

Instructions for Authors

1. General requirements for manuscript preparation

1. Manuscript structure:
 - title;
 - full author first name(-s) and surname(-s);
 - affiliation;
 - annotation (no more than 200 words) with up to five keywords at its end;
 - Introduction (including brief presentation of a study object and main aim);
 - Materials and Methods;
 - Results;
 - Discussion;
 - Conclusions;
 - References;
2. The paper normally should not exceed 4–5 printed pages. At least two thirds of the last page should be filled with text.

2. Text formatting requirements

Requirements for computer software

Manuscripts should be prepared using Microsoft Word.

Text formatting (example):

MANUSCRIPT TITLE (ALL CAPS, Cambria, 11 pt, Bold)

>11 pt (>xx pt – font size of an empty space between lines)

Author name (-s) surname (-s) (Times New Roman, 11 pt, Bold)

Affiliation (Times New Roman, 11 pt, Italic)

>10 pt

Abstract (Times New Roman, 10 pt, Normal, First line 1,2 cm)

Keywords (Times New Roman, 10 pt, Italic, First line 1,2 cm)

>5 pt

Section Heading (Introduction, Materials and Methods, Results, Discussion, Conclusions or References - 11 pt, Bold, justified to the left)

>5 pt

Text

Page formatting

The page (including text, equations, tables, figures) should be formatted using B5 JIS (182 x 257 mm) standard with a 20 mm top and bottom margins; and 20 mm left and right margins.

Manuscript design (page layout)

The following information should be provided on the first page of the manuscript: manuscript title; full (unabbreviated) author name(-s); author affiliation(-s) and a brief annotation of the presented manuscript. The main body text of the manuscript should be in Times New Roman 11 pt Normal font using line spacing 1.0. The first line of each paragraph should be indented by 1.2 cm.

Section headings should be in 11 pt **Bold** font, and aligned to the left margin of a page. Section headings should be separated from the body text by a blank line (5 pt font). Subsection headings start from a new line and should be in 11 pt ***Italic Bold*** font followed by the body text on the same line (11 pt Normal). The main symbols in equations should be in 11 pt ***Italic*** font, while indices – in 11 pt Normal font. The equations should be center-aligned and numbered using Arabic numbers in parentheses on the right-hand side of the page. A full stop is put after the equation when the variables are not explained. If the variables are explained, a comma sign is put after the equation and a word „here“ is placed below the equation starting from a new line without indentation, followed by explanation of each relevant variable.

Figures and tables are to be inserted into text below the paragraph where they are mentioned for the first time in text, although figures and tables should not be placed after Conclusions section. Figures and tables of a larger format may occupy an entire page. Graphs and drawings should be produced using computer software. Photographs should be of good resolution, suitable for reproduction. Captions for figures should be placed below the figures, and table titles – above the tables. Figure captions, table titles and table footnotes should be typed using 11 pt font and centered. Text in tables should be in 11 pt font. Figures and tables are separated from the main body text with an interval of one blank line.

Citations in text are to be given in parentheses, e.g. (Peterson, 1988); if the author is an institution, given is the first word of its name followed by three dots, e.g. (State..., 2004). Citations of sources in Russian are given using Cyrillic script, e.g. (Кресникова, 2005). For citations of a source written by multiple authors only the first author's name is given followed by „et al.“, e.g. (Johanson et al., 2003).

References are listed fully in alphabetical order according to the last name of the first author (or institution name) and numbered. Sources in Latin script are listed first followed by sources in Cyrillic script.

Papers with one author only are listed first in chronological order, beginning with the earliest paper. Papers with dual authorship follow and are listed in alphabetical order by the last name of the second author. Papers with three or more authors appear after the dual-authored papers and are arranged chronologically.

Names of all authors of a respective source should be listed. Journal titles should not be abbreviated.

A summary of the presented study is prepared in Lithuanian by editor's office and placed below the reference list. Below presented is an example of a reference list:

>5 pt

References (11 pt, Bold)

> 5 pt

1. Cotte J., Ratneshwar S. Choosing leisure services: the effect of consumer timestyle. *Journal of Services Marketing*, 2003. 17 (6), 558-572.
2. Mallen C., Adam, L. *Sport, Recreation and Tourism Event Management. Theoretical and Practical Dimensions*, Brock University, USA, 2008.
3. Jackson E. L., Scott D. Constraints to leisure. In E. L. Jackson & T. L. Burton (Eds.), *Leisure Studies: Prospects for the Twenty-First Century* (pp. 299-332). State College, PA: Venture Publishing, Inc., 1999.
4. Выдрин В. М, Джумаев А. Д. Физическая рекреация – вид физической культуры. Теория и практика практической физической культуры, 1989. Nr. 3, с. 2-3.

>10 pt

For more information on manuscript layout please visit Journal's homepage at www.kmaik.lt/miskininkyste-ir-krastotvarka
