

DEAF WRESTLE

GUIDE



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1. Introduction

Postmodern democracy – a society with the highest values and ideals, ethical principles, and a society that strives to protect and realize human rights and freedoms. The 21st century - a time when it is believed that discrimination is far behind us and equality is recognized and respected among people of different ethnic, religious, gender, sexual, marginalized group, language, citizenship, social background, education, etc. Equality in itself also means respecting, ensuring and enjoying one's rights and freedoms. Nevertheless, what happens to the equal inclusion in society and the integration of people with disabilities in all spheres of life? Has the awareness of humanity risen to a higher level, and do the state structures create conditions for their participation in all social events, which are an integral part of daily life and the functioning of being?

International law guarantees the prohibition of discrimination through a number of international documents, the foremost of which is the *European Convention for the Protection of Human Rights*¹, Article 14 of which states that “The enjoyment of the rights and freedoms recognized by this Convention shall be ensured without no discrimination based on sex, race, color, language, religion, political or any other opinion, national or social origin, membership of a national minority, material position, origin by birth or any other status”. All international documents of this kind are guided by the idea of achieving the highest ideal of democracies, namely an equal and inclusive society, a society that cares for all. Therefore, fundamental human freedoms are the basis for justice and peace in the world, and their protection rests, on the one hand, on genuine political democracy and, on the other, on a common understanding of and respect for the human rights on which those freedoms are based.

International organizations, the European Union as well as the specialized agencies of the United Nations pay great attention in their policies to the equal inclusion of people with disabilities and the prohibition of discrimination in all areas of life. Of course, not all rights are absolute and the exceptions must be respected.

As a special area of inclusion, we would like to highlight *sport*, a concept that should unite all people and be the engine of social unification, creating a favorable climate for the development of friendly competition, cultural enhancement and a good basis for setting goals and gaining confidence in life. Through sports, a number of skills are developed by people of all ages, team spirit is fostered, self-confidence is enhanced, and the ability to solve certain problems is improved.

Therefore, sport should be understood as a field that unites all people with all their differences and establishes the principles of equality.

The United Nations and the European Union have recognized the importance of social inclusion and equal opportunities for people with physical or mental disabilities in sport.

¹ European Convention on Human Rights, 1953.

For example, the *United Nations Convention on the Rights of Persons with Disabilities*² states in Article 30 - Participation in cultural life, recreation, leisure and sport: “Parties recognize the right of persons with disabilities to participate on an equal basis with others in cultural life and will take all appropriate measures to ensure that persons with disabilities:

- a) Enjoy access to cultural materials in accessible formats;
- b) Enjoy access to television programs, films, theater and other cultural activities, in accessible formats;
- c) Enjoy access to places of cultural performances or services, such as theatres, museums, cinemas, libraries and tourist services and, as far as possible, enjoy access to monuments and sites of national cultural importance.”

Furthermore, the *Official Journal of the European Union* states: “Sports can be specifically designed for persons with disabilities or adapted in order to enable access for persons with disabilities regardless of the type of impairment, be it physical, intellectual or sensory. In certain conditions, sports for persons with disabilities can be practiced alongside those without disabilities, which demonstrates sport’s inclusive nature”.

According to the *2011 World Health Organization report*³, it is estimated that over a billion people (or about 15% of the world's population) live with a disability, including children. It appears that countries have raised the level of openness and inclusion and are taking certain steps and measures to ensure equal treatment and inclusion of people with disabilities in sports. However, unfortunately, there is still a belief that disability has a negative impact on society, and this inevitably leads to prejudice and the creation of negative perceptions in the population about a particular condition. Therefore, the active participation of civil society, international organizations, and prominent professionals and activists in the field of sport in the inclusion of people with disabilities and the creation of conditions for their equal representation is very important. Ensuring equal treatment and equal conditions must start with each of us, it must motivate people with disabilities to actively participate in social and sports activities, and it must restore their confidence in the system and the state as their protector in exercising their rights.

