



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

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of the European Union



1

Version 6

Adapted Sports for Older Adults



OLYMPICS 4 ALL

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

Coordination: José M^a Cancela Carral (Uvigo-Spain)
Adriana López Rodríguez (Uvigo-Spain)



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



JAVNI ZAVOD ZA ŠPORT
NOVA GORICA



INDEX

1. Introduction	3
2. Adapted Sports for older adults	4
SPAIN	4
1. Football indoor adapted for older adults	4
2. Basketball 3x3 adapted for older adults	6
3. Volleyball adapted for older adults	7
4. Boccia adapted for older adults	11
5. Handball adapted for older adults	13
6. Hockey Indoor adapted for older adults	16
7. Waterpolo adapted for older adults	18
8. Cachibol adapted for older adults	20
PORTUGAL	23
1. Basket of 3.....	23
2. Futebol of 3	26
3. Volleyball of 3 Players	29
4. Seated Volleyball.....	32
BULGARIA	34
1. Adapted basketball	34
2. Adapted football	37
3. Adapted volleyball	40
ITALY	43
1. Basketball.....	43
2. Volleyball.....	45
SLOVENIA	47
1. Sitting Volleybol	47
2. Indoor Soccer	50
3. Water Basketball.....	52
4. Pickleball	55
HUNGARY	58
3. Sitting volleyball	58
4. Football tennis	60
3. Lawn bowls.....	62
3. Comparative study of Adapted Sports for Older Adults by country.	64
4. References.	65



1. Introduction.

Significant demographic changes have been observed in recent decades, one of the most significant changes in today's society is the progressive trend towards an ageing population. Longevity is becoming more and more latent in our society, as there is a strong increase in the life expectancy of the population in a generalized manner, due to various factors. Human ageing causes a decrease in physiological functions and physical capacities, among them: muscle mass, agility, flexibility, endurance, balance, strength or respiratory capacity. In turn, physical inactivity in this age group is also increasing despite the multiple health benefits of regular physical activity. These low levels of physical activity may compromise functional capacity in ageing. Therefore, the promotion of active ageing is a strategic factor for the health of older people.

Therefore, it is important to face the different stages of old age together with a preparation for active and healthy ageing. Physical exercise is an essential aspect of improving the health of older people. Physical exercise contributes to improving the physical and mental state of people as a factor of protection, promotion and maintenance of health, well-being and quality of life of older adults, helping to reduce their stress and improving cognition, thinking capacity and strengthening functional skills. So it has a positive impact on most of the physical and psycho-social functions of older people. In addition, the practice of physical activity allows social interaction and cooperation with others.

Currently, regular physical exercise adapted for the elderly population is the best non-pharmacological therapy against the main diseases associated with ageing. It is extremely importance to advance the education of older people, so that an important part of society is fully active, contributing to and benefiting the development of society.

Due to these significant changes in old age, the development of various policies aimed at promoting healthy active ageing is being encouraged, taking into account the benefits of physical activity for its promotion.

For this reason, this European project made up by 6 countries of the European Union (Spain, Portugal, Italy, Bulgaria, Slovenia, Hungary) in which active and healthy ageing is promoted by improving the quality of life of the elderly, which, in turn, favours their participation in society according to their needs, abilities and desires, while providing them with adequate security, protection and care when they need it.





2. Adapted sports for older adults.

4

SPAIN

1. Football indoor adapted for older adults			Nº001
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female) 5 always on track	Game time (duration)	Four periods of 5 minutes. The interval between periods will be one minute
Material	1. Football Ball size 3 2. 10 Bibs		
Characteristics and dimensions of the field	The game consists of scoring as many goals as possible in the opposing goal. There is not goalkeeper. The goals will have a reduced dimension of about one meter of height by one meter of width (more or less similar to those of the Roller Hockey) and will be defined by a zone of interdiction of 3x3 meters (where it is not possible to attack or to defend the goal). The field size will be 20mx20m.		
Objective	Score as many goals as possible in the opposing goal.		
Rules of the Game			
<ul style="list-style-type: none"> – Goals can only be scored in the offensive field. – Ball cannot be played in the 3 x 3-meter restricted area. However, whenever the "dead ball" situation occurs, the defensive team will be able to invade this area and give continuity to the game with one foot. As long as the ball goes out the back line and belongs to the defending team, one of the elements of this team will follow the game, using one or both hands to direct the ball to one of his colleagues. However, this element cannot receive it again inside the restricted area. – The referee has the final decision on any irregularity that occurs in the game, by improper conduct of some element. 			



<p>Graphic representation/Photography</p>	
<p>Punctuation/Score</p>	<p>Victory = three points; Drew = two point; Defeat = one point.</p>
<p>Others</p>	<p>Size adaptations are allowed depending on the location of the games. Each team always plays with 5 players, at least 2 must be female.</p>
<p>Variants/Options</p>	
<p>Football 11; Footaball 7; Football 8</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. https://celebreak.com/es/blog/futbol-indoor/ <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=qIE-LaYt1aY



2. Basketball 3x3 adapted for older adults			Nº002
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female); 3 always on track	Game time (duration)	Four periods of 5 minutes. The interval between periods will be 1 minute
Material	1. Basketball Ball 2. Ten Bibs		
Characteristics and dimensions of the field	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. The dimensions of the field are those corresponding to approximately the middle of the official field basketball - 13x14m.		
Objective	Score as many points as you can in the opposite basket.		
Rules of the Game			
<p>The FIBA rules, adapted to the type of game 3 x 3, following the defined changes:</p> <ul style="list-style-type: none"> – When the team boxes the points, the game restarts at the finish line. – The restart of the ball, for fouls or violations, is carried out on the line determined by the basketball rules. – In a defensive situation, the team will have to mark the opponent by gender (male vs. male and female vs. female). – The ball cannot be removed from the opponent's hand. Intercepting the ball is only allowed when it passes or throw into the basket. – 5 collective fouls give the right to a free kick by the opposing team. – The referee has the final decision on any irregularity that occurs in the game, due to misconduct of any element. Such punishment requires the replacement of players, keeping the team with three elements, but always with a woman. 			



