



# CONIFA

**No Limits strategic plan: policies, guidelines, rules, and action plan for a Conifa's Pan - disability football**

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## Introduction

CONIFA has produced this guide to outline a strategic framework for disability football. CONIFA strengthens identities, empowers people, contributes to a better world free of discriminations.

The aim is to get as many of CONIFA's members to start football teams for people with disabilities because we believe that they can really inspire their communities showing their skills and overcoming limits.

We know that football has the power to give voice to stories of courage, improvement, resilience without prejudices.

With policies and rules we want to ensure that every adult with disability is able to play football with the most appropriate way and development, considering any relevant characteristics of the athlete 's particular disability and/or significant physical and mental developmental delay.

It is important to ensure that the policy operates in a manner which is fair for all.

this guide is not just about the rules of a single tournament or football game: it wants to offer guidelines to our federations. The goal is to focus on the objectives to be pursued all together with the aim of enhancing disability within the CONIFA territories by opening to their own communities and networking locally and globally.

Football for disabled people (7-a-side) was introduced to the Paralympics during the 1984 New York Games. Originally called Cerebral Palsy football the sport now includes athletes with other brain injuries and similar conditions. Over the past years many football federations around the world developed plans for football for people with disability. From the grassroots to adults we are now watching many kinds of football: amputee, wheelchair, blind, cerebral palsy, learning disabilities, deaf, dwarf and other disabilities now have a special rule for playing the game.

CONIFA choose to develop a pan-disability plan embracing all disabilities that give the athletes the opportunity to use the lower limbs, see and move autonomously.

Athletes competing in No Limits Football have an impairment that leads to a competitive disadvantage in sport. Consequently, a system must be put in place to minimize the impact of impairments on sport performance and to ensure the success of an athlete is determined by skill, fitness, power, endurance, tactical ability, and mental focus. This system is called classification.

We remind each member that no limits football **is not** a parallel path or something lesser value than senior football.

For CONIFA this is a particularly important area for the development of the institution. Each federation is required to do what is concretely viable to develop and implement this area within its context.

We want to ensure that football can truly be called a sport for all.

## Our goal

The purpose of this guide is to:

- ❖ assist all CONIFA members with understanding the policy and rules.
- ❖ explain who is target group for No Limits.
- ❖ provide details on how No Limits works.
- ❖ give details on the procedure to be followed, including how we notify applicants of the outcomes of the decision.
- ❖ Motivate all federations to start planning a local plan for football for people with disability.

## Why is a Policy needed?

CONIFA believe that the safety of all athletes involved in No Limits is of paramount importance. With our rules we want to prevent risks and empower the game by creating a system free from abuses and where no one is gaining an unfair advantage.

This includes a duty to make reasonable adjustments to any policy which may have the unintended effect of discriminating against disabled football players.

We know a huge amount of work already goes into making open-age adult disability football a safe and positive experience for all.

## What is a disability?

A person has a disability if: - he/she has a physical or mental impairment, and - the impairment has a substantial and long-term adverse effect on his/her ability to carry out normal day-to-day activities.

Types of Disabilities:

- a- Physical disabilities.
- b- Intellectual or Learning Disabilities.
- c- Psychiatric disabilities.
- d- Visual impairments.
- e- Hearing impairments.
- f- Neurological disabilities.

The causes of a physical or neurological disability are also varied. They usually fall into one of two categories:

- ❖ **Hereditary/Congenital** – where a person has been born with a physical disability or developed one due to inherited genetic problems, has suffered an injury at birth, or has issues with their muscles.
- ❖ **Acquired** – An acquired physical disability could be due to an accident, infection, disease, or as a side effect of a medical condition.

## What kind of disability will be recognized in No Limits?

### 1. Hearing impaired, deaf, Mutism.

Hearing loss, also known as hearing impairment, is a partial or total inability to hear. A deaf person has little to no hearing. Mutism is typically understood as an inability to speak on the part of a child or an adult due to an observed lack of speech. Players must have lost 41 decibels or more of their hearing, and hearing aids must be removed before a match starts. No restrictions will be applied to mute players.