Diversity should not be perceived as a negative trait, but as part of each individual's personality and character.

This Best Practice Guide presents and analyzes the best practices identified in Europe and beyond for the inclusion of people with disabilities in sport, which have already been confirmed by research, and proposes new practices that could respond to the need to prevent and combat discrimination against the deaf or people with disabilities in sport.

² UN Convention on the Rights of Persons with Disabilities, 2008.

³ World report on disability 2011.

After identifying the best practices, the extent to which the results of the implementation of each practice are systematized and documented so that they can be transferred to the context or country in question was examined.

The following sub-criteria were set to be considered by the organizations when evaluating the transferability criterion: the practice uses instruments (e.g. a manual with a detailed description of activities) that allow for repetition/transfer; the description of the practice includes all organizational elements, identifies limitations and necessary actions taken to overcome legal, managerial, financial or skill-related barriers; the description includes all contextual elements of the target groups (i.e. athletes and sport professionals) and the actions taken to overcome personal and environmental barriers; a communication strategy and a plan to disseminate the results have been developed and implemented; the practice has already been successfully transferred/repeated.

The objectives of this Guide are numerous and are all related to a general goal:

- To present best practices or examples that have already been successfully developed in countries in Europe and beyond to prevent discrimination of d/deaf people or people with disabilities in sports.

Accordingly, the specific objectives to be achieved are to:

- Promote social inclusion and equal opportunities in sports – Greco-Roman wrestling, with a special focus to the d/deaf people or people with disabilities in sports.
- Support / establish sports activities in Greco-Roman wrestling for d/deaf people or people with disabilities.
- Help and support for the participation of sports operators, social workers, volunteers, coaches, sports clubs, organizations and anyone interested in implementing activities for the integration of d/deaf people or people with disabilities in sports through activities in “Greco-Roman wrestling for d/deaf people”.
- Assist and support sports clubs in establishing and implementing internal policies and procedures to support participation of the d/deaf in sports and to identify the various roles that individuals (athletes, coaches and other sports professionals) can play in integration of the d/deaf or people with disabilities in sports;
- Assist and support policy makers in developing strategies to prevent discrimination against the d/deaf or people with disabilities in sports;
- Build a knowledge base for linking activities to eliminate discrimination against the d/deaf or people with disabilities in sports;
- Establish a good foundation and encourage researchers, practitioners, and policy makers to increase their involvement with activities in this area.

Based on the goals thus set, the central research problem of this Best practice guide emerges – to determine the degree of integration of d/deaf people and people with disabilities in sports, both quantitatively and qualitatively, i.e. what best practices of integration they implement and impact on broader social processes.

Through a diachronic review of documents on protection from discrimination and inclusion of people with disabilities in sports and changes throughout history, the Guide explores the connection of d/deaf and people with disabilities in sports and in the creation of a new branched inclusive sports sphere.

The general hypothesis is composed of the following components:

(A) postmodern democracies are governed by the principles of (B) non-discrimination and (C) creating conditions for the development of modalities for the inclusion of people with disabilities in all aspects of life, focusing on sport as a field that unites all people regardless of their diversity.

The methodological approach in the preparation of the Guide is based on:

1. *Theoretical analysis* based on consultation of competent contemporary theory that addresses: *first*, the social and socio-political functions of the state in combating discrimination against people with disabilities; *second*, typical barriers to participation in sports by people with disabilities, such as lack of awareness by people without disabilities of how to properly include them on teams; lack of opportunities and programs for training and competition; too few accessible facilities due to physical barriers; and limited information and access to resources. Thematic materials from the field of international law, sports law and physical culture are included in the research. Research materials include references to legislation and other legal materials, official data, studies, analyzes, and research for the subject area.
2. *Comparative-normative analysis* of international, regional and national legal acts (conventions, recommendations, directives, laws, etc.);
3. Use of *data from desk research and presentation of five (5) best practices* from the countries involved in the implementation of the Project in relation to the prevention of discrimination of d/deaf or people with disabilities in sports and adaptation to the national context.