<p>Graphic representation/ Photography</p>	
<p>Punctuation/Score</p>	<p>Victory = three points; Defeat = one point.</p>
<p>Others</p>	<p>Adaptations to these field dimensions are allowed, depending on the location field. Each team always plays with 3 players, 1 of which must be female.</p>
<p>Variants/Options</p>	
<p>Basketball 5x5</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. https://www.fiba.basketball/es/3x3 <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=S5S8dTdD6Yg

<p>3. Volleyball adapted for older adults</p>	<p>Nº003</p>
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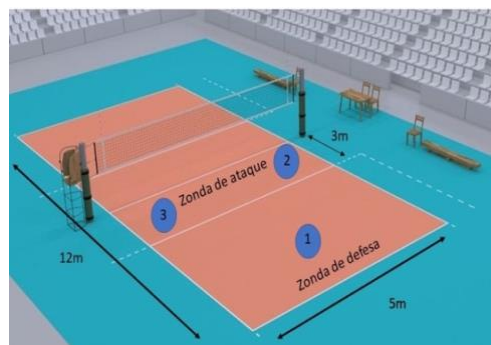




Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female) 5 always on track)	Game time (duration)	3 sets of 15 points
Material	<ol style="list-style-type: none"> 1. Volley Ball 2. One net 		
Characteristics and dimensions of the field	<p>Two teams face each other on a court divided by a net (the height of the net is two meters and thirty centimeters) over which a ball must pass so that it touches the ground of the opponent's court to score. The games will be played to the best of three sets of fifteen progressive points, always with the final difference of two points. In a 16 points tie situation, the game will end as soon as one of the teams reaches seventeen points.</p> <p>Each team must have two touches, and a maximum of 3, to return the ball (beyond the touch of the Block (when this happens). The ball is brought into play with the serve, which can be served with a serve. The player who performs the service throws the ball to send it over the net to the opponent's court. Play continues until the ball touches the floor, sent, or one of the teams cannot return it correctly. In each play you get a point (point system per play). When the receiving team takes possession of the ball, counts a point and the right to serve.</p> <p>The dimensions of the field will be approximately 12m x 4.5m. There is the 3-meter line that defines the zone of attack and positions 2 and 3 Zone 1 is defensive and service zone.</p>		
Objective	Score points by passing the ball over a red to the opposing court, without the other team being able to return it or preventing it from touching the ground.		
Rules of the Game			
<ul style="list-style-type: none"> – Players rotate clockwise. – The player cannot jump or hit the ball when attacking. – You will consider jumping when you lift both feet off the ground. – The attack is carried out with a quick act (machete, blow with the hands). – All players can carry out the attack respecting the attack zone (3 meters). – Player rotation is done in the same regular volleyball system (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 out.
- The player cannot make two consecutive touches.
- The player may not take more than one step, before making the pass to a colleague or the throw to the opponent. Players don't contact with the network.
- Cannot contact with the ball on the sticks
- The receiving team must play 2 hits (one for each team element) before throwing the ball at the opponent's field.

Graphic representation/
Photography



Punctuation/Score

Victory = three points; Defeat = one point.

Others

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.

Variants/Options

Snow Volley; Water Volley; Futvoley; TEQVolleyball; BeachVolley; Ecuavolley; SittingVolleyball.



References

Bibliographical:

1. <https://www.efdeportes.com/efd52/recre.htm>
2. <https://www.mundosilbato.es/blog/normas-basicas-para-jugar-al-voleibol/>

Audiovisuals:

1. <https://www.youtube.com/watch?v=3QB5QcoaF-I&t=41s>

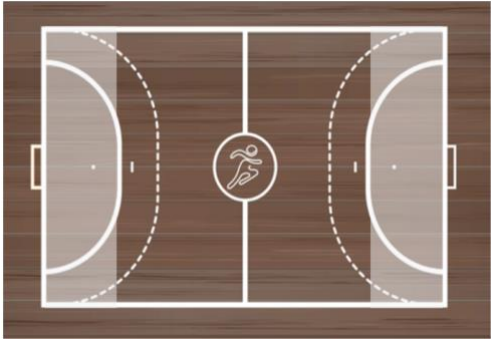



4. Boccia adapted for older adults			Nº004
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female) 3 always on track	Game time (duration)	Six "partial" (Undefined)
Material	<ol style="list-style-type: none"> 1. Twelve balls (Six red and six blue) 2. One ball white 3. Measure tape 		
Characteristics and dimensions of the field	<p>Boccia is a game in teams of three players. One team has six red balls and the other with six blue balls. There is also a white ball (target ball), which is thrown in turn by each of the teams, followed by the colored balls. Each game ends after six "partial" matches have been played. Points are counted at the end of each "partial" and a point is awarded for each ball that is closest to the target ball.</p> <p>The playing field is twelve and a half meters long by six meters wide.</p>		
Objective	The objective is to throw the other balls to try to get as close as possible to the white ball.		
Rules of the Game			
<ul style="list-style-type: none"> – The target ball or any other ball cannot be thrown until the referee signals to start the game or indicates the color of the ball to be thrown. – At the time of throwing the balls, the player must not touch the marking lines or any surface of the field outside his box area. – At the end of each partial, the team with the ball closest to the target accumulates one point for each ball closest. – If two or more balls of different color are closest to the target and are equidistant, then each side receives one point for each ball. – At the end of each round, the points are added to those already achieved and the judge must check that the result is correct, informing the teams. 			

<p>Graphic representation/Photography</p>	
<p>Score</p>	<p>Victory = three points; Defeat = one point</p>
<p>Others</p>	<p>Each player receives two balls and starts a partial, in order, from box one to six. The members of each team occupy box one, three and five (red balls team) and two, four and six (blue balls team).</p> <p>The red team is the one that starts the first quarter, after the referee delivers the target ball (act that indicates the beginning of it). Each team always plays with 3 players, 1 of which must be female.</p>
<p>Variants/Options</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> https://www.efdeportes.com/efd153/para-personas-mayores-discapacitadas-la-boccia.htm <p>Audiovisuals:</p> <ol style="list-style-type: none"> https://www.youtube.com/watch?v=F0z_2RGFw98



5. Handball adapted for older adults			Nº005
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female); 5 always on track	Game time (duration)	Four periods of 5 minutes. The interval between periods will be one minute
Material	1. Handball Ball 2. Ten Bibs		
Characteristics and dimensions of the field	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). The field size will be 20mx13m.		
Objective	Get as many points with your hand as you can in the goal.		
Rules of the Game			
<ul style="list-style-type: none"> – A player cannot take more than three steps with the ball in his hands. – After returning from dribbling, it is not allowed to dribble again. – You have to step on the sideline of the field to take a throw-in. – The ball can be touched from the knee upwards. – It is not allowed to push, hold or hit an opponent. – A player cannot be blocked with his arms or legs. But yes with the leg. – Do not step on the line that delimits the 6-meter goal area and enter it, except the goalkeeper. – When the goalkeeper sends the ball behind his goal and goes over the back 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. 			

<p>Graphic representation/Photography</p>	 
<p>Punctuation/Score</p>	<p>Victory = three points; Defeat = one point.</p>
<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>Variants/Options</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. https://sps-balonmano.com/blog/balonmano-adaptado-para-la-3a-edad/ 2. https://www.sportmember.es/es/reglamentos-deportivos/reglas-balonmano <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=9UTnKcqBNik 2. https://www.facebook.com/DeptosaludRomeral/videos/practicamos-un-poco-de-handball-o-bal%C3%B3n-mano-



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6. Hockey Indoor adapted for older adults			Nº006
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female) 5 always on track	Game time (duration)	Four periods of 5 minutes. The interval between periods will be one minute
Material	1. Hockey Ball 2. Ten Bibs 3. Ten Sticks		
Characteristics and dimensions of the field	It is a sport that faces two teams, what makes it characteristic of this sport is that the ball is controlled by a "Hockey Stick", also known as a "Stick". There is an area delimited by a 3x3 meter interdiction zone (where it is not possible to attack or defend the goal). The size of the field will be 20 x 20 m.		
Objective	To introduce a ball or puck into the opposing goal.		
Rules of the Game			
<ul style="list-style-type: none"> - The ball cannot be touched with hands or feet. However, if a player touches the ball with his foot, but you have no advantage, the game continues. - They can only hit the ball with the flat part of the stick, the edges of the head (curved area) and the handle. - Pushing and obstructions are prohibited both with possession and when trying to recover the ball. - At no time can there be more than two players touching the ball with their stick. If a third player interferes, he is called a 'third'. 			

