

Diversity as a starting point for “*adapted sport*”

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ABSTRACT

Diversity is a very complicated issue to deal with and it is often not easy to understand it and understand its various nuances. Many times in common thought, the word "diversity" refers to something negative because what is not known inspires fear, and moreover it is even more difficult to make "communicate", and unite, the sphere of diversity with that of sport and movement. Instead with this work we want to put the accent on the "positive" value of the term starting from what is the approach of today's society and the world of sport on a delicate subject such as that of diversity, through two phases: a first purely theoretical work (with the use of literature recognition); a second job that takes into consideration the "traditional" rules of some disciplines such as handball, rugby and baseball, which are then compared with the adapted ones, focusing on what has changed (variation of playing times, variation of equipment used, cc) and what has remained unchanged. In conclusion, this article tries to make people understand that the so-called "different" brings new knowledge and, with its cultural baggage, its traditions, its way of thinking and being contributes to the enrichment of all and does not detract from anyone. There is a need for all the barriers of prejudice to be torn down and sport, in this case, can in all respects be a valid tool for integration and social inclusion. **Keywords:** Diversity; Adapted physical activity; Rules; Integration; Inclusion.

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INTRODUCTION

The sport has several aspects for a unique phenomenon that involves everybody everywhere in the world. Competition and educative part are the same holistic substance under several aspect: qualitative and quantitative, including inclusion aspects (Altavilla et al, 2018, D'Isanto, 2019, 2016, Raiola et al, 2018, Raiola 2017, Raiola, di Tore, 2017, Raiola, 2015ab, 2013) The term diversity over the centuries has taken on a meaning that is always discontinuous and never the same. When we say of someone who is different we always mean it in a negative and discriminatory sense. Then the first question that everyone should ask is "Different from whom? Or from what?" (De Oto, 2016). The first thing that comes to mind when we talk about diversity is the colour of the skin so that since the eighteenth century the differences between the different ethnic groups of the world have been used to create theories that gave rise to a classification: from Greek beauty to the so-called "Negroes." When it comes to racist classification, unfortunately the first thing that comes to mind is the discrimination at the time of Hitler's Nazi period, which made the creation of the superior race at the expense of the others one of the constitutive elements of his own regime. If it is accurately reflected, however, talking about race is wrong. In fact Albert Einstein said: "There is only one race, the human race". And luckily today we hear about ethnicities, cultural differences to define populations coming from different countries or life experiences. But the word race has remained in the common use of our vocabulary, increasing the problem of discrimination. Sport, which has made the fight against discrimination, in whatever form it occurs, is one of its highest values. Sport allows the individual to improve physical qualities, to enhance cognitive and psychic aspects and to develop very valuable socio-relational skills, especially in the case of people with disabilities. Sport has great power both to smooth out and enhance differences (Cottini, Morganti 2015). In this sense, sport should be a facilitator because it allows the knowledge of the other and facilitates communication as a non-verbal language (De Anna, 2014, D'Alonzo, 1995). Yet often incidents of violence and exclusion are increasingly noticed in the forums, in the media comments and in the same regulations that govern the federations. People who have a different skin colour, who come from countries outside the European Community, who profess different religions, who are gay or lesbian or with disabilities are excluded from the game, whether they are playing or fans (Cassese, Raiola, 2017). All this because discrimination arises from the lack of knowledge of the other by us, from those considered "different". In this vision the environment and teaching methods have to play a flexible role and an adaptive setting (Invernizzi et al, 2019, Di Tore et al, 2018). So how can sport try to fight and defeat these differences and discrimination? First of all, aiming to reinforce these characteristics, starting to use it as a tool of knowledge. Solutions can be the creation of projects, banners to be displayed in stadiums to unite the social world with the sporting world and raise awareness, communicate and train children who will be tomorrow's adults. In this study it aims to research a new applying movement (Valentini et al, 2018ab) to the sport for all. With this work it wants to put the "positive" value of the term diversity in the foreground, starting from what is the approach of today's society and the world of sport on a delicate subject such as diversity (Pisapia et al, 2019, 2018, Pisapia, D'Isanto, 2018)

METHODS

The work is divided through two mode phases to search the deductive applied rules for open sport for all in an inclusive way without any form of discrimination.

