

**The title of the article that represents the entire contents of the article
(English) [15 words, Sentence case, 12 pt, Arial]**

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Abstract

Abstract is a miniature of the article as the main description of the reader of your article. The abstract contains all the components of the article in a concise manner (objectives, methods, results, and conclusions). 150 - 200 words long (may not be outside of this provision), do not write a bibliography, and are written in one paragraph. Abstract written in English. Equipped with 3-6 keywords.

Keywords: first keyword, second keyword, third keyword.

How to Cite: Last Name, First Name Initial. (Year). Article Title. Jurnal Tomini Sports: Jurnal Olahrag, V(N), XX-XX.

Authors contribution: a – Preparing concepts; b – Formulating methods; c – Conducting research; d – Processing results; e – Interpretation and conclusions; f - Editing the final version

INTRODUCTION

The introduction leads the reader to the key topic. Background or introduction answers why the research or review was performed (**research urgency**), what previous researchers did, the currently developing scientific articles, research novelty, objectives of the article writing, and what **contribution** should be delivered from the research findings goals. *[Arial 12, justified, 1.5 space]*

METHOD

Research method writing contains **research design, place and time, population and sample, sampling technique, data measurement technique, and data analysis**. It is better to use passive sentences and narrative sentences, not imperative sentences. *[Arial 12, justified, 1.5 space]*

Equation and formula

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Equation and formula. All equations and formulas should be referred to in the text using orderly numbers in brackets; see equation (1), for example. The equation or formula displayed should be centered and arranged in a separate line with an extra room above and under. They should be given a number for reference, and the number should be consecutive, with the number in brackets and placed on the right margin.

$$a + b = c. \quad (1)$$

The equations and formulas should be given punctuation as in the normal text, with an additional space before the punctuation.

RESULT

In outlining the result, one should only describe research results of data acquired in the research or field observation and data analysis interpretation. This section is outlined without providing discussion and should be written in logical sentences. The result is applicable in the form of a table, text, or figure.

The table title is written in a title case, with subtitles in each column. It should be simple, not complicated, showing the table's presence in the text (e.g., see table 1), without the vertical line, and written above the table.

Table. All tables should be referred in the main text and the table title should be above the table.

Table 1. Note of table should always positioned above the table

Variable	Study Group N=80	Group				<i>P-Value</i>
		West Java (N=20)	East Java (N=20)	Central Java (N=20)	Yogyakarta (N=20)	
Height (cm)	167.94 ± 94	169.70 ± 7.29	166.60 ± 7.73	168.95 ± 95	166.50 ± 9.75	0.432
Weight (kg)	60.59 ± 9.19	61.10 ± 8.35	59.61 ± 8.24	62.30 ± 7.63	59.35 ± 12.24	0.726
FAT (%)	14.82 ± 9.36	13.10 ± 2.55	17.01 ± 17.82	14.60 ± 2.18	14.60 ± 5.27	0.625

(Alphabet in the table follows the table width)

Figure. Figure description should be placed under the figure and written in Arial, 12pt.

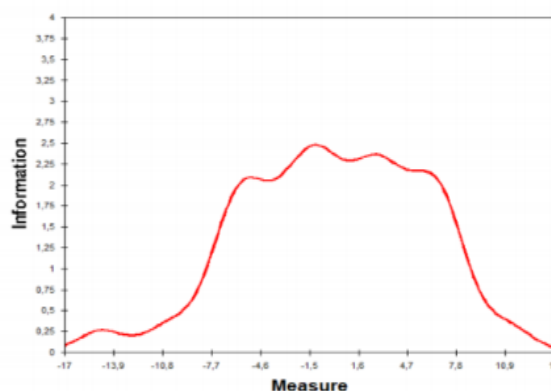


Figure 1. Test Information Function

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DISCUSSION

Discussion is the most important part of the overall content of scientific articles. The discussion aims to answer the research problem or show how the research objectives were achieved and interpret/analyze the results. **Start by presenting the findings. Then relate it to previous theories and research, whether the findings strengthen or correct existing findings/theories.** Emphasize new and important aspects. Discuss what is written in the results but do not repeat the results. **Include a discussion of the impact of the research and its limitations.**

CONCLUSION

The conclusion contains answers to research questions. Conclusions must address specific objectives. This section is written in essay form and does not contain numbers.

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REFERENCES

The number of bibliography/references in the article is at least 20 sources, of which 80% of all references are from national or international journal articles. If the author creates self-citations in his article, the maximum number of articles is expected to be 2. References use the **APA 6th Edition**. Use reference tools (EndNote, Mendeley, or Zotero) to write references.

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