



IN COMMON SPORTS + FIT, FOOD  
AND FUN FOR ELDERLY!  
2021 - 2023

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Version 6

1

# Selection of Adapted Sports for Older Adults



## OLYMPICS 4 ALL

IN COMMON SPORT<sup>+</sup>: Fit, Food and Fun for Elderly!  
2021-2023

**Coordination:**

José M<sup>a</sup> Cancela Carral (Uvigo-Spain)

Adriana López Rodríguez (Uvigo-Spain)





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## 1. Introduction

Below are the different sports that each country has selected. Also attached are the rules of the 5 selected sports and a small survey to pass to senior athletes.

**Table 1.** Selected sports by each of the members of In Common Sports Project.

COUNTRY ADAPTED SPORTS FOR OLDER ADULTS	n	Bulgaria	Hungary	Italy	Portugal	Slovenia	Spain
Basketball 3X3	5	Y		Y	Y	Y	Y
Football 3x3	4	Y	Y		Y	Y	
Handball 4x4	2			Y			Y
Volleyball 3X3	6	Y	Y	Y	Y	Y	Y
Waterpolo 4x4	1						Y

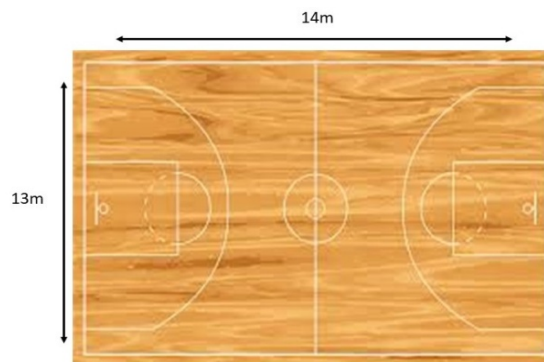




## 2. Rules of the adapted sports

<b>Basketball 3x3</b>			Nº001
<b>Country</b>	Spain, Portugal, Bulgaria, Italy, Slovenia	<b>Game Organizer</b>	University of Vigo
<b>Number of players</b>	Minimum of 4 participants by gender (2 teams). Game period with (3 participants), the rest being the substitutes.	<b>Game time (duration)</b>	Two periods of 10 minutes (elapsed time). The rest interval between periods will be 1 minute.
<b>Material</b>	<ol style="list-style-type: none"> <li>1. Official Basketball Ball T7 (1)</li> <li>2. Bibs (10)</li> <li>3. Basket tables (2)</li> </ol>		
<b>Characteristics and dimensions of the field</b>	<p>The game consists of adding as many points as possible in the opponent's basket. The game takes place in the midfield with its start being made by one of the teams in the circle of the restrictive area of that midfield.</p> <p>The dimensions of the field are those corresponding to approximately the middle of the official field basketball - 13x14m.</p>		
<b>Objective</b>	Score as many points as you can in the opposite basket.		
<b>Rules of the Game</b>			
<p>The FIBA rules, adapted to the type of game 3 x 3, following the defined changes:</p> <ul style="list-style-type: none"> <li>- In the first half of the game only the women's team participates and in the second half only the men's team participates.</li> <li>- The resumption of the ball, due to fouls or infractions, is carried out on the line determined by the basketball rules.</li> <li>- The team plays always and during each game period with 3 (three) elements, the rest being the substitutes.</li> <li>- 5 collective fouls entitle the opposing team to a free kick.</li> <li>- The referee has the final decision on any irregularity that occurs in the game, due to the misconduct of any element.</li> <li>- The defending team, when it suffers a basket, replaces the ball along the end line.</li> <li>- The restarts of the ball, due to fouls or infractions, are carried out on the line determined by the basketball rules.</li> <li>- The ball cannot be removed from the opponent's hand only when the opponent passes, dribbles or shoots to the basket.</li> </ul>			

Graphic representation/  
Photography



Punctuation/Score

Victory = three points; Tie = two points; Defeat = one point.

- No present one team by gender (0-8).
- The final result to be determined in each match will be the sum of the two periods.

In the semi-finals and final, in the event of a tie at the end of regulation time, two free throws (one for each gender) until the winner is determined.

It will always be the female gender that makes the first pitch and so on.

In the knockout matches of the final phases, the delegation that does not present itself with representation in both Genders will be eliminated.

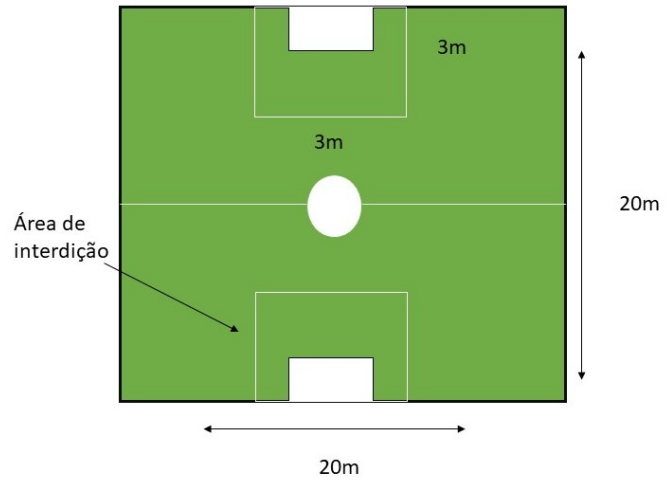


Others	Adaptations to these field dimensions are allowed, depending on the location field. Each team always plays with 3 players.
Variants/Options	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> <li>1. <a href="https://www.fiba.basketball/es/3x3">https://www.fiba.basketball/es/3x3</a></li> <li>2. <a href="https://olympics.com/es/deportes/baloncesto-3x3/">https://olympics.com/es/deportes/baloncesto-3x3/</a></li> <li>3. <a href="http://www.olympics4all.eu/pages/966">http://www.olympics4all.eu/pages/966</a></li> <li>4. <a href="http://www.olympics4all.eu/pages/964">http://www.olympics4all.eu/pages/964</a></li> </ol> <p>Audiovisuals:</p> <ol style="list-style-type: none"> <li>1.</li> </ol>



Football 3x3			Nº002
Country	Portugal, Bulgaria, Hungary, Slovenia	Game Organizer	Municipality Vila Nova de Cerveira
Number of players	Minimum of 4 participants by gender (2 teams). Game period with (3 participants), the rest being the substitutes.	Game time (duration)	Two periods of 10 minutes (elapsed time). The rest interval between periods will be 1 minute.
Material	<ol style="list-style-type: none"> <li>Ball's size T4 Kipsta espuma 500 (1)</li> <li>Bibs (10)</li> </ol>		
Characteristics and dimensions of the field	The football of 3 is played in the same way as normal football. A team tries to score goals in the opposing goal and avoids suffering. Dimensions of the field, 20m x 20m with 3m x 3m interdiction area. Where you will not be able to enter (attack or defense). 1m x 1m goal posts (skate hockey type).		
Objective	Scoring a goal in the opponent's goal and preventing the opponent from scoring.		
Rules of the Game			
<p>The rules are those in force at the Portuguese Football Federation, with the proposed adaptations for Football/Soccer of 3:</p> <ul style="list-style-type: none"> <li>- There isn't goalkeeper.</li> <li>- In the first half, only the team made up of women will play and in the second half the team made up of men.</li> <li>- The team plays always and during each game period with 3 (three) elements, the rest being the substitutes.</li> <li>- In no case may a goal be scored before the defensive midfield line. However, in start of the game and the referee's whistle, when the game restarts after half-time and the referee's whistle, and then a goal and at the referee's whistle, the team that enjoys possession of the ball can score a goal straight.</li> <li>- There will be no ball disputes in the closed 3x3 meter area. However, whenever in this area a "dead ball" situation occurs due to a rebound or similar involuntary disposition, the defensive position will be prioritized and will be one of the three elements of the defending team that can penetrate this area and continue the game with one of the feet.</li> <li>- Whenever and when the ball leaves the end line and belongs to the defending team, it will be one of the elements of this team that will continue the game, using one foot to direct the ball to one of his teammates.</li> <li>- The referees who direct the games always have the final decision on any irregularities that occur in the game.</li> </ul>			

Graphic  
representation/Photography



Punctuation/Score

Victory = three points; Tie = two points; Defeat = one point.