Of central importance are the inclusion process that occur in the sporting environment and what happens or can happen to people with disabilities when they enter the playing field.

The following criteria were considered when collecting data:

- **Relevance.** This criterion refers to the political/strategic context of the practice or intervention.
- **Ethical aspects.** Respect for ethical values and ensuring protection of dignity.
- **Effectiveness and efficiency of the intervention.** This criterion indicates the extent to which the intervention was successful in achieving the desired outcome in the most optimal way.
- **Equality.** This criterion considers that practice should take into account the needs of the population (i.e. men and women participating in sport or as athletes or sports professionals) in allocating resources and identifying and reducing inequalities.
- **Sustainability.** This criterion assesses the ability of the practice to be sustained in the long term with the available resources, adapting to the social and economic demands of the context in which it is developed.
- **Participation and intersectoral cooperation.** This criterion assesses the practice's ability to foster collaboration between different stakeholders and sectors (i.e. athletes, sports professionals, sports clubs, athlete support, the environment, policy makers, government officials, etc.).

Why Greco Roman wrestling?

1. **Social inclusion and equal opportunities.**
2. **Disability and social inclusion in Europe.**

Educational methodologies

The methodologies that characterize this project derive from the integration of different thematic areas:

- Basic knowledge of Greco-Roman wrestling, deaf people or people with disabilities in sports; in this area it refers to disciplines such as kinesiology, psychology, pedagogy, sociology, law, medicine, etc.;
- Sports disciplines and activities in the field of wrestling for the inclusion of people with disabilities in this area in which we work;
- Communication and teaching skills for operators working for the inclusion of people with disabilities through Greco- Roman wrestling.

The methodology defined and proposed in the project is characterized by flexibility and adaptability to the most diverse contexts.

Complementary activities

The aim is to stimulate reflection and improve awareness (of self and group). These activities are not easy. They need to be reviewed and corrected based on the group's feedback. Therefore, it is important to find the most appropriate proposal for this group each time. This type of activity must be integrated into the training, in relation to the goals we want to achieve.

Among the different types of additional activities, we can find:

- Different types of activities, that is, all physical activities that are preparatory for sports activity;
- Additional physical activities;
- Joining the activity (i.e. supporting the presentation, exploring the environment, locking, leaving);
- Activities involving families;
- Educational activities for an active lifestyle (art, awareness, health, well-being, nutrition, etc.).



Custom environment

The environment in which the activity takes place, the sports halls and the sports fields, must obviously be adapted to the needs and possibilities of the participants.

The partners analyzed and assessed each practice using the above criteria including: design and development process / categories of activities carried out / legal and regulatory compliance / institutional involvement.

Partners submitted best practices by filling in a pre-determined template (Annex 1) containing the following data: name of best practice and contact details (website, location, etc.), country, short description/history and national context. Partners submitted the completed template (with five best practices per country) along with recommendations for each best practice. In addition to the template, partners also responded to the questionnaire, which was created as a methodological tool to improve the quality of the material.