<p>Graphic representation/Photography</p>	
<p>Punctuation/Score</p>	<p>Victory = three points; Defeat = one point.</p>
<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>Variants/Options</p>	
<p>Ice Hockey; Field Hockey; Hockey skates.</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. https://elsuperhinchita.com/reglas-hockey-sala/ <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=k1d_XPSmtys

7. Waterpolo adapted for older adults			Nº007
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female) 5 always on track	Game time (duration)	Four periods of 5 minutes. The interval between periods will be one minute
Material	<ol style="list-style-type: none"> 1. Waterpolo Ball 2. Ten swims caps 		
Characteristics and dimensions of the field	<p>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).</p>		
Objective	Get as many points with your hand as you can in the goal.		
Rules of the Game			
<ul style="list-style-type: none"> – Don't sink the ball. – Don't touch the ball with both hands at the same time (except the goalkeeper). – Don't refuse the ball with a closed fist (except for the goalkeeper and if it is as a defense). – Don't raise both arms at the same time (except for the goalkeeper). – Don't pouring water on the opponent's face on purpose. – Don't maintain possession for more than 30 seconds without shooting on goal. – Don't that the goalkeeper goes over the midfield. 			



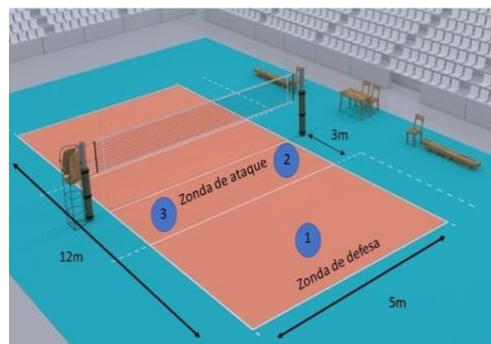
<p>Graphic representation/ Photography</p>	
<p>Punctuation/Score</p>	<p>Victory = three points; Drew = two point ; Defeat = one point.</p>
<p>Others</p>	<p>Adaptations to these field dimensions are allowed, depending on the location field. Each team always plays with 5 players, at least 2 must be female</p>
<p>Variants/Options</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. https://wpaweb.es/tag/personas-mayores/ 2. https://iarasport.com/waterpolo-para-adultos/ 3. https://portalhoy.es/el-waterpolo-adaptado-y-las-piscinas-como-entornos-seguros/ <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/shorts/QfI0aEqbhTw



8. Cachibol adapted for older adults			Nº008
Country	Spain	Entity responsible for organizing the game	University of Vigo
Number of players	10 (5 per team, 2 female) 5 always on track)	Game time (duration)	3 sets of 15 points
Material	1. Foam rubber Ball 2. One net		
Characteristics and dimensions of the field	<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 20cms). The objective of the game is to send the ball over the net to the floor of the opposing field, each team has the right to give three passes between their teammates and in the third contact send it to the opposite field, in order to score points on the team contrary. 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 of fifteen progressive points, always with the final difference of two points. In a 16 points tie situation, the game will end as soon as one of the teams reaches seventeen points. 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. If the 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> <p>The dimensions of the field will be approximately 12m x 4.5m. There is the 3-meter line that defines the zone of attack and positions 2 and 3 Zone 1 is defensive and service zone.</p>		
Objective	Score points by passing the ball over a red to the opposing court, without the other team being able to return it or preventing it from touching the ground.		
Rules of the Game			

- The ball can never touch the ground, otherwise you lose that point.
- The ball cannot cross the field below the net, it will always do so above it.
- The ball is thrown into a hole in the field, not where a person is positioned, to make it move.
- The ball to be touched with any part of the body, always from the waist up, and the movement of the player when receiving the ball, being able to take up to three steps and one turn before passing the ball.
- Each team is entitled to a maximum of 3 passes (in addition to blocking) to return the ball.
- Defenders, after catching the ball on a firm footing, may turn or pivot on one foot before executing the pass.
- Forwards can take up to three steps to pass or send, or a shot with the ball caught with both hands into the opponent's court.
- A player must not touch the ball twice in a row except when blocking.
- The ball can be caught or hit without being held for more than 3 seconds (the catch must be exclusively with the hands)
- When a player receives the ball in motion (caught) and inertia forces him to walk, he is allowed to take up to three steps and one turn before passing the ball.

Graphic
representation/Photography






Punctuation/Score	Victory = three points; Defeat = one point.
Others	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.
Variants/Options	
Volleyball.	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> https://canitas.mx/actividades/cachibol-para-adultos-mayores/ <p>Audiovisuals:</p> <ol style="list-style-type: none"> https://www.youtube.com/watch?v=U2EGgndHcg https://www.youtube.com/watch?v=3QB5QcoaF-I



PORTUGAL

1. Basket of 3			Nº001
Country	Portugal	Entity responsible for organizing the game	Municipality Vila Nova de Cerveira
Number of players	Minimum 5 per team	Game time (duration)	Two Periods of 10 minutes each with 1 minute break
Material	1. Two basket tables 2. Balls		
Characteristics and dimensions of the field	The basketball game of 3 is played in the same way as the normal basketball game. A team attempts to basket in the opponent's basket while preventing the opposing team from basket. Approximately 13m x 14m (half basketball court).		
Objective	Basket the ball in the opponent's basket and prevent the opponent from basketing.		
Rules of the Game			
<p>The rules of the game are those of FIBA, adapted to the type of game 3 x 3, which is proposed, so the following changes are defined:</p> <ul style="list-style-type: none"> – The game takes place in midfield and is started by one of the teams in the circle of the restricted area of that midfield. – The defending team, when it suffers a basket, replaces the ball by the end line. – Ball replacements, for fouls or violations, are made on the line that the basketball rules determine. – The ball cannot be removed from the opponent's hand, only intersects it when he makes the pass or the throw to the basket. – The game cannot end in a draw. If this happens, it will be played in a gold basket system. – 5 (five) collective fouls entitle the opposing team to a free throw. – The referees who direct the games, always have the final decision on any irregularities that happen in the game. 			

