

FORMATTING RULES

According to the APA 6th edition, this document contains the rules for: references, citations, other cases, notes, tables, and figures.

REFERENCES (at the end of the text: bibliography)

The list of references ("References") is included at the end of the article and must exactly match the works cited throughout the text (no more and no less). The list is ordered alphabetically by author's surname. If the citation has no author, it is ordered by the title of the work (in this case a shortened version of the title is used for the in-text citation). The list should be in paragraph format with French indentation.

Each reference should contain all the information necessary for the reader to locate and retrieve any source cited in the article. Capital letters are used only for the first letter of non-journal titles (books, articles, web pages, etc.). Capital letters are used for all the initials of the main words of journal titles.

Italics are used for long works, such as book titles and journal names. No italics, bold, inverted commas, underlining or capital letters are used for short works such as essays, articles, chapters, etc. If a chapter in a book is consulted, it is the book that is italicised. If it is an article in a journal, it is the name of the journal that is italicised.

Complete book	Surname, N. (Year). Title. City: Publisher. Surname, N. and Surname, N. (Year). Title. City: Publisher.
Book chapter	Surname, N. (Year). Title of chapter or entry. In N. Surname (Ed.), Title of book (pp. xx-xx). City: Publisher. Surname, N. (Year). Title of chapter or entry. In N. Surname (coord.), Title of the book (pp. xx-xx). City of publication: Publisher.
Journal article	Surname, N. (Year). Title of the article. Title of the journal, volume (number), n° start page-n° end page.
Doctoral thesis	Surname, N. (Year). Title. (Unpublished doctoral thesis). Name of the institution, Location.
Internet resources	Surname, N. (Year). Title of the document or article. Retrieved from (U.R.L.)
Congress proceedings	Surname, N. (Year). Title of work presented. In N. Surname (coord.) name of the proceedings (pp. xx-xx). City of publication: publisher.
Symposiums	Surname, N. (month, year). Title of work submitted. In N. Surname (chair), name of the symposium (pp. xx-xx). Symposium held at the xxxx congress, City of publication, State or Province.

- Clarifications:
- The surname is placed with the first capital letter, comma, initial of the name, full stop. If there is more than one author, they are separated by commas, the last one is joined with "y".
- The year (or the letters "s.f." if the publication does not have a date and it is not possible to obtain it). Publications in scientific events usually also include the month. For a journal article, it is not necessary to include the day or month of publication.
- If the work has a subtitle, use a colon, and then start with a capital letter.
- The edition number is written in brackets after the name of the book (2ed). If it is the first edition, it is not indicated.
- For references to proceedings, symposia or conferences, the author's surname and first name, date and the name of the work presented with a full stop, without italics, followed by the initials of the

name and surname of the coordinators of the proceedings. It continues with the name of the proceedings in italics and, in brackets, the pages with "pp. and a full stop" before the numbers separated by a hyphen. It ends with the city of publication, a colon, and the publisher. If it is in electronic format, the following would be added without brackets and without italics: Retrieved from <http://www....> (If it has doi, this will replace this part). For example:

- Castro, U. (2000). Popular and traditional motor games. In J. Hernández (coord.), *Los juegos motrices*, Actas del V Congreso Nacional de juego motrices (pp. 200-215). Las Palmas de Gran Canaria: Ediciones de la Universidad Las Palmas de Gran Canaria For non-periodical references (books, etc.), if only one chapter is used, the letters pp. is used for the pages on which the cited item is found (for example, pp. 12-22).
- For periodical references (journals, etc.), if an article is used, the letters pp. is not used for the pages, only the numbers are joined with a hyphen (e.g. 12-22).
- For electronic documents, the aim is to provide readers with as much data as possible. If the work is only available on the web, the d.o.i. (Digital Object Identifier) or the URL (Uniform Resource Locator (link)) is given if the d.o.i. is not available. The date of consultation is included in the case of unstable publications, in which case "Available at: <http://xxx> date of consultation (day/month/year)" is indicated.
- For two or more works by the same author published in the same year, the year is followed by a letter of the alphabet, starting with "a" for the first work of that year by that author (Surname, year).
- When citing legislative material, follow the examples below:

Organic Law 8/2013, of 9 December 2013, for the improvement of educational quality (BOE, of 10 December 2013, for the improvement of educational quality). Royal Decree 126/2014, of 28 February, establishing the basic curriculum for Primary Education (BOE, of 1 March).

Order ECD/65/2015, of 21 January, which describes the relationships between the competences, contents and assessment criteria for primary education, compulsory secondary education, and baccalaureate (BOE no. 25, of 29 January).

CITATIONS (references in the text)

The author and year system is used. The author's surname and date of publication are included in the text. All references cited in the text must appear with complete information in the list of references at the end of the paper ("References") and vice versa.

Non-textual quotations

Used to reference an idea that appears in the text used. Options:

- If the sentence includes the author's surname, only the date is written in brackets. For example: Hernández (2004) points out that...
- If the sentence includes the author and year, do not use parentheses. For example: In 2004, Hernandez points out that.....
- If the author is not included in the sentence, the surname and the date are written in parentheses, with a comma separating them. That is: ... (Hernández, 2004),

Several quotations

If you wish to include several citations one after the other, for example, within a parenthesis, they are ordered alphabetically and separated by a semicolon (;). Example: (Bayer, 1986; Fusté Masuet, 2004; García Eiroá, 2000; Martín-Albo Lucas, 2000; Parlebas, 2003).

