BASES invites abstracts in the following sport and exercise science-related themes:

1. Biomechanics and Motor Behaviour
2. Physical Activity for Health
3. Physiology and Nutrition
4. Psychology
5. Sport and Performance.

The deadlines for abstract submissions are:
- Free communication presentation deadline: **Wednesday 1 June 2016**
- Poster presentation deadline: **Monday 4 July 2016**.

Abstracts should be no more than 400 words, containing no tables or figures, sub-headings or paragraph breaks. Word counts are calculated using the word count tool in Word. Abstract title, authors and institutions are not considered in calculating the wordage.

Studies using qualitative and/or quantitative methods are invited.

Literature reviews are not permitted.

On the on-line submission form the presenting author, on behalf of all of the authors, needs to declare that the material submitted is original and unpublished, and that it is not under consideration for presentation elsewhere. The only exception to this is that BASES student members are allowed to submit the same material to both the BASES Annual and Student Conference in the same year.

All BASES Conference 2016 abstracts will be published in an online supplement of the *Journal of Sports Sciences*. Free open access is available until 31 December 2016: www.tandfonline.com/rjsp From 1 January 2017 onwards BASES members can gain online access to the supplement and other issues of the *Journal of Sports Sciences* by subscribing at the discounted rate of: Regular - £70 and Student - £29.

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**Types of abstracts**

Two types of abstracts are available:

1. **Scientific communication.** A scientific communication is an opportunity to share findings from scientific research.

2. **Applied practice.** An applied practice presentation is an opportunity to share findings from applied practice. The presentation could include findings from or reflections on applied work. These sessions should be particularly useful for practitioners and those members on supervised experience and/or seeking re-/accreditation. The aim of such abstracts is to allow practitioners to broadcast evidenced-based practice. As such, there should be clear evidence that the work is underpinned by theory and research. The needs analysis undertaken to determine the client’s requirements and the content of the resulting support/intervention package should be explained. The results should be presented in a format that is not only practically relevant but academically defendable. Authors are encouraged to explain how the results of the work have contributed to knowledge and practice in the field.

**Format of presentation**

Two presentation formats are available:

1. **Free communication presentation** - a 10-minute presentation of your work followed by questions, in a chaired session with other presenters. For programming reasons, slots for free communication presentations are limited and preference will be given to those demonstrating excellence in terms of originality, significance and rigour.

2. **Poster presentation** - your poster will be displayed with others and the times you will be available to discuss your work with delegates will be published in the programme.

**Number of submissions from each person and research team**

To assist with programming, each person is only permitted to submit an abstract as first named author for one free communication presentation and one poster presentation. Normally only two abstracts from any one research group may be presented.

The first named author must present the abstract.

Presenters must pay the delegate fee for the conference by specified deadlines. Otherwise their abstracts will be withdrawn from the conference programme and not included in the online supplement of the *Journal of Sport Sciences*.

**Abstract review process**

Abstracts will be reviewed and authors will be notified of one of the following decisions:

1. Accept
2. Accept with minor amendments
3. Reject.

1.1 The following guidelines are designed to assist authors prepare their abstracts. Because of the differences across research methods, there is no one prescribed format for an abstract. Authors are encouraged to use a format most appropriate for the methods used.
1.2 Authors must adhere to the Journal of Sports Sciences guidelines for authors, extended guidelines are available at: www.tandfonline.com/action/authorSubmission?journalCode=rjsp20&page=instructions

1.3 Some important style points include:
- British English spelling and punctuation is required.
- Please use double quotation marks, except where “a quotation is ‘within’ a quotation”.
- Present dates as 20 December 2012.
- Abbreviations, units and symbols should conform to Systeme International d’unites (SI units).
- For all abbreviations other than units, write the word or words to be abbreviated in full on the first mention followed by the abbreviation in parentheses.
- Avoid the use of non-standard abbreviations within the text.
- Use capital and italic “P” for p values; use “years” not “yrs”; use “min”, “h”, “s” for minutes, hours, seconds. See extended style guidelines online for more information.

1.4 Authors are encouraged to include social media contact details, such as Twitter handles, as part of their correspondence details.

1.5 An example abstract is provided overleaf. It is anticipated that most abstracts will follow the format of:

a) A title that should be concise and reflect the work being described. Only the first word begins with a capital letter, unless a proper noun is used. Do not include any acronyms in the title.

b) Author names and affiliations formatted as per the example abstract. Please also provide an email for the corresponding author and a Twitter handle here if they wish for it to be associated with the abstract.

c) A brief introduction in which the authors need to present the theoretical and/or empirical framework that the study builds upon, or is related to.

d) All research should have an aim/purpose, which should outline the principal objectives and scope of the study. For a quantitative research design that tests a specific hypothesis, it might be: “Therefore, the purpose of this study was to investigate the influence of A on B”. It should be emphasised that the authors are encouraged to state the purpose of the work concisely and if the purpose was exploratory, then this should be stated.