<p>Graphic representation/Photography</p>	
<p>Punctuation/Score</p>	<p>Each basket worth 2 points, there is no score for triples.</p>
<p>Others</p>	<p>Each basketed free throw is equivalent to 1 point.</p>
<p style="text-align: center;">Variants/Options</p>	
<p>Can be played by gender or mixed.</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. The adaptation of this collective game is part of the IN COMMON SPORTS project. The fact that it is intended to adjust some collective modalities to the constraints / weaknesses of the target group of this project - the elderly, led the technical teams of the municipalities of the Alto Minho region - Portugal, to adapt this modality during the 3 years of execution of the project. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019 and 2020, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in



training and competitions, the game has been adapting over the three years. www.olympics4all.eu

Audiovisuals:

1. http://www.olympics4all.eu/frontendcore/imgs/news/news33/PROMOTING_SOCIAL_INCLUSION_THROUGH_SPORTS_DETAILED_VERSION.php



2. Futebol of 3			Nº002
Country	Portugal	Entity responsible for organizing the game	Municipality Vila Nova de Cerveira
Number of players	Minimum of 5 elements of each sex per team, play 3, 1 of which must be female	Game time (duration)	two periods of 10 minutes each (Elapsed time) 1 minute break
Material	1. Ball's size 3 2. Two goals		
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 3x3 m interdiction area and 1x1m goal posts.		
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 Futsal 3:</p> <ul style="list-style-type: none"> – There is no goalkeeper. – The presence in the field of at least one female member is always mandatory. – In no case can a goal be scored before the defensive midfield line. – In the 3x3 meter interdiction area, there will be no ball dispute. However, whenever the “dead ball” situation occurs in this area, the defensive position will be privileged and will be one of the three elements of the defending team that will be able to penetrate this area and continue the game. – 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 hand or both to direct the ball to one of his teammates. – The referees who direct the games always have the final decision on any irregularities that occur in the game. 			

<p>Graphic representation/Photography</p>	
<p>Punctuation/Score</p>	<p>Just like normal football.</p>
<p>Others</p>	
<p>Variants/Options</p>	
<p>Can be played by gender or mixed.</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. The adaptation of this collective game is part of the IN COMMON SPORTS project. The fact that it is intended to adjust some collective modalities to the constraints / weaknesses of the target group of this project - the elderly, led the technical teams of the municipalities of the Alto Minho region - Portugal, to adapt this modality during the 3 years of execution of the project. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019 and 2020, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in



training and competitions, the game has been adapting over the three years. www.olympics4all.eu

Audiovisuals:

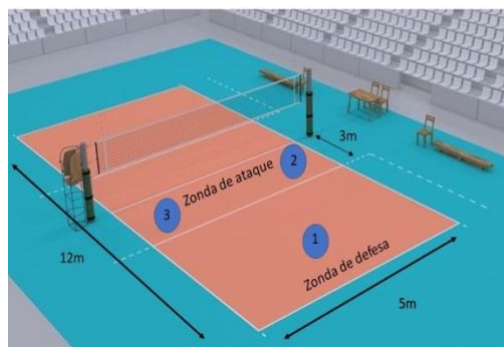
1. http://www.olympics4all.eu/frontendcore/imgs/news/news33/PR_OMOTING_SOCIAL_INCLUSION_THROUGH_SPORTS_DETAILED_VERSION.php



3. Volleyball of 3 Players			Nº003
Country	Portugal	Entity responsible for organizing the game	Municipality of Vila Nova de Cerveira
Number of players	Minimum 4 per team, with only 3 in play, with 1 female member	Game time (duration)	3 sets of 15 progressive points with a difference of 2
Material	1. Net 2. Balls		
Characteristics and dimensions of the field	<p>The game begins with one of the teams serving, throwing the game ball into the opponent's court. After the service performed, the team receiving the ball can make up to three passes with different players, and throw the ball back to the other side of the field, where the other team plays. A point is declared when a team touches the ball more than three times, when it goes to the net, leaves the field of play or when it touches the ground of a given team's defended midfield.</p> <ul style="list-style-type: none"> • 12 m long x 5 wide • On each side of the net, draw the 3-meter line that defines the attack and defense zone. • The net height 2.30m 		
Objective	Send the ball over the net in order to touch the opponent's field and prevent it from touching ours.		
Rules of the Game			
<ul style="list-style-type: none"> – 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 done by throwing or hitting the ball. The player who performs the service throws the ball in order to send it over the net to the opposite field. The play continues until the ball touches the ground, is sent out or one of the teams is unable to return it correctly. – One point is obtained for each move (point system per move). When the receiving team gains possession of the ball, it counts a point and the right to serve. Your players rotate clockwise. – The player, when making the attack, will not be able to jump or hit the ball. 			

- It will be considered to jump when taking both feet off the ground; it will be considered to hit the ball when the attack is carried out with a quick act (machete, hit with the hands).
- All players will be able to carry out the attack respecting the attack zone (3 meters).
- The rotation of players is done in the same system as regular volleyball (from position 1 to position 3, from position 3 to position 2 and from position 2 to position 1).
- When rotating from position 2 to position 1, the athlete is always replaced by the teammate who is outside.
- In the field, a female member must always be present.

Graphic
representation/Photography



Puntuacion/Score

1 point for each play in which the ball touches the opponent's ground.

Others

Infractions:

- The same player gives two consecutive touches
- The player cannot take more than one step, before making the pass to a teammate or throwing it to the opponent's field;
- A player's contact with the network;
- Ball contact on the rods;

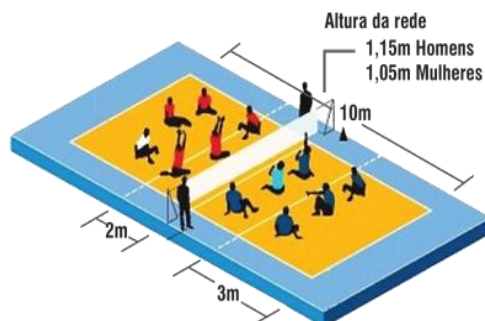


	<p>- The receiving team will have to make at least 2 (two) touches (one for each member of the team) before throwing the ball to the opponent's field.</p> <ul style="list-style-type: none"> - The player in position 1 cannot attack in the space next to the net (zones 3 and 2), only the player in position 2 and 3 will be able to attack. - The referees who direct the games, always have the final decision on any irregularity that happens in the game, and, whenever they understand it and adapt to the situation, due to the improper conduct of any element, who will not be able to participate in the game again, request the its replacement by another one, keeping the team with three elements, always taking into account the presence in the field of at least one female element.
<p>Variants/Options</p>	
<p>Can be played by gender or mixed.</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. The adaptation of this collective game is part of the IN COMMON SPORTS project. The fact that it is intended to adjust some collective modalities to the constraints / weaknesses of the target group of this project - the elderly, led the technical teams of the municipalities of the Alto Minho region - Portugal, to adapt this modality during the 3 years of execution of the project. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019 and 2020, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in training and competitions, the game has been adapting over the three years. www.olympics4all.eu <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. http://www.olympics4all.eu/frontendcore/imgs/news/news33/PROMOTING_SOCIAL_INCLUSION_THROUGH_SPORTS_DETAILED_VERSION.php