Annex 1: Template for submission of best practices and questionnaire

<p>Project name: Greco Roman Wrestling for d/Deaf people Project acronym: DEAF_WRESTLE</p>  <p>Work Package 2: Best Practice Guide Lead Beneficiary: PBK BEZBEDNOST Skopje</p>						
 <p>Co-funded by the European Union</p>						
<p>Organization submitting the analyzed practice:</p>						
<p>Best Practice Guide Sample</p>						
	Best practice name and contact details (website, location, etc.)	Implementing Country	Duration (since when, and if it was in the past - until when)	Short description/history	Recommendations	National Context
1.						
2.						
3.						
4.						
5.						
<p>Questionnaire to be answered by the organizations (also indicators that can be used to fill in the sample):</p>						
1.	Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities?					
2.	Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities?					
3.	Are there commissions or bodies within the national sports federations for sports disciplines (e.g. wrestling, chess, karate, judo, handball, athletics, etc.) that work on issues related to the inclusion of people with disabilities?					
4.	Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities?					
5.	Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars?					
6.	Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities?					
7.	Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities?					
8.	Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities?					
9.	Are competitions organized with people without disabilities and d/deaf and/or people with disabilities?					
10.	Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities?					
11.	Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/def and/or people with disabilities?					
12.	Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities?					
13.	Are there specific types of education/posteducation for professionals willing to work in sports with d/deaf and/or people with disabilities?					
14.	Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants?					
15.	Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities?					
16.	Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling and women wrestling) for d/deaf people and/or people with disabilities?					

2. Inclusion of d/deaf people and people with disabilities in the sport - International documents

Human rights are universal, therefore the rights of people with disabilities and the rights of people without disabilities are the same.

In the international law, there are a number of documents/acts that guarantee equal access to people with disabilities and people without disabilities, i.e. any form of discrimination is prohibited. A fundamental human right is the right to life. This right contains many important components that allow people to access all areas of life, which must undoubtedly be equal.

But what exactly is equality? *Equality is about ensuring that every individual has an equal opportunity to make the most of their lives and talents. It is also the belief that no one should have poorer life chances because of the way they were born, where they come from, what they believe, or whether they have a disability.*

The **European Union**⁴ promotes equality of opportunity and accessibility for people with disabilities. A fundamental part of its strategy involves working towards a barrier-free Europe. It means removal of all real obstacles to unequal treatment and access to the enjoyment of the rights of people with disabilities. One of the fundamental EU document that regulates the right to people with disabilities is the **Charter of Fundamental Rights of the European Union (CFREU)**⁵ that prohibits discrimination on the ground of disability and recognizes the right of people with disabilities to benefit from measures to ensure their independence, social and occupational integration and participation in the life of the community. The CFREU enshrines certain political, social, and economic rights EU citizens and residents into EU law. It was ratified on December 7, 2000.

“Conscious of its spiritual and moral heritage, the Union is founded on the indivisible, universal values of human dignity, freedom, equality and solidarity; it is based on the principles of democracy and the rule of law. It places the individual at the heart of its activities, by establishing the citizenship of the Union and by creating an area of freedom, security and justice”.

⁴ The European Union is a supranational political and economic union of 27 member states that are located primarily in Europe. The union has a total area of 4,233,255 km² and an estimated total population of over 448 million.

⁵ Charter of Fundamental Rights of the European Union, available at: <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:12012P/TXT>.

Article 26 of the CFREU implies on integration of persons with disabilities: “The Union recognises and respects the right of persons with disabilities to benefit from measures designed to ensure their independence, social and occupational integration and participation in the life of the community”.

EU is based on a set of values that include non-discrimination, equality and respect for human dignity and human rights, including the rights of people with disabilities. The **Treaty on the Functioning of the European Union (TFEU)**⁶ clearly stipulates that in defining and implementing its policies and activities, the Union shall aim to combat discrimination based on sex, racial or ethnic origin, religion or belief, disability, age or sexual orientation. *Title XII - Education, Vocational Training, Youth and Sport* gives special emphasis to the sport. Since the EU does not recognize any form of discrimination, regardless of any basis, undoubtedly, every action of the EU and its member states must also be aimed at people with disabilities. The protection of the physical and moral integrity of sportsmen and sportswomen is key action for every entity.

