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Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our <u>Editorial Policies</u> and the <u>Editorial Policy Checklist</u>.

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For a	Il statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.
n/a	Confirmed
	$igstyle{igstyle}$ The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
	🔀 A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
\boxtimes	The statistical test(s) used AND whether they are one- or two-sided Only common tests should be described solely by name; describe more complex techniques in the Methods section.
\boxtimes	A description of all covariates tested
\boxtimes	A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
\boxtimes	A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
\boxtimes	For null hypothesis testing, the test statistic (e.g. <i>F</i> , <i>t</i> , <i>r</i>) with confidence intervals, effect sizes, degrees of freedom and <i>P</i> value noted Give <i>P</i> values as exact values whenever suitable.
\boxtimes	For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
\boxtimes	For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
\boxtimes	\square Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated
	Our web collection on <u>statistics for biologists</u> contains articles on many of the points above.
Sof	tware and code
Polic	y information about <u>availability of computer code</u>

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio guidelines for submitting code & software for further information.

MotionCor 2, CTFFIND 4, RELION 3.1, Resmap 1.1.4, Chimera 1.15, ChimeraX 1.4, COOT 0.8.9, PHENIX 1.20, MolProbity 4, Pymol 2.5

Data

Data collection

Data analysis

Policy information about availability of data

EPU 1.1.4

All manuscripts must include a data availability statement. This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our $\underline{\mathsf{policy}}$

Map and model have been deposited in the EMDB and PDB with the accession codes: EMD-33931 and PDB-7YML [http://dx.doi.org/10.2210/pdb7YML/pdb]. All other data are available from the authors upon reasonable request.

Human research participants

Policy information about studies involving human research participants and Sex and Gender in Research.

Reporting on sex and gender

Use the terms sex (biological attribute) and gender (shaped by social and cultural circumstances) carefully in order to avoid confusing both terms. Indicate if findings apply to only one sex or gender; describe whether sex and gender were considered in study design whether sex and/or gender was determined based on self-reporting or assigned and methods used. Provide in the source data disaggregated sex and gender data where this information has been collected, and consent has been obtained for sharing of individual-level data; provide overall numbers in this Reporting Summary. Please state if this information has not been collected. Report sex- and gender-based analyses where performed, justify reasons for lack of sex- and gender-based analysis.

Population characteristics

Describe the covariate-relevant population characteristics of the human research participants (e.g. age, genotypic information, past and current diagnosis and treatment categories). If you filled out the behavioural & social sciences study design questions and have nothing to add here, write "See above."

Recruitment

Describe how participants were recruited. Outline any potential self-selection bias or other biases that may be present and how these are likely to impact results.

Ethics oversight

Identify the organization(s) that approved the study protocol.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below	w that is the best fit for your research.	. If you are not sure, read the appropriate sections before making your selection.
∠ Life sciences	Behavioural & social sciences	Ecological, evolutionary & environmental sciences

 $For a \ reference \ copy \ of \ the \ document \ with \ all \ sections, see \ \underline{nature.com/documents/nr-reporting-summary-flat.pdf}$

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

Sample sizes of Cryo-EM data are given in Methods, Supplementary Table 1, and Supplementary Figure 3. All intact particles were considered and the sample size was sufficient to obtain high resolution.

Data exclusions

No data were excluded from the analysis, except for badly picked or low resolution particles in the cryo-EM data sets.

Replication

All experiments were confirmed with at least two replications as detailed in Methods. We also performed averaging over a large number of independent particle images on single particle cryo-EM as detailed in Supplementary Table 1.

Randomization

Randomization was not relevant to this study, because no samples were allocated into different experimental groups of alternative experimental analysis.

Blinding

None of the data was taken blindly. Blinding was not relevant to this study, because classification and resolution estimation in single particle analysis were processed automatically using Relion package.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

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IVIa	teriais & experimental systems	IVIe	tnods
n/a	Involved in the study	n/a	Involved in the study
\boxtimes	Antibodies	\boxtimes	ChIP-seq
\boxtimes	Eukaryotic cell lines	\boxtimes	Flow cytometry
\boxtimes	Palaeontology and archaeology	\boxtimes	MRI-based neuroimaging
\boxtimes	Animals and other organisms		
\boxtimes	Clinical data		
\boxtimes	Dual use research of concern		