- No present one team by gender (0-3).
- The final result to be determined in each match will be the sum of the two periods.

In the event of a tie in the general classification, the following rules will be taken into account:

1. Results between tied teams
2. Greater number of points scored between the tied teams
3. Less number of points received between the tied teams





	4. Winner draw
Others	
Variants/Options	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> <li><a href="https://www.um.es/documents/933331/4384181/reglamento+futbol+3x3+bueno.pdf/d9394fbd-1fad-431f-a1f4-206221355ead">https://www.um.es/documents/933331/4384181/reglamento+futbol+3x3+bueno.pdf/d9394fbd-1fad-431f-a1f4-206221355ead</a></li> <li><a href="http://www.gotsport.com/Content/directors/upimg/dir3154/jysc%20v%20v%20v%20rules.pdf">http://www.gotsport.com/Content/directors/upimg/dir3154/jysc%20v%20v%20v%20rules.pdf</a></li> <li><a href="http://www.olympics4all.eu/pages/966">http://www.olympics4all.eu/pages/966</a></li> <li><a href="http://www.olympics4all.eu/pages/964">http://www.olympics4all.eu/pages/964</a></li> </ol> <p>Audiovisuals:</p> <ol style="list-style-type: none"> <li></li> </ol>



<b>Handball 3x3</b>			Nº003
Country	Spain, Italy	Game Organizer	University of Vigo
Number of players	Minimum of 4 participants by gender (2 teams). Game period with (3 participants) and 1 goalkeeper, the rest being the substitutes.	Game time (duration)	Two periods of 10 minutes (elapsed time). The rest interval between periods will be 1 minute.
Material	<ol style="list-style-type: none"> <li>1. Handball Ball T1 Foam (1)</li> <li>2. Bibs (10)</li> <li>3. Official Goals (2)</li> </ol>		
Characteristics and dimensions of the field	<p>The game consists of scoring as many goals as possible with the hand in the opposing goal. The goals will have a dimension of approximately three-meter-high by two-meter-wide and will be delimited by a 6x6 meter interdiction zone (where it is not possible to attack or to defend the goal).</p> <p>The field size will be 20mx13m.</p>		
Objective	Get as many points with your hand as you can in the goal.		
<b>Rules of the Game</b>			
<ul style="list-style-type: none"> <li>- In the first half, only the team made up of women will play and in the second half the team made up of men.</li> <li>- A player cannot take more than three steps with the ball in his hands.</li> <li>- You have to step on the side line of the field to take a throw-in.</li> <li>- The ball can be touched from the knee up.</li> <li>- It is not allowed to push, grab or hit an opponent.</li> <li>- A player cannot be blocked with his arms or legs.</li> <li>- Do not step on the line that delimits the 6-meter goal area and enter it, except for the goalkeeper.</li> <li>- When the goalkeeper sends the ball behind his goal and passes over the end line, he himself will put the ball back into play. If, on the other hand, the ball is touched by a defending outfield player, a corner or corner kick will be taken from the side closest to where it came from.</li> </ul>			

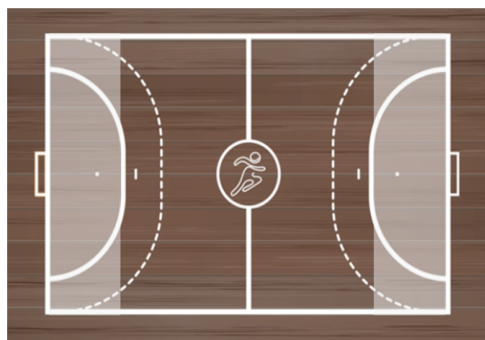


Instituto Politécnico de Viana do Castelo  
Escola Superior  
de Desporto e Lazer



JAVNI ZAVOD ZA ŠPORT  
NOVA GORICA

Graphic  
representation/Photography



Punctuation/Score

Victory = three points; Tie = two points; Defeat = one point.

- No present one team by gender (0-3).
- The final result to be determined in each match will be the sum of the two periods.

In the event of a tie in the general classification, the following rules will be taken into account:

1. Results between tied teams
2. Greater number of points scored between the tied teams
3. Less number of points received between the tied teams
4. Winner draw

Others

Variants/Options



## References

### Bibliographical:

1. <https://www.femebal.com/documentos/reglas-playa-2020.pdf>
2. <https://beachgames.es/wp-content/uploads/2022/04/Reglas-oficiales-de-la-IHF-Balonmano Playa 2022.pdf>
3. <https://activities.eurohandball.com/circle/master-handball/>
4. <http://www.olympics4all.eu/pages/966>
5. <http://www.olympics4all.eu/pages/964>

### Audiovisuals:

- 1.



<b>Volleyball 3x3</b>			Nº004
<b>Country</b>	Bulgaria, Hungary, Italy, Spain, Portugal, Slovenia	<b>Game Organizer</b>	University of Vigo
<b>Number of players</b>	Minimum of 4 participants, (2 females obligatory). Play 3, everyone will have to participate effectively in the game. A female participant must be present in the field.	<b>Game time (duration)</b>	Each game will be played to the best of 3 (three) sets (7 minutes or 15 points). If one of the teams is victorious in the first two sets played, it is no longer necessary to play the third.
<b>Material</b>	1. Volleyball ball VS170W (1) 2. One net (1)		
<b>Characteristics and dimensions of the field</b>	<p>Two teams face each other on a court divided by a net (the height that the net must have is always higher than that which the tallest person can reach with a normal jump (approx. 2m 35cms). The ball is put into play by a Service executed by the back row participants, starting from the service area. The ball continues in play as long as it does not touch the floor, the walls or any other object or until a participant commits a foul. The games will be played to the best of three sets (15 points or 7 minutes) each set. Each game will last for 21 minutes maximum without a stopover. However, in the event that teams are tied at the end of regular time (7 minute per set, the "golden point" will decide the winner of each set. A team scores when it serves and the ball touches the ground of the opposing team without anyone from that team touching it, or when it is touched by one of them, it falls to the ground, either inside or outside their court. ball taken by a team lands in its own court or outside the field of play without being touched by anyone from another team, it is a service change, but it is not a point.</p>		
<b>Objective</b>	<p>The goal of the game is to regularly send the ball over the net in order to touch the opposite field and prevent, on the other hand, it from touching the ground of its own field.</p>		
<b>Rules of the Game</b>			

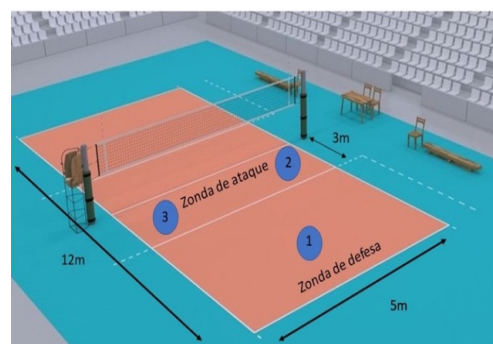


- Each team must have two touches, and a maximum of 3, to return the ball (in addition to the touch of the Block, when this happens).
- The ball is put into play with the service, which can be affected with throwing or beating the ball. The same player can only perform the service no later than three times in a row.
- The player who performs the service throws the ball in order to send it over the net to the opposite field. The play develops until the ball touches the ground, is sent out or one of the teams cannot return it properly.
- In each move you get one point (point-per-play system). When the receiving team wins possession, it counts a point and the right to serve. Your players rotate clockwise.
- When the player makes the attack, will not be able to jump or hit the ball.
- It will be considered jumping when taking both feet off the ground; it will be considered hitting the ball when the attack is carried out with a quick act (machete, hit with your hands).
- The rotation of players is done in the same system of regular volleyball (position 1, position 3, position 2).
- In the rotation from position 2 to position 1, the player is always replaced by the colleague who is outside.
- In the field will have to be always present a female element.

