



Citation for published version:

Cumming, S, Pi-Rusinol, R, Rodas, G, Drobnic, F & Rogol, AD 2023, 'The Validity of Automatic Methods for Estimating Skeletal Age in Young Athletes: A Comparison of the BAUSport Ultrasound System and BoneXpert with the Radiographic method of Fels.', *Biology of Sport*.

Publication date:
2023

Document Version
Peer reviewed version

[Link to publication](#)

Publisher Rights
CC BY-NC-SA

University of Bath

Alternative formats

If you require this document in an alternative format, please contact:
openaccess@bath.ac.uk

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

1 The Validity of Automatic Methods for Estimating Skeletal Age in Young Athletes: A
2 Comparison of the BAUSport Ultrasound System and BoneXpert with the Radiographic
3 method of Fels.

4

5

6

7

8

9 Keywords: Puberty, Assessment, Sport, Maturity, Ultrasound, x-ray

10 Abstract

11

12 This study examined the validity of two automated methods (BAUSport, BoneXpert software
13 using Fels, Greulich-Pyle, Tanner-Whithouse III protocols) for estimating skeletal age (SA)
14 in young athletes in comparison to a reference standard (Fels). 85 male and female athletes,
15 nine to seventeen years of age, from multiple sports were assessed for SA as part of an annual
16 medical and health screening programme. Intra-class correlations demonstrated high degrees
17 of association between the automatic methods for estimating SA (BAUSport $r = .98$;
18 BoneXpert $r = .96-.99$) and the discrepancy between SA and chronological age (SA-CA)
19 (BAUSport $r = .93$; BoneXpert $r = .88-.97$), with the reference standard. Concordance
20 analyses for the categorisation of participants as early, on-time and late maturing also
21 demonstrated substantial levels of agreement for both methods (BAUSport Kappa = $.71$;
22 BoneXpert Fels Kappa = $.63$) with the reference standard. Bland-Altman plots comparing the
23 automatic methods with the reference standard identified statistically significant fixed biases,
24 ranging in magnitude from small to large. Collectively, these results suggest that BoneXpert
25 and BAUSport can provide comparable estimates of SA and SA-CA in young athletes
26 relative to the Fels method. Biases in the estimation of SA should, however, be considered
27 and the automatic methods should be implemented as part of a comprehensive growth and
28 maturity screening protocol. The non-invasive nature of the BAUSport method affords
29 particular advantages (no radiation exposure, portability) in contexts where the regular
30 estimation of SA is recommended.

31

32 The optimal development of young athletes requires a sound understanding and awareness of
33 child development [1]. It is advised that sport's national governing bodies implement
34 practical and effective policies/procedures for assessing and monitoring growth and
35 maturation in young athletes, and educate coaches, sports scientists, and medical practitioners
36 on physical development in youth [1]. Individual differences in maturity status and timing
37 impact athletic performance, athlete selection biases, training effects, and injury risk in young
38 athletes. Information pertaining to the growth and maturation of young athletes can be used
39 for several purposes. These include, (i) differentiating between athletes who are early, on-
40 time, or delayed in maturation, (ii) more accurately evaluating physical fitness, athletic
41 performance and future potential, (iii) identifying when athletes enter developmental stages
42 where they may be at greater risk for injury (i.e., adolescent growth spurt), (iv) grouping
43 athletes by maturity for training and/or competition (i.e., bio-banding), and/or (v) informing
44 the design, implementation and evaluation of training and conditioning programmes [2,3].
45 The effectiveness of these strategies is, however, dependent upon the validity and reliability
46 of the methods used to estimate growth and/or maturation.

47 The processes of growth and maturation are related yet distinct [4]. Growth refers to
48 changes in body size, composition, and/or physique; whereas maturation refers to the process
49 of progress towards the adult or mature state [4]. Common measures of growth include height
50 and weight, which can be assessed in terms of status (cm. or kg.) and/or velocity (e.g., gains
51 in cm. or kg., per annum). Maturation occurs, and can be estimated, within multiple
52 biological systems, including skeletal, dental, endocrine, sexual, and somatic characteristics.
53 Skeletal age (SA) is considered the most reliable and valid method for estimating maturation
54 status and can be estimated from birth to late-adolescence [4]. Radiographs of the hand-wrist
55 are generally used to estimate SA with several methods (protocols) available, including the
56 Greulich-Pyle [5], Fels [6], and the Tanner-Whitehouse methods (TW1, TW2 & TW3) [7–9].

57 SA derived from radiographs of the hand-wrist provide valid and reliable estimates of
58 biological maturation status in youth; however, this index is not without limitations [10].
59 Radiographs are expensive, time intensive, and require specialists trained in the use and
60 interpretation of skeletal hand-wrist x-rays. Assessments of SA via x-ray also involves
61 exposure to small radiation doses [11]. Although the dose presents minimal risk, decisions to
62 request radiographs must provide evidence that the benefits of performing the procedure
63 outweigh the potential health risks to the athlete. Consequently, the use of skeletal hand x-
64 rays to estimate maturation status in young athletes is increasingly limited to cases where
65 there are medical concerns regarding the growth/health/injury status of the child or when
66 his/her chronological age is unknown.