e) The methods section describes how sample sizes were determined and how data were collected and analysed so that other researchers could repeat the research. Please use the term ‘participants’ (not ‘subjects’). There needs to be a statement indicating that ethical approval was granted. For example, “With institutional ethics approval…” Metrics by which outcomes of analyses are to be evaluated should be stated. Preferred metrics are effect sizes or confidence intervals of differences/change rather than probabilities.

f) Authors must provide a clear explanation of their results and are encouraged to use the most appropriate format to do this. Quantitative researchers should report effect sizes and P values (e.g., P = 0.048). P < 0.01 is appropriate for values exceeding 3 decimal places (e.g., P = 0.000021). The number of decimal places a P value is reported to depends on the statistical analysis undertaken and what is being measured and its meaningfulness. Thus an author could report P values to 2 and 3 decimal places in the same abstract, but in different analyses. Qualitative researchers are encouraged to use themes and/or quotations to illustrate their findings.

1.6 The font should be Arial size 12. Statistical abbreviations should, normally, be italicised (e.g., t, P < 0.05), with vectors (e.g., v) in italic typeface.

1.7 References must be kept to an absolute minimum and must be used only if essential. When used, any references must be incorporated into the text of the abstract. The required style of referencing for abstracts is shown in section 2.

2. Referencing

Referencing must follow the APA reference guide provided at: www.tandf.co.uk/journals/authors/style/reference/tf_APA.pdf

The following are examples illustrating the referencing method to be used.

2.1. The resultant hand forces were calculated and projected onto the forward direction (propulsive force) for each phase of the stroke (Schleihau, A.A., 1979, In J. Terauds & W. Bedingfield (Eds.) Swimming III (pp. 300-316). Baltimore, MD: University Park Press). [This illustrates the citation of a paper or chapter in a book].

2.2. A 1% treadmill grade was used, after the recommendations of Jones and Doust (1996, Journal of Sports Sciences, 14, 321-327). Our findings were similar to those previously reported (e.g., Jones & Doust, 1996). [This illustrates the first and second citations of a journal paper].

2.3. Propelling efficiency was defined as … (Toussaint, 1988, Mechanics and energetics of swimming. Amsterdam: Rodopi). [This illustrates the citation of a book].

2.4. The differences between groups for the nine release parameters from Best et al. (1993, Journal of Sports Sciences, 11, 315-328) … [This illustrates the citation of a source, here a journal paper, with more than two authors].

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Influence of cold-water immersion on indices of muscle damage after prolonged intermittent shuttle running

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Cold-water immersion (cryotherapy) can aid recovery from muscle-damaging exercise (Eston and Peters, 1999, Journal of Sports Sciences, 17, 231-238). Participation in sports that involve prolonged periods of variable-speed running frequently result in damage that is reflected in delayed onset of muscle soreness. Therefore, the aim of this study was to assess effects of cold-water immersion on indices of muscle damage after the completion of the Loughborough Intermittent Shuttle-Running Test (LIST) (Nicholas and Nuttall, 2000, Journal of Sports Sciences, 18, 97-104). Participants performed six 15-min blocks of activity that included walking, jogging, cruising and sprinting in a pattern that is common in sports such as football. Completion of the LIST results in muscle damage and soreness (Thompson, Nicholas and Williams, 1999, Journal of Sports Sciences, 17, 387-395). With institutional ethics approval, 20 men (mean age: 22.3 ± 3.3 years; stature: 1.80 ± 0.05 m; body mass: 83.7 ± 11.9 kg) (mean ± s) completed 90 min of the LIST protocol. After exercise, participants were randomly assigned to either 10 min cold-water immersion (10 ± 0.5 °C) (n = 10) or a non-immersion control group (n = 10).

Ratings of perceived soreness, changes in muscle function and efflux of intracellular proteins were assessed before exercise, during treatment and at regular intervals up to 7 days after exercise. Exercise resulted in severe muscle soreness, temporary muscle dysfunction, and raised serum markers of muscle damage. All peaked within 48 h after exercise. Cryotherapy administered immediately after exercise reduced muscle soreness at 1, 24, and 48 h (P < 0.05). Decrements in isometric maximal voluntary force of the knee flexors were less after cryotherapy at 24 (12 ± 4%) and 48 h (3 ± 3%) than without (21 ± 5%) and mean 14 ± 5% (mean ± sx) respectively; P < 0.05). Exercise-induced increases in serum myoglobin concentration and creatine kinase activity peaked at 1 and 24 h, respectively (P < 0.05). Cryotherapy had no effect on the creatine kinase response, but reduced myoglobin 1 h after exercise (P < 0.05). The results suggest that cold-water immersion immediately after prolonged intermittent shuttle running reduces soreness and indices of exercise-induced muscle damage and could be a useful aid to recovery.