### 2. Cerebral palsy and other neurological disorders, including stroke and traumatic brain injury.

Cerebral Palsy is considered a neurological disorder caused by a non-progressive brain injury or malformation that occurs while the child's brain is under development. Cerebral Palsy primarily affects body movement and muscle coordination.

A neurological disorder is an impairment with a motor control impairment of a cerebral nature causing a permanent and verifiable Activity Limitation. This may include hypertonia, spasticity, dystonia, rigidity, ataxia, athetosis.

**Hypertonia** is a condition marked by an abnormal increase in muscle tension and a reduced ability of a muscle to stretch.

**Ataxia** is a neurological sign and symptom that consists of a lack of co-ordination of muscle movements.

**Athetosis** is generally characterized by unbalanced, involuntary movements due to constant changes in muscle tone and a difficulty maintaining a symmetrical posture.

We allow players with cerebral palsy who can stand up and walk gather in teams of seven a side and play their matches on a smaller pitch.

### 3. Dwarfism.

Dwarfism is a condition of short stature. Disproportionate dwarfism is characterized by an average-size torso and shorter arms and legs or a shortened trunk with longer limbs. In proportionate dwarfism, the body parts are in proportion but shortened. we allow those players able to perform all the typical movements of the game of football.

### 4. Learning disability.

A learning disability is a condition where the brain does not develop as fast or as fully as someone with no learning disability. The degree of learning disability can vary enormously.

**Dyscalculia.** A specific learning disability that affects a person's ability to understand numbers and learn math facts. Individuals with this type of LD may also have poor comprehension of math symbols, may struggle with memorizing and organizing numbers, have difficulty telling time, or have trouble with counting.

**Dysgraphia.** A specific learning disability that affects a person's handwriting ability and fine motor skills. Problems may include illegible handwriting, inconsistent spacing, poor spatial planning on paper, poor spelling, and difficulty composing writing as well as thinking and writing at the same time.

**Dyslexia.** A specific learning disability that affects reading and related language-based processing skills. The severity can differ in each individual but can affect reading fluency, decoding, reading comprehension, recall, writing, spelling, and sometimes speech and can exist along with other related disorders. Dyslexia is sometimes referred to as a Language-Based Learning Disability.

**Oral / Written Language Disorder and Specific Reading Comprehension Deficit.** Learning disabilities that affect an individual's understanding of what they read or of spoken language. The ability to express one's self with oral language may also be impacted.

**Non-Verbal Learning Disabilities.** A disorder which is usually characterized by a significant discrepancy between higher verbal skills and weaker motor, visual-spatial and social skills. Typically, an individual with NLD (or NVLD) has trouble interpreting nonverbal cues like facial expressions or body language and may have poor coordination.

**ADHD.** A disorder that includes difficulty staying focused and paying attention, difficulty controlling behaviour and hyperactivity. Although ADHD is not considered a learning disability, research indicates that from 30-50 percent of children with ADHD also have a specific learning disability, and that the two conditions can interact to make learning extremely challenging.

**Dyspraxia.** A disorder that is characterized by difficulty in muscle control, which causes problems with movement and coordination, language, and speech, and can affect learning. Although not a learning disability, dyspraxia often exists along with dyslexia, dyscalculia, or ADHD.

**Executive Function.** An inefficiency in the cognitive management systems of the brain that affects a variety of neuropsychological processes such as planning, organization, strategizing, paying attention to and remembering details, and managing time and space. Although not a learning disability, different patterns of weakness in executive functioning are almost always seen in the learning profiles of individuals who have specific learning disabilities or ADHD.

We allow players who because of their deficits have suffered exclusion and prejudice in able-bodied football.

## 5. Other disabilities and syndromes.

**Tourette syndrome.** It is a neurological disorder which involves involuntary and repetitive vocalisations, sounds, and movements called tics. These tics are neurological not behavioural – which means a person with Tourette syndrome cannot control them.

**Epilepsy.** It is a neurological condition where a person tends to have recurring seizures due to a sudden burst of electrical activity in the brain. Seizures can cause unusual movements, odd feelings or sensations, a change in a person's behaviour, or cause them to lose consciousness.

