

## Manuscript Style

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Manuscripts should be submitted online at <http://nass.atu.ac.ir/author> following the instructions below.

A cover letter must accompany the manuscript and state the following: This manuscript is original and not being considered elsewhere until a decision is made as to its acceptability.

Manuscripts submitted to **New Approaches in Sport Sciences (NASS)** should be based on empirical or data-consideration by any other journal. Neither should it have been published in full or partial form in any other journal proceedings. Exceptions to this rule are conference presentations and books of abstracts. The letter accompanying the manuscript should contain a clear statement to this effect, i.e. the manuscript has not been published and is not under consideration in any other journals.

Submissions should be produced using a standard word processing program, such as MS Word. Figures or tables should be in a finished form, suitable for reproduction, as these cannot be redrawn by the journal. Footnotes/Endnotes should be clearly marked.

Please ensure that the files are saved as Word files. Any consistent spelling style is acceptable. Use double quotation marks within double if needed.

**Typing:** Manuscripts submitted for publication should be word-processed and double-spaced throughout.

**Length:** The length should be 6000-9000 words, including references and appendices, with an abstract of 100-200 words and keywords. Manuscripts not observing this length will not be reviewed for publication.

**Spacing and paragraphing:** All paragraphs should be indented except those immediately following headings. Text should be justified and no additional, i.e., space after, is needed between paragraphs.

**Titles:** Titles and section headings should be clear and brief. A manuscript should strictly follow the section headings:

- Introduction
- Literature Review
- Purpose of the Study
- Method
- Results
- Discussion
- Conclusions and Implications

**Quotations:** Lengthy quotations (over 40 words) should be indented in the text without quotation marks. Short quotations should be marked as such with “double quotation marks.”

**Language and Spelling:** Only papers in English are published. Quotations of text fragments in other languages should be clearly marked.

**Tables and Figures:** Tables and figures should be numbered and have descriptive titles. Gray-scale or line drawings should be used. The journal will not print colour images. Number tables consecutively in accordance with their appearance in the text above the table body (e.g. **Table 1:** One-way ANOVA for the effect of gender on the performance on the gait speed test). Number figures below the table body and indicate them with superscript lowercase letters. Avoid vertical rules and lines. For 1 column tables, use the following format:

footnotes below the figure. The font size for tables, figures, and their captions must be 11, and the style must be consistent with the text. Tables and figures should be supplied in the actual place in the text.

**Cover sheets:** The paper should have a cover sheet with the following information: Title of the paper, author's name, affiliation (department, university, city, country), a biographical note of no more than 80 words, email and phone number, and word counts for the manuscript and for the abstract. Give the names of all contributing authors in the order in which they appear in the published article. The cover sheet should be part of the same file as the paper.

The subject of submission email should be "Manuscript Submission."

**Font:** Times New Roman, 12 points. Use margins of 2.5 cm (1 inch).

**Title:** Use bold for your article title, with an initial capital letter for any proper nouns and font 16 points.

**Abstract:** Indicate the abstract paragraph with a heading or by reducing the font size to 11 points. The abstract should be organized into sections/moves: background, purpose, method, results, conclusions/implications.

*Headings:* Please indicate the level of the section headings in your article:

- First-level headings (e.g. **INTRODUCTION, CONCLUSION**) should be in bold, with a capital letter for each word and font 16 points.
- Second-level headings (e.g. **Data Collection Procedure**) should be in bold, with an initial capital letter for each word and font 14 points.
- Third-level headings (e.g. **The Proficiency Test**) should be in bold italics, with an initial capital letter for each word and font 12 points.
- Fourth-level headings should also be in bold italics, at the beginning of a paragraph, with an initial capital letter for each word and font 12 points and the text must follow immediately after a colon.

All headings should be justified left.

Running heads are not required when submitting a manuscript for reviewing.