

Guidelines for ISBS 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. ISBS Conference proceedings papers undergo a double blinded review process by a minimum of two reviewers. Please ensure there is no identifying information¹ included in your paper. Upon acceptance, authors will submit a final paper version and add identifying information, authors must ensure that the final paper aligns with these guidelines by redrafting if necessary.

The paper must be written in British or American 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 in most sections. 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 text alignment (other than formulas and tables) should be right and left justified. Do NOT indent the first line of paragraphs.

1. Use one or a maximum of two lines to write the TITLE in BOLD CAPITAL LETTERS. Skip one line and leave enough space to supply author(s) first name and surname in centered bold lower case. On the next line you will provide space to give the author(s) affiliation(s), city, state, and country in centered bold lowercase. The title, authors and affiliations will be added to your paper following the review process. Skip another line.
2. 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**.
3. 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

¹ Identifying information can include laboratory locations, IRB review board specifiers, and university-specific information. For further guidance please see this resource from Taylor & Francis:
<https://authorservices.taylorandfrancis.com/publishing-your-research/peer-review/anonymous-peer-review/>

conclusion should indicate how this could lead to assisting practitioners.

- An alphabetical list of **REFERENCES** should conform to the most recent APA style guide. Text within the reference list should however not have a hanging indent and be single spaced and Arial size 10 font. Do NOT skip lines or add spacing between references. DOI should be provided if available.
- **ACKNOWLEDGEMENTS** are optional and should be included following references.

4. Skip a line after each of the above major sections. Each of the major headings listed above should be 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) and not bold. Do NOT skip lines between paragraphs or before lower level headings.
5. Formulas, figures, and tables should be accompanied by appropriate captions. Captions should be **bolded** Arial font size 10 and left or center aligned.