



JOURNAL OF ELITE SPORT PERFORMANCE

Manuscript
Guidelines

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Manuscript Submission: Appendices Policies and Procedures Documentation

Manuscript Submission

A submission of a manuscript implies that all co-authors approve of the submission and have contributed sufficiently to the research. In addition to this, the research described has not been published before or for consideration for publication to any other journal.

The research must also be approved by the institution and / or sports club / environment where the work has been carried out (if applicable). The publisher will not be held legally responsible should there be any claims for compensation regarding the requirements outlined above.

Permissions

Any figures, tables, or text that have been published elsewhere are required to obtain permission from the copyright owner(s) for both print / online format and to include evidence that such permission has been granted when submitting their papers. Reference to the original publication will be expected.

Online Submission

Please use the link 'Submit Online' and submit all relevant manuscript files following the instructions provided to info@journalofelitesportperformance.com

Any files not submitted that are required may cause unnecessary delays in the review and publication process.

ORCID

At the time of submission, the Journal of Elite Sport Performance requires ORCID iDs for the submitting author. We encourage all co-authors to connect ScholarOne and ORCID accounts and include all ORCID iDs for co-authors where possible.

Copyright and Authors Rights

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licences requiring a payment of an article processing charge. As an author you may wish to post your article in an institutional or subject repository, or on a scientific social sharing network. You may also link your published article to your preprint (if applicable). Please refer to the Journal of Elite Sport Performance author self-archiving and permissions policies page for more information.

Data Sharing Policies

Data sharing in your submission is optional. We encourage data sharing to support transparency and reliable evidence base.

Article Processing Charges

There is no submission charge for manuscripts submitted.

Publication of submissions for Open Access incur a fee of £300.00 GBP (exclusive of VAT for UK / EU authors). All publications are in full colour online only.

Special Edition Articles (By Invitation) will incur a publication cost of £200.00 GBP and are by invitation only.

Language Style

The default language style at the Journal of Elite Sport Performance is British English.

Presentation of all manuscripts should follow:

-Size 12 Times New Roman Font

- Normal width margins
- Include page numbers
- Text with justified margins
- Text with 1.5 line spacing
- Continuous line numbers
- Figure and Table Captions list include at the end of the manuscript

References and Citation Style

We use Scholastica for all our typesetting needs. The reference style we use is AMA 10th ed. Reference citations in text should be identified by superscript numbers, for example:

1. Alternatively, Smith et al (2020)¹ reported....
2. Impairment to functional performance due to deficits in dynamic postural stability may heighten injury risk during sport².
3. This effect has been widely studied⁶⁻¹⁰.

Reference List

The list of references should include only works that are cited in the text and that are published or are accepted for publication. Footnotes or endnote should not replace a reference list.

Reference style should follow AMA 10th ed. Please include doi numbers for all references where possible.

References should be listed in the reference list in order in which they are presented in text. Reference examples:

Journal Article -

Single Author-

Jones JJ. The world of football. *Am J Sports Sci.* 2013;31:34-35. doi:10.1186/s12891-019-2760-4

Multiple Authors-

Yazigi JA Jr, Anauate Nicolao F, Archetti Netto N, et al. Magnetic resonance imaging reproducibility for rotator cuff partial tears in patients up to 60 years. *BMC Musculoskelet Disord.* 2019;20:383-8. doi:10.1186/s12891-019-2760-4

Book-

Drake RL, Vogl W, Mitchell AWM, Gray H. *Gray's Anatomy for Students*. 4th ed. Elsevier; 2020.

Book Chapter -

Smith JV. Shoulder dislocations. In: Fowler GC, ed. *Pfenninger and Fowler's Procedures for Primary Care*. Elsevier; 2020:1163-1167. Accessed August 6, 2020. <https://www-clinicalkey-com-au.elibrary.jcu.edu.au/#!/content/book/3-s2.0-B9780323476331001745>

Tables

All tables should be numbered using Arabic numerals.

Tables should be cited in text in consecutive numerical order.