**Infringements are:**

1. The same player gives two consecutive touches
  2. The player cannot take more than one step before making the pass to a Colleague or the throw to the opponent's field
  3. A player's contact with the network
  4. Contact of the ball on the sticks
- The receiving team must make 2 touches (one for each team member) before throwing the ball into the opposing field.
  - The player from position 1 cannot attack in space next to the net (zone 3 and 2), only position 2 and 3 can do so.

Graphic representation/Photography



	
Punctuation/Score	<p>Victory = three points; Defeat = one point. Sets Tie - Gold point.</p> <ul style="list-style-type: none"> <li>No present one team by gender penalized with a defeat of two sets to zero (15-0 in each set).</li> </ul> <p>In the event of a tie in the general classification, the following rules will be taken into account:</p> <ol style="list-style-type: none"> <li>Results between tied teams</li> <li>Greater number of points scored between the tied teams</li> <li>Less number of points received between the tied teams</li> <li>Winner draw</li> <li>Adapted/reduced play area</li> </ol>
Others	<p>Adaptations to these dimensions and type of field (grass, wood) are allowed, depending on the location field. Each team always plays with 5 players, at least 2 must be women.</p>
Variants/Options	
Volleyball.	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> <li><a href="https://www.unlv.edu/sites/default/files/page_files/27/SRWC-3v3-VolleyballRules.pdf">https://www.unlv.edu/sites/default/files/page_files/27/SRWC-3v3-VolleyballRules.pdf</a></li> <li><a href="http://www.olympics4all.eu/pages/966">http://www.olympics4all.eu/pages/966</a></li> </ol> <p>Audiovisuals:</p> <ol style="list-style-type: none"> <li></li> </ol>

<b>Waterpolo 4x4</b>			Nº005
<b>Country</b>	Spain	<b>Game Organizer</b>	University of Vigo
<b>Number of players</b>	Minimum of 4 participants by gender (2 teams). Game period with (3 participants) and 1 goalkeeper, the rest being the substitutes.	<b>Game time (duration)</b>	Two periods of 10 minutes (elapsed time). The rest interval between periods will be 1 minute.
<b>Material</b>	1. Waterpolo Ball (1) 2. Swims caps (2)		
<b>Characteristics and dimensions of the field</b>	The game consists of scoring as many goals as possible with the hand in the opposing goal. There is not goalkeeper. The goals will have a reduced dimension of approximately one-meter-high by one-meter-wide and will be delimited by a 3x3 meter interdiction zone (where it is not possible to attack or to defend the goal). Small pool with depth down 1.60 m and up 1.30 m. The dimensions of the playing field will be variable depending on the pool, maintaining the proportion 2 (length) by 1 (width) (12m x 6m).		
<b>Objective</b>	Get as many points with your hand as you can in the goal.		
<b>Rules of the Game</b>			
<ul style="list-style-type: none"> <li>- In the first half, only the team made up of women will play and in the second half the team made up of men.</li> <li>- Don't sink the ball.</li> <li>- Don't touch the ball with both hands at the same time (except the goalkeeper).</li> <li>- Don't refuse the ball with a closed fist (except for the goalkeeper and if it is as a defense).</li> <li>- Don't raise both arms at the same time (except for the goalkeeper).</li> <li>- Don't rouring water on the opponent's face on purpose.</li> <li>- Don't maintain possession for more than 30 seconds without shooting on goal.</li> <li>- Don't touch or grab the opponent.</li> </ul>			
<b>Graphic representation/ Photography</b>	<p>The diagram shows a rectangular pool with a total length of 12 meters and a width of 6 meters. A vertical line in the center divides the pool into two 6-meter wide lanes. In each lane, there is a 3x3 meter interdiction zone, represented by a smaller rectangle. The zones are positioned symmetrically relative to the center line.</p>		



<p>Punctuation/Score</p>	<p>Victory = three points; Tie = two points; Defeat = one point.</p> <ul style="list-style-type: none"> <li>No present one team by gender (0-3).</li> <li>The final result to be determined in each match will be the sum of the two periods.</li> </ul> <p>In the event of a tie in the general classification, the following rules will be taken into account:</p> <ol style="list-style-type: none"> <li>Results between tied teams</li> <li>Greater number of points scored between the tied teams</li> <li>Less number of points received between the tied teams</li> <li>Winner draw</li> </ol>
<p>Others</p>	<p>Adaptations to these field dimensions are allowed, depending on the location field. Each team always plays with 5 players, at least 2 must be female.</p>
<p style="text-align: center;">Variants/Options</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> <li><a href="http://www.olympics4all.eu/pages/998">http://www.olympics4all.eu/pages/998</a></li> <li><a href="https://resources.fina.org/fina/document/2023/02/03/7935d035-dbd4-43f3-96b5-e40cb355dd84/221230-CLEAN-2022-2024_WP_Rules-Integration_diagrams-002-.pdf">https://resources.fina.org/fina/document/2023/02/03/7935d035-dbd4-43f3-96b5-e40cb355dd84/221230-CLEAN-2022-2024_WP_Rules-Integration_diagrams-002-.pdf</a></li> <li><a href="http://www.olympics4all.eu/pages/964">http://www.olympics4all.eu/pages/964</a></li> </ol>



	Audiovisuals: 1.
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### 3. Questionnaire

#### 3.1. Evaluation of the degree of satisfaction in relation to the regulatory adaptation carried out in sport (Participants).

This questionnaire aims to evaluate the **degree of satisfaction of the athlete in relation to the modifications made in the regulations of the sport practiced**, so it is important to know their opinion. Your participation is very important for this purpose, but it is totally voluntary and anonymous, so we ask for your collaboration by filling in the questionnaire.

Please let us know to what extent you agree or disagree with each of the questions.

<b>Disagree</b>					<b>Agree</b>
1	2	3	4	5	

Thank you very much

Adapted Sport	Basketball 3x3					Fut3					Volleyball adapted					Handball 3x3				
	Likert Scale					Likert Scale					Likert Scale					Likert Scale				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. In general, you consider that the changes made to the rules of the sport are adequate.																				
2. The new rules increase participation in the game.																				
3. The new rules reduce the possibility of injury.																				
4. The new rules facilitate collaboration between players.																				
5. The new rules motivate the players more.																				
6. The new rules allow everyone to participate regardless of their technical level.																				
7. The new rules allow everyone to participate regardless of their physical level.																				
8. The new rules facilitate the work of the referees.																				
9. You consider that the material used is adequate to the changes of the rules.																				
10. How would you rate your participation in this adapted sport?.																				



