

# *Instructions for Authors*

The "Hellenic Sports Medicine" is the official journal of the Sports Medicine Association of Greece. The journal publishes original papers, reviews, short communications and letters to the Editors from Greece and abroad. Manuscripts submitted to the journal must contain novel data on theoretical, clinical or experimental research or on practical applications in the field of Sports Medicine. No substantial part of the submission should have been published elsewhere. If a part of the submission has been published or presented in a congress, symposium, or national meeting proceeding, the reference for that publication and/or presentation should be given in the manuscript acknowledgement section. Submitted papers undergo peer reviewing by three independent reviewers.

## **CATEGORIES OF ARTICLES ACCEPTED FOR REVIEW**

**Review articles:** Review articles on topics of wide interest are welcome. Authors who wish to submit an unsolicited review article should contact with the Editors in Chief to determine the timeliness of the proposed review article. The correspondence should include an abstract and a complete outline of the proposed review article, including figures and tables (if possible). Review articles should not exceed 20 pages or 24,000 characters, including references and figures. Review articles are considered by the Editors and expert reviewers before a acceptance decision regarding publication is made. Authors submitting review manuscripts should include a section describing the methods used for gathering, selecting and extracting data. These methods should also be summarized in the abstract.

**Original articles:** Clinical, theoretical or experimental (basic or applied) research or practical applications in the field of Sports Medicine. Original articles should not exceed 10 pages or 15,000 characters, including tables, figures and references. References should not be over 50. The required form should include an abstract (no more than 250 words), a brief introduction, where the purpose of the study should be referred, methods, statistical processing, results, discussion and references.

**Case reports:** Short manuscripts which present rare findings alone or in combination with a review of the literature in which standard or novel methods have been used. New theories on the pathology of various diseases or in sports injuries treatment can also be included. The manuscript must not exceed 3-4 typewritten pages or 2500 characters. The structure should be the same as in full papers. References should be limited to 15.

**Information articles:** Presented recent achievements in the field of Sports Medicine and they should not exceed six pages.

### **Proceedings, supplements and lectures of Sports Medicine congress.**

**Letters to the Editor:** They are welcome and will be published if appropriate. Letters (maximum length 800 words) relating to material previously published in "Hellenic Sports Medicine" should be submitted within 6 months after publication of the subject the letter is referring to.

## **STYLE OF THE MANUSCRIPTS**

Manuscripts may be rejected without review on the basis of poor English or lack of conformity to given standards. The text of observational and experimental articles is usually divided into sections with the headings: Introduction, Methods, Results and Discussion. Other types of articles, such as case reports, reviews and editorials, are likely to have other formats. Type or print on one side of the paper only. Use double-spacing throughout the text including the title page, abstract, text, acknowledgements, references, individual tables, and legends. There must be a space of 2.5 cm on each side of the paper.

**First page:** It should be referred to the title. The title should be concise but informative. Names and addresses of the authors should not appear elsewhere in the main document, but in the bottom of the first page. The name of the clinic or the institution the manuscript is coming from, should also be referred in the first page. These data should be entered separately.

**Abstract:** The abstract should be informative, self- explanatory without references to the text of the manuscript. It should include essential significant results that support the conclusions. It should also include the title and names of the authors. Key-words should be 3-5 and representative of the subject studied or discussed.

**Introduction:** It should be comprehensible and give a clear statement of the purpose of the paper and provide relevant context to support the aim of the paper and the significance of the work. Do not exhaustively review the literature or refer results from the submitted manuscript.

**Materials & Methods:** Provide sufficient information in the text or by reference to other work to permit the submitted work to be repeated without the need to communicate with the authors. Relevant validity and reliability data should be provided for critical methods. State the type of statistical tests used. Include the number of observations and the statistical findings when appropriate. Parametric and nonparametric statistics must be used as appropriate. When reporting experiments on human subjects, indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation and with the Helsinki Declaration of 1975, as revised in 1983. Do not use patients' names, initials or hospital numbers, especially in illustrative material such as figures. When reporting results from experiments on animals, indicate whether the researchers followed the law of the institution's or a national research council's guide, or any national law, on the care and use of laboratory animals.