A table caption is required for each table explaining the components/information presented in the table.

Ensure to refer to any previously published material of the original source. The reference should appear at the end of the table caption.

Footnotes to tables should be indicated by superscript lower-case letters beneath the table.

Asterisks should be applied for any significance values or other statistical data and included beneath the table with a clear explanation.

Please submit tables in electronic format separately to the Main Manuscript document.

Please name your tables appropriately as Figure 1. For example, when uploading the submission files.

Figures

All figures should be numbered using Arabic numerals.

Figures should be cited in text in consecutive numerical order.

A figure caption is required for each figure explaining the components/information presented in the table.

Footnotes to figures should be indicated by superscript lower-case letters beneath the table.

Asterisks should be applied for any significance values or other statistical data and included beneath the figure with a clear explanation.

Please submit figures in electronic format separately to the Main Manuscript document.

Colour Tables / figures are free in the online publication.

Please name your figures appropriately as Figure 1. For example, when uploading the submission files.

Title Page, Authors and Affiliations

The manuscript should have a separate title page which should include; Title, Keywords, Authors and Co-Authors, Affiliations and Corresponding Author.

All author names should be listed together and separated by commas. Provide exact and correct author names as these will be indexed in official archives. Affiliations should be keyed to the author's name with superscript numbers and be listed as per the following example:

Example: John Smith¹

¹ Department of Excellence, International University of Science, New York, NY, United States.

The Corresponding Author(s) should be marked with an asterisk in the author list. Provide the exact contact email

address and telephone number of the corresponding as per the example below:

Correspondence:

John Smith
J.Smith@institutionsci.ac.uk
+44125 4826 58954
ORCID XXXX XXXX XXXX XXXX

Declarations

At the end of the Main Documents manuscript, the following subheadings must be presented under the 'Declarations' heading:

Funding (information that explains whether and by whom the research was supported)

Conflicts of interest / Competing interests (include appropriate disclosures)

Availability of data and material (data transparency)

Authors' contributions (include appropriate statements)

Ethics approval (include appropriate approvals or waivers)

Consent to participate (include appropriate statements)

Consent for publication (include appropriate statements)

If any of the above are not applicable, then please state 'not applicable'.

Abstract

The abstract should clearly define to the reader the general justification, findings and conceptual advance of the study. Please do not use abbreviations or citations in the abstract.

An abstract should be no longer than 300 words for any type of submission and follow this structure:

Background and Aim
Methods
Results
Conclusions
Practical Implications

Keywords

Keywords should be included in the title page with a maximum of 8 words.

Article Submission Guidelines

All submissions need to state after the abstract the correct level of evidence.

Narrative Review

Authors should clearly outline in their cover letter why a narrative review is appropriate rather than a systematic review.

All titles should include 'a Narrative Review'.

Please include a summary box summarising in 3-4 bullet points 'What is already known' and 'What are the new findings'.

Word count: Maximum 4000 words

Abstract: Maximum 300 words

Tables/illustrations: Maximum x6 tables and/or figures

References: Maximum x80

Systematic Review

All systematic reviews should provide Level One evidence.

If the Systematic review is registered, please include the registry and number.

Reviews should be focused, with contemporary questions, scope or themes, which are novel or controversial to attract readers, allied practitioners and researchers to the journal.

Authors should synthesise the literature and critique the outcomes in a meaningful and applied way.

The topic must be of relevance to elite sport performance with the intention to impact contemporary practice of Sports Medicine and Performance Practitioners.

The literature search should have been completed within 12 months of manuscript submission.

A PRISMA checklist and flow diagram should accompany the submission and should address all recommended items for systematic reviews with/without meta-analysis.

The title of the work should include the term 'a Systematic Review'.

A structured Abstract should be included at the start of the main documents max 300 words.

The Main Manuscript document should include the following headings; Objective, Design, Data sources, Eligibility criteria for selecting studies, Results and Summary/Conclusion.

Please include a summary box clearly defining the impact of the work into practice and elite sport performance.

