 6 goal	0.33	±	0.36	0.17	±	0.36	0.01	±	0.36	-0.32	±	0.36
0 goal – 10 goal	-0.18	±	0.31	0.30	±	0.31	-0.39	±	0.32*	-0.24	±	0.31
0 goal – 16 goal	-0.49	±	0.29*	-0.72	±	0.72#	-0.81	±	0.30#	-0.49	±	0.29*
0 goal – 24 goal	-0.90	±	0.44#	-0.09	±	0.43	-1.18	±	0.45#	-0.97	±	0.44#
6 goal – 10 goal	-0.55	±	0.31*	0.08	±	0.32	-0.37	±	0.32*	0.17	±	0.32
6 goal – 16 goal	-0.85	±	0.30#	-0.94	±	0.30#	-0.80	±	0.29#	-0.23	±	0.29
6 goal – 24 goal	-1.24	±	0.23†	-0.29	±	0.43	-1.10	±	0.45#	-0.28	±	0.42
10 goal – 16 goal	-0.32	±	0.23*	-1.13	±	0.24#	-0.53	±	0.23*	-0.39	±	0.23*
10 goal – 24 goal	-0.83	±	0.40#	-0.50	±	0.39*	-0.99	±	0.40#	-0.64	±	0.35#
16 goal – 24 goal	-0.49	±	0.37*	0.68	±	0.37#	-0.33	±	0.36	0.00	±	0.36