### 3.1.1. Participants satisfaction results

The analysis of the data carried out on the participants in relation to the changes made in sports for their practices by older adults, reflected the following results:

**Table 1.** In general, you consider that the changes made to the rules of the sport are adequate.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
<b>Basketball</b>	1. Strongly Disagree	20.0%	71.4%	-	-	-
	2. Disagree	-	19.0%	-	-	-
	3. Neutral	60.0%	9.5%	-	-	-
	4. Agree	-	-	50.0%	-	-
	5. Strongly Agree	20.0%	-	50.0%	100.0%	57.1%
<b>Futsal</b>	1. Strongly Disagree	-	71.4%	-	-	42.9%
	2. Disagree	-	-	-	-	-
	3. Neutral	-	7.1%	20.0%	-	-
	4. Agree	-	7.1%	20.0%	-	60.0%
	5. Strongly Agree	-	-	60.0%	-	40.0%
<b>Handball</b>	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	-	-
	4. Agree	-	-	-	54.5%	-
	5. Strongly Agree	20.0%	-	-	45.5%	-
<b>Volley-ball</b>	1. Strongly Disagree	-	57.1%	-	9.1%	-
	2. Disagree	-	14.3%	-	-	-
	3. Neutral	60.0%	14.3%	16.7%	-	-
	4. Agree	-	-	33.3%	27.3%	50.0%
	5. Strongly Agree	40.0%	14.3%	50.0%	63.6%	50.0%

The table 1 reflects the results obtained in terms of whether or not the participants agree with the new rule changes in the different sports that have been practiced in each country. In Bulgaria, Italy and Slovenia all the participants agree or strongly agree with the new rules in all sports, highlighting that in Italy in basketball 100% agree and only 9.1% strongly disagree with the rules. rules adapted to volleyball. On the other hand, in Portugal the opposite is observed, the majority of the participants do not agree with the new rules in any sport, only 17.2% agree with the rules adapted to futsal and 14.3% to volleyball. Finally, in Spain the participants remain neutral to the adaptation of the new rules in all sports, highlighting that 20% in basketball do not strongly agree.

**Table 2.** The new rules increase participation in the game.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
<b>Basketball</b>	1. Strongly Disagree	20.0%	47.6%	-	-	-
	2. Disagree	-	28.6%	16.7%	-	-
	3. Neutral	60.0%	9.5%	83.3%	-	-
	4. Agree	-	14.3%	-	-	-
	5. Strongly Agree	20.0%	-	-	100.0%	85.7%
<b>Futsal</b>	1. Strongly Disagree	-	64.3%	-	-	14.3%
	2. Disagree	-	14.3%	20.0%	-	-
	3. Neutral	-	14.3%	20.0%	-	-
	4. Agree	-	-	60.0%	-	80.0%
	5. Strongly Agree	-	7.1%	-	-	20.0%
<b>Handball</b>	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	9.1%	-
	4. Agree	-	-	-	54.5%	-
	5. Strongly Agree	20.0%	-	-	36.4%	-
<b>Volley-ball</b>	1. Strongly Disagree	-	57.1%	-	-	-
	2. Disagree	-	14.3%	16.7%	-	-
	3. Neutral	60.0%	9.5%	16.7%	9.1%	-
	4. Agree	-	9.5%	50.0%	36.4%	75.0%
	5. Strongly Agree	40.0%	9.5%	16.7%	54.5%	25.0%

The table 2 reflects the results obtained by country as to whether the new rules increase participation in the game. In Spain, most of the participants remain neutral or agree, only in basketball 20% do not agree with the rules. In Bulgaria the results are similar to those of Spain with the only difference that there are more participants who agree that they remain neutral and that in futsal (20%) and volleyball (16.7%) they do not agree. On the other hand, in Portugal it is reflected that there is a higher percentage of participants who do not agree with the rules than those who do agree and remain neutral, where basketball stands out with 23.8% of participants who they agree. Finally, in Italy and Slovenia there is no participant who does not agree with the rules, all of them agree or remain neutral, especially noting that 100% of the participants agree with the new rules adapted to basketball in Italy.

**Table 3.** The new rules reduce the possibility of injury.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	-	28.6%	-	-	-
	2. Disagree	-	42.9%	-	-	-
	3. Neutral	80.0%	9.5%	16.7%	-	14.3%
	4. Agree	-	4.8%	83.3%	-	14.3%
	5. Strongly Agree	20.0%	14.3%	-	100.0%	71.4%
Futsal	1. Strongly Disagree	-	41.7%	-	-	-
	2. Disagree	-	25.0%	40.0%	-	-
	3. Neutral	-	16.7%	20.0%	-	10.0%
	4. Agree	-	8.3%	40.0%	-	30.0%
	5. Strongly Agree	-	8.3%	-	-	60.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	18.2%	-
	4. Agree	-	-	-	63.6%	-
	5. Strongly Agree	20.0%	-	-	18.2%	-
Volley-ball	1. Strongly Disagree	-	47.6%	-	-	-
	2. Disagree	-	28.6%	16.7%	-	-
	3. Neutral	60.0%	4.8%	33.3%	36.4%	25.0%
	4. Agree	-	14.3%	50.0%	27.3%	12.5%
	5. Strongly Agree	40.0%	4.8%	-	36.4%	62.5%

The table 3 shows the results obtained by country as to whether the new rules reduce the possibility of injuries. In Spain, the majority of the participants remain neutral or agree, the highest percentage being those who remain neutral. Slovenia, Italy and Bulgaria have similar results between them. In Slovenia and Italy all the participants agree or remain neutral, highlighting that 100% in basketball remain neutral in Italy and that in Bulgaria 40% in futsal and 16.7% in volleyball do not agree that the new rules reduce injuries in these two sports. Finally, in Portugal it is reflected that there is a much higher percentage of participants who do not agree with the rules than those who do agree and remain neutral.

**Table 4.** The new rules facilitate collaboration between players.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	20.0%	40.9%	-	-	-
	2. Disagree	-	36.4%	-	-	-
	3. Neutral	60.0%	9.1%	16.7%	-	-
	4. Agree	-	-	83.3%	-	28.6%
	5. Strongly Agree	-	21.4%	-	100.0%	71.4%
Futsal	1. Strongly Disagree	-	50.0%	20.0%	-	-
	2. Disagree	-	21.4%	-	-	-
	3. Neutral	-	7.1%	20.0%	-	-
	4. Agree	-	-	40.0%	-	80.0%
	5. Strongly Agree	-	-	20.0%	-	20.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	-	-
	4. Agree	-	-	-	18.2%	-
	5. Strongly Agree	20.0%	-	-	81.8%	-
Volley-ball	1. Strongly Disagree	-	42.9%	-	9.1%	-
	2. Disagree	-	28.6%	-	-	-
	3. Neutral	60.0%	14.3%	33.3%	-	12.5%
	4. Agree	-	-	33.3%	18.2%	62.5%
	5. Strongly Agree	40.0%	14.3%	33.3%	72.7%	25.0%

The table 4 shows the results obtained by country as to whether the new rules facilitate collaboration between players. In Spain, most of the participants remain neutral or agree, except in basketball where 20% disagree. Slovenia, Italy and Bulgaria have similar results between them. In Slovenia and Italy, all the participants agree or remain neutral, highlighting that in the latter, 100% in basketball remain totally in agreement. In Bulgaria, 20% in futsal do not agree with the new rules. Finally, in Portugal it is reflected that there is a much higher percentage of participants who do not agree with the rules than those who do agree and remain neutral.

**Table 5.** The new rules motivate the players more.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	-	40.9%	-	-	-
	2. Disagree	-	22.7%	66.7%	-	-
	3. Neutral	80.0%	13.6%	33.3%	-	-
	4. Agree	-	9.1%	-	100.0%	100.0%
	5. Strongly Agree	20.0%	13.6%	-	-	-
Futsal	1. Strongly Disagree	-	42.9%	-	-	-
	2. Disagree	-	28.6%	-	-	-
	3. Neutral	-	21.4%	20.0%	-	30.0%
	4. Agree	-	-	60.0%	-	30.0%
	5. Strongly Agree	-	7.1%	20.0%	-	40.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	-	-
	4. Agree	-	-	-	63.6%	-
	5. Strongly Agree	20.0%	-	-	36.4%	-
Volley-ball	1. Strongly Disagree	-	57.1%	-	9.1%	-
	2. Disagree	-	14.3%	16.7%	-	-
	3. Neutral	60.0%	14.3%	33.3%	-	12.5%
	4. Agree	-	4.8%	50.0%	18.2%	37.5%
	5. Strongly Agree	40.0%	9.5%	-	72.7%	50.0%

The table 5 reflects the results obtained from the data analysis, where it can be seen that in Spain, the majority of the participants remain neutral or agree that the new rules motivate the players, the highest percentage being in those who remain neutral. Slovenia and Italy have similar results between them. Both countries have 100% of the participants who agree on the rules for basketball and in the other sports the majority of the participants remain neutral or agree except for 9.1% who do not agree in Italy on the rules adapted for volleyball. In Bulgaria, in all sports most people agree with the new rules except in basketball, where 66.7% do not agree that the new rules adapted to this sport motivate players. Finally, in Portugal it is reflected that there is a much higher percentage of participants who do not agree with the rules in all sports than those who do agree and remain neutral.



