



NSA Article Submission Instructions

English Language

Articles should be in English. They should be written in a clear and concise manner.

Policy

The final decision on publication lies with the editor.

Submission of Article

Please submit a hard copy of the article, accompanied by a copy of the manuscript on computer diskette/CD in Microsoft Word Format or as Rich Text Format. Manuscripts can also be submitted in this format via e-mail as an attachment.

Originality

Authors need to state that the article is an original piece and has not previously been published in another journal, or if it has been published, where it has been published.

Subdivision of Articles

Manuscripts should be prepared in the following manner:

- 1 Title page:** include title, a list of the author/s surnames, preceded by the forenames, and separated by a comma, underlining the name of the principal author (full given names are acceptable in the case of one or two authors).
- 2 Name and address for correspondence** - telephone, fax number and e-mail address should also be supplied, but will not be published without your permission.
- 3 Abstract:** This should be no more than half of a page. It should highlight, the specific points addressed in the main body of the text, rather than simply describing the general areas covered in the manuscript.
- 4 Author Biography:** This should be no more than a quarter of a page.
- 5 Text Pages**

6 Conclusion

7 Reference List

8 Figures (place each figure in a separate file/page)

9 Photographs: as 35mm slides or high density printed photographs

10 Tables and Graphs: begin each table/graph on a new page in TIFF-Format on floppy disk/CD

Abbreviations and Symbols

Use SI symbols and recognized abbreviations for units of measurement. The first time a non-standard abbreviation appears it should be preceded by the full name for which it stands, followed by the abbreviation in brackets. Generally, abbreviations should be avoided as much as possible, and used only when the full term would make the text unduly cumbersome.

Computer-Generated Illustrations

Figures should be prepared, where possible, using a computer drawing program. The saved file should be in TIFF-format. Each figure should be saved as a separate file.

Non-Electronic Preparation

If computer-generated illustrations cannot be submitted, traditionally prepared artwork should be professionally drawn and photographed. Photos and colour pictures should be submitted as well-contrasted photographic prints or as 35mm transparencies.

Reference Style

References are required to support all significant statements. They are also used to indicate the origin of material (quotations, tables, figures), and as a source for research and further reading.

References need to be given in **numerical order** and in a form where the reader can quickly and easily identify the correct reference and locate the material in a library or on a database.

Citations in Text

Number references consecutively in the order in which they are first mentioned in the text. Identify references in text, tables and legends by numerals in brackets. For example:

More than 70 cases of this condition have been described ⁷⁹ since it was first recognized in 1985 ²³,

High rates of fluid ingestion can influence the risk of heatstroke ^(22,24,25)

References cited only in tables or in figures should be numbered as if they appear in the text at the first mention of the particular table or illustration. For example:

This was experienced at first hand by Sergey Bubka in 1991 (Figure 2) who having won two World Championships, etc.,

This is highlighted by the results of Olympic Champions Stefka Kostadinova, Gabriella Szabo and Marie Jose Perec (Figures 3,4,5).

Reference List

List references in numerical order. Examples of correct forms of references are as follows:

Journal Article

1. DUNCAN G, HOWLEY E. Substrate metabolism during exercise in children and the “crossover concept”. Pediatric Exercise Sciences 1999 ; 11 : 12-21.

2. BROOKS G. Intra - and extra cellular lactate shuttles. Medicine & Science in Sports and Exercise 2000; 32 (4): 790-799.

Books

3. ZATSIORSKY VM. Science and Practice of Strength Training. Human Kinetics Publishers, 1995: 560-566.

Payment

The authors of accepted, previously unpublished articles will receive an honorarium (payment) after submitting the following information (principal author only):

1. Author's Name
2. Address
3. Telephone/Fax
4. e-mail address
5. Bank Account number
6. Bank Address
7. Bank sort code and International Code

Articles and editorial enquires should be addressed to:

Vicky Brennan, Editorial Assistant NSA.
IAAF, 17 Rue Princesse Florestine,
BP 359, MC 98007, Monaco Cedex.
Fax: 00377 93 50 85 93
Email: vicky@iaaf.org