



Instructions for submitting articles to the Revista Internacional de Ciencias del Deporte

Recommendations for authors

The aim of RICYDE is to provide scientific works which help to the knowledge of various dimensions of physical activity and sport sciences. Given the specialized nature of the journal, there is no place for simple disclosures or those papers that simply present personal opinions instead of conclusions from a scientific investigation. The Revista Internacional de Ciencias del Deporte will publish only works that have, in addition to the above conditions, the specific structure that characterizes the articles of a scientific publication. These are described briefly below.

The instructions for publishing papers in RICYDE is based on the Manual of Style publications of the American Psychological Association (5th edition). However, RICYDE applied criteria that may differ from those included in the manual of the APA, both in terms of some stylistic as typographic issues.

Type of papers that can be submitted for evaluation

Original research. These are articles which account for an empirical study set in original parts that reflect the steps taken in the investigation.

Title. 10 – 12 words are recommended. Since it will be shown on the index information, the title should be informative itself and call the attention of potential readers. Title must be concise and excessive length not adding information must be avoided.

Abstract

- a) Should reflect the content and purpose of the manuscript.
- b) If the paper is reproducing another author's work, it should be mentioned.
- c) The length should not exceed 960 characters (including blanks), which is equivalent to about 120-150 words.
- d) In these 120-150 words should appear: the problem, if possible in one sentence, the participants, identifying the main variables (number, age, gender, etc.), methodology (design, equipment, procedure data collection, full names of tests, etc.) results (including levels of statistical significance), conclusions and implications or applications.
- e) Key words: 4 or 5 words that reflect what the specific content of the work (in italics and not included in the title).

Introduction. Problem from the investigation starts, state of the art and point out the aim and hypothesis of the work.

- The research problem should be introduced and substantiated theoretically, describing the experimental approach to the problem. In the last paragraph, the aim of the work should be established clearly.
- Use italics to show relevant information. Underline, bold or capital letters are not allowed. The use of abbreviations should be as minimum as possible. In a separate document, the general style guidelines for reporting using the International System of Units are presented (See attached pdf document 1).

Methodology. Description of the methodology used in the research process. This section should be detailed enough to allow the reader to understand all aspects regarding what and how the research has been developed. The description may be abbreviated when well known techniques have been employed in the study. Information about the participants must be displayed to describe their basic characteristics and criteria used for the distribution of participants in any group. The experiment must be reproducible by others and methods, devices, procedures and variables must be detailed. Methods used by other authors should include a reference. Do not forget to describe the statistical procedures. Numbers lower than ten will be as text form, if the numbers are equal to or greater than ten, they will be expressed numerically. This section is usually divided into subsections:

- *Participants.* The sample's characteristics (number, sex, age and other relevant characteristics in each case) and the selection process must be presented. Moreover, in studies involving humans or animals is mandatory to identify the ethical committee that approved the study.
- *Devices.* Specify technical characteristics.
- *Procedure.* Summarize each step carried out in the research: instructions to the participants, groups, specific experimental manipulations. If the study involves more than one experiment, describe the method and results of each of them separately. Numbered, Studio 1, Studio 2, etc.

Results. The results must be presented as accurately as possible. The discussion of them will be minimal at this part. The results may be presented in the text, tables or figures. The tables are a summary of words or numbers arranged in rows or lines. Do not include the same information in the text, tables or figures. Figures and Tables will be introduced in the text where appropriate, with their corresponding numbers (by the legend of the figures at the bottom and the legend of the tables at the top). Use the minimum number of figures and tables as possible show simple tables (e.g. Table 1).

Tabla 1. *Descriptive statistics, internal consistency and correlation between factors.*

	<i>M</i>	<i>DT</i>	α	Order	Capacity
Order	1.62	0.52	.85	-	.66**
Capacity	1.98	0.55	.93		-

** $p < .001$

Discussion. Interpretation of results and their implications. This section should relate the results of the study with references and discuss the significance of what has been achieved in the results.

- A general review of the problem must not be included. The discussion will be focused on the most important results of the study and avoid repeating the results shown in the previous paragraph.
- Avoid controversy, triviality and comparisons theoretical surface.
- Speculation is appropriate if it appears as such, is closely related to the theory and empirical data, and is expressed concisely.
- Identify theoretical and practical implications of the study.
- Suggest improvements in the investigation or further investigation, but briefly.

Conclusions. Summarize the most important findings of the work for future research. In some cases, findings may be included as a subsection of the discussion. Only conclusions supported on the results of the study and discussion must be presented. The significance of the work, its limitations and advantages, application of results and future lines of investigation should be presented.

References.

