

## Submitting Infographics: Guidelines for Authors

An Infographic is a visual representation of information, data, or knowledge intended to present information quickly and clearly and allows the reader to see patterns and trends.

### Guidelines to follow:

1. Ensure the topic of the infographic is related to the one of the following disciplines: sports medicine, biokinetics, physiotherapy, exercise and sports science, dietetics and psychology.
2. Information is based on scientific fact rather than opinion
3. Provide credit to all sources, references, facts and figures used in the infographic
4. Authors should watermark and/or include links to their social media profiles/websites within the infographic (e.g. Made by XXX)
5. The size of the infographic should not be greater than 500mb
6. All images and text should be free of any copyright infringement. The authors are responsible for compliance and including the relevant credits where necessary.
7. Infographics should be saved as a png or jpeg format

### Submitting to SASMA

1. Email your infographics to [nats.erskine@gmail.com](mailto:nats.erskine@gmail.com) or send them via a file sharing service such as [we transfer](#)
2. Your infographic will be shared with our infographic coordinator, and, if accepted, we will upload your infographic to the SASMA website
3. Some editing may be recommended before the infographic is uploaded to the site.
4. Your infographic may be included in SASMA's marketing and promotional material
5. There are no charges for submissions or accepted infographics

### Resources for creating infographics

- [The 7 G.R.A.P.H.I.C. Principles of public health infographic design](#)
- [How to make an engaging infographic? - British Journal of Sports Medicine](#)
- [How to turn your journal article into an infographic](#)

### Examples of Infographics

- [BMJ infographics](#)
- [YLM Sport Science](#)

### Note for Readers

Infographics are only a snapshot of scientific research, facilitating the sharing key messages and engagement with research. They are not a substitute of peer-reviewed research and thus it remains essential to read the credited sources.