**Asperger syndrome.** It is a developmental disorder characterised by significant difficulties in social interaction and nonverbal communication, along with restricted and repetitive patterns of behaviour and interests.[6] As a milder autism spectrum disorder (ASD).

**Psychiatric disability.** It is a mental illness that significantly interferes with the performance of major life activities, such as learning, working, and communicating, among others. The most common forms of mental illness are anxiety disorders, mood disorders, and schizophrenia disorders.

We authorize players who can play independently without causing risks to themselves or others. Certification is required regarding the possible use of drug therapies. These therapies will be taken directly by the player supervised by the social-health manager of the team to which he belongs.

## The No Limits Football

CONIFA is in line with international football and disability regulations believing that it is the right structure capable of enhancing the game. For that reason, every official No Limits Tournament and local disable football leagues will be 7-a side.

Derogation about the format is only possible for friendlies between two federations.

No Limits football is for adults with pan-disabilities from 18(or legal age of the country that host the tournament) to 40.

Our format is "OPEN". Each team must have a 1-2 special able-bodies players playing football. They are called "special" because they must come from the following areas:

- ❖ **Psychological and Medical area:** psychologists, professional educators, health and / or nursing staff, staff from health institutions in the individual territories.
- ❖ **Technical area:** technicians, trainers, coaches, specialized and qualified physiotherapists in the field of sport for people with disabilities.

Each team must take out insurance and have at least one medical / social-health and / or educational figure who is able to respond to the specific/legal needs of the players called.

CONIFA pays close attention to the safety of the athletes and the support to the federations that host or participate in the no Limits events. We strongly believe that is necessary to pursue a risk reduction and social inclusion.

When we talk about **The No Limits Football**, we refer to:

- ❖ the single continental tournaments that will be held every 2 years.
- ❖ the creation of a NL World Cup to be held every 4 years.
- ❖ the development of local competitions and friendlies aimed at raising awareness and strengthening the relationship between people with disability and its own territory.

For these reasons, CONIFA will ask all members to follow the policies for federations and work on a development plan.

About the organization of a No Limits event or participation in tournaments, the CONIFA procedure established for senior football remains valid.

It will be up to the institution to provide the terms, deadlines, and procedures for CONIFA events.

## **Format and basic rules.**

1. The sport is like football for able-bodied players with a few modifications. There are seven players on the field at a time rather than 11.
2. The match lasts two equal periods of 20 minutes
3. Field of play dimensions: 70m x 50m or
4. A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than 5 players.
5. Within the 40 minutes of normal time, a maximum of five (5) substitutes every period may be made. Substitutions are unlimited, without the need to stop the game and the athletes entered in the record is limited.
6. Any athlete may change places with the goalkeeper, if authorized by the arbitration and the ball out of play.
7. Each team must always field at least one of each class players on the field of play during a game, or the team will play with one less payer. To avoid this is necessary ask for formal dispensation at local game officer.
8. To treat any injured athlete, this should leave the field of play for any place in the same, as authorized by one of the referees, and it can be replaced immediately, and the athlete in question can return only when his team which has possession and with the referee's permission, except the goalkeeper can stay in the game without the need to be replaced.  
If bleeding or severe injury an athlete must leave the field, it can be replaced immediately.
9. The offside rule does not apply in NL Football.
10. A player may choose to roll the ball into play. If rolled into play the ball must touch the ground immediately once it has left the players hand (within approx. 1m).
11. The coaches of both teams must sign the minutes of the game, which certifies all data described in it, as athletes and members of related technical committee, final score, violations, and disciplinary cards.
12. The technical committee of the teams shall be composed of the following members:
  - ❖ ***Technical or Coach***
  - ❖ ***Massage/ physiotherapist***
  - ❖ ***Physiologist/medical/educator (speaking English language fluently)***
  - ❖ ***Team manager***

### **Transgressions subordinated to this rule are divided into:**

- ❖ ***Technical violations.***
- ❖ ***Disciplinary violations.***
- ❖ ***Personal violations***

### **Technical violations**

Athletes are committing violations when:

- Kicks or attempts to kick.
- Overthrow the opponent or attempt to use the legs or crouching in front or behind it.
- Jump or hit the opponent.
- Lock opponent from behind.
- Blocking opponent violent or dangerous manner.