➤ *During the text.*

- The literal references will be made in the text, after being quoted in brackets, the author's last name (lowercase), coma, the year of the cited work, eat and page where the text: (Sanchez, 1995, 143).
- If you want to make a generic reference in the text, ie without specifying page, books or articles from the references, may be cited as follows: in parentheses the author's name in lowercase, comma and year of release: (Ferro, 1995).
- References cited in the text should appear in the reference list.
- The references included in the same parentheses should follow the alphabetical order.
- References of two authors in the text, not included in parentheses, are linked by "and" and excerpts from several authors and end up in a coma "and". Example: Fernandez and Ruiz (2008) or Moreno, Ferro, and Diaz (2007).
- References of more than two authors should be complete when it is first mentioned, while in subsequent citations should appear only the first author followed by "et al." Example: Fernandez et al. (2007).
- When citing two authors with the same name, they must be preceded by the initials of the relevant names.
- When the same author published two or more jobs in the same year, their work should include adding the lowercase letters a, b, c. Example: Ferro (1994, 1994b).

➤ At the end of the manuscript

The next instructions are a abbreviated model of those established by the APA (5th edition). Authors are listed in alphabetical order, independently of the number. When various authors are listed, the alphabetical order is determined in each work by the first author, later the second, later the third and successively. References of various authors will be separate by a semicolon and “&”. Some examples are the next ones:

Author, A. A.; Author, B. B., & Author, C. C. (1998). Title. *Journal*, xx(x), xxx-xxx.

Author, A. A. (1998). *Title*. City: Publisher.

Author, A. A., & Author, B. B. (1994). Title. In A. Editor, B. Editor, & C. Editor. (Eds.), *Book title* (pp. xxx-xxx). City: Publisher.

Author, A. A.; Author, B. B., & Author, C. C. (in press). Title. *Journal*.

Author, A. A.; Author, B. B., & Author, C. C. (2000). Title. *Journal*, xx(x), xxx-xxx. Taking month, day and year when the electronic address was consulted.

Acknowledgments. They must be placed at the end of the manuscript. Funding sources, institutions and individuals who have contributed significantly to the work but have not been cited as authors will be identified.

Review articles. These are works in which the author makes a critical assessment (or a meta-analysis) of published work in a specific field of sports science in a variable period of time. As a general rule, RICYDE will publish only invited reviews by the editorial team. The reviews tend to be focused on the progress in the areas selected by the author, it is often integrate both their own and their proposals to be followed in the future. The structure of the review articles based on the conceptual basis about these principles:

- Define and clarify the problem.
- Review the research conducted in the field.
- Indetify relations, contradictions or inconsistencies in the literature.
- Suggests steps to solve problem and advance in the research.

Theoretical articles. These are works in which the author sets out a theoretical formulations, if necessary based on own or other research to support their proposals. Usually, the author presents a new theory or relevant qualifications within a field theory. As in the review, the formal structure is organized conceptually, although the margins of freedom for the author are extended considerably. It is especially important to configure a clear hierarchy of headings to guide the reader in understanding the main ideas or concepts that organize the text as the link between them and the subordinate ideas.

Submission process.

To publish a paper, an evaluation process is needed. When the original work is received, an initial assessment and strictly formal line is performed. Basically, it is found that the manuscript meets the formal requirements and it is in agreement with the thematic of the journal. Following this initial review, if the job has any formal or is not in line with the journal, it will be returned to the author for changing and resubmit it. In other cases, a notification is sent to the author informing about the work will be submitted for evaluation.

All work to be sent, apart from being solicited from the Editorial Board, will be reviewed (double blind review) for possible publication by external reviewers with expertise on various scientific fields. The approval will require the positive opinion of the reviewers. Publication of articles is not entitled to any remuneration, the rights for edition own to the journal and a permission is required for any reproduction. Within four months, the author will communicate the decision of the review.

Once the author has registered in the journal, the manuscript will be submitted through the on-line system in .doc or .rtf format without any data from the authors. To be registered and identified in the system is mandatory to submit papers and check the submission process.

Everything should be typed on paper size DIN A4 and preferably in Times or Times New Roman, 12 points, with single space (including references) and not exceeding 57 lines per page. Margins should be typed at 1 inch (2.54 cm) on the four sides of each page and text must be justified (alignment to left and right). The recommended extension should not exceed 7500 words and 25 pages including figures and tables. The pages must be numbered consecutively with numbers in the lower right corner. All the paragraphs must be spaced 6 points.

On the first page of the manuscript the next elements of the work should be identified: Title in Spanish and in English, a The address (institutional preferably) of the author responsible for correspondence.

The second page will start with the title in Spanish and English, and a summary of work in Spanish and English plus the key words in English and Spanish.

On the third page will begin the full text article. The main text of the work should begin on separate pages of abstracts, with a clear indication of the paragraphs or sections and with a clear hierarchy of possible sub-paragraphs.

Each document must contain original information which has not been published previously. If any part of the manuscript (e.g. a figure or table) has already been published, the permission from the owner of the intellectual material must obtained. The author should therefore ensure that the final document is complete and corrected before final submission. The use of the next document is recommended for quick check (**see attached pdf document 2**).