4. Seated Volleyball			Nº004
Country	Portugal	Entity responsible for organizing the game	Portuguese volleyball federation
Number of players	6 elements per team	Game time (duration)	3 Sets of 25 Points with two points of difference
Material	1. Volleyball balls 2. Net		
Characteristics and dimensions of the field	<p>Sitting Volleyball is played by two teams of 6 elements. The object of the game is to make the ball fall on the opponent's court. The rules are similar to those of traditional volleyball with some differences such as: it is allowed to block the opponent's service and contact with the ground must be maintained in any action and only allowed to lose it when traveling.</p> <ul style="list-style-type: none"> • 10m x 6m with the attack line 2m away from the axis of the center line. • Network length 6.5 to 7 m in length. • Men's net height 1.15 m. • Female net height 1,05m. 		
Objective	Make the ball fall to the ground of the opposing team.		
Rules of the Game			
<ul style="list-style-type: none"> – The positions of the players on the field are determined and controlled by the positions of their buttocks. This means that the players' hand (s) and / or leg (s) may extend beyond the boundary of the regulatory zone. – At the moment of service, the player who strikes the ball must be in the service zone and his glutes cannot touch the field (including the final line. – Touching the opponent's field with foot (s) / legs is allowed at any time during the game, as long as the player does not interfere with the opponent's play. – Contacting the opponent's field with any other part of the body is prohibited. – Players on the attack line are allowed to block the opponent's service, when the ball is in the attack zone and completely above the top of the net. 			

- The player must have contact with the ground with the body part between the shoulder and the buttocks at all times when touching the ball.

Graphic representation/Photography



Punctuation/Score

1 point for each time the ball lands on the opponent's court.

Others

Variants/Options

Nível 1 (2x2), Nível 2 (3x3 e 4x4).

References

Bibliographical:

1. https://www.fpvoleibol.pt/paravolei/regulamentos_vs.php

Audivisuals:

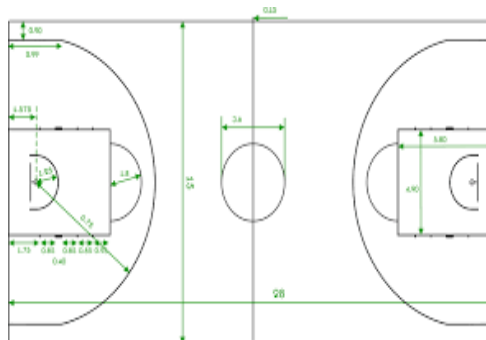
0. https://www.youtube.com/watch?v=gpA_VsLPhA8



BULGARIA

1. Adapted basketball			Nº001
Country	Bulgaria	Entity responsible for organizing the game	Municipality of Aksakovo
Number of players	2 teams with 4 players, 1 of them female	Game time (duration)	Each game will last for 3 thirds of 4 minutes
Material	1. Basket 2. Balls		
Characteristics and dimensions of the field	The size of the 3 × 3 tournament field is half of the official basketball court. The rules of the game are those of FIBA, adapted to the type of game 3 × 3.		
Objective	Each game will last for 3 thirds of 4 minutes. The execution time is clear, as the stopwatch is stopped in abnormal situations (accident, injury, interruption of play, etc.). The interval between the thirds will be 2 minutes.		
Rules of the Game			
<p>Scoring:</p> <ul style="list-style-type: none"> – Each basket of play marked on the inside of the rainbow carries 1 point. Each basket of the game, marked on the outside of the rainbow, carries 2 points. – Each successful penalty kick carries 1 point. – A team loses the match ex officio if at the set start time the team does not have 3 players on the field ready to play. In case of an official victory, the result is noted. <p>Violations / Penalties:</p> <ul style="list-style-type: none"> – The penalty rule applies to a team after it has committed 6 offenses. Competitors are not eliminated for a number of personal violations. – Violations committed when shooting in a basket on the inside of the arc shall be punishable by awarding 1 penalty kick, and offenses committed when shooting in a basket on the outside of the arc shall be punished by awarding 2 penalty kicks. – Violations committed in a shooting situation in a basket, followed by a marking of a basket, shall be punished by the award of 1 additional penalty kick. 			

Graphic
representation/Photography



Punctuation/Score

Win = 3 points; Draw = 2 points; Defeat = 1 point.

Others

How to play with the ball:

1. After each successful basket from a game or a successful last penalty kick (except those followed by possession of the ball):

- A player from the team who received the basket resumes the game by dribbling or passing from the place on the court just below the basket (and not behind the finish line) to a place on the court behind the arc.

- The defending team is not allowed to play for the ball in the semicircle area without attacking under the basket.

2. After each unsuccessful basket from a game or unsuccessful last penalty kick (except those followed by possession of the ball):

- If the attacking team takes the fight for a rebound, he has the right to try to score a basket without taking the ball behind the arc.

- If the defending team takes the rebound, it must take the ball behind the arc (by dribbling or passing).

3. If the defending team steals or blocks the ball, it must take the ball behind the arc (by dribbling or passing).



	<p>4. A competitor is considered to be behind the arc when he has not stepped with either foot on the inside of the arc or on the arc. The game can end in a draw.</p> <p>The referee has the final decision on any irregularities that occur in the game.</p>
<p>Variants/Options</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in training and competitions, the game has been adapting over the three years. www.olympics4all.eu <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://aksakovo.bg/subsection-3403-content.html



2. Adapted football			Nº002
Country	Bulgaria	Entity responsible for organizing the game	Municipality of Aksakovo
Number of players	Each team consists of 1 goalkeeper and 5 outfield players	Game time (duration)	The duration of the matches is 2 halves of 20 minutes each. Rest between halves 5 minutes
Material	1. Balls 2. Two goal		
Characteristics and dimensions of the field	The size of the 30 x 60 m.		
Objective	Insert a ball into the opponent's goal.		
Rules of the Game			
<p>Putting the ball in play:</p> <ul style="list-style-type: none"> – Out is performed only by a goalkeeper by hand. – A goal or own goal from an out is not counted if the ball has not touched another player. – The side throws / touches / are performed with a foot / indirect free kick / from the line outlining the end of the playing field. When performing a touch, when the ball is placed in the playing field, a reverse touch is assigned, is performing a touch by the opposing team. – Execution of a corner (corner kick) - the ball is placed in the corner that is closest to the place where the ball came out of play. – Free kicks. <p>Direct free kick: The referee awards a direct free kick to:</p> <ul style="list-style-type: none"> – All fouls on the pitch, with the exception of infringements which are considered as "penalty penalties". – After a direct free kick, if the ball enters directly into the opponent's goal, a goal is awarded. 			





Indirect free kick:

- The referee shows that the free kick is indirect by raising his hand above his head. He must keep his hand in this position until the blow is completed.
- When committing a foul, the opposing players must be at least 3 meters away from the ball.

