## SUBMISSION OF E-COMMUNICATIONS

The Costa Blanca Sports Science Events take place completely on-line. To present their communications, authors have two options: e-video-abstract or e-posters. Your e-communications should be sent to: cbssw@aearedo.es

### e-Video-abstract

Short video with audio recordings should focus on the importance of your research. Authors can provide a summary of the study, technique demonstration, and/or background information.

Video abstracts can be in the form of computer-generated animations, live technique demonstrations, interviews with authors, and similar recordings that will help readers further understand the concept of the research.

### **Mechanical Requirements**

File type: mov, avi, mpg, mp4, and wmv.

Length: maximum of 5 minutes.

Frame size:  $640 \times 360$  pixels.

Aspect ratio: 16:9, square pixels, deinterlaced.

File size: maximum 300 MB.

# **Other Requirements**

The video should be accessible to non-experts in author's research field and should be easy to understand.

The audio should be clear and well understood.

Verbal descriptions and/or subtitles/text descriptions are highly recommended for clarity.

Text and images should be in a size that is easy to read.

A title page should be created including the full title of your abstract, authors, and affiliations.

To send your e-video-abstract you may use file transfer sites such as <u>wetransfer.com</u> and send your files to: <u>cbssw@aearedo.es</u>

#### **Written Transcripts**

A complete, accurate, word-for-word transcript of the submitted video abstract must be included.

## **Privacy Statement**

The submission to CBSSE of your e-video-abstract will be considered as an Agreement of rights of recording and reproduction with the organizers.

The e-video-abstracts received will only be available to CBSSE participants. The public exhibition of the e-video-abstract will require the express authorization of the authors.

## e-poster

The e-poster should consist of a maximum of 6 PowerPoint slides.

FONT: Times New Roman.

MINIMUM FONT SIZE: 20.

TITLE: Should be brief with no superfluous words. (BOLD).

FOLLOWED BY: Authors names and Institutes, Lead Author's email address.

### STRUCTURE OF PRESENTATION:

- 1. INTRODUCTION. Explain WHY the work is important, citing previous research if possible.
- 2. METHODOLOGY. Description of the Methodology (i.e. Data population, equipment, procedure, data processing and statistics).
- 3. DISCUSSION. Brief review of findings and their relevance.
- 4. CONCLUSIONS.
- 5. REFERENCES. Only the essentials.