

Author Checklist for GJSM Paper

- The title is coherent and concise
- For original studies, the study design is placed at the end of the title after a Colon, if possible, e.g. "Recommendations for Return-to-Sport after COVID-19: Expert Consensus"

Configuration of manuscripts:

- The manuscript has been formatted to include all the following sections:
 - Title page – Summary – Key words– Problems and Objectives/Aims – Material and Methods – Results – Discussion– Acknowledgement – Summary Box (is divided into two short sections, each with 1-3 short sentences, without reference citations) -
 - References – Figures and Tables

Special details for manuscripts:

- Title page: author/s, institution or division, English title, German subtitle (may be submitted later) and short title (max. four words).
- Corresponding author's address (including phone number, academic degree and position and an institutional e-mail address). Full address and email address must be provided for the corresponding author only.
- The name and institution of each author.
- Word count of manuscript; Word count of summary.
- ICMJE forms: <https://www.icmje.org/disclosure-of-interest/> (International Committee of Medical Journal Editors) for all authors are submitted with the article.

English Summary:

- Text: Word count is maximally 230

The manuscript has been formatted to include all of the following sections:

- Problem/Objectives - Methods/Design - Outcomes/Main Results - Conclusions
- Registration of the study - registry and number (for clinical trials and, if available, for observational studies and systematic review - 4 to 5 keywords

Main body of the manuscript:

- Introduction** describes the publication's intention, to present the current scientific knowledge and to declare the aims of the publication.

Material and Methods:

- Reporting guidelines for main study types are met ([Equator Network](#)).
 - For systematic and short reviews, registration in the PROSPERO database is mandatory ([PROSPERO Registration](#)). Please ensure that the registration number is included in your manuscript.
 - Institutional Review Board (IRB): IRB board's name and approval number are required. Please indicate in the main document where IRB guidance is referenced. The approval date must be available from the authors upon request.
- If ethical approval was not required for the study, include a clear statement indicating that such approval was not necessary.
- Ensure that a statement confirming informed consent from all participants is included in the manuscript.
 - Registration in a WHO approved register for clinical trials (for example DRKS): registry and number.

Results:

- Results are presented as text, graphically or in tables.
- Structured description of results.
- Units are presented according to SI-classifications (except mmHg): (1/min, mmol/l, mg/l).
- Confidence intervals are written in the format (e.g. 15 to 27) within parentheses, using the word "to" rather than a hyphen.
- P-values are always accompanied by supporting data, and the decimal places of the percentages are indicated.

Discussion:

- The results are discussed and not recapitulated.
- Unclear or contradictory aspects and references from the literature are highlighted.
- Conclusions for practical studies are presented separately.

Acknowledgement and Indications of Support and Cooperation:

The manuscript includes all the following (if there is information available):

- Use of AI: Use of AI tools (e.g., for language editing or structuring) is disclosed; AI was not used for scientific content. Full responsibility remains with the authors.
- Funding: indicate funding in "Acknowledgments (and References to Support and Collaboration)" (or a statement that there was none); statement of researcher's independence from funders. Include grant numbers, if possible.
- Competing Interests: Disclosure must be in the following form: *"All authors have completed the ICMJE Uniform Disclosure Form at www.icmje.org/coi_disclosure.pdf and declare: no support from any organization for the submitted work [or describe, if any]; no financial relationships with organizations that may have an interest in the submitted work in the past three years [or describe, if any]; no other relationships or activities that may have influenced the submitted work [or describe, if any]."*
- Ethical approval: Details of ethical approval (ID of ethics committee approval and name of ethics committee/IRB) or a statement that such approval was not required.
- If copyrighted materials, instruments, or supplies are used, include a line that reads, "We certify that we have obtained the appropriate permissions and paid all required fees for the use of copyrighted materials."
- Data sharing: Information on how to obtain additional data from the study (e.g., "Technical appendix, statistical code, and dataset available from corresponding author at <email address or URL>" or "No additional data available").

References:

- Only literature that appears in the text is listed in the bibliography.
- The bibliography is arranged with the names of the main authors (or, if no author is available, with organization/institution) in alphabetical order and numbered consecutively.
- In the text, the bibliographic references are indicated with Arabic numerals.
- The author's surname is listed first, followed by the abbreviated given name. The full title of the paper is presented initially, followed by the international abbreviation of the journal, the year of publication, the volume number, and the page range. For an example of an citation, see below:
 - Smith J, Brown T, Lee M. The impact of exercise on cardiovascular health: A systematic review. J Am Coll Cardiol. 2020; 76: 1775-1786. doi:10.1016/j.jacc.2020.08.060