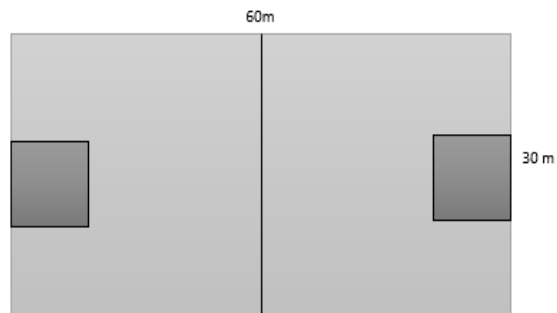
Direct / indirect free kicks:

- The ball must be stationary when the kick is taken:

Penalty:

- If the goalkeeper keeps the ball in his penalty area longer than necessary.
- If the goalkeeper catches the ball with his hands when he receives a pass from his teammate.
- As a result of unfair play in front of the door area.

Graphic representation/Photography



Punctuation/Score	2 half time.
Others	

Variants/Options





A team can enter the field with a minimum of 3 players.

References

Bibliographical:

1. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in training and competitions, the game has been adapting over the three years. www.olympics4all.eu

Audiovisuals:

1. <https://aksakovo.bg/subsection-3403-content.html>

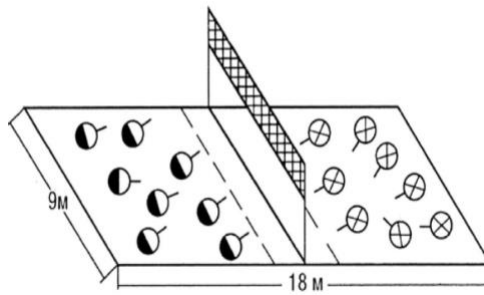


3. Adapted volleyball			Nº003
Country	Bulgaria	Entity responsible for organizing the game	Municipality of Aksakovo
Number of players	2 teams with 4 players each	Game time (duration)	3 sets of 15 progressive points with a difference of 2
Material	2. Net 3. Balls		
Characteristics and dimensions of the field	<p>It is played on a court measuring 18 by 9 meters, divided by a middle line into two equal halves (Fig. 1). At a distance of two meters from the middle line, two parallel lines emerge, which form the auxiliary fields. A volleyball net (or rope) is stretched over the middle line at a height of 2 m. The game is played with a volleyball. The players are divided into two equal groups and occupy the two halves of the field, respectively. It is determined by lot which of the groups (teams) will have the initial throw. At a signal, she throws the ball over the net in the opponent's half. The other team tries to catch the ball and in turn to transfer it to the opponent's half either with a volley pass or with passes over the net with a catch.</p>		
Objective	<p>Each of the teams tries to transfer the ball to the opponent's field, where there is no player, so that it cannot be caught and touches the ground. In this way, the game continues, as the ball is transferred over the net until it falls to the ground. The team that manages to pass the ball into the opponent's court and it touches the ground wins a point. For each uncaught ball, for non-transfer over the net and for any other violation, the group (team) loses a point. The game continues until one of the groups (teams) manages to collect 15 points.</p>		
Rules of the Game			
<p>Errors shall be reported in cases where:</p> <ul style="list-style-type: none"> – The ball touches the ground. – Falls outside the boundaries of the course. – Falls into the neutral field. – Players make more than two passes to each other. 			



- The ball is not transferred over the net (rope).
- The transfer is made from the neutral field or after the transfer the player enters it.
- The beating initial stroke enters or steps on the outline of the neutral field.
- The ball from the initial pass touches the net; the passer strikes the ball and it returns to the field.
- The initial throw is performed behind the neutral field line.
- After each mistake, the opposing team has the right to the ball.

Graphic
representation/Photography



Punctuation/Score

15 point.

Others

Variants/Options

Can be played by gender or mixed.

References

Bibliographical:

1. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019, the rules were being adjusted so




that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in training and competitions, the game has been adapting over the three years. www.olympics4all.eu

Audiovisuals:

1. <https://aksakovo.bg/subsection-3403-content.html>

ITALY

1. Basketball			N°001
Country	Italy	Entity responsible for organizing the game	Cesena
Number of players	2 teams	Game time (duration)	10 minutes
Material	1. Ball		
Characteristics and dimensions of the field	Not defined.		
Objective	Same as the classic game.		
Rules of the Game			
<ul style="list-style-type: none"> – Competition of free shoots. – Players will complete an obstacle race dribbling the ball on the ground, at the end they will try to shoot into the basket. – Every correct shoot will give a point to the team. – The winner is the team that reaches the highest score in 10 minutes. 			
Graphic representation/Photography			
Punctuation/Score	1 point for each shoot.		



Others	
Variants/Options	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in training and competitions, the game has been adapting over the three years. www.olympics4all.eu <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1.

2. Volleyball			Nº002
Country	Italy	Entity responsible for organizing the game	Cesena
Number of players	12 (2 teams of six)	Game time (duration)	10 minutes
Material	1. Ball		
Characteristics and dimensions of the field	Same as the classic game.		
Objective	Same as the classic game.		
Rules of the Game			
<ul style="list-style-type: none"> – The purpose of the game is the same as the classic game but with some adapted rules, such as blocking the ball in the first two passages and the obligation of a direct throw, in the other volleyball camp, on the third touch. – The winner is the team that reaches the highest score in 10 minutes. 			
Graphic representation/Photography			



Punctuation/Score	1 point for each time the opposing team does not recover the thrown ball.
Others	
Variants/Options	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. Considering that the sport was part of the "Olympics4all" competitions in 2018, 2019, the rules were being adjusted so that people with less physical fitness could compete in the sport. Thus, and taking into account the contributions of participants in training and competitions, the game has been adapting over the three years. www.olympics4all.eu <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1.

SLOVENIA

1. Sitting Volleybol			Nº001
Country	Slovenia	Entity responsible for organizing the game	Slovenian Paralympic Committee
Number of players	6 players per team	Game time (duration)	3 Sets of 25 Points with two points of difference
Material	1. Balls 2. Net		
Characteristics and dimensions of the field	<p>A game consists of two teams with six players in each. The object of the game is to make the ball fall on the opponent's court. The rules are similar to those of traditional volleyball with some difference such as: it is allowed to block the opponent's service and contact with the ground must be maintained in any action and only allowed to lose it during movements.</p> <ul style="list-style-type: none"> • The court is 10x6m with a 2-m attack line • The court is divided into two sides of 5m and by 6m wide • Net length 6.5 to 7m in length • The net is set at height of 1, 15m for men and 1,05m for woman 		
Objective	Make the ball fall to the ground of the opposing team.		
Rules of the Game			
<ul style="list-style-type: none"> – The positions of the players on the field are determinate and controlled by the positions of their buttocks. This means that players' hand (s) and /or leg (s) may extend beyond the boundary of the regulatory zone. – At the moment of service, the player who strikes the ball must be in the service zone and his glutes cannot touch the field (including the final line). – Touching the opponent's field with foot (s) / legs is allowed at any time during the game, if the player does not interfere with the opponent's play. – Contacting the opponent's field with any other part of the body is prohibited. 			