Word count: Maximum 6000 words

Abstract: Maximum 300 words

Tables/illustrations: Maximum x6 tables and/or figures

References: Maximum x100

Checklist: Completed PRISMA checklist

Scoping Review

Reviews should be focused, with contemporary questions, scope or themes, which are novel or controversial to attract readers, allied practitioners and researchers to the journal.

Authors should synthesise the literature and critique the outcomes in a meaningful and applied way.

Authors should reference an appropriate Scoping Review methodology in their work.

The topic must be of relevance to elite sport performance with the intention to impact contemporary practice of Sports Medicine and Performance Practitioners.

Please include a summary box clearly defining the impact of the work into practice and elite sport performance.

The literature search should have been completed within 12 months of manuscript submission.

A PRISMA-ScR checklist and flow diagram should accompany the submission and should address all recommended items for Scoping Reviews.

The title of the work should include the term 'a Scoping Review'.

A structured Abstract should be included at the start of the main documents max 300 words.

The Main Manuscript document should include the following headings; Objective, Design, Data sources, Eligibility criteria for selecting studies, Results and Summary/Conclusion.

Word count: Maximum 4500 words

Abstract: Maximum 300 words

Tables/illustrations: Maximum x6 tables and/or figures

References: Maximum x80

Checklist: Completed PRISMA-ScR

Opinion / Perspectives Paper

This style of paper is very review based but written from the author(s) view in mind. The field or discipline should be contemporary and pertinent to elite sport performance.

Opinion paper topics should be of international interest with a consensus not yet reached, with the potential for controversial argument yet are balanced and rational.

Word count: Maximum 2500 words

Tables/illustrations: Maximum x6 tables and/or figures

References: Maximum x30

Commentary

A commentary should be presented as a short decisive critique through observation of a contemporary topic, such as recent findings presented in research. We also welcome commentaries on problems – solutions in a field of elite sport performance research.

Word count: Maximum 1500 words

Tables/illustrations: Maximum x1 table or figure

References: Maximum x10

Supplementary Information: welcome and can be hyperlinked.

Original Research

Original research should not exceed 4000 words with a maximum of 40 references.

A structured Abstract should be included at the start of the main documents max 300 words.

The Main Manuscript should contain the following headings; Introduction, Methods and Materials, Data and Statistical Analysis, Results, Discussion, Conclusion. Further use of subheadings in *italics* is accepted.

Please include a summary box clearly defining the impact of the work into practice and elite sport performance.

Additional data may be presented as supplementary information, which will be published online only should the article be accepted.

Statements including competing interests, funding, data sharing, ethical

approval and author contributions need to be outlined at the end of the manuscript.

List of tables and figures should be presented under such headings after the reference list in the main manuscript document.

Please use reporting guidelines such as STROBE (Observational Studies) / CONSORT (Randomised Controlled Trials).

Word count: Maximum 4000 words

Abstract: Maximum 300 words

Tables/illustrations: Maximum x6 tables and/or figures

References: Maximum x40

Case Study

Case studies for elite athletes are welcomed. The case study should provide a detailed report of the symptoms, signs, diagnosis including referral, treatment, rehabilitation and follow-up. A demographic profile of the athlete is encouraged in unusual / novel presentations.

A brief introduction /literature review is expected within the case study, followed by case presentation, management and outcomes, discussion, acknowledgements (if applicable), references.

A useful example of guidelines to the writing of case studies can be found using [this link](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2597880/>

Word count: Maximum 4000 words

Abstract: Maximum 300 words

Tables/illustrations: Maximum x6
tables and/or figures

References: Maximum x40

Editorial

We welcome editorials in the scope of contemporary elite sport performance topics to provide a novel perspective.

The journal welcomes suggestions for potential topics, authors and author groups. Please email the editor direct for further discussion.

Word count: Maximum 800 words

Tables/illustrations: Maximum x1 table
or figure

References: Maximum x8

Supplementary Information: welcome
and can be hyperlink.

