



## Position Statement Guidelines

### Definition

The European College of Sports Sciences (ECSS) provides common guidelines for the use of exercise in relation to health, injury and disease published in the European Journal of Sport Science and on the ECSS website. These ECSS Position Statements target medical doctors, coaches, trainers, athletes and public alike.

### Form

The ECSS Position Statement shall be between 10'000 and 30'000 characters and shall follow the structure of:

-  Abstract
-  Background
-  Discussion
-  Conclusions
-  Recommendations

Each ECSS Position Statement might be considered as an ECSS Position Statement Symposium (Invited Session) during one of the Colleges annual congresses.

### Scientific review

First a member of the Executive Board of the ECSS conducts an independent review. Apart from scientific content, accessibility for non-specialist readers (scientists, coaches, athletes, lay public) is also considered.

Second Asker Jeukendrup, Editor in Chief of the EJSS, assigns at least one expert in the field who is intimately acquainted with the field but who was not part of the Position Statement team himself to check validity of scientific content. Each ECSS Position Statement shall be reviewed by at least two independent referees.

### Submission

All Position Statements shall be first submitted to the ECSS Office in order to being forwarded to the ECSS Executive Board member appointed for review. After achieving acceptance all Position Statements shall be submitted to the European Journal of Sport Science (EJSS) online using the European Journal of Sport Science Manuscript Central <http://mc.manuscriptcentral.com/tejs> following the instructions for authors <http://www.tandf.co.uk/journals/journal.asp?issn=1746-1391&linktype=44> .