**Table 6.** The new rules allow everyone to participate regardless of their technical level.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	-	50.0%	-	-	-
	2. Disagree	-	36.4%	-	-	-
	3. Neutral	80.0%	13.6%	-	-	42.9%
	4. Agree	-	-	83.3%	100.0%	-
	5. Strongly Agree	20.0%	-	16.7%	-	57.1%
Futsal	1. Strongly Disagree	-	50.0%	-	-	-
	2. Disagree	-	28.6%	-	-	-
	3. Neutral	-	-	40.0%	-	-
	4. Agree	-	7.1%	40.0%	-	80.0%
	5. Strongly Agree	-	14.3%	20.0%	-	20.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	-	-
	4. Agree	-	-	-	18.2%	-
	5. Strongly Agree	20.0%	-	-	81.8%	-
Volley-ball	1. Strongly Disagree	-	47.6%	-	-	-
	2. Disagree	-	19.0%	-	-	-
	3. Neutral	60.0%	19.0%	16.7%	-	-
	4. Agree	-	9.5%	33.3%	18.2%	50.0%
	5. Strongly Agree	40.0%	4.8%	50.0%	81.8%	50.0%

The table 6 shows the results obtained on whether the new rules allow everyone to participate regardless of their level. In Spain, the majority of the participants remain neutral or agree with the new rules, the highest percentage being those who remain neutral. Slovenia, Italy and Bulgaria have similar results between them. All the participants agree or remain neutral, highlighting that in Italy 100% in basketball remain totally in agreement. However, Portugal is the only country where there is a much higher percentage of participants who do not agree with the rules in all sports than they do and remain neutral.

**Table 7.** The new rules allow everyone to participate regardless of their physical level.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	20.0%	31.8%	-	-	-
	2. Disagree	-	40.9%	-	-	-
	3. Neutral	60.0%	22.7%	-	-	28.6%
	4. Agree	-	4.5%	83.3%	100.0%	14.3%
	5. Strongly Agree	20.0%	-	16.7%	-	57.1%
Futsal	1. Strongly Disagree	-	57.1%	-	-	-
	2. Disagree	-	21.4%	-	-	-
	3. Neutral	-	-	-	-	10.0%
	4. Agree	-	14.3%	60.0%	-	50.0%
	5. Strongly Agree	-	7.1%	40.0%	-	40.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	27.3%	-
	4. Agree	-	-	-	18.2%	-
	5. Strongly Agree	20.0%	-	-	54.5%	-
Volley-ball	1. Strongly Disagree	-	38.1%	-	-	-
	2. Disagree	-	28.6%	-	-	-
	3. Neutral	60.0%	14.3%	16.7%	9.1%	12.5%
	4. Agree	-	9.5%	33.3%	-	37.5%
	5. Strongly Agree	40.0%	9.5%	50.0%	90.9%	50.0%

The table 7 shows the results obtained on whether the new rules allow everyone to participate regardless of their physical level. In Spain, the majority of the participants remain neutral or agree with the new rules, the highest percentage being those who remain neutral. It is only in basketball where 20% do not agree with the new adaptations of the rules. Slovenia, Italy and Bulgaria have similar results between them. All the participants agree or remain neutral, highlighting that in Italy 100% in basketball remain totally in agreement. However, Portugal is the only country where there is a much higher percentage of participants who do not agree with the rules in all sports than they do and remain neutral.

**Table 8.** The new rules facilitate the work of the referees.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	20.0%	59.1%	66.7%	-	-
	2. Disagree	-	13.6%	33.3%	-	-
	3. Neutral	60.0%	9.1%	-	-	14.3%
	4. Agree	-	18.2%	-	100.0%	42.9%
	5. Strongly Agree	20.0%	-	-	-	42.9%
Futsal	1. Strongly Disagree	-	50.0%	60.0%	-	-
	2. Disagree	-	21.4%	-	-	-
	3. Neutral	-	7.1%	20.0%	-	-
	4. Agree	-	14.3%	20.0%	-	60.0%
	5. Strongly Agree	-	7.1%	-	-	40.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	9.1%	-
	3. Neutral	80.0%	-	-	27.3%	-
	4. Agree	-	-	-	27.3%	-
	5. Strongly Agree	20.0%	-	-	36.4%	-
Volley-ball	1. Strongly Disagree	-	42.9%	-	-	-
	2. Disagree	-	19.0%	-	-	-
	3. Neutral	80.0%	14.3%	33.3%	27.3%	-
	4. Agree	-	9.5%	66.7%	18.2%	25.0%
	5. Strongly Agree	20.0%	14.3%	-	54.5%	75.0%

The table 8 shows the results obtained on whether the new rules allow everyone to participate regardless of their physical level. In Spain, the majority of the participants remain neutral or agree with the new rules, the highest percentage being those who remain neutral. It is only in basketball where 20% do not agree with the new adaptations of the rules. Slovenia and Italy have similar results between them. All the participants agree or remain neutral, highlighting that in Italy 100% in basketball totally agree and 9.1% in handball disagree. Finally, in Portugal and Bulgaria the participants agree that they do not agree that the new rules allow everyone to participate regardless of their physical level. In Bulgaria, unlike Portugal, in volleyball they do agree with the new rules.

**Table 9.** You consider that the material used is adequate to the changes of the rules.

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	-	52.6%	-	-	-
	2. Disagree	20.0%	31.6%	-	-	-
	3. Neutral	60.0%	15.8%	83.3%	100.0%	-
	4. Agree	-	-	16.7%	-	28.6%
	5. Strongly Agree	20.0%	-	-	-	71.4%
Futsal	1. Strongly Disagree	-	42.9%	-	-	-
	2. Disagree	-	14.3%	60.0%	-	-
	3. Neutral	-	28.6%	-	-	-
	4. Agree	-	7.1%	-	-	60.0%
	5. Strongly Agree	-	7.1%	40.0%	-	40.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	18.2%	-
	4. Agree	-	-	-	54.5%	-
	5. Strongly Agree	20.0%	-	-	27.3%	-
Volley-ball	1. Strongly Disagree	-	57.1%	-	-	-
	2. Disagree	-	14.3%	16.7%	-	-
	3. Neutral	60.0%	14.3%	50.0%	18.2%	-
	4. Agree	-	4.8%	33.3%	36.4%	50.0%
	5. Strongly Agree	40.0%	9.5%	-	45.5%	50.0%

The table 9 shows the results on whether the material used is appropriate to the changes in the new rules, where it is shown that in Spain, the majority of the participants remain neutral or agree with the new rules, with the highest percentage in those who remain neutral. It is only in basketball where 20% disagree. Slovenia and Italy have similar results between them. All participants agree or remain neutral, highlighting that in Italy 100% in basketball remains neutral. In Bulgaria, the participants remain neutral or agree, except in futsal where 60% do not agree that the equipment used is suitable for the changes in the new regulations. Finally, Portugal is the only country where there is a much higher percentage of participants who do not agree with the rules in all sports than they do and remain neutral.