1) A first purely theoretical work with the use of the reconnaissance of literature on the subject of diversity and inequalities, making a comparison between the combination of diversity and sport in our days as opposed to a few years ago (Ghirlanda, 2003). Making this comparison we note that in our day, despite all the problems linked to racism, we increasingly see multi-ethnic teams. And this, from some studies, has turned out to be

an advantage not only from a cultural point of view, but also from that of performance. In fact, this study shows how diversity is a real added value for sports clubs. And when we talk about diversity we mean not only the origin but also differences in age and role. Each team, in football, as well as in other group sports, has its own characteristics, deriving precisely from the diversity of each player. According to the research carried out on these topics, the differences (age, ethnicity, styles of play) do not hinder performance, but rather they are an extra boost that involves wanting to go beyond our limits and improve day by day (Drabeni, 2008). Multi-ethnic diversity is certainly the one that makes people talk the most and many initiatives promoted by Sport Against Violence (SAV) have shown that creating multi-ethnic soccer teams, or in general of multi-ethnic contexts, helps integration, allows to overcome all those barriers and those prejudices that are inherent in society and allow each boy to overcome his own limitations through the knowledge of the other's differences (Valeri, 2012).

2) A second job that takes into consideration the "traditional" rules of some disciplines such as handball, rugby and baseball, which are then compared with the adapted ones, focusing on what has changed (variation in playing times). , variation of the equipment used, cc) and what has remained unchanged.

RESULTS

The results were reported in a table in which the adapted rules are cited in one column and in the other the changes with respect to the traditional rules according to the aim.

Table 1. Adapted sports disciplines

DISCIPLINE	ADJUSTED RULES	CHANGES FROM THE ORIGINAL
RUGBY	<ul style="list-style-type: none"> -Including sports in which the disabled compete on wheelchairs equipped with sensors that move thanks to the movement of the torso to facilitate subjects with amputations to the arms. - Light and medium severe visas compete with appropriate visual corrections. - The ball will have a rounded shape. It will be bigger, made of rubber for better rebounds and sound, to help people suffering from blindness. -The poles are less high to allow you to make more easily. 	<ul style="list-style-type: none"> - Method of competing for the disabled. - Different shape and size of the game ball. - Reduced height of the game poles to make a goal.
BASEBALL	<ul style="list-style-type: none"> -The roles that can hold subjects with disabilities are: pitcher and receiver. To the first, to subjects with deafness the beginning of the bar marked with visual devices. -In cases of blind subjects◇ acoustic signal devices to warn the beginning of the game. 	<ul style="list-style-type: none"> -Only some specific roles can be performed by persons with disabilities with adjustments that allow you to play in a calm and peaceful way such as: 1) Visual devices for subjects with deafness; 2) Acoustic signalling devices for blind subjects.

HANDBALL	<p>Adaptation of the handball that possesses particular and innovative characteristics;</p> <ul style="list-style-type: none"> - A game played by two teams each made up of 7 players, two of them in the role of goalkeeper. - Each player has a role defined by his motor skills and has a direct opponent of the same level. These roles are numbered from 1 to 5 and have their own rules; - there are side doors in addition to the base ones; - there is the possibility of replacing the regulation ball with a reduced size and weight in certain game situations; - there is the possible assignment of a tutor, i.e. a player of the team can accompany the actions of a fellow with disability. 	<ul style="list-style-type: none"> - Each player has a role based on his own motor skills and collides with a direct opponent of the "same level". - The roles are numbered from 1 to 5. - Addition of side doors. - Possible replacement of the ball (with another of reduced weight and size) in certain game cases. - Assignment of a tutor who accompanies the actions of the partner with disabilities.
PARALIMPIC JUDO	<ul style="list-style-type: none"> - For a duel between blind athlete and able-bodied athlete they bandage both (even the blind athlete) to ensure the same degree of visibility. - the two blindfolded athletes start the fight and from the angle the coaches give their athletes all the information they need to fight. - the two contenders challenge each other on a linear surface (similar to that of fencing) and both announce the guard (right or left) with whom they intend to advance. 	<ul style="list-style-type: none"> - Possibility of duel blind athlete-athlete with normal blindfold for both. - Challenge on linear surface with announcement of the guard with which they want to advance.
TRACK CYCLING	<ul style="list-style-type: none"> - Reference categories: blind and able-bodied. - Tandem race, blind and able-bodied and only the 1000 meter race is scheduled and the tandem will be built according to the prostheses of disabled athletes and with the assembly of the power meter on the crank. - Two parameters with the assignment of a score related to lap time and power measurement (Watt) expressed by the blind athlete. - Modifications to the rules for the attribution of the score and preparation of the ranking on the basis of the scores obtained. -The blind athlete is made active participant of the competition. 	<ul style="list-style-type: none"> - Only 1000m race for tandem race (blind-able). - Tandem built according to the needs of disabled athletes and with the addition of a power meter. - Score assigned relative to the lap time and power measurement of the blind athlete.
TABLE TENNIS	<ul style="list-style-type: none"> - The single game ends at 10 points, in case of a tie from 10 points the game goes on until one of the two players is the first to get two points more than the opponent. - Each player has two rackets, one for each hand. After the joke the opponent responds with one of the two rackets (left or right) and the counter-response must use the racket opposite to that used in the service. 	<ul style="list-style-type: none"> - Each player has two rackets, one for each hand to help the disabled player. - The counter answer to the joke, the batter responds with the racket opposite to that used in the service.

