

Supplementary file 1: Search Strategies.

Table S1. Search strategies

Platform	Search strategies
PubMed	((("female soccer players"[tw]) AND ("Menstrual Cycle"[Mesh] OR "Luteal Phase"[Mesh] OR "Follicular Phase"[Mesh]) AND ("Athletic Performance"[Mesh]))) OR ((("female soccer players"[tw]) AND ("Menstrual cycle" [tw] OR "Period" [tw]) AND ("performance"[tw] OR "Athletic performance"[tw])))
SCOPUS	((("female soccer players") AND ("Menstrual Cycle" OR "Luteal Phase" OR "Follicular Phase") AND ("Athletic Performance"))) OR ((("female soccer players") AND ("Menstrual cycle" OR "Period") AND ("performance" OR "Athletic performance")))

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BVS	(tw:("female soccer players") AND Mh:"Menstrual Cycle" OR "Luteal Phase" OR "Follicular Phase") AND Mh:("Athletic Performance")) OR tw:(("female soccer players") AND ("Menstrual cycle" OR "Period") AND ("performance" OR "Athletic performance"))
Web of science	TS=((("female soccer players") AND ("Menstrual cycle" OR "Period") AND ("performance" OR "Athletic performance"))

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EBSCO	((("female soccer players") AND MH("Menstrual Cycle" OR "Luteal Phase" OR "Follicular Phase") AND MH("Athletic Performance")) OR ((("female soccer players") AND ("Menstrual cycle" OR "Period") AND ("performance" OR "Athletic performance"))
Cochrane library	#1 female soccer players 287
	#2 MeSH descriptor: [Menstrual Cycle] explode all trees 2004
	#3 MeSH descriptor: [Luteal Phase] explode all trees 564
	#4 MeSH descriptor: [Athletic Performance] explode all trees 8079
	#5 menstrual cycle6089
	#6 Period 269012
	#7 performance 123835
	#8 athletic performance 3823
	#9 ((#1) AND (#2 OR #3) AND (#4)) OR ((#1) AND (#5 OR #6) AND (#7 OR #8)) 26

Supplementary file 2: GRADE System.


Table S5: GRADE System.

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Question: Influence of menstruation compared to performance for women soccer players

Setting: Physiotherapy

Bibliography:

Certainty assessment							Impact	Certainty	Importance
Nº of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations			
New outcome									
9	randomised trials	serious ^a	serious ^b	not serious	very serious ^c	dose response gradient	Four studies showed changes in performance during the phases of the menstrual cycle, while the remaining five studies showed no oscillations in performance	 Very low	IMPORTANT

CI: confidence interval

Explanations

- a. Due to the lack of sequence concealment in all studies and the unclear risk of blinding of participants and staff, it is not clear whether the studies were conducted in a blinded manner.
- b. Four studies had significant differences, while 5 studies had no significant differences.
- c. Due to the sample analysis analyzed (<400)