

SUBMISSION OF PAPERS

Instructions for Authors

1. Submission

Once the abstract has been sent through the [Costa Blanca Sports Science Events website](#) and the organization has confirmed the reception and acceptance of the abstract, the authors (if they wish) have an additional deadline until **January 15, 2021** to send full article which can be published, separately in a special issue dedicated to the Congress in the **Journal of Human Sport and Exercise**.

To do this, authors must submit their article through the JHSE web platform at the following link:

<https://www.jhse.ua.es/pages/view/submissions>

In the first step, Journal Section, you must select: **Proceeding**

Then, the rest of the requirements will be fulfilled like any other article submitted to JHSE.

NOTE. *Although publication rates are indicated, they will not apply to Costa Blanca Sports Science Event articles.*

Papers submitted to the Proceedings will be refereed blind by acknowledged experts in the subject; at least two such referees will be involved in this process. In the event of conflicting reviews, the Editor will normally seek a further independent review. The Editor has the final decision on publication. No word limits are specified for papers, but discursive treatments of the subject matter are discouraged. Submissions in two or more parts will not be accepted unless the Editor has agreed this in advance. As well as normal length communications of original research, shorter communications are also considered subject to the same refereeing process.

2. Originality

All material submitted for publication in the Proceedings must be accompanied by a statement by the lead author, with the authority of all of the authors, making it clear that: the material submitted is original and unpublished, and is not under consideration for publication elsewhere; the material will not be submitted for publication elsewhere while it is under consideration for publication in the Special Issue of [Journal of Human Sport and Exercise](#) (JHSE); if accepted for publication in the JHSE, the material will not be submitted elsewhere for publication, either in part or in whole, without the written consent of the Editor. Material submitted will not enter the refereeing process until such an undertaking has been received

3. Article

a. General The article must be in English; UK English spellings and words should be used in preference to other versions of English. It must be in Times New Roman size 12 font throughout, fully justified, with a 3 cm margin on both sides, with pages numbered consecutively, with no line numbering and no 'headers and footers' (other than page numbers), and without footnotes unless these are absolutely necessary. Arrange the article under headings (such as Introduction, Methods, Results, Discussion, Conclusions) and subheadings. Generally, the Proceedings style and format conform to the CBE Manual for Authors, Editors and Publishers (Council of Biology Editors, 1994, Scientific Style and Format. Cambridge: Cambridge University Press); authors are advised to consult that publication in case of difficulty. The Editors cannot consider for publication papers that are seriously deficient in presentation or that depart substantially from these 'Notes and Guidelines'. ([See previous issues of JHSE](#)).

b. Blind refereeing Papers will be reviewed by a process of blind refereeing.

c. Title page Include the following information on the first page of the article: the full title; a running title of no more than 75 characters and spaces; and up to six keywords for indexing purposes.

d. The abstract must not exceed 200 words and it must summarize the paper, giving a clear indication of the conclusions it contains. It should be inserted in the article after the Authors' addresses, indented by 1 cm. from both sides of the normal text (i.e. 4 cm. margin in total), in bold and in italics. The abstract must not contain figures or tables.

e. Illustrations, plates, tables and any other artwork should be included in the electronic submission if possible. If this is not possible then they must accompany the article in electronic form either as email attachments or on disk. In this case, authors may wish to express a preference for the location of tables and figures by including comments such as ****Table 1 near here**** or ****Figure 2 near here**** separated by at least one-line space from the main text. Tables, referred to as 'Table 1', 'Table 2', and so on, must be numbered in the order in which they occur in the text. Tables must be clearly and simply laid out with clear row and column legends, units where appropriate, no vertical lines and horizontal lines only between the table title and column headings, between the column headings and the main body of the table, and after the main body of the table. Photographs and line drawings, referred to as 'Figure 1', 'Figure 2', and so on, must be numbered in the order in which they occur in the text.

f. Symbols, units and abbreviations in papers must conform to the Système International d'Unités (SI Units). Authors are advised to consult the National Physical Laboratory publication (R.J. Bell (ed.), 1993, SI: The International System of Units. London: HMSO). For all abbreviations other than units, write the word or words to be abbreviated in full on the first mention followed by the abbreviation in parentheses. If at all possible, group these definitions together near the beginning of the article. As indicated earlier, avoid use of nonstandard abbreviations, especially fabricated ones, within the text; words are much easier to read and follow than abbreviations. When numeric values are given, a space must appear between the number and unit, as in 95.6 W and 25.0 N (exceptions are angles in degrees, e.g. 23.5o, and percentages, e.g. 15%). Separate compound units by a dot (N.m) and not by a space (N m); a compound unit formed from others by division should be indicated, for example, as ml. min⁻¹ not as ml/min. Angular velocities should be expressed in rad.s⁻¹. Some exceptions to the use of the SI are allowed, for example for heart rate (beats. min⁻¹) and blood or gas pressure (mmHg). Other units and abbreviations should conform to Bell (1993) or Council of Biology Editors (1994).

Scalar variables or constants that are represented by a single letter should appear in italics (e. g. *v*, *k*, *x*). Where the abbreviation is of more than one letter (excluding suffices or Superficies), it should be set in Roman typeface, as should abbreviations of mathematical functions (thus $a = dv / dt$). Vectors should be indicated in bold and italics (e. g. ***F***, ***v***). For further and more detailed examples, authors should consult Council of Biology Editors (1994).

Equations and formulae should, wherever possible, be presented on one line: for example:

use $v = (dP/dt)/a$

rather than $v = dP dt a$

Statistical definitions and symbols should conform to ISO3534(1977) summarized briefly in Council of Biology Editors (1994).

g. All references must be in alphabetical order, by first author, numbered and in APA style at the end of the article. Titles of journals should be abbreviated according to the latest edition of ISI Journal Title Abbreviations. All references included must be quoted in the text (e.g. Pérez, 2005). In case there are more than one author, the rule is as follows: Smith and Jones (2007) stated that... or (Smith and Jones, 2007). Citing a reference with three authors or more: Smith et al. (2007) stated that... or (Smith et al., 2007). All references

listed must be cited in the manuscript and referred to by author. We recommend checking the accuracy of the reference with the following free web tool:

<https://apps.crossref.org/SimpleTextQuery>