	-The use of two rackets allows the disabled player not to move too far from one side to the other, thus helping himself with both hands.	
DANCE	<p>-The combi category consists of two components, one of which is disabled.</p> <p>-The disability can be of any type, physical, sensorial, or intellectual-relational.</p> <p>-For those with hearing disabilities -> not being able to hear the music, they are able to perceive the sound vibrations that propagate in the room. The higher the volume of music the more the vibrations are received.</p> <p>-An additional support can be provided by the technology with Vibe tunes, an application for android that is able to "listen" to the deaf music on their mobile phone.</p>	<p>-Inserting four couples of able-bodied and four pairs of athletes with disabilities (two for each side of the track).</p> <p>- Modification of DUO pairs made up of two athletes with the same disability through a simulated dance test with the help of a professional dancer.</p> <p>-The disabilities taken into consideration were: disabilities in the lower limbs, impaired vision and hearing.</p> <p>-Use of the application Vibe tunes, that is able to listen the music and to help the athletes.</p>
KITEBOWLS	<p>-Sport team that combines the basic principles of the Paralympic bowl, curling and golf.</p> <p>- Each team is composed of 8 heterogeneous players and they challenge each other to the best of the 3 sets.</p> <p>-Players must throw the ball from each of the corners of the field (called stations) towards the centre, where there is a circular area with concentric rings (as in curling), each with a certain value, which increases the more you approaching the centre: the outermost one is worth 5 points, then up the narrowest ring that is worth 100 points. At the centre of the area there is a hole (as in golf).</p> <p>-It takes its name from the shape of the kite field and from the main object of the game that are the bowls.</p> <p>-Including sport able to unite athletes with different disabilities in a single team, guaranteeing equal opportunities to play for everyone.</p>	<p>- Team sport that combines the fundamental principles of the Paralympic bowl, curling and golf.</p> <p>- Each team composed of 8 players who challenge each other to the best of the 3 sets.</p>

DISCUSSIONS

From the table above it emerges that with respect to the original rules have changed:

- The ways in which athletes with disabilities compete;
- The modification of the shape or size of the ball or other elements of the game such as the addition of side doors in handball, the different construction of the tandem in track cycling or the addition of a racket in table tennis;

- The adaptation of the roles of the players in relation to the individual disabilities and abilities of each;
- The addition of teammates who can play the role of tutor who supports their teammate and helps them where they cannot arrive alone and accompanies them during the race, if necessary;
- The use of disability compensatory devices that support the athlete during his performance.

CONCLUSIONS

The study shows how truly inclusive sports can be born in which everyone can feel free to express themselves to the fullest of their abilities and feel like starting "on a par with" others. These so-called adaptations must not be considered as "adjustments" implemented for any form of pietism or compassion towards persons with disabilities, but are merely additions or modifications (of playing times, equipment, etc.) implemented to guarantee everyone athletes, with any difficulty, the full serenity and awareness of their strengths and to help them accept themselves for what they are. Concluding and returning to the central theme of this article, namely diversity in sport, it must not offend, but open the mind and confirm that different is more beautiful, more exciting and, why not, even more successful!

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