

7th WORLD RACKET SPORTS SCIENCE CONGRESS

SECOND ANNOUNCEMENT

Ningbo, China
23rd - 25th October 2026



ABOUT CONGRESS

7th World Racket Sports Science Congress

The **7th World Racket Sports Science Congress** will be held from **23rd–25th October 2026** at the **Pan Pacific Hotel, Ningbo, China**, under the auspices of Ningbo University, and jointly organized by University of Ljubljana, University of Granada, and Niigata Institute of Technology.

Racket sports are widely practiced at both competitive and recreational levels, yet they present unique challenges related to **performance demands, injury risk, and long-term health**. Advances in equipment, playing surfaces, footwear, and training technologies continue to reshape the way racket sports are played, trained, and studied.

This Congress will bring together researchers and practitioners to share the latest scientific knowledge and practical applications in racket sports. Through keynote lectures, oral presentations, and poster sessions, participants will explore topics including **coaching, biomechanics, physiology, injury prevention, rehabilitation, training, nutrition, and health promotion**, with a special focus on both elite performance and leisure-time participation.

Scientists, coaches, medical doctors, physiotherapists, psychologists, managers, and all professionals interested in racket sports science and practice are warmly invited to join the Congress in Ningbo for **academic exchange, interdisciplinary collaboration, and professional networking**.

Congress Motto:
“Racket sports from a multidisciplinary perspective”



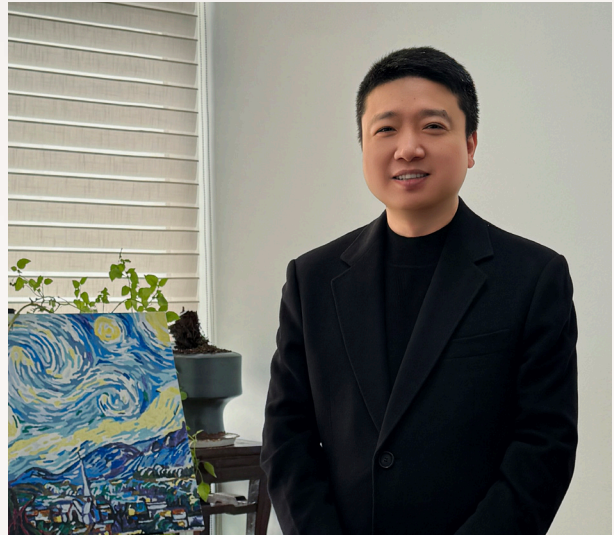
WELCOME MESSAGE

Message from the Congress Chairman

It is my great pleasure to welcome you to the 7th World Racket Sports Science Congress, hosted by Ningbo University in the vibrant coastal city of Ningbo, China, from 23rd to 25th October 2026.

Racket sports captivate millions worldwide, yet they present complex scientific challenges—from performance optimization and injury prevention to the evolving impact of equipment and technology. This Congress serves as a vital platform for scientists, coaches, clinicians, and practitioners to share the latest research and practical insights across fields such as biomechanics, physiology, nutrition, rehabilitation, and sports technology.

We are honored to collaborate with esteemed institutions including the University of Ljubljana, University of Granada, and Niigata Institute of Technology in organizing this gathering. Together, we aim to foster meaningful global exchange and advance the science that supports both elite performance and lifelong participation in racket sports.



Your expertise and engagement are essential to this dialogue. We warmly invite you to join as researchers to participate, and to contribute to what promises to be an inspiring and impactful event.

We look forward to welcoming you to Ningbo in October, 2026!

Sincerely,

Professor Yaodong Gu
Congress Chairman

7th World Racket Sports Science Congress
Ningbo University

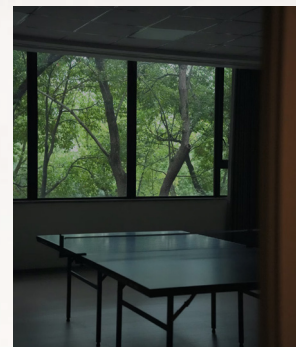
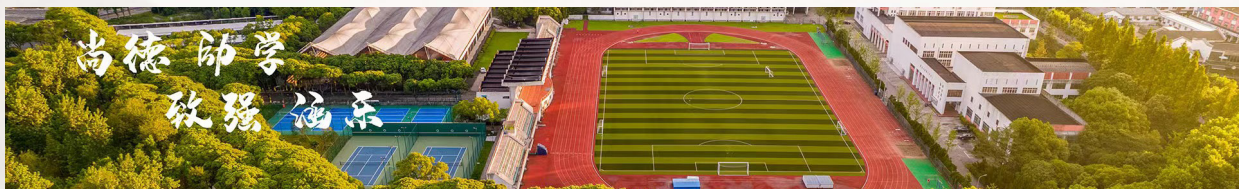
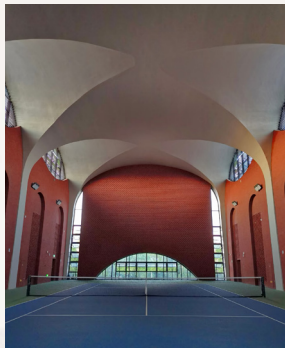


