



Checklist

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Checklist. This is checklist that authors are suggested previous submitting a paper to *Revista Internacional de Ciencias del Deporte*. *RICYDE*

This checklist must not be submitted with the manuscript. This is only for personal use.

- Authors must omitt all the information which could identify them.
- For references use APA is mandatory.
- Review several times all the possible mistakes as spelling, orthography and grammar.
- If you have chosen to send the manuscript in Spanish, remember you have to link the references with "y" instead "&".
- Do not forget to present the date of access when making a reference from internet.
- Is recommended to send the paper to a external person previous submission in order to know if the manuscript is legible.
- If Spanish or English is not your language, is recommended that the manuscript were read by a native speaker.
- Identify tables and figures during the text.
- Present the validity and reliability of the instruments used during the study.
- In the statistical analysis, show the significance level chosen.
- Calculate and describe the significant differences if they exists.
- If one of these suggestions is not fulfill, the manuscript is not ready to be evaluated.