67 Advances in digital imaging technologies and machine learning have led to the
68 development of imaging software, such as BoneXpert, that automatically estimates SA from
69 digitalised skeletal hand-wrist radiographs [12]. BoneXpert uses a three-layer imaging
70 process to (i) reconstruct and validate the bone borders and architecture (ii) determine and
71 validate SA, and (iii) average and adjust SA to the Greulich-Pyle method and/or transform
72 these values to the TW3 or Fels stages and estimates of SA. BoneXpert provides a
73 standardised, cost effective, and less time-intensive alternative for estimating SA, yet still
74 requires the procurement of the hand-wrist x-ray.

75 Ultrasound has been proposed as an alternative, automatic, and non-invasive method
76 for estimating SA in youth [13]. Ultrasound methods estimate SA by deducing the velocity at
77 which sound waves pass through specific bones sites, generally the distal radius and/or ulna
78 epiphysis [13]. As ultrasound does not involve ionizing radiation, it presents no risk to the
79 child and can be used more frequently. Strong correlations have been reported between
80 estimates of SA derived from sonography and skeletal hand-wrist x-rays using the Greulich-
81 Pyle method [13,14]. These studies have, however, included broad age ranges from early

82 childhood to late adolescence [13,14]. Associations between estimates of biological
83 maturation are inflated when considering children across broad age ranges and the capacity of
84 sonographic methods to differentiate between children of varying maturity status within
85 narrower age bands remains unclear. Existing sonographic methods have also been criticised
86 for relying upon single sites of assessment and over- and under-estimating SA in late and
87 early maturing youth, respectively [15].

88 A particular limitation of existing sonographic methods for estimating SA is the
89 reliance upon single or limited numbers of bone sites (i.e., radius and/or ulna). The epiphyses
90 of the radius and ulna are ideal sites as they are present from early childhood and represent
91 two of the last bones in the hand-wrist to attain full maturity [4,10]. Nevertheless, there is
92 substantial variance in the rates and ages at which the radius and ulna achieve maturity [11],
93 introducing the potential for significant error and limiting their suitability as *exclusive* sites
94 for estimating SA. The validity and reliability of sonographic methods could be improved by
95 increasing the number of sites within the assessment procedure. Emerging evidence suggests
96 that sonographic techniques (BAUSport) that utilise multiple assessment sites (e.g., radius,
97 ulna, carpals, phalanges) may provide more reliable and valid estimates of SA [16]. Further
98 research examining the validity and reliability of these new methods is, however, warranted.

99 Considering the preceding discussion, the purpose of this investigation was to
100 examine the validity of two automatic methods for estimating SA in a combination of male
101 and female athletes. Specifically, estimates of SA and SA-CA derived from invasive
102 (BoneXpert) and non-invasive (BAUSport) automatic methods for estimating SA were
103 compared against estimates of SA derived from the Fels protocol. The capacity of both
104 automatic methods to correctly identify participants as early, on-time and late maturing
105 relative to the Fels protocol was also investigated. Bland Altman analyses were also
106 performed to examine the degrees of agreement between the estimates of SA provided by the

107 automatic methods and the Fels protocol. The Fels method was selected as the *reference*
108 *standard*, as it uses a comprehensive and diverse set of criteria for estimating SA and
109 includes an accompanying standard error [17].

110 Methods

111 Participants

112 The sample include 85 male and (n=13) female soccer, volleyball, handball, and basketball
113 players registered with a multisport academy in Catalonia, Spain. Participants were aged
114 between 9 and 17 years (M=13.0 years, SD=1.6 years). A post-hoc power analysis for
115 correlational analyses (G*Power version 3.1.9.6) [18] based upon current sample size, the
116 lowest value for designating a large effect ($r = 0.5$), and a minimum probability value of .05,
117 indicated sufficient statistical power ($=.99$). As all protocols for estimating skeletal age were
118 sex specific, male and female participants were combined for all analyses. Further, there was
119 not adequate statistical power to conduct the analyses for the female participants alone.

120 Ethical procedures

121 Data collection was approved by Clinical Research Ethics Committee of the Sports
122 Administration of Catalonia. Participants and their parents and/or guardians were informed of
123 the nature and purpose of the study in advance of data collection before providing both
124 written consent and assent for participation. Ethical approval for the analysis of anonymised
125 data was approved by the Research Ethics Approval Committee for Health at the lead
126 author's host institution.

127 Measures

128 The data collection was conducted over a 10-month period. Maturity status assessments were
129 conducted following standardised procedures for skeletal hand-wrist x-rays and use of the
130 BAUSport system. All participant assessments were conducted on a single day by the

131 Academy's Medical Service Department as part of the annual medical and health screening
132 programme for registered athletes.