CALL FOR ABSTRACTS

Topics and Submission Information

Topics included (alphabetically):

- Age issues related to racket sports
- AI in racket sports
- Biomechanics
- Children in racket sports
- Coaching and teaching
- Doping and anti-doping activities
- Equipment design
- Fitness testing
- Mental health
- History of racket sports
- Management
- Match analysis
- Medical aspects of racket sports
- Nutrition
- Physical performance
- Physiology
- Players' adaption to rule changes
- Psychology
- Racket design and performance
- Skills and skill analysis in racket sports
- Social science aspects
- Sociology/economics/development
- Stress
- Racket sports as health sport
- Training
- Training at school level





Forms of presentations

- Invited speakers
- Oral presentations
- Poster presentations

First Call for Papers

The First Call for Papers will be released in February 2026, with the first announcement distributed to academic institutions and researchers worldwide.

The deadline for abstract submission is **30th July 2026**.

The deadline for full manuscript submission is **15th October 2026**.

Abstracts Submission Guidelines

- Abstracts must be written in **English** and should not exceed **one A4 page**.
- Diagrams and references should be kept to a minimum.
- Full reference details should be listed alphabetically at the end of the abstract.
- All submissions must be **original work** and must not have been previously published.

Review Process

All submitted abstracts will be reviewed by members of the Scientific Committee prior to acceptance.

Accepted contributions will be grouped thematically into oral or poster sessions, or linked to invited speaker presentations.

Publishing

All abstracts and full papers will be double reviewed and if accepted they will be published in Book of Abstracts, Proceedings Book and/or Science and Racket Sports VII.

IMPORTANT DATES

First announcement	January, 2026
Second announcement and call for abstracts	February, 2026
Early bird registration	01 st March, 2026 – 1 st September, 2026
Submission deadline for abstracts	15 th June, 2026
Acceptance/Rejection of abstracts	until 01 st July, 2026
Submission deadline for revised abstract	30 th July, 2026
Deadline for registrations	15 th September, 2026
Deadline for full manuscripts	15 th October, 2026
On-site registration	23 rd October, 2026



Prof. Yaodong Gu
Ningbo University
Chairman of Organizing
and Scientific Committee



Prof. Miran Kondric
University of Ljubljana
Co-chair of organizing committee



Prof. David Cabello-Manrique
University of Granada
Co-chair of organizing committee



Prof. Kei Kamijima
Niigata Institute of Technology
Co-chair of organizing committee



TRANSPORTION

By Public Transportation (Metro)

From Ningbo Lishe International Airport
Take Metro Line 2 (*toward Honglian*), transfer to Line 5 (*toward Luotuo Bridge*) at Shiqi Station, and alight at Min'an East Road Station (Exit B).

From Ningbo Railway Station
Take Metro Line 2 (*toward Honglian*), transfer to Line 7 (*toward Yunlong*) at Waitan Bridge Station, and alight at Xintian Road Station (Exit D).

NOTE:For attendees traveling from Shanghai, the high-speed rail to Ningbo Railway Station is the most efficient and recommended option, with a travel time of approximately **2–2.5 hours**.

