



AUTHOR INSTRUCTIONS FOR THE FULL PAPER

The full paper (*Full Paper*; 4 pages) must be written in English and should have the following structure:

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

Please download the sample full paper from the website. 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. Files should be submitted online at www.isbs2009.com. Files should be submitted using the filename 'Lastname_Firstname.doc' (e.g. Anderson_Ross.doc). If you want to submit more than one paper, then differentiate them by adding numbers after the name (e.g. Anderson_Ross_1.doc). All files must be submitted using the *.doc format within Microsoft Word; if you are preparing your paper in Microsoft Word 2007 (or any other package) please remember to save your file as *.doc and not *.docx.

Formal aspects of the paper

- **Length** : 4 pages maximum
- **Page set**: A4 portrait (29.7 cm high, 21.0 cm wide)
- **Margins**: 2.5 cm left, right, top, bottom
- **Title**: Arial 12 pt, capital letters, bold, centred, single spaced, 12 pt spaced after, max. 2 lines
- **Author(s)**: Arial 12 pt, lower case, bold, centred, single spaced, 6 pt spaced after
- **Affiliation(s)**: Institute, city, state (if required) and country: Arial 12 pt, lower case, bold, centred, single spaced, 12 pt spaced after, 1 line each
- **Keywords**: Arial 10 pt, lower case, left justified, single spaced, 1 cm indented from the left margin, 'KEY WORDS:': capital letters, bold, maximum of 5 keywords
- **Body text**: Arial 11 pt, lower case, fully 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 centred, 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 labelling of the axes, incorporate graphs into the text as embedded items
- **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 verbally or in form of tables and graphs, respectively. 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.

You can contact the conference chairs with any questions via www.isbs2009.com or science@isbs2009.com