

Author Instructions for the Full Paper (4-pager)

The full paper (four pages) must be written in English and should have the following structure:

- ◆ Title
- ◆ Author(s)
- ◆ Affiliation(s), city, state and country
- ◆ Abstract
- ◆ Keywords
- ◆ Introduction
- ◆ Methods
- ◆ Results
- ◆ Discussion
- ◆ Conclusion
- ◆ References
- ◆ Acknowledgement

Please download the sample full paper from the website. To reduce format variations, It is advised to use the sample paper as a template by replacing the text in the sample paper with the text of your paper in each category and storing the file on your hard disk using the filename 'LastnameFirstname.doc' (e.g. WhitmanTom.doc). If you want to submit more than one paper, then differentiate them by adding numbers after the name (e.g. WhitmanTom1.doc).

Formal aspects of the paper

- ◆ Paper size: A4 portrait (29.7-cm high, 21.0-cm wide)
- ◆ Printing area: 24.7 cm x 16.0 cm, margins: 2.5 cm left, right, top, bottom
- ◆ Title: Arial 12 pt, capital letters, bold, centered, single-spaced, 12 pt spaced after, max. 2 lines
- ◆ Author(s): Arial 12 pt, lower case, bold, centered, single-spaced, 6 pt spaced after
- ◆ Affiliation(s), city, state and country: Arial 12 pt, lower case, bold, centered, single-spaced, 12 pt spaced after, 1 line each
- ◆ Abstract: Arial 10 pt, lower case, left and right justified, single spaced, 1 cm indented from both, the left and right margin, 12 pt spaced after, unbroken single paragraph, max. 10 lines
- ◆ Key words: Arial 10 pt, lower case, left justified, single spaced, 1 cm indented from the left margin, 'KEY WORDS:': capital letters, bold
- ◆ Body text: Arial 11 pt, lower case, left and right justified, single spaced, 12 pt spaced above each main paragraph (introduction, methods, results, discussion, conclusion), title of each main paragraph: capital letters, bold
- ◆ Tables: columns left justified or centered, separation of the table header by a top and bottom line, solid line also after the last item of the table
- ◆ Titles of tables: above the table, Arial 10 pt, lower case, bold, left justified, 6 pt spaced after
- ◆ Graphs: sufficient contrast, clear, appropriate scaling and labeling of the axes, incorporate graphs into the text as metafiles.
- ◆ Title of graphs: after the graphs, Arial 10 pt, lower case, left justified
- ◆ References: Arial 10 pt, lower case, single spaced, left justified, layout according to 'Sports Biomechanics', 3 pt spacing
- ◆ Acknowledgement: Arial 10 pt, single spaced, left justified

Aspects of the contents

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 section RESULTS presents the findings of the research written or in form of tables and graphs. The section DISCUSSION should interpret and discuss the results and compare them with previous findings. The 'Results' and 'Discussion' sections may be combined if desired in the interests of saving space. A CONCLUSION should include reference to implications and applications of the work due to the major goal of the ISBS to bridge the gap between sports biomechanics and practitioners in teaching, coaching, training and rehabilitation of participants in sports. Your conclusion should highlight the benefits of the study for practitioners. If your study is an advancement of methods of analysis or the development of new equipment then it should be indicated clearly how this could lead to assisting practitioners. An alphabetical list of REFERENCES should conform to the guidelines of the journal '**Sports Biomechanics**'. The updated author instructions of Sports Biomechanics can be found at <http://mc.manuscriptcentral.com/rspb> > Resources > Instructions & Forms.