**Requirements for papers**

Deadline for abstract and paper submission for oral presentations   
**15 July 2021**

If you are not able to submit your paper online at our web site for some reasons, please submit by e-mail: **iscongress2021@mail.ru**

**REQUIREMENTS FOR PAPERS SUBMITTED BY E-MAIL**.

1. Contents of the papers should conform to the main topics of the Congress. The submitted article should be previously unpublished and tested for plagiarism.
2. All papers should be in English or Russian.
3. Articles should have following sections:

* Abstract
* Keywords
* Introduction
* research methods and organization
* research results
* conclusions
* references (optional).

1. Papers should contain a short abstract (120 – 150 words with spaces).
2. The actual text of the article may contain 3 full A4 pages
3. Page setup: top, bottom, right, left – 2 cm.
4. Font type: Times New Roman 12 pt.
5. Single line spacing, full justification. Paragraph offset – 0,5 cm.
6. Papers should contain:

- Title of the paper (capital letters, bold, center alignment);

- Surnames and initials of the authors;

- Full official name of the sending institution;

- city/town and country

1. Text may contain graphs and tables in black and white (3 maximum), which should be marked in the article by references, e.g. Fig. 1, Fig. 2, Table 1, preferred formats .pdf, .jpg, .png.
2. Submission received after the deadline (July 15, 2021) and submission that do not follow the criteria will not be considered.

!! If the article is submitted *online*, the confirmation will be forwarded to the e-mail indicated by the author within 10 days.

**If you do not receive such confirmation by e-mail, then most likely you did not complete the submission process and the abstract did not reach the Organizing Committee.**

**Sample article**

**BIOCHEMICAL MARKERS OF ADAPTATION OF HIGHLY QUALIFIED ATHLETES TO VARIOUS PHYSICAL ACTIVITIES**

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Volga Region State University of Physical Culture, Sport and Tourism,   
Kazan, Russia

***Abstract.*** Text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text text.

***Keywords:*** text, text, text, text, text, text, text, text, text.