- Strike or attempt to do so.
- The opposite conclusion or action to prevent any part of the arm.
- Pushing an opponent with the help of hands or arms.
- Launch intervene spit out people.
- Purchase (projection slid ably ball down the dispute with another athlete participation in play).
- Hand the ball.

**Penalty:** free kick to the opponent in place of infringement or brand a fine if committed within the target area of the offending team.

### **Disciplinary violations.**

Athletes are committing disciplinary violations when:

- Enter or re-join his team after the game resumed without introducing the referee or receiving orders to do so.
- Persistently break the rules.
- Indiscipline is guilty of conduct.
- Demonstrate in words or acts divergences from the referee's decisions.
- Use of unsportsmanlike tactics.
- Change his shirt number without warning the agent or the referee.
- Discuss with the public, officers, partners, or rivals.
- Introduction of field to give instruction.
- Take the shirt off at any time during the game.
- Use of alcohol, tobacco, or prohibited drugs in the field.
- Deliberately delaying the restart of play to get away and let the ball go when an interruption of the game.

### **Penalties:**

***With the ball in play:*** If the referee paralyzes the match, they must apply the disciplinary card and it will be considered as technical violation.

A free kick to the opposing team at the place where the executor at the time of the stoppage of play.

**Note:** If the athlete leaving the field briefly to commit infringement, the kick is made to the place where the ball was located.

***With the ball out of play:*** The referee will give the required warning. Individual and collective violations must be noted. The match restarts at the place where the ball was located.

### ***Components of the bench:***

Violations athletes joined as individual and collective, collective staff training.

Violations after the collective fifth, when athletes added only as an individual, and subject to greater punishment.

**Penalty:** If the match is paralyzed, it must be applied the disciplinary card to the components of the bench and the game must be restarted with a free kick to the opponent which, at the point had the ball.

***The following disciplinary sanctions cards and are set:***



**Yellow card:** The athlete is warned immediately and must leave the field of play for the substitution zone, stay in bank, and may return only after two (2) minutes timed ball game.

**Note:** If the ball touches or hit the athlete's hand and get the same advantage in the bidding, the referee will mark infringement, granting free kick against put his team the disciplinary board should not apply

**Red card:** The expelled athlete must leave the field for substitution zone, cannot stay on the bench, replaced by another athlete after 02 minutes timed. The player who replaces can only enter the field with the ball out of play, with the possession and his team after receiving the referee's permission.

### **Personal violations.**

Athletes are committing disciplinary violations when:

- Playing the ball without being properly uniformed.
- Use verbal expression and / or gestures to deceive the opponent.
- Being the goalkeeper, after the defence, release the ball and play it again without It has been touched by any other athlete.
- the goalkeeper posted outside his goal area, receiving the ball from his teammates, to drive in his own area and take the ball with the hands.
- The game with ball control, driving out of your area, go back and catch it with your hands.
- As the executor of a shot in the corner, the goalkeeper, initial free throw or kick or goalkeeper, touch the ball before another athlete.
- Can hinder the demonstration holding the ball with his feet or his body to avoid com lead, except the goalkeeper dropped in your area.
- Intentionally obstructs the goalkeeper without the ball or area or bring order to hinder the objectives of this in relation to the collection violation.
- Lift the feet to kick with the heel and bring danger to the opponent near the work.
- Kicking with the soles of the feet with opponents near the ball.
- Increase feet in height, or head back next opponent.

**Penalty:** direct free kick or penalty kick if the infringement is within the own area.

Any replacement must be carried out within the substitution zone. The replacement must first stop then get replacement.

**Penalty:** The game must be stopped to redo the replacement and resumes with free kick to the opponent in the place where he was the ball at the time of arrest.