- Players on the attack line can block the opponent’s service when the ball is in the attack zone and completely above the top of the net.
- The player must always have contact with the ground with the body part between the shoulder and the buttocks when touching the ball.

Graphic representation/Photography



Puntuacion/Score

1 point for each time the ball lands on the opponent’s court.

Others

Variants/Options

Mini volley: 2x2 or 4x4 players.

References

Bibliographical:

1. <https://www.flickr.com/photos/volleyslide/albums/72157655669179948/>
2. <https://www.worldparavolley.org/disciplines/sitting-volleyball/>
3. <https://www.worldparavolley.org>
4. <https://www.odbojka.si/index.php?st=56898249898>



Audiovisuals:


1.





2. Indoor Soccer			Nº002
Country	Slovenia	Entity responsible for organizing the game	Slovenian football federation
Number of players	5-7 players per team	Game time (duration)	Two 25-minute halves
Material	1. Balls 2. Net		
Characteristics and dimensions of the field	<p>The field: app. 61m by 26m. Zone: Because of short fields and walls surrounding the goal, a common tactic is to attempt to score at kick-off by shouting at the goal and charging at the goal with all five non-goalkeeper players who overwhelm the other team's defense and score at close range. As this depletes the tactics and drama of the game, many leagues have adopted an ice hockey-like zone rule, requiring that the ball not cross more than a certain forward distance toward the goal without being touched by a player.</p>		
Objective	Score the goal.		
Rules of the Game			
<ul style="list-style-type: none"> – Duration: two 25-minute halves with no overtime for tied games. – The team. Most indoor soccer games are played with six active players per team including goalkeeper and either defense or forward. – No offside. Most leagues play without and offside rule. Some leagues enforce a "three-line violation", prohibiting players from playing the ball in the air from behind the front line of their own penalty area across all three lines into the opponent's penalty area. Violations often result in free kick for the opposing team at the front line of the offending team's penalty area. 			
Graphic representation/Photography			



	
Puntuacion/Score	Each goal-one point.
Others	
Variants/Options	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> https://www.futsal.si/futsal/default.asp <p>Audiovisuals:</p> <ol style="list-style-type: none">

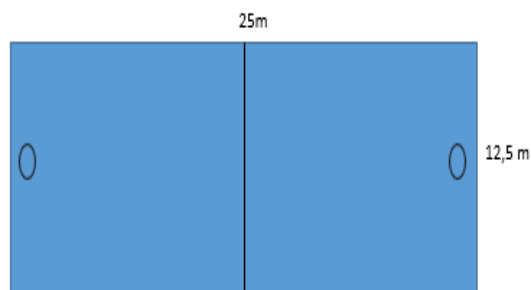


3. Water Basketball			Nº002
Country	Slovenia	Entity responsible for organizing the game	Water basketball Society Maribor
Number of players	5+5 (reserve players) in each team	Game time (duration)	2x12 minutes
Material	Basket (105cm above the water surface, 45cm hoop diameter), ball (71cm, 500g), cap (each team colour).		
Characteristics and dimensions of the field	It is played in a swimming pool, the length of the court is 25m and the width is 12.5m. The two baskets stand 6m from the end line of the pitch, 13m apart. The depth of the pool must be at least 1.8m.		
Objective	Hit the opponent's basket as many times as possible.		
Rules of the Game			
<ul style="list-style-type: none"> – The game starts with the players of both teams each on their own edge of the pool. – At the referee's whistle and the ball is thrown, they start swimming towards the ball that has fallen in the middle of the pitch. – A foul or cheating (early start) is adjudicated by awarding the ball to the opposing team. The total time for one attack is limited to 30 seconds. – The attack begins with the initial shot, which must be taken from behind the basket line, with the player's head behind the basket line at the time of the shot. – The pass on the initial throw shall not be over the center line of the court. – A free throw is a way of carrying the ball to resume play after break of play, after fouls and after a timeout. It shall be executed at the point of the break of play with a pass. – A referee's throw is a type of throw made by the referee at the side edge of the court in the line of the foul. – The referee throws the ball vertically upwards between two opposing players. – Player substitutions shall be made in the substitution area. – The player who is out of the game must touch the edge of the court behind the basket of his defensive half before the change. – The player entering the game must touch the edge of the court behind the basket of his defensive half with any part of his body until the moment of the change. 			



- A player entering the game may not jump into the pool.
- Each team has 1-minute timeout in each half.
- In water basketball, catching, throwing and passing the ball with both hands is allowed. The player can run the ball.
- The second time a player receives the ball, he must pass or shoot the ball to the basket.
- A large number of fouls can occur in the game, such as footwork, outs, sinking the ball and others. If a personal foul is committed, the player shall be ejected for the duration of one attack.

Graphic representation/Photography



Puntuacion/Score	A game goal is worth two points. A shot from more than 4 metres from the basket stand is worth three points.
Others	Water basketball was developed by Slovenians in 1996 in Kranj. Tomaž Slavec and Matjaž Kodek patented the basket and ball and wrote the rules of the game.
Variants/Options	



References

Bibliographical:

1. <http://www.dvk-mb.si/#>
2. <https://es.wikipedia.org/wiki/Waterbasket>

Audiovisuals:

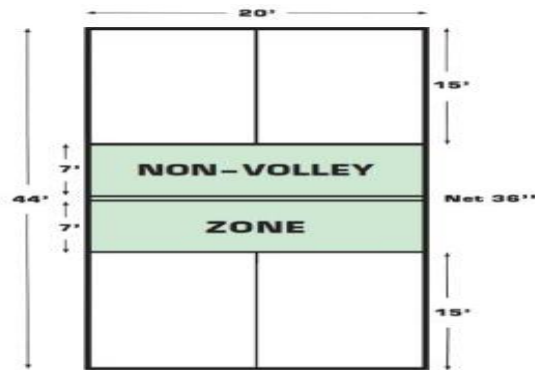
- 1.



4. Pickleball			Nº001
Country	Slovenia	Entity responsible for organizing the game	Tenis Club Krško
Number of players	Singles or doubles	Game time (duration)	11 points scored
Material	<ol style="list-style-type: none"> 1. Pickleball paddle 2. Net 3. Ball 		
Characteristics and dimensions of the field	<p>Pickleball is played on rectangular, 13m by 6m court. The court is divided into two sides by a low net (high 91cm). There are two side lines, two baselines, a centre line on each side, as well as two non – volley lines which create two non-volley zones that are called “kitchen”. The centre line divides each side into two service courts, the left service and the right service court.</p>		
Objective	<p>The aim of the game is to score 11 points. A player or team attempts to hit the ball in such a way that the opposing player or team fails to bounce it or makes a mistake in bouncing it.</p>		
Rules of the Game			
<ul style="list-style-type: none"> – Serves are to be made diagonally, starting with the right-hand service-square and alternating each serve. – The serve must clear the seven-foot non-volley-zone in front of the net and land in the diagonal service court. – Serves should always be done underhand with the paddle below the waist, and the server must keep both feet behind the back line when serving. – The ball should be hit into the air without being bounced. – The Server must keep both feet behind the back line when serving. – The service is made underhand with the paddle contacting the ball below the waist. – The Server must hit the ball in the air on the serve. – The service is made diagonally cross court and must clear the non-volley zone, including the line (A serve that hits the non-volley zone line is out) – Only one serve attempt is allowed. 			

