*****Football is Medicine 2026***

***(Insert Type of Submission – Poster or Oral Presentation)***

**Title**

Authors (name and last name - example: Roberto Mendes, Sara Jesus)

Filiation (insert for each author using consecutive numbers - example: Roberto Mendes1, Sara Jesus2)

Corresponding author (name and last name, email)

**Abstract (general guidelines)**

1. Text formatting: Arial font, size 12, single spacing, justified alignment.
2. Maximum of 400 words for **Oral Presentation** or maximum of 250 for **Poster Presentation**
3. The body of the text must include:
   * Introduction;
   * Study objective;
   * Methods: describe the sample or participants (if applicable), the methods, and analysis procedures;
   * Results (if applicable): presentation of the main data, preferably in table form or in text that clearly presents values and/or clear descriptions of the study results;
   * Conclusion (if applicable): clearly conclude based on the proposed objective;
   * Keywords (between 3 and 6);
   * References (if applicable): maximum 5 references, APA 7th Edition Style.