133 Skeletal Age: Radiographs

134 Dorso-palmar radiographs of the left hand-wrist were procured to estimate skeletal age (SA)
135 using the Fels method [6]. The x-ray examinations were performed using standardised
136 procedures by two medical doctors, each with over 15 years' experience in Paediatric Sports
137 Medicine. Digital images (DICOM files) were then generated from each radiograph to
138 estimate SA using the BoneXpert 3.0 imaging software [19]. The BoneXpert software
139 provide estimates of SA in accordance with the Fels, Greulich-Pyle, and TW3 protocols. One
140 participant's DICOM image was unable to be processed by BoneXpert. Accordingly, this
141 participant was excluded from all analyses pertaining that required estimates of SA derived
142 from BoneXpert. Participants presenting an SA equal or greater to, or equal lesser than, one
143 year of their chronological age were categorised as early or late maturing, respectively.
144 Participants with a SA falling within +/- 1 years of their chronological age were categorised as
145 'on time'.

146 SA was estimated independently by a single Academy medical doctor specialising in
147 paediatric sports medicine who was trained in the use of the Fels protocol and associated
148 software (Felshw.com) as part of his professional and medical training. A subsample of 20 of
149 radiographs were also assessed by the lead author. Both assessors were blinded to one
150 another's SA estimates and the estimates derived from the BAUSport and BoneXpert
151 systems. The intra-class correlation (ICCs) between the independent investigators' estimates
152 of SA using the Fels protocol was positive, strong, and statistically significant ($r = .99$,
153 $p < .001$). The absolute (A.TEM) and relative technical errors of measurement (R.TEM)
154 between the independent assessors estimates of SA using the Fels protocol across the

155 subsample was .42 years and 3.2 percent, respectively, with the lead author reporting a
156 slightly lower mean estimate for SA (-0.23 years).

157 Skeletal Age: Ultrasound

158 The BAUSport instrument system with accompanying software, produced by SonicBone
159 Medical Ltd., Rishon LeZion, Israel, was used to estimate SA based upon ultrasound
160 assessment of three skeletal locations on the left hand-wrist. Assessments were conducted by
161 three medical professionals in the academy's Medical Services Department who were trained
162 in the use of the BAUSport system. These sites include the distal radius and ulna's secondary
163 ossification centres on the epiphysis at the hand-wrist: the growth plate of metacarpal III and
164 the shaft of the adjacent proximal phalange, and the distal metacarpal epiphysis. Information,
165 based upon the speed at which high frequency waves of an ultrasound pulse propagate
166 through bone and distance attenuation factors (i.e., decay rate), is fed into an integrated
167 algorithm using the scoring method designed by Tanner and Whitehouse (TW2 method). The
168 algorithm then provides the estimate of SA and future adult stature. The time durations for
169 the scans at each of the various sites was 12 seconds for the radius and ulna, and four seconds
170 for the proximal phalange and distal metacarpal. Total time for completing the assessment is
171 approximately five-to-ten minutes per participant. The BAUSport system has previously
172 demonstrated high levels of repeatability and validity in young athletes and the general
173 population [16,20–22].

174 Statistical Analyses

175 A series of statistical analyses were conducted to the investigate the degree to which
176 the automatic estimates of SA agreed with the reference standard (Fels), including ICCs to
177 examine associations between the estimates of SA and SA-CA; A.TEM and R.TEM to
178 determine the magnitude of the differences between the automatic estimates of SA with the
179 reference standard; Bland-Altman plots to examine the degree to which the automatic

180 methods estimates of SA agreed with the estimates provided by the reference method; one-
181 sample mean T-tests to identify the presence of fixed effect biases between automatic
182 estimates of SA and the Fels standard; and cross tabulation analyses using Cohen's Kappa
183 coefficient to determine the agreement amongst the methods in classifying participants as
184 early, on-time, and late maturing.

185 Outliers

186 Prior to the main analyses, the data were investigated for outliers. Outliers represent data
187 points that differ significantly from other observations and may occur due to chance or
188 experimental error. A strategy whereby any participant presenting an estimate of SA that
189 differed by more than three years from at least two of the four SA estimates derived from
190 other methods, was used to identify, and remove outliers. One skeletal year approximates one
191 standard deviation in skeletal age among youth of the same age. Two male participants,
192 approximating two percent of the original sample, were removed based upon SA estimates
193 derived from the BAUSport (n=1) and BoneXpert (n=1) protocols and the exclusion criteria.

194 Results

195 Descriptive analyses

196 Descriptive statistics for age, SA and the discrepancy between skeletal and
197 chronological age (SA-CA) are presented for the total sample and by sex in Table 1. For all
198 the automatic estimates of SA, except the BAUSport system, the reference method (Fels
199 Practitioner) produced a higher mean value. Of note, all the mean values for SA in the male
200 participants were higher than the equivalent value for chronological age; whereas the mean
201 values for SA in the female participants approximated, or fell below, the mean value for
202 chronological age.