**Results:** Should be presented precisely and should not contain material that is appropriate in the discussion. Units, quantities, and formulas should be expressed according to the Systeme Internationale (SI units). All measurements should be given in metric units.

**Discussion:** Emphasize the new and important aspects of the study and conclusions derived from it.

**Acknowledgements:** These should be as brief as possible. Any grant that requires acknowledgement should be mentioned. The names of funding organizations should be written in full.

**References:** Titles of journals should be abbreviated according to the latest edition of Index Medicus. All authors should be named (do not use "et al."). Authors bear complete responsibility for the accuracy of the references. The references must be written according to Vancouver System. Number references (arabic numbers) consecutively in the order in which they appear in the text. Type references in the text using Arabic numbers as superscripts (above the line of the text) and if appears at the end of a sentence, place it after the period.

Only published or "in press" papers or books may be cited in the reference list. Information from manuscripts submitted but not yet accepted should be cited in the text as "unpublished observations" in parentheses. Personal communications should be listed in the text in parentheses. Published abstracts could be used as references only if the full text has not been published yet. Use of a large number of abstracts or non peer reviewed articles in the reference section will be grounds for rejection of the submission without review.

a) **Journal article:** Hubbard TJ, Hertel J. Mechanical contributions to chronic lateral ankle instability. *Sports Med.* 2006;36(3):26377.

b) **Complete book:** Hutson M.A. Sports Injuries. Recognitions and management. Oxford University Press, Oxford, 1990.

c) **Chapter in a book:** Phillips SJ, Whisnant JP. Hypertension and stroke. In: Leregh JH, Brenner BM, editors, Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. p. 465-78.

d) **Conference/Congress proceedings:** Tocitu D, editor Enzymatic of the adaptative processes in HighPerformance Sport. Proceedings of the 12th Balkan Sports Medicine Congress, 6th International Congress of the Sports Medicine Association of Greece, 3rd Hellenic-Cyprus Sports Medicine Congress 2002 March 21-24; Thessaloniki, Greece.

e) **Dissertation:** K. Natsis. Ultrastructural study of the skeletal muscle fibers after an experimental muscle atrophy [dissertation number 870]. Medical School, Aristotle University of Thessaloniki, 1993.

f) **Journal article in electronic format:** Christodoulou A., Terzidis I., Natsis K., Gigis I., Pournaras J. Soleus accessorius, an anomalous muscle in a young athlete: case report and analysis of the literature. *Br J Sports Med* 2004;38(6):e-38

Available from: URL:

<http://bjsm.bmj.com/cgi/content/full/38/6/e38>

**Figures:** Figures, illustrations, or halftones should be used when findings are best visually communicated. The use of photographs or equipment and experimental subjects should be avoided; good line drawings are more informative. Abbreviations used in the figure must be explained in the legend. Reference to the figure should be made in the text. Figures, illustrations or halftones must be sharp and high contrast. Uniform typographical setup (font style & size, line thickness) of all figures in the paper is highly recommended.

**Tables:** Tables should be used to provide information concisely. Results whose interpretation is more easily comprehended by knowing the means and SEM (or SD) may be presented in a table(s). Tables should be self-explanatory and bear a short title.

#### **SUBMITTING INFORMATION**

1) Every article should be followed by a cover letter citing the category of the article, that the article has not been published in the past in a Greek or international journal and that the authors demise the auctorial authorities to the Editorial Board. All authors should sign the letter, which should not exceed the total of 800 words.

The article should be submitted necessarily as a Microsoft Word file (.doc), by email to [natsis@med.auth.gr](mailto:natsis@med.auth.gr).

#### **GENERAL INFORMATION**

Six to eight weeks after the submission of the article, the Editorial Board is going to inform the authors for accepting or not the manuscript.

Numbers one to nine should be referred fully written and up to ten arithmetically. Percentages should be referred always digitally, while a number in the beginning of a sentence should be fully written. Abbreviations should be written initially in parenthesis next to the full phrase.

Studies published in "Hellenic Sports Medicine" constitute literary property of the journal. Partial or total republishing is forbidden and allowed only after written permission of the Editorial Board.