- To volley means to hit a ball in the air without first letting it bounce
- . In Pickleball, this can only be done when the player's feet are behind the non-volley zone line (seven feet behind the net).
- Double bounce rule: each team must play their first shot off of the bounce.
- That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it.
- Once these two bounces have occurred, the ball can either be volleyed or played off the bounce. A fault is committed when the ball: -
- Touches any part of the non-volley zone on the serve (including the line); - Is hit out of bounds; - Does not clear the net; - Is volleyed from the non-volley zone; - Is volleyed before a bounce has occurred on each side.

Graphic representation/Photography



Puntuacion/Score

A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by his/her team. If playing doubles, each player on a team shall keep serving until their team makes a fault, then the serve moves to the opposing team - this is called a Side Out. The game is played to 11 points; however, a team must win by 2 points.

Others

Pickleball was launched in Slovenia this year, so it is still in the early stages of development.



Variants/Options

Outside Pickleball.

References

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Audiovisuals:

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HUNGARY

3. Sitting volleyball			Nº001
Country	Hungary	Entity responsible for organizing the game	Zöldpont Egyesület és Szerkesztőség
Number of players	2 x 6 players	Game time (duration)	16 minutes
Material	1. Volleyball 2. Net		
Characteristics and dimensions of the field	The court is 10 x 6 meters with a 2-meter attack line. The net in the middle is set at 1.15 meters high for men and 1.05 meters high for women.		
Objective	To score points by grounding a ball on the other team's court.		
Rules of the Game			
<ul style="list-style-type: none"> – The rules are the same as the original form of volleyball with the exceptions that players must have at least one buttock in contact with the floor whenever they make contact with the ball. – Players cannot hold the ball. – A point is scored when the ball contacts the floor within the court boundaries or when an error is made: when the ball strikes one team's side of the court, the other team gains a point; and when an error is made, the team that did not make the error is awarded a point, in either case paying no regard to whether they served the ball or not. If any part of the ball hits the line, the ball is counted as in the court. – The team that won the point serves for the next point. If the team that won the point served in the previous point, the same player serves again. If the team that won the point did not serve the previous point, the players of the team acquiring the serve rotate their position on the court in a clockwise manner. – Each team can contact the ball at most 3 times but nobody can touch it consecutively twice. 			

<p>Graphic representation/Photography</p>	
<p>Punctuation/Score</p>	<p>A point is scored when the ball contacts the floor within the court boundaries or when an error is made.</p>
<p>Others</p>	
<p style="text-align: center;">Variants/Options</p>	
<p>Regular volleyball (standing) when the players can catch and hold the ball.</p>	
<p>References</p>	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. https://hparalimpia.hu/sportag/uloroplabda 2. https://en.wikipedia.org/wiki/Sitting_volleyball <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://youtu.be/Kh3RaBHkuJA



4. Football tennis			Nº002
Country	Hungary	Entity responsible for organizing the game	Zöldpont Egyesület és Szerkesztőség
Number of players	2 x 2 players	Game time (duration)	Undefined
Material	1. Ball (size 5) 2. Net		
Characteristics and dimensions of the field	The field is 9 x 12,8 meters, can be played indoor and outdoor. The field is divided by the net, which is 1,10 meter high.		
Objective	To score points by bouncing the ball three times on the other team's field or the other team's mistake.		
Rules of the Game			
<ul style="list-style-type: none"> – Players can hit the ball with any part of their body except for the hands. – Starting player may serve from out of the field. – The team can have three touches (but not two consecutive touches by the same player). – The players may not touch the net during the game, otherwise it is a point for the opponent. – If the ball hits the net and comes back to your side it cannot be hit back unlike volleyball. – Mistake can be: touch the ball with hand, touch the ball twice consecutively, touch the ball 4 times between the team, the ball landing outside the field. 			
Graphic representation/Photography			




Punctuation/Score	<p>A point is scored when the ball bounce on the floor three times within the field or when the other team make a mistake.</p> <p>To win the team has to win 2 sets, a set finishes with 11th point with a two-point difference, maximum score is 15:14.</p>
Others	
Variants/Options	
<p>Single: one player, two touches, one bounce in all categories, court dimensions 9 m × 12.8 m.</p> <p>Triple: three players, three touches (but not two consecutive touches by the same player), court dimensions 9 m × 18 m.</p>	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> http://sportkozpont.hu/wp-content/uploads/2016/07/teng%C3%B3-szab%C3%A1lyok.pdf <p>Audiovisuals:</p> <ol style="list-style-type: none"> https://www.youtube.com/watch?v=1O6ew57_R5s



3. Lawn bowls			Nº003
Country	Hungary	Entity responsible for organizing the game	Zöldpont Egyesület és Szerkesztőség
Number of players	2 players	Game time (duration)	Undefined
Material	1. 2x4 bowls 2. Jack (yellow small ball) 3. Starting carpet 4. Tape measure		
Characteristics and dimensions of the field	The field is 30 meters long and 3 meters wide. Players roll from one end of it first and from the other in the second round. The field usually great quality lawn but can be flat dirt or indoor field also.		
Objective	To roll the bowls as close to the jack as it is possible.		
Rules of the Game			
<ul style="list-style-type: none"> – It is played by two people, each of them has 4 balls which called bowls. – One of the player toss the jack everywhere in the field. – As a start, the players roll 1 bowl one after the other, then the one can roll whose bowl is the closest to the jack. After that the other player can roll the other bowls. – It is possible to jar away the other player's bowls. – After every set, they see whose balls are nearer the jack to earn the points. – The game will end after 3 winner sets. 			
Graphic representation/Photography			



	
Punctuation/Score	In every set the winner player get as many points as many bowls of his is closer to the jack than the other player's closest bowls.
Others	
Variants/Options	
References	<p>Bibliographical:</p> <ol style="list-style-type: none"> 1. http://golyo.sport.hu/lawn-bowls-gyepteke/ 2. https://hu.wikipedia.org/wiki/Goly%C3%B3sport <p>Audiovisuals:</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=NJQHI-PNKI4



3. Comparative study of adapted sports for older adults by country.

Below is a summary table of adapted sports for older adults by country.

Sports	Spain	Portugal	Italy	Bulgaria	Hungary	Slovenia	Total
Football Indoor	x	x		x		x	4
Basketball 3x3	x	x	x	x			4
Volleyball	x	x	x	x			4
Boccia	x						1
Handball	x						1
Hockey	x						1
Waterpolo	x						1
Cachibol	x						1
Sitting Volleyball		x			x	x	3
Football tennis					x		1
Lawn Bowls					x		1
Pickleball						x	1
Water Basketball						x	1
Total	8	4	2	3	3	4	24



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3.2. Audiovisuals:

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