203 Intra-class correlations.

204 ICCs (one-tailed) using mixed effects and absolute agreement were performed to
205 examine the magnitude and direction of the associations between the automatic estimates of
206 SA and the reference method (Table 2). One-tailed analyses were selected on the basis that
207 estimates of SA and SA-CA are expected to correlate positively across protocols. A separate
208 series of equivalent analyses were conducted for the discrepancies between SA and
209 chronological age (SA-CA) (Table 2). All estimates of SA and the SA-CA were positively
210 and significantly correlated with the reference method. The correlations for SA were strong
211 in magnitude ranging from .96 (BoneXpert TW3) to .99 (BoneXpert Fels). The correlations
212 for SA-CA were also statistically significant and strong in magnitude yet presented a greater
213 range of variation (BoneXpert TW3 $r = .88$; BoneXpert Fels $r = .97$). Accompanying
214 scatterplots for the correlations between the non-invasive automatic method (BAUSport
215 System) and the Fels method are presented in Figures 1 and 2 for SA and SA-CA,
216 respectively.

217 A.TEMs and R.TEMs were calculated for all estimates of SA, relative to the reference
218 standard, and are presented in Table 2. The A.TEM. values ranged from .35 (BoneXpert
219 Fels) to .67 (BoneXpert TW3) years. The R.TEM. values ranged from 2.60% (BoneXpert
220 Fels) to 5.07% (BoneXpert TW3).

221 Cross tabulation analyses using percentage of agreement values and Cohen's Kappa
222 coefficients examined the degree of concordance between the automatic estimates of SA and
223 the Fels reference protocol in classifying participants as early, on-time, and late maturing.
224 All methods presented Kappa coefficient values that were statically significant, thereby
225 indicating agreement between the automatic methods and the reference method (Table 2).
226 The concordance value was highest for the BAUSport system, which presented a good level
227 of agreement (Kappa =.71); and lowest for the BoneXpert TW3 method which demonstrated
228 moderate agreement (Kappa =.35).

229 Bland-Altman analyses with accompanying linear regression analyses were conducted
230 for each of the automatic estimates of SA and the reference standard. Mean differences
231 (estimated bias) between the estimates of SA and the 95% upper and lower levels of
232 agreement were calculated for each plot (Table 3). A regression line (two-way) was fitted to
233 the scatter plots to identify systematic or proportional biases (Table 3). The estimated mean
234 differences between the automatic estimates of SA and the reference method were all
235 statistically significant (one sample means t-tests), indicating the presence of fixed biases.
236 The estimated biases range from -.23 (BAUSport) to .82 (BoneXpert TW3). The range
237 between the 95% upper and lower levels of agreement resulting from the Bland-Altman
238 analyses varied across methods from 1.76 years (BoneXpert Fels) to 2.55 years (BAUSport).
239 None of the methods (presented statically significant associations between the mean estimate
240 of SA and degree of agreement between the estimates of SA. The Bland-Altman plot for the
241 BAUSport estimate of SA and the Fels reference standard is presented in Figure 3.

242 Discussion

243 This study investigated the validity of two automatic methods for estimating skeletal age in
244 athletes aged 9 to 17 years. The ICCs indicated a series of strong and positive associations
245 between the automatic estimates of SA and the Fels reference method. These findings are
246 consistent with previous research using the BAUSport and BoneXpert systems [16]. Highly
247 positive ICCs are desirable when comparing estimates of SA in validation studies and suggest
248 a high degree of association between the estimates. They do not, however, reflect the extent
249 to which the estimates of SA agree and/are equivalent to one another. Two methods can be
250 strongly correlated yet produce markedly different estimates of SA. The TW3 method, for
251 example, correlates strongly with other estimates of SA, yet produces lower estimates of SA
252 [11]; as occurred in the current study. Equally, the broad age range of the current sample (9 to
253 17 years) likely inflated the magnitude of the observed correlations between the estimates of

254 SA. That is, correlations among estimates of SA tend to be smaller when considered in
255 restricted age samples [23]. Thus, these results, although promising, should be interpreted
256 with caution.

257 The ICCs for the SA-CA discrepancy provided a more rigorous test of validity, as
258 age-associated variance in maturation was controlled for. All the automatic estimates of SA-
259 CA demonstrated positive and statistically significant associations with the reference method.
260 The magnitude of the correlations was strong, varying from .88 (BoneXpert TW3) to .97
261 (BoneXpert Fels), suggesting that the automatic methods can provide valid estimates of SA-
262 CA discrepancies. This observation is promising as the capacity of sonographic methods to
263 effectively differentiate between children of similar ages, yet varying maturity status, has
264 been questioned [15]. The more fixed geometrical position in which the hand-wrist is
265 positioned when using the BAUSport system and greater number of assessment sites may
266 afford greater validity and reliability when estimating SA via ultrasound.