In the direction of the promotion of sports and the inclusion/providing of equal opportunities for the participation of people with disabilities in sports, as an important document within the framework of the EU, we would single out the **Conclusions of the Council of the European Union and the Representatives of the Member States meeting within the Council on Access to sport for persons with disabilities**⁷. The conclusion is used to identify the specific issue of concern for the EU and outline particular actions to take or goals to reach in order to support future disability policies in the sports. Among all, invites the member state to support social awareness and educational campaigns; support the further education and training of physical education teachers, coaches, other sports staff and volunteers in general, with or without disabilities; take action to ensure access of persons with and without disabilities to sports infrastructure, including attendance at sports events, training or participation in sports; promote inclusive sport and physical education programmes, in order to meet the needs of children with disabilities, with a view to offering equal opportunities for all children by stimulating their participation in sports-related physical activities and encourage their interest in sport.

In the European Commission (EC), Directorate General for Youth, Sport, Education and Culture (DG EAC) is responsible for the development and implementation of European policy in the field of sport.

In this direction, the activities of the DG EAC are highlighted in the following three documents: **European Union Work Plan for Sport (2021-2024)**⁸, **White Paper on Sport**⁹ and **Developing the European Dimension in Sport**. The White Paper will use

⁶ Treaty on the Functioning of the European Union, available at: <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=CELEX:12012E/TXT:en:PDF>

⁷ Conclusions of the Council of the European Union and the Representatives of the Member States meeting within the Council on Access to sport for persons with disabilities, 2019. Available at: <https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=CELEX%3A52019XG0607%2803%29>.

⁸ European Union Work Plan for Sport (2021-2024). Available at: <https://www.ecos-europe.com/the-eu-work-plan-for-sport-2021-2024-has-been-published/>.

⁹ White Paper on Sport. Available at: <https://eur-lex.europa.eu/legal->

the definition of "sport" established by the Council of Europe: "all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels." In the context of the purpose of this Guide, disability is equally treated. In fact, the Member States and stakeholders/sports organisations are encouraged to take specific actions in order to provide equal opportunities for people with disabilities in terms of ensuring equal access to sport (specifically for children with disabilities), to adapt the sport infrastructure for the needs of people with disabilities, and of course to promote sport and maintain a dialogue with people with disabilities in order to raise the level of their inclusion in various sport disciplines and to ensure the values of equality for everyone.

Union of Equality, Strategy for the Rights of Persons with Disabilities 2021-2030¹⁰.

The objective of this Strategy is to progress towards ensuring that all people with disabilities in Europe, regardless of their sex, racial or ethnic origin, religion or belief, age or sexual orientation: enjoy their human rights; have equal opportunities, equal access to participate in society and economy; are able to decide where, how and with whom they live move freely in the EU regardless of their support needs; and no longer experience discrimination. Sport is also part of this strategy, ensuring accessible and inclusive art and culture, sport, leisure, recreational activities, and tourism as essential for full participation in society. They increase wellbeing and give everyone, including people with disabilities, the opportunity to develop and utilize their potential.

United Nations (UN) is an international organization whose membership is open to all peace-loving states that meet the conditions prescribed by the Charter and today has more than 200 member states worldwide. A key goal of the UN is to maintain international peace and security. What is important to emphasize is that most of the international documents/instruments are connected and in the role of strengthening of the **Convention on the Rights of Persons with Disabilities (CRPD)**¹¹. In addition, the EU international documents are in relation of this Convention and strengthening the role of people with disabilities in the countries.

The CRPD was adopted on 13 December 2006 at the UN Headquarters in New York together with its **Optional Protocol**, and was opened for signature on 30 March 2007. There were 82 signatories to the Convention, 44 signatories to the Optional Protocol, and 1 ratification of the Convention. This is the highest number of signatories in history to a UN Convention on its opening day. It is the first comprehensive human rights treaty of the 21st century and is the first human rights convention to be open for signature by regional integration organizations. The Convention entered into force on 3 May 2008¹².

content/EN/TXT/?uri=celex%3A52007DC0391.

¹⁰Union of Equality, Strategy for the Rights of Persons with Disabilities 2021-2030. Available at: <https://ec.europa.eu/social/main.jsp?catId=1484&langId=en>.