### **Pitch.**

**Seven-a-side pitch markings.** The pitch of seven-a-side football is bigger than the five-a-side football, ranging from 65-70 yards (up to 70 meters) in length and 50-55 yards (up to 50 meters) in width, respectively. Dimensions and shape of penalty area may differ for other variants.

**Field markings.** The playing field must be marked by white lines and clearly visible, 10 cm wide, following the field level. The midfield will be marked by a visible point, exactly the middle of the centre line, 10 cm radius.

**Goal Area and penalty mark.** Goals should be placed at the centre of each end line and consists of two vertical posts 5 meters away from each other inside and measured connected by a horizontal bar whose inner face is positioned at a height of 2.20 cm of soil. The diameter of the goalposts and the crossbar must be painted white and 10 cm. Behind the goals must be compulsorily placed in positions prey networks in

the cross-bar and the floor -sustained and conveniently placed to provide sufficient space for the goalkeeper. Nets must be made of suitable materials and not offer danger to the professionals, with small openings that do not allow the passage of the ball.

**Substitution area.** Situated in front of the table of representatives along the sideline, in the middle of the field, marked by two parallel lines 0.50 cm, with a portion 5m 10m.

**Banks.** The playing field must have banks with at least 10 m on each side of the field, intended to alternate and components coaching athletes. In addition to a table with two chairs and chief representative functions game. The bench should be at more than 5 meters from the table representative. If unable to comply with this determination, the team benches should be placed in one (1) meters of the bottom line, and five (5) meters of the bar where the lateral zone begins. Athletes warming must do behind the bench of reserves and com jackets of different colours.

**Coaching area.** Located in front of the team benches should be at a minimum distance of 01 m from the sideline, stretching from one side to the starting line, and 05 meters from the table of the representative and the other side of the field boundary always parallel to the sideline, bounded by sectional lines. If there is no mark of the technical area, the Coach can only transmit its guidelines in front of the bank.

### **Pitch.**

The playing field must be of synthetic or natural grass, with its rectangular shape. The field can be placed inside an outdoor facility or inside an indoor facility.

It is possible to obtain two NL football fields from a 11-a-side football field provided they are adequately separated by signs, lines and zones dedicated to benches and technical areas.

### **Teams: roster and eligible classes**

In official NL tournaments, teams must meet requirements related to the type of squad, number, composition of the technical staff and athletes subject to certified classification.

A roster can be made of 12 to 16 persons. It must have:

- **Technical or Coach**
- **Massage/ physiotherapist**
- **Physiologist/medical/educator**
- **Team manager**
- **1-2 Open players**
- **7 or more Classified adults' athletes with pan-disabilities**

### **Players.**

Players competing in No Limits football must prove their level of disability. Eligible classes are:

**C1 - Athletes with difficulties when walking and running**, but not in standing or when kicking the ball.

**C2 - Athletes with control and co-ordination problems** of their upper limbs, especially when running.

**C3 - Athletes with hemiplegia.**

**C4 - Minimally disabled athletes.** They must meet eligibility criteria and have an obvious impairment that has impact on the sport of football.

**C5 – Open players.** Every team must have 1-2 able-bodied players who have an educational and / or certified socio-health role. They can play for their team. This choice is motivated to guarantee a wider benefit, monitoring and social impact for the athletes involved.

#### **Teams.**

- **Teams must always field at least two class C1 or C2 player.**
- **Only one player of class C5 is permitted to play.**

**Note** that orthopaedic issues or pain and any limitations caused by pain are not part of the classification system.

#### **Dispensation policy.**

Dispensations are issued for a stated period which is usually one football season or tournament.

CONIFA will consider two types of conditions:

- a- A dispensation could be granted to those territories and federations that are interested in participating in a No Limits tournament or friendly matches but that do not manage to meet the composition criteria of the roster.
- b- A dispensation could be granted to those territories and federations that can find it difficult to produce specific documentation regarding the disabilities of their athletes.

To obtain the derogation it is mandatory to present a motivated letter to the board of reference with the available documentation attached.

The competent board will decide whether to grant this dispensation motivating the response based on the content of the documentation sent.