**Table 10.** How would you rate your participation in this adapted sport?

		SPAIN	PORTUGAL	BULGARIA	ITALY	SLOVENIA
Basketball	1. Strongly Disagree	-	60.0%	-	-	-
	2. Disagree	20.0%	30.0%	-	-	-
	3. Neutral	60.0%	-	83.3%	-	-
	4. Agree	-	10.0%	16.7%	100.0%	42.9%
	5. Strongly Agree	20.0%	-	-	-	57.1%
Futsal	1. Strongly Disagree	-	21.4%	-	-	-
	2. Disagree	-	35.7%	-	-	-
	3. Neutral	-	21.4%	-	-	40.0%
	4. Agree	-	21.4%	40.0%	-	20.0%
	5. Strongly Agree	-	-	60.0%	-	40.0%
Handball	1. Strongly Disagree	-	-	-	-	-
	2. Disagree	-	-	-	-	-
	3. Neutral	80.0%	-	-	-	-
	4. Agree	-	-	-	27.3%	-
	5. Strongly Agree	20.0%	-	-	72.7%	-
Volley-ball	1. Strongly Disagree	-	42.9%	-	9.1%	-
	2. Disagree	-	33.35	-	-	-
	3. Neutral	60.0%	-	16.7%	-	-
	4. Agree	-	9.5%	50.0%	27.3%	50.0%
	5. Strongly Agree	40.0%	14.3%	33.3%	63.3%	50.0%

The table 10 shows the results of how participants rate their participation in each sport by country. In Spain, the majority of the participants remain neutral or agree with the participation, the highest percentage being in those who remain neutral. It is only in basketball where 20% disagree. Slovenia, Italy and Bulgaria have similar results between them. All participants agree or remain neutral, highlighting that in Italy 100% in basketball agree. Finally, Portugal is the only country where there is a much higher percentage of participants who do not agree with the participation to those who do agree and remain neutral.



## Conclusions:

These regulatory modifications have been made with the aim of improving the safety of sports practice, promoting the integration and participation of all older adults in games, regardless of their physical condition and motor skills. In general, the regulatory modifications made have been well accepted by 66.2% of the participants, being little valued by those athletes who were in good or very good physical condition or who had been or were practicing the sport in question. The regulatory modifications have generated an increased degree of participation of all participants, motivating them to intervene more in the game and attend training sessions.

The modification of the rules has reduced the possibilities of injuries to the participants, as it has limited contact between players, preventing certain actions such as jumping or sudden hits with the ball, which leads to a reduction in the possibility of falls and injuries. On the other hand, the new rules allow all players to participate in the game and in the same proportion, achieving collaboration within the team in search of the final goal. Regarding the motivation towards practicing sport with the new rules, we must indicate that two aspects are presented. One formed by those people who have a normal physical condition and who are new to the practice of sport, who consider that these modifications motivate them to continue training and participate in the games, while we have another group that is physically better and with control of the sport, who believe that these rules limit their potential towards the game. What has become clear with these regulatory modifications is that everyone participates regardless of their physical condition or technical level and this motivates them to go to training and compete in the sports games that are organized.

With respect to the referees and the application of the rules, these modifications help the referees to carry out their function making few errors, since the game is slower and irregular actions are clearer.

The regulatory modifications linked to the material to be used and the dimensions of the playing fields have been a success, as they prevent injuries, increase the participation and collaboration of athletes and facilitate the action of the referees.

With respect to the evaluation of athletes in adapted sports, the same duality that was previously mentioned is presented: older adult athletes who are physically better or who have practiced this sport in their youth consider that the regulatory modification makes it difficult to put everything into play. their potential, while those who are physically or technically more limited value the regulatory adaptations very positively.



### 3.2. Evaluation of the degree of satisfaction in relation to the adaptation carried out in sport (Trainer).

This questionnaire aims to evaluate the **degree of satisfaction in relation to the modifications made to the rules of the sport practised**, so it is important to know the opinion of the coach. Your participation is very important for this purpose, but it is completely voluntary and anonymous, so we ask for your cooperation by completing this questionnaire. Thank you very much for your cooperation.

<b>Adapted sport</b>
1. In general, how do you consider the changes made to the rules of each sport? Specify in each of them, proposals that improve the development of sports practice.
Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:
2. Do you consider that these regulatory changes increase the participation of older people in the interaction of the game? Please indicate your opinion by sport.
Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:
3. Do you believe that these regulatory changes reduce the likelihood of injury to older people? Please give your opinion for each sport.
Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:
4. Do you think that these changes to the rules make it easier for players to work together? Please indicate your opinion by sport.
Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:
5. Do you think that these changes to the rules motivate players to take up the sport more. Please indicate your opinion by sport.
Basketball 3x3: Fut 3:



<p>Handball 3x3: Volleyball adapted: Water polo 3x3:</p>
<p>6. Do you think that these regulatory changes allow everyone to participate regardless of their technical level? Please indicate your opinion by sport.</p>
<p>Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:</p>
<p>7. Do you think that these changes to the rules allow everyone to participate regardless of their physical level? Please indicate your opinion by sport.</p>
<p>Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:</p>
<p>8. Do you consider that these changes to the rules facilitate the work of the referees? Please indicate your opinion by sport.</p>
<p>Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:</p>
<p>9. Do you consider that the equipment used is appropriate to the changes in the rules? Please indicate your opinion per sport.</p>
<p>Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:</p>
<p>10. As a trainer of adapted sports for older people, how would you rate the adaptation carried out in each sport? Indicate your opinion per sport.</p>
<p>Basketball 3x3: Fut 3: Handball 3x3: Volleyball adapted: Water polo 3x3:</p>



### 3.2.1. Trainers satisfaction results

The analysis of the data in relation to the coaches' satisfaction with the regulatory modifications made in sports is shown in the following tables.

**Table 11.** In general, how do you consider the changes made to the rules of each sport? Specify in each of them, proposals that improve the development of sports practice.

<b>Basketball</b>	Despite the changes that have been made, it is necessary to make the game more static so that everyone can play comfortably. For example, it is proposed to decrease the playing time of each game	14.3%
	I can't decide, because i haven't participate from beginning	14.3%
	I feel like change in the rule for minting contact is a good idea since it limits the chances of injury	14.3%
	Overall, the changes made to rebuys will improve the game. However, it would compensate for the contact between the athletes, so that it would be less violent.	14.3%
	The changes adapted to possibilities of participants	14.3%
	The changes were good. Proposal 1: all players must touch the ball before scoring a basket. Proposal 2: The player cannot be touched. Proposal 3: You can only intercept the ball. Proposal 4: Adapt the dimensions of the fields. Proposal 5: 5 people for each team	28.6%
<b>Futsal</b>	I can't decide, because i haven't participate from beginning	16.7%
	It does not take place in Sanxenxo (Spain)	33.3%
	Overall, rules of the game by me-me, to the target audience	16.7%
	The change to the goalkeeper rule is a good idea addition however there is still a lot of contact in the sport therefore risk of injury	16.7%
	The sport condition have to be good accounting specific of gave, using only good	16.7%
<b>Handball</b>	Despite the changes that have been made, it is necessary to make the game more static so that everyone can play comfortably. For example, it is proposed to increase the number of participants per team so that each player has to cover a reduced part of the field has to move less.	14.3%
	I can't decide, because i haven't participate from beginning	14.3%
	I'm favorable to the changes made especially to the no jump rule	14.3%
	In this modality, as the game returned to the magazines, in order to make the game more attractive, more intense and faster.	14.3%
	The changes are very good and give opportunities for all participants to take part	14.3%
	The changes were good. Proposal 1: all players must touch the ball before scoring a goal. Proposal 2: The player cannot be touched. Proposal 3: You can only intercept the ball. Proposal 4: Adapt the dimensions of the fields. Proposal 5: 5 people for each team	28.6%
<b>Volleyball</b>	I can't decide, because i haven't participate from beginning	20.0%
	The changes are very good and give opportunities for all participants to take part	20.0%

	the changes made are appropriate and there are currently no proposals for improvement	20.0%
	The changes were good. Proposal 1: Players can catch the ball and pass it to each other with a maximum of 3 passes. Proposal 2: Adapt the dimensions of the fields. Proposal 5: 5 people for each team	40.0%

In the table 11 we observe the results that refer to how the coaches consider the new changes made in the rules of each sport put into practice. Coaches from all countries agree that they agree with the new rule changes in all sports. Consider that these changes help players to have more participation in the game, get less tired and be less aggressive, although they continue to weigh that for basketball and futsal there is still a lot of contact and players can get injured.