¹¹Convention on the Rights of Persons with Disabilities (CRPD). Available at: <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities>.

¹² Text source: UN website.

Article 30 - Participation in cultural life, recreation, leisure and sport of the CRPD explicitly imposes a positive obligation on the signatory countries:

“5. With a view to enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities, States Parties shall take appropriate measures:

- a. To encourage and promote the participation, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels;
- b. To ensure that persons with disabilities have an opportunity to organize, develop and participate in disability-specific sporting and recreational activities and, to this end, encourage the provision, on an equal basis with others, of appropriate instruction, training and resources;
- c. To ensure that persons with disabilities have access to sporting, recreational and tourism venues;
- d. To ensure that children with disabilities have equal access with other children to participation in play, recreation and leisure and sporting activities, including those activities in the school system;
- e. To ensure that persons with disabilities have access to services from those involved in the organization of recreational, tourism, leisure and sporting activities.”

The Optional Protocol as mentioned above was adopted at the same time with the CRPD. The purpose of the Optional Protocol is to recognize the competence of the Committee on the Rights of Persons with Disabilities to receive and consider communications from or on behalf of individuals or groups of individuals' subject to its jurisdiction who claim to be victims of a violation by that State Party of the provisions of the Convention.

Indeed, this international instrument unites and emphasizes the rights of people with disabilities in one place and creates positive obligations – legally binding of the signatory states to respect, promote and of course ensure equal conditions for all persons. For the first time people with disabilities are encouraged to participate in mainstream as well as disability-specific sporting activities. Moreover, the *World Programme of Action (WPA)*¹³ stressed that member states should encourage sport activities for persons with disabilities by providing facilities and organizations. The WPA also emphasizes the need to approach disability from a human rights perspective. The 1993 *Standard Rules on the Equalization of Opportunities for Persons with Disabilities* emphasized that states should undertake, among other things, measures to make recreational and sport facilities accessible, and develop opportunities for the participation of persons with disabilities in sport activities.

¹³ Global strategy to enhance disability prevention, rehabilitation and equalization of opportunities, which pertains to full participation of persons with disabilities in social life and national development.

Sustainable Development Goals (SDGs) or 2030 Agenda¹⁴

The 2030 Agenda is grounded in the Universal Declaration of Human Rights and international human rights treaties and makes clear that the Sustainable Development Goals cannot be achieved without respect for human rights. The 2030 Agenda is a very important international document for the fulfillment of which the states have committed themselves, all in the direction of improving living conditions in correlation with the preservation of nature and natural resources.

While five goals and seven targets of the SDGs explicitly refer to people with disabilities (Goal 4 on education, Goal 8 on employment, Goal 10 on reducing inequality, Goal 11 on Inclusive cities, and Goal 17 on data as a means of implementation), all of the Goals apply to people with disabilities. The commitment of the SDGs is to leave no one behind and to reach the level of inclusion of people with disabilities across all actions.

Equality is about recognizing and removing the barriers faced by people involved, or wanting to be involved in sport. This is sine qua non. Persons with disabilities have the right to protection from any form of discrimination and violence, equal opportunities in and access to justice, education, culture, housing, recreation, leisure, sport and tourism, and equal access to all health services.

¹⁴ https://www.undp.org/sustainable-development-goals/industry-innovation-and-infrastructure?gclid=Cj0KCQjw_5unBhCMARIsACZyzS3v6r5UKvnu6v0svH_uKL4iL1mxplLW1piKPTP5M_31OxdHIBb3qlQaAmmZEALw_wcB.

3. Best practices for inclusion of d/deaf people and people with disabilities in sport - Analysis of the situation

The main task of the organizations was to submit five best practices and to answer the questionnaire that was prepared to increase the quality of the research. Hence, the results of the analysis will be presented individually by country.