267 For the BoneXpert software, the A.TEM and R.TEM values varied from -.35 to -.67
268 years and 2.60 to 5.07%, respectively, with all three protocols underestimating SA relative to
269 the reference. The A.TEM and R.TEM values were greatest for the BoneXpert TW3 method,
270 which is consistent with previous research [10]. The A.TEM and R.TEM for SA derived via
271 the BAUSport system were comparable to, and fell between, the equivalent values for the
272 BoneXpert estimates. The A.TEM and R.TEM values that are considered acceptable in
273 anthropometry vary relative to the skill of the practitioner, complexity of the assessment, and
274 opportunity for error [24]. Whereas an inter-investigator Relative TEMs of below 7.55% are
275 considered acceptable for less precise measures, such as skinfolds, values below 1.5% are
276 considered acceptable for more precise measures (e.g., height, weight) [24]. As the methods
277 for estimating SA employ separate protocols, one might posit a R.TEM of below 5% to be
278 acceptable in comparing levels of agreement between methods [24]. Applying this criterion,

279 all methods, except for the BoneXpert TW3 protocol, presented R.TEM. values that would be
280 considered acceptable

281 The automatic methods for estimating SA all demonstrated statistically significant
282 degrees of agreement with the reference methods in categorizing participants as early, on-
283 time, and late maturing. The non-invasive BAUSport system demonstrated the highest
284 degree of concordance, achieving a good level of agreement, strong enough to be considered
285 clinically significant. The degree of concordance between the BoneXpert and Fels methods
286 varied across protocols, ranging from moderate (TW3) to good (Fels). Accordingly, both
287 the BAUSport and BoneXpert systems appear to be appropriate methods for identifying
288 youth as early, on time and late maturing.

289 Although all of methods presented statistically significant fixed biases when
290 compared against the standard; only the BAUSport system presented a negative bias, which
291 is consistent with previous research [16]. None of the methods identified a proportional bias
292 with the Fels reference standard, suggesting no systematic errors associated greater or lesser
293 estimates of SA. The difference between the 95% upper and lower levels of agreement
294 varied across methods, ranging from 1.76 years (BoneXpert Fels) to 2.55 years (BAUSport).
295 The latter finding is worthy of further consideration. Although the BAUSport system
296 presented the smallest fixed bias and demonstrated the highest level of agreement in
297 categorising participants as early, on-time, and late, it also produced the widest limits of
298 agreement. A closer inspection of the participants that presented the greatest discrepancies
299 between the BAUSport and Fels estimates of SA failed to reveal any influence of participant
300 age and/or maturity status. A potential explanation for the wider levels of agreement is
301 inconsistent use of the BAUSport system. Variance in the positioning of the hand or marking
302 of anatomical sites when using the BAUSport system may have contributed to greater
303 discrepancies in the estimation of SA across cases. More rigorous training on the use of the

304 BAUSport system and its protocols may be important in terms of determining the degree of
305 training required to optimally ensure methodological fidelity and reduce any extreme errors
306 in estimation of SA.

307 Practical implications of the current study should be considered. Collectively, the
308 results support the use of the BoneXpert software and BAUSport system as automatic
309 methods for estimating SA in young athletes. The BAUSport system demonstrated the
310 highest level of agreement with the reference method when classifying youth as early, on-
311 time and late maturing. BoneXpert performed best when employing Fels protocol, however,
312 the observation of positive fixed biases across all three protocols indicated a tendency for all
313 three protocols to underestimate SA. Accordingly, estimates of SA derived from the
314 BoneXpert software should be interpreted with caution and not treated as directly
315 interchangeable with values derived from the reference method.

316 As the BAUSport system does not require exposure to radiation it provides a
317 particular advantage when estimating maturation status in youth; especially in contexts where
318 regular screening and monitoring of growth and maturation status may be advised (e.g.,
319 clinical cases, youth sports). In terms of estimating SA and SA-CA the BAUSport method
320 performed as well as the BoneXpert software, although it produced marginally higher
321 estimates of SA than the reference method. Thus, SA estimates derived from the BAUSport
322 system cannot be considered as directly interchangeable with those derived from the
323 reference method. As with all methods, caution is required when interpreting BAUSport
324 estimate of SA at the individual level. The cost-effective, non-invasive, and time-efficient
325 nature of the BAUSport system increases the opportunities for researchers and practitioners
326 performing estimates of SA in countries where specialised equipment or personnel may not
327 be readily available. Ideally all estimates of SA should be considered and interpreted in
328 parallel with other indices of growth and maturation status, such as height/weight velocity,

329 percentage of predicted adult stature, and/or changes in physique, appearance, and/or
330 secondary sex characteristics [10]. The Premier League's Growth and Maturity Screening
331 Programme, for example, considers multiple sources of information to assess the growth and
332 maturational status of registered academy players every three-to-four months [25]. Combined
333 with non-invasive estimates of SA, such information could provide greater insight as to the
334 physical development of young athletes, optimising their training, athletic development,
335 health, and safety.