**Table 12.** Do you consider that these regulatory changes increase the participation of older people in the interaction of the game? Please indicate your opinion by sport.

Basketball	Yes	57.1%
	No. Despite the changes that have been made, it is still very difficult to get senior athletes to participate in team games, because they are perceived as risky and as times of physical activity when it is easier to run into injuries	14.3%
	No. I think they do cause also some of the people that weren't sure cause of injuries will start playing	14.3%
	No. In this modality, as long as there is excessive physical contact between athletes, it will not be possible to include an older population. However, given the variety of the squads in terms of physical fitness, I consider it to be a good modality for the more physically active people in the group.	14.3%
Futsal	Yes	66.6 %
	No. I think they do cause also some of the people that weren't sure cause of injuries will start playing	16.7%
	No. In this modality, I think the regulation increases the participation of older athletes with less physical capacity	16.7%
Handball	Yes	57.1%
	No. Despite the changes that have been made, it is still very difficult to get senior athletes to participate in team games, because they are perceived as risky and as times of physical activity when it is easier to run into injuries	14.3%
	No. I think they do cause also some of the people that weren't sure cause of injuries will start playing	14.3%
	No. This is the modality that most increased the participation of older athletes, as it is a more stationary modality, it is easy for the older population to adapt to the pace of the game.	14.3%
Volleyball	Yes	100.0%

In the table 12, we observe the results that refer to whether the coaches consider that the new regulatory changes increase the participation of older people in the interaction of the game. In all sports, most coaches agree with the new rules. In basketball and handball, 51.1% agree with the new rules, but the rest do not agree very much because considering that at these ages it is very difficult to play as a team and that there is still a lot of physical contact, which means that the participants play in fear of injury. In futsal, 66.6% agree and the rest of the coaches do not agree, reflecting the same arguments as for basketball and handball. However, for volleyball, 100% totally agree that the new rules increase the participation of older people in the interaction of the game.

**Table 13.** Do you believe that these regulatory changes reduce the likelihood of injury to older people? Please give your opinion for each sport.

Basketball	Yes	57.1%
	As explained in the firts question i do	14.3%
	for this sport, the playing environment is still too dangerous and the risk of injurymis high	14.3%
	in this modality the risk of injury is great, given that there is a lot of physical contact between the athletes. The regulation should be rethought in this sense	14.3%
Futsal	Yes	66.6%
	No. I don't believe that there will be les injury cause there is still a lot of physical contact	16.7%
	No. In this modality the risk of injury is reduced, given the characteristics of the field and the regulations.	16.7%
Handball	Yes	57.1%
	No. As explained in the firts question i do	14.3%
	No. For this sport, the playing environment is still too dangerous and the risk of injurymis high	14.3%
	No. This is the sport where the rules lower the risk of injury for athletes the most.	14.3%
Volleyball	Yes	80.0%
	No, For this team games the new rules reduce the risk of injury	20.0%

In the table 13, we observe the results that refer to whether the coaches consider that the new regulatory changes reduce the probability of injuries. In all sports, most coaches agree

that these new rules carried out do reduce the probability of injury. probability of injury. In basketball 57.1% agree, in handball 57.1%, in futsal 66.6% and in volleyball 80%. The rest of the coaches do not agree because considering that the game environment is still too dangerous and the risk of injury is very high in these modalities since there is a lot of physical contact between the athletes.

**Table 14.** Do you think that these changes to the rules make it easier for players to work together? Please indicate your opinion by sport.

Basketball	Yes	71.4%
	Don't think so they can still play as is the normal version of sport all by themselves	14.3%
	The new rules introduced allow players to cooperate with each other, although the fear of getting hurt is still quite high	14.3%
Futsal	Yes, the changes made to these rules allow athletes to work together	66.6%
	No. Don't think so they can still play as is the normal version of sport all by themselves	16.7%
Handball	Yes	57.1%
	Don't think it's cause the rules but in volleyball you can not play alone	14.3%
	In this modality the players work well together, however the rules about team rotation generate some confusion.	14.3%
	The new rules introduced allow players to cooperate with each other, although the fear of getting hurt is still quite high	14.3%
Volleyball	Yes	80.0%
	No. The new rules introduced allow players to cooperate with each other, although the fear of getting hurt is still quite high	20.0%

The table 14 reflects the results that refer to whether the coaches consider that the new regulatory changes make it easier for the players to work together. In all sports, most coaches agree with the rules. In basketball 71.4% agree, in handball 57.1%, in futsal 66.6% and in volleyball 80%. Although the majority think that the new rules will allow players to cooperate with each other, a very small percentage think that the fear of getting hurt is still quite high in all sports and this makes it not easy to work together.

**Table 15.** Do you think that these changes to the rules motivate players to take up the sport more. Please indicate your opinion by sport.

Basketball	Yes	57.1%
	No. In our opinion, the new rules are not decisive in motivating senior players	14.3%
	Yes. since it's the sport rules are adequate for them	14.3%
	Yes, in this case the rules of basketball allow the strongest athletes to be interested and motivated to play.	14.3%
Futsal	Yes	66.6%
	Yes since it's the sport rules are adequate for them	16.7%
	Yes, in this case the rules of football allow athletes to be interested and motivated to play.	16.7%
Handball	Yes	57.1%
	No, In our opinion, the new rules are not decisive in motivating senior players	14.3%
	Yes since it's the sport rules are adequate for them	14.3%
	Yes, in this case the rules allow for special motivation on the part of less capable athletes.	14.3%
Volleyball	Yes	80.0%
	No. In our opinion, the new rules are not decisive in motivating senior players	20.0%

The table 15 shows the results that refer to whether the coaches consider that the new regulatory changes motivate players to practice more sport. In all sports most coaches feel that these new rules are appropriate for them. In volleyball 20% and in basketball and handball only 14.3% considering that the new rules are not decisive in motivating senior players. On the other hand, in futsal, 100% fully agree that the new rules motivate players to play more sports.

**Table 16.** Do you think that these regulatory changes allow everyone to participate regardless of their technical level? Please indicate your opinion by sport.

Basketball	Yes	57.1%
	No. At the moment we do not feel that the new regulations facilitate participation regardless of the technical level of the participants	14.3%
	No. only the most technical athletes usually participate in the modality	14.3%
	No. if they how to play the sport they will be able to play in they don't than not	14.3%
Futsal	Yes	66.6%
	No. if they how to play the sport they will be able to play in they don't than not	16.7%
	Yes, in this modality it is possible to have everyone play, regardless of their technical level.	16.7%
Handball	Yes	57.1%
	At the moment we do not feel that the new regulations facilitate participation regardless of the technical level of the participants	14.3%
	No if they how to play the sport they will be able to play in they don't than not	14.3%
	Yes, in this modality it is possible to have everyone play, regardless of their technical level.	14.3%
Volleyball	Yes	80.0%
	No. At the moment we do not feel that the new regulations facilitate participation regardless of the technical level of the participants	20.0%

The table 16 shows the results that refer to whether the coaches consider that the new regulatory changes allow everyone to participate regardless of their technical level. In volleyball 80%, in basketball 57.1%, in handball 71.4% and in futsal 83.3% considering that in these modalities it is possible for everyone to play regardless of their technical level. Although it should be noted that a small percentage considers that only the most technical players usually participate in these modalities or that at the moment they do not feel that the new regulations facilitate participation regardless of the technical level of the participants.

