Table S1. Review of the evidence for paternity success trade-offs in male (pre-copulatory) phenotype in birds. Only those studies that report *simultaneously* but also give *independent measures* of the effects of a given phenotype in a male's within- and extrapair paternity success are included. Incidence of extrapair paternity, EPP, is the percentage of broods with at least one extrapair young observed in the species (obtained from [2], when populations levels were not provided in the cited reference). Antagonistic selection occurs when the same phenotypic trait is under opposing directional selection with respect to extrapair and within-pair paternity success.

Species	Male phenotypic trait	Shape of Selection	Shape of Selection		EPP
		Extrapair success	Within-pair success		
Carpodacus erythrinus	Plumage	Positive	None	[3]	32%
Carpodacus mexicanus	Song	Positive	Positive	[4]	14%
Cyanistes caeruleus	Song, Age	Positive	Positive	[5]	40%
	Plumage (manipulated)	Positive	None	[6]	
	Plumage (natural)	Negative	Positive	[7]	
Emberiza schoeniclus	Exploratory behavior, Age	Positive	None	[8]	64%
Ficedula albicollis	Plumage	Positive	Positive	[9]	33%
Ficedula hypoleuca	Plumage (UV)	None	Positive	[10]	13%
Geothlypis trichas	Plumage, Age	Positive	None	[11]	49%
	Song, Condition	None	None		
Hirundo rustica	Tail length (natural & artificial)	Positive	Positive	[12]	n/a
Icterus galbula bullockii	Age	Positive	Positive	[13]	46%
	Condition	None	None		
Junco hyemalis	Testosterone levels (artificial)	Stabilizing	Positive	[14]	n/a
Luscinia svecica	Plumage	Positive or None	Positive	[15]	51%
	Size, Condition	None	None		
	Age	Positive	None		
Malurus cyaneus	Plumage molt date	Positive	None	[16]	95%
	Sperm morphology	Negative	Positive	This study	
Malurus melanocephalus	Plumage	Positive	None	[17]	51%
Pachycephala pectoralis	Song	Positive	Positive	[18]	23%
	Plumage	Positive	None		
Periparus ater	Age	Positive	Positive	[19]	67%
Phylloscopus fuscatus	Song	Positive	Positive	[20]	59%
Progne subis	Age	Positive	Positive	[21]	n/a
Promerops cafer	Tail length	Positive	Negative	[22]	71%
Setophaga ruticilla	Age	Positive	Positive	[23]	59%
Tyrannus tyrannus	Song, Size	Positive	Positive	[24]	61%
Wilsonia citrina	Age, Size	None	None	[25]	35%
	Song	Positive	Positive (indirect)	[26]	
	Plumage	None	None		

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