336 Limitations of the current investigation must be noted. First, the results are limited to
337 a small sample of Spanish academy athletes aged 9 to 17 years, the majority of whom were
338 male. It is difficult to generalise these findings across the sexes or other sports and future
339 studies with larger samples of male and female athletes are required. Male athletes are also
340 more likely to present limited variance in maturity due to inherent selection biases towards
341 early maturers. As maturity selection biases are less common in female sports, female
342 samples may provide more rigorous and representative tests of the validity and reliability of
343 these methods. In contrast, clinical samples tend to demonstrate negative SA-CA
344 discrepancies. The magnitude of the correlations between estimates of SA may also have
345 been artificially inflated relatively broad age range. That said, the strong correlations
346 remained strong for the SA-CA discrepancy, where age associated variance in maturity was
347 effectively controlled for. In conclusion, the current findings support the use of BAUSport as
348 an alternative, practical and non-invasive methods for the estimation of SA in young athletes.
349 In comparison to the established methods for estimating SA in youth, the BAUSport and
350 BoneXpert systems both performed well and especially the BAUSport system in relation to
351 the categorization of youth as early, on-time, and delayed in maturation.

352

353

354

355 References

356

- 357 1. Bergeron MF, Mountjoy M, Armstrong N, Chia M, Côté J, Emery CA, et al.
358 International Olympic Committee consensus statement on youth athletic development.
359 Br J Sports Med. 2015;49(13):843–51.
- 360 2. Cumming SP, Lloyd RS, Oliver JL, Eisenmann JC, Malina RM. Bio-banding in sport:
361 Applications to competition, talent identification, and strength and conditioning of
362 youth athletes. Strength Cond J. 2017;39(2):34–47.
- 363 3. Malina RM, Cumming SP, Rogol AD, Coelho-e-Silva MJ, Figueiredo AJ, Konarski JM,
364 et al. Bio-banding in youth sports: Background, concept, and application. Sports Med.
365 2019;49(11):167–1685.
- 366 4. Malina RM, Bouchard C, Bar-Or O. Growth, maturation, and physical activity. Human
367 kinetics; 2004.
- 368 5. Greulich W, Pyle, SI. Pyle SI 1959 Radiographic Atlas of Skeletal Development of the
369 Hand and Wrist. Vol. 462. 1959.
- 370 6. Chumela WC, Roche AF, Thissen D. The FELS method of assessing the skeletal
371 maturity of the hand-wrist. Am J Hum Biol. 1989; 1(2):175–83.
- 372 7. Tanner J, Healy, MJR, Goldstein H, Cameron N. Assessment of skeletal maturity and
373 prediction of adult height (TW3 method). 3rd. Saunders; 2001.
- 374 8. Tanner JM. A new system for estimating skeletal maturity from the hand and wrist, with
375 standards derived from a study of 2600 healthy British children. Part II: The Scoring
376 System. 1959;
- 377 9. Tanner JM. Assessment of skeletal maturity and prediction of adult height. TW 2
378 Method. 1983;50–106.
- 379 10. Malina RM. Assessment of biological maturation. In: Oxford textbook of children's
380 exercise science and medicine. Oxford University Press; 2017. p. 3–11.
- 381 11. Malina RM. Skeletal age and age verification in youth sport. Sports Medicine.
382 2011;41(11):925–47.
- 383 12. Thodberg HH, Kreiborg S, Juul A, Pedersen KD. The BoneXpert method for automated
384 determination of skeletal maturity. IEEE Trans Med Imag. 2008;28(1):52–66.
- 385 13. Mentzel HJ, Vilser C, Eulenstein M, Schwartz T, Vogt S, Böttcher J, et al. Assessment
386 of skeletal age at the wrist in children with a new ultrasound device. Pediatr Radiol.
387 2005;35(4):429–33.