**Table 17.** Do you think that these changes to the rules allow everyone to participate regardless of their physical level? Please indicate your opinion by sport.

Basketball	Yes	57.1%
	No. Everyone not but defenetly more than with the normal rules	14.3%
	No. It is still difficult for people with a "low" physical level to participate in these team games	14.3%
	Yes, regardless of whether it is a game with physical contact, it is possible to put people of all physical levels to play, as long as there is a balance between the players of the opposing team.	14.3%
Futsal	Yes	66.6%
	No. Everyone not but defiantly more than with the normal rules	16.7%
	Yes, regardless of being a physical game, it is possible to play all physical levels, as long as there is a balance between the players of the opposing team.	16.7%
Handball	Yes	57.1%
	No. Everyone not but defenetly more than with the normal rules	14.3%
	No. It is still difficult for people with a "low" physical level to participate in these team games	14.3%
	Yes, regardless of being a physical game, it is possible to play all physical levels, as long as there is a balance between the players of the opposing team.	14.3%
Volleyball	Yes	80.0%
	No. It is still difficult for people with a "low" physical level to participate in these team games	20.0%

The table 17 shows the results that refer to whether the coaches consider that the new regulatory changes allow everyone to participate regardless of their physical level. In volleyball 80%, in basketball 71.4%, in handball 71.4% and in futsal 83.3% considering that in these modalities it is possible for everyone to play regardless of their physical level as long as there is a balance between the players of the opposing team. Although it should be noted that a small percentage considers that it is still difficult for people with a "low" physical level to participate in these team games.

**Table 18.** Do you consider that these changes to the rules facilitate the work of the referees?  
Please indicate your opinion by sport.

Basketball	Yes	57.1%
	No. They still needs to know what he is doing same as in the normal version of the sport	14.3%
	No. Since there are simpler rules their work is advantaged, especially since the game times are shorter and the number of players lower	14.3%
	Yes, the changes made to the regulation of this modality are easily perceived by the manufacturers.	14.3%
Futsal	Yes	66.6%
	No, They still needs to know what he is doing same as in the normal version of the sport	16.7%
	Yes, the changes made in the regulation of this modality are easy to perceive for the molds.	16.7%
Handball	Yes	57.1%
	No. Modalities of changes that lead to great confusion on the part of the events, for 2 rotations. One when the point is won and another when the team wins 3 consecutive points and continues to fly.	14.3%
	No. They still needs to know what he is doing same as in the normal version of the sport	14.3%
	No. Since there are simpler rules their work is advantaged, especially since the game times are shorter and the number of players lower	14.3%
Volleyball	Yes	80.0%
	No. Since there are simpler rules their work is advantaged, especially since the game times are shorter and the number of players lower	20.0%

The table 18 reflects the results that refer to whether the coaches consider that the new regulatory changes facilitate the work of the referees. In volleyball 80%, in basketball 71.4%, in handball 57.1% and in futsal 83.3% considering that in these modalities the new rules facilitate the work of the referees. A small percentage feel that they still need to know what they are doing just like in the normal version of the sport. Also considering that there are simpler rules that would help them more, although with these rules their work is favored, especially since the game times are shorter and the number of players is lower.



**Table 19.** Do you consider that the equipment used is appropriate to the changes in the rules? Please indicate your opinion per sport.

Basketball	Yes	85.7%
	No. Training mainly outdoors in an athletics field and not always having suitable fields and equipment available, it was unfortunately not possible to experience these team games in depth.	14.3%
Futsal	Yes	83.3%
	No. Training mainly outdoors in an athletics field and not always having suitable fields and equipment available, it was unfortunately not possible to experience these team games in depth.	16.7%
Handball	Yes	83.3%
	No. Training mainly outdoors in an athletics field and not always having suitable fields and equipment available, it was unfortunately not possible to experience these team games in depth.	16.7%
Volleyball	Yes	60.0%
	No	20.0%
	No. Training mainly outdoors in an athletics field and not always having suitable fields and equipment available, it was unfortunately not possible to experience these team games in depth.	20.0%

In this table 19 we observe the results that refer to whether the coaches consider that the material used is appropriate to the changes in the rules. In volleyball 60%, in basketball 85.7%, in handball 83.3% and in futsal 83.3% considering that the material used in these modalities is adequate to the changes in the rules. A small percentage does not agree because they state that training mainly outdoors in an athletic field and not always having adequate fields and equipment, unfortunately it is impossible to practice these team sports properly with the material used.

**Table 20.** As a trainer of adapted sports for older people, how would you rate the adaptation carried out in each sport? Indicate your opinion per sport.

Basketball	Very Good	57.1%
	Good	14.3%
	Regular	14.3%
	In this modality the adaptations were easy, however the issue of absences and physical contact will be something to improve.	14.3%
Futsal	Very Good	50%
	Good	16.7%
	Regular	16.7%
	For me, this is the modality that had the best impact in terms of adaptations, it's quite easy to understand, and it allows everyone to play	16.7%
Handball	Very Good	57.1%
	Good	14.3%
	Regular	14.3%
	In this modality I think it's not easy for older people to understand the rules, the issue of rotations and touches generate some confusion among the older ones, but in general, the adaptation was very well done.	14.3%
Volleyball	Very Good	60.0%
	Good	40.0%

In this table 20, we observe the results that refer to how the coaches would rate the adaptation made in each sport. In basketball, 57.1% consider that the adaptations were very good, 14.3% that they were good, 14.3% regular and 14.3% consider that the adaptations were easy, although there is physical contact in this modality. Something that needs to be improved for the future. Regarding futsal, 50% consider that the adaptations were very good, 16.7% good, 16.7% regular and 16.7% consider that this is the modality that had the best impact in terms of adaptations, because they were quite simple and allowed everyone to play. As for handball, 57.1% consider that the adaptations were very good, 14.3% that they were good, 14.3% regular and 14.3% consider that in this modality the rules were not easy to understand. For the participants, the rotations and touches generated some confusion among the older ones, but in general the adaptation was very well done. Finally, regarding volleyball, 60% consider that the adaptations were very good and 40% good.



### Conclusions:

The perception that coaches have in relation to the regulatory modification is very good. Consider that these changes help players to have more participation in the game regardless of their physical or technical condition, get less tired and be less aggressive, although they continue to weigh that for basketball and futsal there is still a lot of contact and players can get injured. More specifically, the coaches have indicated that, depending on the sport, the participation of athletes has increased by at least 57.1%, enhancing the participation of everyone. If we analyze the possibility of injuries with the new rules, coaches consider that the possibilities of injury have been reduced, however, they consider that in football and basketball there is still a risk of injuries, due to the aggressiveness of the players.

The coaches, just as the athletes have stated, consider that the regulatory modifications help the referees to carry out their function by making few errors, since the game is slower and irregular actions are clearer.

The coaches consider that the modifications made to the material to be used and the dimensions of the playing fields have been a success, as they prevent injuries, increase the participation and collaboration of athletes and facilitate the action of the referees.

Finally, the coaches consider that the regulatory modifications have been a success and meet the objective for which they were modified, which were: 1. Increase the participation of athletes regardless of their technical or physical level, 2. Enhance collaboration in the game, 3. Increase the integration of people, 4. Motivate participants to attend training sessions, to prepare for competitions, 5. Assume the limitations and strengths of each one and their peers, 6. Increase socialization of older people and 7. Improve their healthy physical condition.



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### 4.2. Audiovisuals