- **Republic of Italy**

Istituto dei Sordi di Torino identified five best practices for the Best practice guide in preventing discrimination of d/deaf people and/or people with disabilities in Greco-Roman wrestling or sports, which are significant for Italy. Of course, *Istituto dei Sordi di Torino* also scanned the situation within the national bodies and gave a qualitative contribution to the entire research by answering the questionnaire.

According to the filled sample, in 1924 FSSI- Federazione Sportiva Sordi Italia (Federation Sport Deaf Italy) was founded. The main goal of the federation is to promote sporting activity among deaf athletes and brings together multidisciplinary clubs from all over Italy. The particularity of this association is that it represents several sports disciplines, both winter and summer, group or individual. The only requirement for membership is disability: Deafness. It is affiliated with CIP (Italian Paralympic Committee), CONI (Italian National Olympic Committee), EDSO (European Deaf Sport Organisation) and participates in the Deaflympics, the Olympics for deaf athletes. A total of 39 sports disciplines are practiced. In 1929 the A.S.D. Gruppo Sportivo Sordi Torino (A.S.D. Deaf Sports Group Turin) was founded. The organization has been a regular participant in events like the Deaflympics, which serve as the Olympics for deaf athletes. It has also organized and supported various regional and national championships across different sports disciplines, including bocce, golf, bowling, chess, and more. One notable aspect of their activities is the integration of deaf and hearing athletes in events, with separate rankings to ensure fair competition. This approach promotes inclusivity and fosters a sense of camaraderie among athletes with and without hearing impairments. The A.S.D. Gruppo Sportivo Sordi di Torino's commitment to sports extends beyond the field of play. They have played a vital role in nurturing talent, providing athletes with opportunities to compete, and creating a supportive community for individuals with hearing disabilities. As the organization continues to evolve and adapt to the changing landscape of sports and disability rights, it remains a symbol of dedication and perseverance, enriching the lives of deaf athletes and inspiring future generations to excel in sports, regardless of their hearing status.

As third best practice was identified the Microkosmos, whose main goal from 2016 is creating glossaries for people with disabilities.

"New Kodokan" - Davide Stabile - San Pietro al Tanagro (SA) Italy. Davide Stabile is a deaf wrestler who participated in the 2017 Deaflympics games and currently competes in national and international championships. He trains at the New Kodokan

gym in San Pietro al Tanagro (SA), Italy, with his teacher Pietro Amendola, who has learned Italian Sign Language (LIS) to communicate with Davide while he is on the ring.

Another deaf athlete identified as a positive practice is Salvatore Improta, a deaf wrestler who competed in the 2017 and 2022 Deaflympics games. He currently competes in national and international championships and coaches wrestling in his gym in Caserta (CE), Italy.

- **Republic of Greece**

Helping Hand and Enosi Ellinon Proponiton Palis identified six best practices for the Best practice guide in preventing discrimination of d/deaf people and/or people with disabilities in Greco-Roman wrestling or sports, implemented in Greece as the implementing country. In addition, they provided information in the questionnaire in order to create a better picture for the country policy for inclusion the deaf people and/or people with disabilities in sports.

According to the research, the first best practice was identified in 1938 with the establishment of the National Foundation for the Deaf. The mission of the National Foundation for the Deaf is to provide modern and effective services designed to meet the needs of deaf and hard of hearing persons of all ages, to advocate for their rights to equal access to communication and participation in society, and to conduct research on deafness, the needs and demographics of the hearing impaired population.

In 1951, the establishment of the first special schools for the deaf and hard of hearing began throughout Greece. Special primary school and kindergartens throughout the country illustrate that special education for the deaf was introduced in Greece with a delay compared to other European countries. Eight years later, in 1959, nine sports associations for the deaf and hard of hearing were established in Greece, whose target group was exclusively the deaf. The sports clubs tried to establish a well-organised system of sports activities.