- 388 14. Castriota-Scanderbeg A, Sacco MC, Emberti-Gialloreti L, Fraracci L. Skeletal age
389 assessment in children and young adults: comparison between a newly developed
390 sonographic method and conventional methods. *Skel Radiol.* 1998;27(5):271–7.
- 391 15. Khan KM, Miller BS, Hoggard E, Somani A, Sarafoglou K. Application of ultrasound
392 for bone age estimation in clinical practice. *J Pediatr.* 2009;154(2):243–7.
- 393 16. Leyhr D, Murr D, Basten L, Eichler K, Hauser T, Lüdin D, et al. Biological maturity
394 status in elite youth soccer players: a comparison of pragmatic diagnostics with
395 magnetic resonance imaging. *Front Sports Act Living.* 2020;15;2:587861
- 396 17. Malina RM, Dompier TP, Powell JW, Barron MJ, Moore MT. Validation of a
397 noninvasive maturity estimate relative to skeletal age in youth football players. *Clin J of*
398 *Sport Med.* 2007;17(5):362–8.
- 399 18. Faul F, Erdfelder E, Lang AG, Buchner A. G* Power 3: A flexible statistical power
400 analysis program for the social, behavioral, and biomedical sciences. *Behav Res*
401 *Methods.* 2007;39(2):175–91.
- 402 19. Thodberg H, Van Rijn R, Tanaka T, Martin D, Kreiborg S. A paediatric bone index
403 derived by automated radiogrammetry. *Osteoporosis Int.* 2010;21(8):1391–400.
- 404 20. Aref Elnasasra M, Hilmi Alnasasra M, Rozalia Smolyakov M, Klaris Riesenber M, Lior
405 Neshor M. Bone age assessments by quantitative ultrasound (sonicbone) and hand x-ray
406 based methods are comparable. *The Israel Medical Association Journal.* 2017;
407 September (19), 533-538.
- 408 21. Rachmiel M, Naugolani L, Mazor-Aronovitch K, Levin A, Koren-Morag N, Bistrizter
409 T. Bone age assessment by a novel quantitative ultrasound based device (SonicBone), is
410 comparable to the conventional Greulich and Pyle method. *Horm Res Pediatr.*
411 2013;80(Suppl 1):35.
- 412 22. Ruf L, Cumming S, Härtel S, Hecksteden A, Drust B, Meyer T. Construct validity of
413 age at predicted adult height and BAUS skeletal age to assess biological maturity in
414 academy soccer. *Ann Hum Biol.* 2021;48(2):101–9.
- 415 23. Towlson C, MacMaster C, Parr J, Cumming S. One of these things is not like the other:
416 time to differentiate between relative age and biological maturity selection biases in
417 soccer? *Sci Med Footb.* 2022;6(3):273–6.
- 418 24. Perini TA, Oliveira GL de, Ornellas J dos S, Oliveira FP de. Technical error of
419 measurement in anthropometry. *Rev Bras Med Esporte.* 2005;11:81–5.
- 420 25. Cumming SP. A game plan for growth: How football is leading the way in the
421 consideration of biological maturation in young male athletes. *Ann Hum Biol.*
422 2018;45(5):373–5.

424 Table 1 Descriptive statistics for chronological age and estimated skeletal age (SA) across
 425 methods by sex and for the total sample.

	Males (n=70, ^a 69)	Females (n=13)	Total (N=83, ^c 82)
	M (SD)	M (SD)	M (SD)
Chronological age	13.3 (1.5)	11.5 (1.3)	13.0 (1.6)
SA FELS Practitioner	14.3 (2.3)	11.2 (1.6)	13.8 (2.4)
SA BAUSport	14.5 (2.4)	11.6 (1.8)	14.0 (2.5)
SA FELS BoneXpert	14.0 (2.3) ^a	11.0 (1.5)	13.5 (2.4) ^c
SA GP BoneXpert	13.8 (2.3) ^a	10.7 (1.5)	13.3 (2.5) ^c
SA TW3 BoneXpert	13.4 (2.2) ^a	10.3 (1.4)	12.9 (2.4) ^d

426

427

429 Table 2 Comparison of methods for estimating skeletal age against the Fels method in male
 430 and female adolescent athletes aged 11 to 17 years.

431

	ICC SA	ICC SA-CA	A.TEM	R.TEM	Kappa
	Years				
BAUSport	.98 ^c	.93 ^c	.49	3.49%	.71 ^c
BoneXpert GP	.98 ^c	.95 ^c	.45	3.38%	.54 ^c
BoneXpert TW3	.96 ^c	.88 ^c	.67	5.07%	.35 ^b
BoneXpert Fels	.99 ^c	.97 ^c	.35	2.60%	.63 ^c

432

433 Note: SA = skeletal age, CA = Chronological Age, ICC = Intraclass correlation, A.TEM=

434 Absolute Technical Error of Measurement, R.TEM= Relative Technical Error of

435 Measurement, ^b = p<.01, ^c = p<.001

436

437

439 Table 3 Bland Altman analyses comparing methods for estimating skeletal age against the
 440 Fels method (FELS_{PRACT}-Comparison Method) in male and female adolescent athletes aged
 441 11 to 17 years.

442

	Est. Bias (SD)	ULOA (95%)	LLOA (95%)	LOA Range	r
BAUSport	-.23 (.65)	1.05	-1.50	2.55	-.21
BoneXpert GP	.44 (.46)	1.35	-.46	1.81	-.12
BoneXpert TW3	.82 (.47)	1.74	-.09	1.83	.07
BoneXpert Fels	.22 (.45)	1.10	-.66	1.76	-.07