Verbatim quotations

In literal quotations, the reference includes sentences as they appear in the work consulted. Quotations are written in the language of the work consulted.

The same format as the three previous options is followed, but the quoted fragment is included in inverted commas and p. and the page number are added in brackets. For example: Hernández (2004, p.12) states that "....."; In 2004 (p.12), Hernández states that "....."; " " (Hernández, 2004, p. 12).

Options:

- If the quotation is short (less than 40 words, two lines or less) it is included in the same paragraph.
- If the quotation is long (more than 40 words, three lines or more), it is included in a separate paragraph, without inverted commas, in italics and with a wider margin (generally five spaces from the left margin). For example:

Xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxxx xxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxx xxxx
Xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxxx xxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxx xxxx
Xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxxx xxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxx xxxx
Xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxxx xxxxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxx xxxxx xxxx
(Hernández, 2004, p.7).

- The spelling, punctuation and order of the verbatim quotation must fully match the work consulted. Any alterations that are made must be clearly indicated. For example: three full stops with spaces indicate that a fragment of the quotation in inverted commas has been omitted.
- [] square brackets are used to insert explanatory text into the quotation.
- When underlining, bolding, italicising or capitalising words, e.g. "underlining is ours" should be indicated. Sometimes it is also clarified if this was already the case in the source text, e.g. "the underlining is original".

OTHER CASES

Citations and references with more than one author

- If the work has two authors, both authors are always cited together with the letter and.
- If the work has three, four or five authors, all are cited the first time. In subsequent citations, the first author is cited followed by et al. (year) or et al., year. All authors are named in the "References" section.
- If there are six or more authors, et al. is used from the first mention. All authors are named in the "References" section.

Abbreviations

Indicated in brackets the first time after the word or words to be abbreviated, e.g. Physical Education (PE). The following times the abbreviation is sufficient. In the list of references ("References"), abbreviations should be avoided even for journal titles.

Secondary sources

When an author is cited in the work of another author, but the original source is not available. In this case, indicate the desired citation and that of the consulted work where it appears. For example: (Hernández, 2004, cited in Parlebas, 2006). In the list of references ("References"), only the work consulted (in this example, the work by Parlebas) is referenced.

NOTES

The use of footnotes should be avoided. It is recommended for long explanatory notes that may distract the reader from the article and should never be used for citation or bibliographical reference. In any case, notes should always be endnotes (not footnotes). They will all be included in a section at the end of the article called "notes" and numbered in consecutive order with Arabic numerals.

TABLES AND FIGURES

The legend of the tables and figures is as follows:

Tables

The legend is inserted above the table. The numbering (Table 2.) is followed by a full stop and the legend in italics. Example:

Table 1.

Comparison of the individual interaction space of the 3 team sports played on the field that were converted to be played indoors.

IND*. INTERACTION SPACE (in square metres)	Field (average of 50-100 x 100-130 yards, 22 players)	Hall (20 x 40 metres)
football	358	80 (10 players)
hockey	358	66 (12 players). Adjusted to 97 in 2013 (10 players and 22x44 metres)
handball	358	57 (14 players)

**IND: Individual*

Figures

The legend is inserted below the figure. The italic numbering (Figure 3.) is followed by a full stop and the caption. Example:

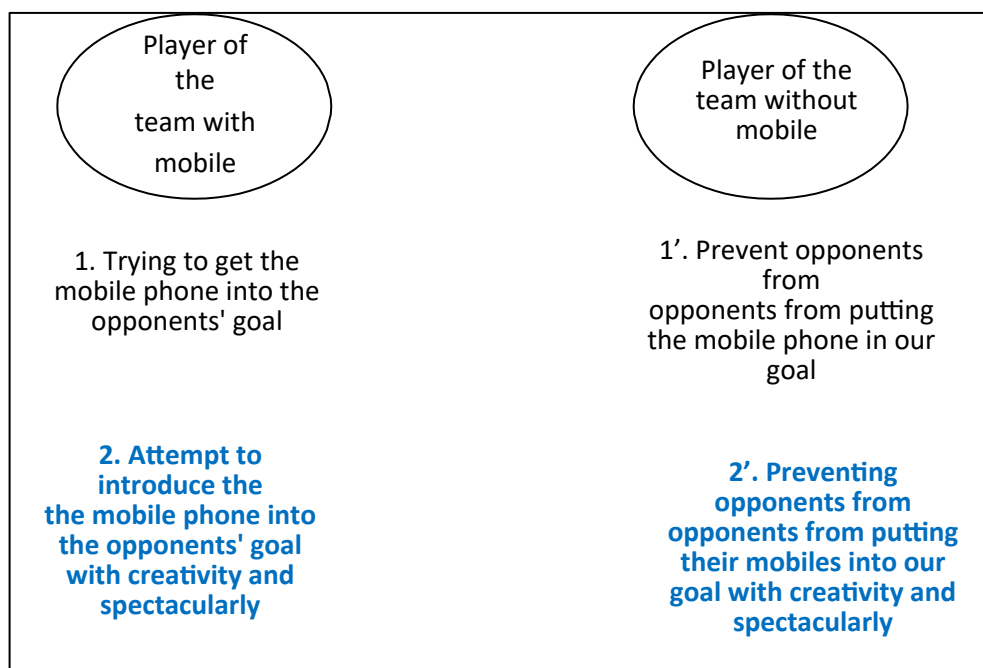


Figure 3. Duplicity of motor goals in beach handball (lines 1 and 2) compared to the motor goals of the other team sports (only line 1 is presented).