

# NZ JOURNAL OF SPORTS MEDICINE

## Instructions to Authors

### GENERAL

The New Zealand Journal of Sports Medicine is the official journal of Sports Medicine New Zealand, publishing material relevant to sports medicine and related disciplines. The New Zealand Journal of Sports Medicine welcomes submissions of original manuscripts from both members and non-members of Sports Medicine New Zealand in the following areas: *sports medicine, sports physiotherapy, clinically relevant sports science, rehabilitation, coaching issues as they relate to sports medicine, exercise prescription and training, sports chiropractic, sports podiatry, and sports psychology.*

Manuscripts must not have been published elsewhere except in abstract form. Manuscripts will be reviewed by the editorial board and/or experts in the field of interest. Submissions are in the following categories:

|   |                       |   |                      |   |                   |   |            |
|---|-----------------------|---|----------------------|---|-------------------|---|------------|
| a | Original Research     | b | Case Reports         | c | Review Articles   | d | Editorials |
| e | Letters to the Editor | f | Sports Medicine Tips | g | Policy Statements |   |            |

### SUBMISSION DETAILS

Manuscripts are to be submitted to The Editor, New Zealand Journal of Sports Medicine, Sports Medicine New Zealand, PO Box 6398, Dunedin, New Zealand. Email: [admin@sportsmedicine.co.nz](mailto:admin@sportsmedicine.co.nz). The manuscript text should be submitted in Microsoft Word format. Please do not use styles for headings, etc, ensure your manuscript is in the style 'Normal'. (For submission of graphics, please see Tables, Illustrations, Figures, Photos below). The manuscript may be sent via email. Manuscripts should be double-spaced with wide margins. Each page should be numbered. The manuscript should include the following: *title page; structured abstract (followed by five key words); introduction; methods; results; discussions; conclusion; acknowledgements; references; tables; figures.*

Case reports are to have no more than two figures and are not to include an abstract. There should be no more than 12 references for a case report. The structure of a case report is as follows: *introduction; case report; discussion.*

Structured abstracts are to be no longer than 300 words and should use the following subheadings: *aim; study design; setting; participants/subjects; interventions; outcome measures; results; conclusions.*

Abstracts for review articles should use the following headings: *aim; data sources; study selection; data extraction; data synthesis; conclusions.*

The title page should include the title of the article and a running title not exceeding 45 letters and spaces, authors' names (first name, middle initials, last name), degrees, affiliations with institutes, contact details for the corresponding author (to include name, address, telephone and email).

The standard for spelling is to be in accordance with the Oxford Dictionary.

### TABLES, ILLUSTRATIONS, FIGURES, PHOTOS

Tables, illustrations, figures, photos, etc, should be included on a separate sheet rather than in the body of the text. Please identify all illustrations with the manuscript title, name of author, figure number, and, if necessary, identification of the top of the image. All markings should be removed from x-rays before photographing. Please do not produce graphics in Microsoft Word. Graphics should be supplied in TIF, EPS or PDF format, preferably at a resolution of no less than 300 dpi.

### STYLE

Drug names: generic only are to be used. Abbreviations: the *American Medical Association Manual of Style* (9<sup>th</sup> edition 1998) (published by the American Medical Association, 535 North Dearborn St, Chicago, IL 60610, USA) is to be used for abbreviation style. The *List of Journals Indexed in Index Medicus* (Superintendent of Documents, US Government Printing Office, Washington, DC 20402, USA, DHEW Publication No. (NIH) 83-267;ISSN0093-3821) is to be used for abbreviations for journal titles.

### REFERENCES

References are to be numbered in alphabetical order. Names of journals should be abbreviated according to the format approved by Index Medicus. All references listed must be cited in the text. Journal titles that are single words only should be spelt out in full. All authors must be listed. Pagination should be inclusive. Examples of the appropriate formatting of references are given below:

|                         |   |
|-------------------------|---|
| <i>Journal Article:</i> | Speedy D B, Kelly M, O'Brien M. The effect of pre-exercise feeding on endurance exercise performance. <i>NZ J Sports Med</i> 1998; <b>26</b> :34-37.                                  |
| <i>Book:</i>            | McRae R. <i>Practical fracture treatment</i> . Edinburgh; Churchill Livingstone, 1989.  |
| <i>Chapter in Book:</i> | Figoni S F. Spinal cord injury. In, Wikgren S (ed.): <i>ACSM's exercise management for persons with chronic diseases and disabilities</i> . Champaign: Human Kinetics, 1997; 175:179. |

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