The documentation will be submitted to the organizing committee and to the federations participating in the tournament to guarantee the process's transparency. This process must be held until 30 days prior the opening ceremony.

The organizing committee of **No Limits tournaments** must have two professionals present both during the document's evaluation and at the start of the tournament:

**Medical classifier:** Currently registered medical professional (physiotherapist or medical doctor).

**CONIFA classifier:** A Person able to collect all documents, verify information and stay connected with competent board and federations.

It is crucial that classifiers have a strong understanding of **No Limits football** and this framework.

#### **Matches**

All matches must take place in a safe environment for both teams and the public. Access to the matches must be free of structural barriers and capable of promoting the active participation of spectators with disabilities.

The teams must present themselves 1 hour before the start of the game, provide the necessary documentation for the deployment of the players and prepare adequately for the match:

- The uniforms must be complete and different from those of the opponent.
- A warm-up must be carried out in the 20 minutes before the match.
- Referee must call for check the team up to 10 minutes prior the kick-off.

Each team can play maximum two matches in day (80 min total). Non-official tournament may have more matches in one day but cannot exceed the total of 80 minutes per team.

## **Policies for federations and check list**

### **Step 1: adopt and adhere to the No Limits strategic plan and involve adults' athletes in the process.**

It is mandatory to adopt and adhere to this plan. It's also important to involve the target group in every step of the process.

We pay attention to

- ❖ the rights of adults to make their own choices and decisions.
- ❖ developing a culture that involves adults with disability and consults them on all decisions affecting them.
- ❖ laws, government guidance, and football regulations.

### **Step 2: appoint a No Limits officer.**

Each federation must appoint a No Limits officer and add his name to the whole No Limits system. The NL officer is the person responsible for rules, organization, communication, and adult safeguarding. He is the first point of contact for any safeguarding concerns.

### **Step 3: ensure the welfare officer can manage this guideline and have a contact with the competent CONIFA No Limits manager.**

It is mandatory that the NL officer could manage this guideline a spread the word within the local federation at all levels. The NL officer can suggest all implementation to this guideline.

### **Step 4: identify the coach/manager and assistant coaches/managers and create de technical team for the NL national team.**

It is mandatory to create a technical team for NL National team. Each team must appoint a coach/manager and ensure this data is recorded on the whole NL system. No need a special qualification for Coaches.

### **Step 5: make a survey on local territory to find out clubs, non-profit association involved in sports for people with disability.**

Communicate the plan, policy and procedures to all stakeholders and persons with interest. Everyone needs to know the about the chance to be part of No limits.

### **Step 6: build a local action plan aimed at stimulating the no limits area in the territory through events, tournaments, leagues, and awareness days in the territory or in schools.**

It is mandatory to build a local action plan for No Limits Football. Each federation can choose the best way to promote the NL actions within the territory. The federation can:

- ❖ Organize public event in partnership with local institutions.
- ❖ Organize short tournaments, friendlies, or national leagues.

- ❖ Organize awareness day in public or schools.

Since this guide will operate among all continents each federation will comply with at least one of those actions.

**Step 7: encourage volunteers and staff to be a part of the process.**

CONIFA is open to the volunteer’s participation and suggest to extend this vision to all federations acting in No Limits.

**Step 8: develop the action plan and show results to CONIFA Board.**

Every action carried by local federations must be declared, shared, and developed. It is mandatory to give a feedback to the competent CONIFA Board.

It is also important to give visibility about the action plan:

- ❖ describing the main points at meetings or resumes.
- ❖ making use of any digital platforms to share the information.

**Step 9: review the best-practice guidance and identify any steps that could be taken to strengthen existing safeguards.**

**Step 10: manage poor practice and report any concerns that an adult is at risk, following the guidance provided safeguarding.**

It is mandatory to carry out ongoing monitoring and at the end of each action plan or tournament to assess the impact of good practices and correct errors or risks. Monitoring results must be shared with the board and other federations.

Step 1	Step 2	Step3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10

Please print the policy and thicken every step taken.