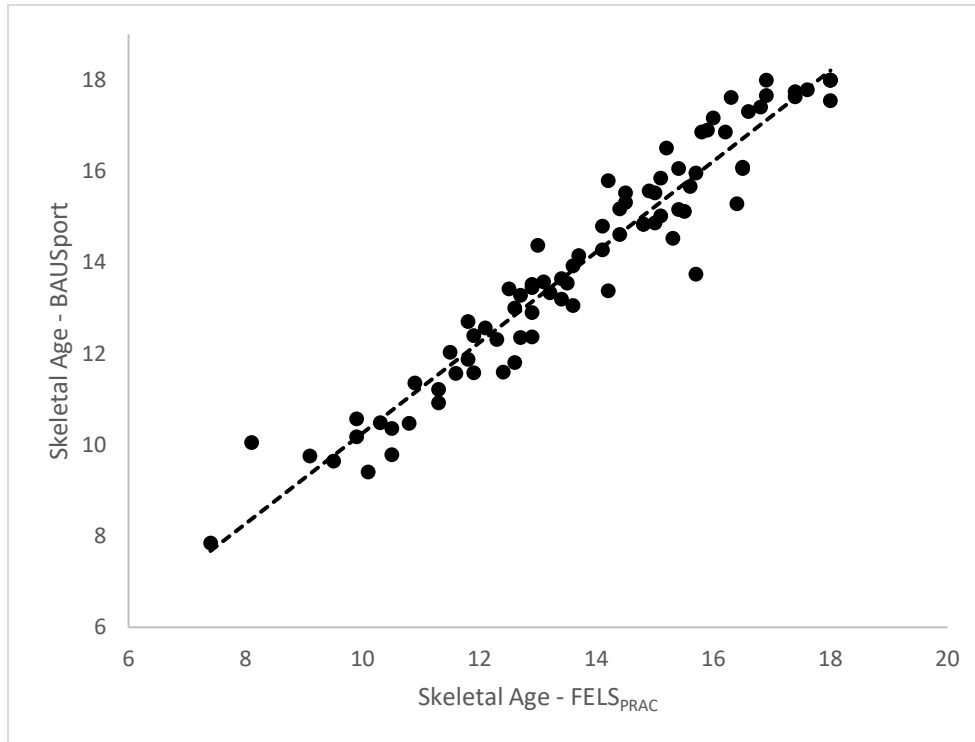
443

444 Note: ULOA = Upper Level of Agreement; LLOA = Lower Level of Agreement;

445

446 Figure 1. Intraclass correlations and scatterplots for estimates of skeletal age derived from the
447 BAUSport system and Fels protocol

448
449

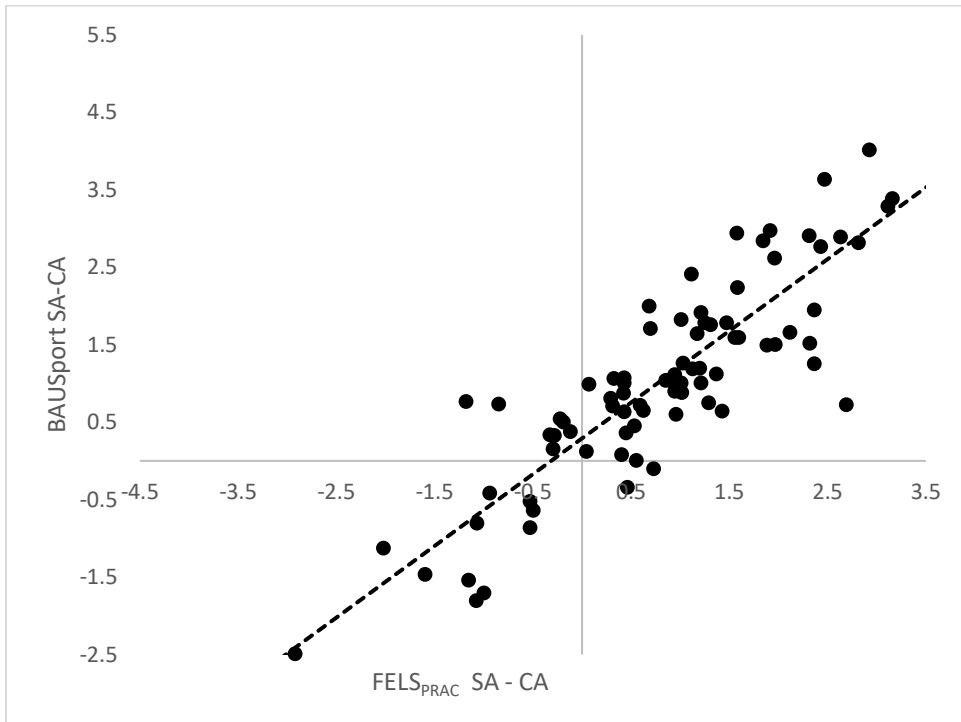


450
451
452

453 Figure 2. Intraclass correlations and scatterplots for estimates of skeletal age and the
454 discrepancy between skeletal and chronological age (SA-CA) as estimated by the BAUSport
455 systems and Fels protocol
456

457

458



459

460

461 Figure 3. Bland-Atlman plot illustrating the degree of agreement between estimates of
462 skeletal age (SA) derived from the Fels and BAUSport protocols.

463

