

## **Guidelines for Paper Submission**

All papers must be prepared according strictly to these guidelines. Incomplete or incorrect submissions will not be reviewed. We encourage early submission to ensure prompt confirmation and processing.

1. The paper must be written in English and electronically submitted as a Microsoft WORD file. The paper can be up to four A4 pages in length, single spaced, in Arial size 11 font with normal character spacing. Set your page to A4 portrait (30 cm high by 21 cm wide). The printing area should be 25 cm by 16 cm. Set the left and right margins at 2.5 cm and the top and bottom margins at 2.5 cm. The printing (other than formulas and tables) should be right and left justified. Do NOT indent the first line of paragraphs.
2. Use one or two lines to write the TITLE in BOLD CAPITAL LETTERS. Skip one line and type the author(s) first name and surname in bold lower case. On the next line give the author(s) affiliation(s), city, state, and country in bold lower case. The title, authors and affiliations should be centered. Skip another line.
3. Right and left justify all the following text (except formulas and tables). Write an abstract of no more than 10 lines indented 1cm from both the right and left margins in Arial size 10 font. Do NOT use a heading for the abstract and write the abstract as an unbroken single paragraph. Skip one line and list up to six keywords not used in the title (unbolded) describing your paper alongside the sub-heading KEYWORDS: in BOLD CAPITAL LETTERS.
4. Skip another line and return to full width and Arial size 11 font. Your paper should have the following structure:

An INTRODUCTION indicating the significance and purpose of the research and citing the primary literature sources.

A description of the METHODS of data collection, data analysis, and research design. A RESULTS and DISCUSSION section. These sections may be combined if desired in the interests of saving space.

A CONCLUSION should include reference to implications and applications of the work to sport and exercise. A major goal of the ISBS is to bridge the gap between sports biomechanics and practitioners in teaching, coaching, training, and rehabilitation of participants in sports. Your conclusion should highlight potential benefits of the study for practitioners. If your study is an advancement of methods of analysis or the development of new equipment, then the conclusion should indicate how this could lead to assisting practitioners.

An alphabetical list of REFERENCES should conform to the [guidelines of the journal Sports Biomechanics](#) (APA style).

Skip a line after each of the above major sections. Each of the major headings listed above should be left justified (NOT indented or centered), in BOLD CAPITALS, and followed by a colon. The text then continues on the same line. Lower level headings should follow the same format and should be in lower case (NOT capitals). Do NOT skip lines between paragraphs or before lower level headings. Formulas, figures, and tables should be formatted in the style adopted by the journal Sports Biomechanics.