## **Critical control points related to disabilities and best practices.**

### **Learning Disability**

As a coach or No Limits officer, you should ensure your players understand the specific safety rules associated with NL football. Situations that appear to be an obvious danger may not be perceived as such by some individuals with a learning disability. Accidents may occur due to the lack of awareness of the imminent danger of a situation or the inability to respond appropriately and swiftly if given a command. Some players may have relatively poor self-care skills and will need guidance in areas such as:

- ❖ Appropriate clothing.
- ❖ Avoidance of sunburn, exhaustion, and dehydration – they may need to be reminded frequently to drink or use sun barrier creams.
- ❖ Players with a learning disability are also more likely than their non-disabled peers to have convulsive disorders such as epilepsy.
- ❖ Know as much as you can about your athletes. Keep instruction simple and provide it in small blocks. Add on questions to check for understanding and provide a balance of visual demonstration and verbal instructions.

Demonstration is key

### **Cerebral Palsy and other neurological disabilities.**

These are not a diseases or illnesses. It is a brain lesion, which is non-progressive and causes variable impairment of the coordination, tone and strength of muscle action impacting on postures and movement. The degree of impairment between individuals with neurological disabilities varies considerably according to the severity and site of the brain damage. You may not be awfully familiar with this condition, so it may help to see the player first before considering the safety issues of which you may need to be aware.

Players may be prone to accidents and injuries because they have problems with balance and co-ordination. They may also have more frequent dehydration, muscle cramps and exhaustion. Coaches and NL officers may therefore need to take extra precautions in hot weather and during hard training sessions, by giving opportunities to rest and to take on liquids. Similarly, if there is poor motor efficiency; players will be more prone to exhaustion after intense effort. As a coach you should be aware of this and monitor practices and training schedules accordingly.

### **Safety.**

As with any practical coaching session, safety is of paramount importance. All coaches and NL officers need to be aware of the participant's personal conditions which may influence what is included in the session and how it is managed.

Always remember to:

- ❖ Reflect on current practice regarding safety and to identify key safety factors.
- ❖ Consider the importance of treating each player as a unique individual – as you should in all coaching situations.
- ❖ Adapt your coaching practice to work effectively and safely with all soccer players, assessing the same safety and personal factors as you would for non-disabled players.
- ❖ Review the training environment, is it clean and safe, well lit, accessible.
- ❖ Keep the ratio of Players to technical committee. Special Olympics recommend a 4:1 ratio.
- ❖ Refer to generic sport practices within your field.

## Words with Dignity

The following terms are suggested to describe persons with disabilities.

Instead of:	Use:
Disabled, handicapped, or crippled	Person with a disability or people with disabilities
Crippled by, afflicted with, suffering from, or deformed	Person who has or person with Lam Person who has a mobility impairment
Confined, bound, or restricted to a wheelchair	Person who uses a wheelchair
Deaf and dumb, deaf, deaf mute or hearing impaired	Person who is (e.g. deaf or hard of hearing)
Retarded or mentally retarded	Person with an intellectual disability
Spastic (as a noun)	Person with cerebral palsy
Physically challenged	Person with a physical disability
Mental patient, mentally ill, mental, or insane	Person who has or person with (e.g. a mental illness or schizophrenia)
Learning disabled or learning difficulty	Person with a learning disability
Visually impaired (as a collective noun or blind)	People who have a visual impairment
Disabled sport	Sport for athletes with disabilities

## Athlete pathway

No Limits football is a great team sport and a wonderful opportunity for athletes to meet like-minded individuals. We are working to create pathway for participants to compete at all levels from local competitions to representing their land even on to international competitions.

## Referees

CONIFA will work to the creation of special Referee section for NL Football with the aim to provide a specific and technical preparation for tournaments and other events. Referees must Know NL rules and guidelines, speak English Language and understand the area regarding football for adults with disabilities.

## External links and useful info

[www.f7federation.com](http://www.f7federation.com)

[www.disabled-world.com](http://www.disabled-world.com)

[www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)

[www.sports.org.au](http://www.sports.org.au)

[www.passionatepeople.invacare.eu.com](http://www.passionatepeople.invacare.eu.com)[www.ifcpf.com](http://www.ifcpf.com)

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