By Taxi or Ride-hailing Services

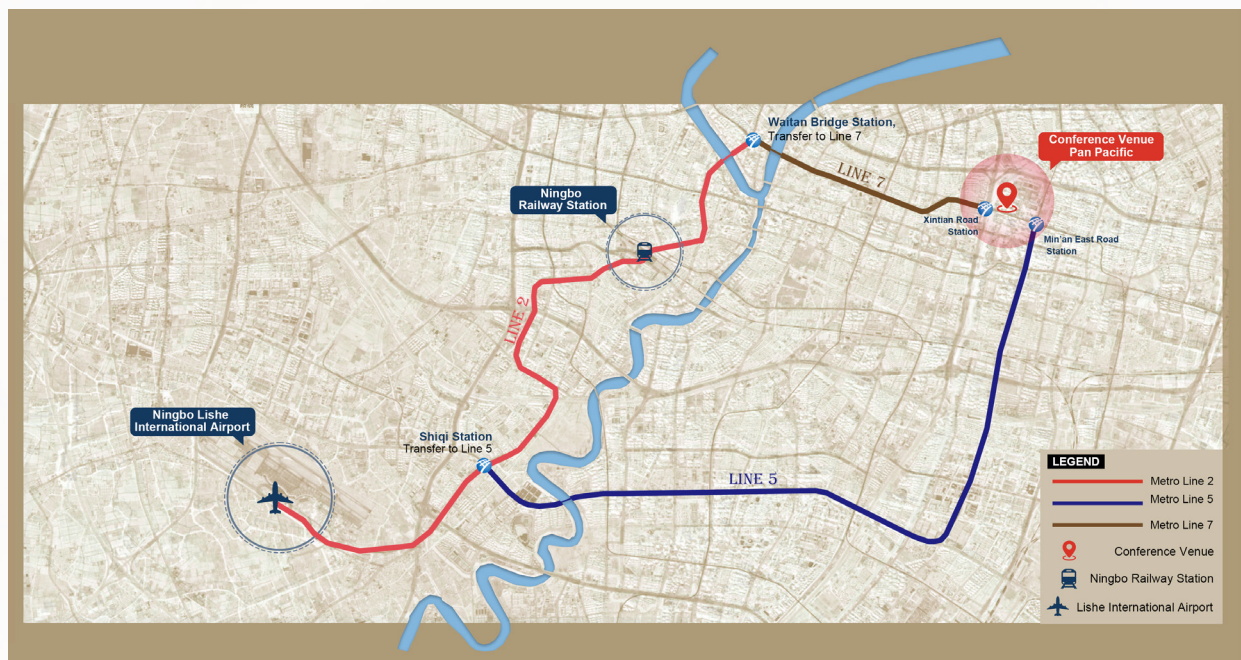
Taxis and ride-hailing services are readily available at both Ningbo Lishe International Airport and Ningbo Railway Station.

Please note that credit cards are generally **NOT accepted** for taxi payments in Ningbo.

Accepted payment methods include:

- **Cash (RMB only)**
- **Alipay**
- **WeChat Pay**

International guests are advised to prepare cash in advance or activate Alipay / WeChat Pay before arrival to ensure smooth transportation.



HOST CITY & HOST INSTITUTION

Host City: Ningbo

Ningbo is a historic coastal city in eastern China with a cultural legacy spanning over 7,000 years. As an important birthplace of maritime civilization along the ancient Maritime Silk Road, Ningbo has long served as a gateway connecting China with the world. The city enjoys a subtropical monsoon climate with four distinct seasons. **October, when the conference will be held, is one of the most pleasant months**, featuring mild temperatures (18–25 °C), low humidity, and little rainfall. The city offers rich cultural and culinary experiences, including landmarks such as Tianyi Museum (the oldest existing private library in China), Dongqian Lake, and historic Buddhist sites, as well as its well-known Ningbo cuisine featuring fresh seafood and light, seasonal flavors. Together, the city's history, livability, and vibrant urban life make it an ideal venue for the most important international congress on racket sports science.

Host Institution: Ningbo University

Ningbo University has the honour of organising the 7th World Racket Sports Science Congress in 2026. Established in 1986, it is one of **China's Top 100 key universities** with over 35,000 students. The Faculty of Sports Science, one of the most dynamic among the University's 23 faculties, was ranked 151–200 globally and 7th nationwide in the 2025 Shanghai Ranking's Global Ranking of Sport Science Schools and Departments. The faculty has taken the lead in establishing the China–CEEC Universities Alliance on Physical Education and Research (CCUAPER), demonstrating its strong commitment to advancing sport sciences in China and worldwide.



CONFERENCE ORGANIZATION

Authorization

- Ningbo University, China

Co-organizers

- University of Ljubljana, Slovenia
- University of Granada, Spain
- Niigata Institute of Technology, Japan

Publishing partner



Partners



BWF



ITTF



CSSS



ZISS

Organizing Committee

- **Yaodong Gu (Chair), CHN**
- Miran Kondric, SLO
- David Cabello-Manrique, ESP
- Kei Kamijima, JPN
- Liang Zhao, CHN
- Dong Sun, CHN
- Minjun Liang, CHN
- Yang Song, CHN
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- Zhifeng Zhou, CHN

Sponsors



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The list continues...

For further information please contact

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email: wrssc2026@gmail.com

or visit the congress website:

<http://www.wrssc2026.com>