In 1988 Hellenic sports federation of the deaf - secondary sports federation for the Deaf and Disabled, started its activity. It is officially recognized by the Greek State with Ministerial Decision No. C/18446/27.7.1999 of the Ministry of Culture and is governed by the principles of Law 2725/1999 (Government Gazette A'121/17.6.1999) and supplementary Laws 2947/2001 (Government Gazette 228), Law 3057/2002 (Government Gazette A'239).

The first sports festival for the deaf and hard of hearing was organized in 2017, where it has become a tradition and is organized every year. The first festival was organized by the Hellenic Federation of Deaf Sports with the support of the Attica Region in the facilities of OAKA.

In 2020, "Law No. 4726" entitled "Reform of the institutional framework of elections of sports bodies, distinguished athletes' escorts for athletes with disabilities, establishment of the National Platform for Sports Integrity, the Hellenic Olympic Committee (HOC), the

Hellenic Paralympic Committee (HPC) and other provisions" was passed. This law is very important in this sense, as the beneficiaries are people with disabilities.

From the data presented, it can be concluded that the Republic of Greece has been pursuing a policy of inclusion of people with disabilities since the establishment of the first National Foundation for the Deaf in 1938 and has taken a very important step with the adoption of Law No. 4726 in 2020. The stakeholders show a certain level of awareness of the importance of inclusion of these people in sports. However, certain weaknesses have been identified by national federations and sports professionals, which undoubtedly need to be overcome:

- experts (sports experts who work with people with disabilities) are not represented in the national sports federations that take measures to develop sports with deaf people and/or people with disabilities;
 - therefore, it is recommended to identify and involve experts for people with disabilities in the national sports federations and/or to train appropriate personnel if there are none;
- the national sports federations have not developed competition rules for the relevant sport for the deaf and/or people with disabilities;
 - therefore, it is recommended that all national sports federations to develop competition rules for the respective sport for deaf people and/or people with disabilities; In addition, the notice of any championship shall specify the rules and conditions for its conduct;
- there is no established practice of organizing competitions with people without disabilities and deaf people and/or people with disabilities;
 - therefore, it is recommended - in order to ensure integration and strengthen the social skills of people with disabilities wherever possible - to organize competitions between people without disabilities and deaf people and/or people with disabilities;
- the state authorities/policy makers in the field of sports have not provided in their programs a budget item for the development of sports for d/deaf and/or people with disabilities;
 - therefore, state authorities are recommended to include in their programs a special budget item for the development of sports for the integration of the deaf and/or people with disabilities;
- training programs in Greco-Roman wrestling for deaf and/or people with disabilities are not provided;
 - therefore, it is recommended that the national wrestling federation develop special education and training programs for the deaf and/or people with disabilities;

- materials (books, manuals, brochures...) were not designed/developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities, but only for people without disabilities;
 - the National Wrestling Federation (and/or the national authorities responsible for the development and promotion of the sport) to design materials for Greco-Roman wrestling and other Olympic sport disciplines in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities;

However, the following positive aspects were noted:

- ✓ there is an organized system of competitions in sports disciplines for the deaf and/or people with disabilities, including Greco-Roman wrestling;
- ✓ there is a national organization dedicated to the development of sport and the integration of deaf people and/or people with disabilities - the Hellenic sports federation of the deaf and 9 more Sports clubs for the deaf;
- ✓ there are commissions or bodies within national sports federations (e.g. wrestling, chess, karate, judo, handball, athletics...) that work with issues of inclusion of people with disabilities;
- ✓ national sports federations have earmarked funds in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities;
- ✓ national sports federations have included competitions for the deaf and/or people with disabilities in their annual competition calendars;
- ✓ the websites of the national sports federations are friendly to people with disabilities;
- ✓ sports and recreational activities (training, camps, etc.) are organized for people with disabilities and/or deaf together with people without disabilities;
- ✓ on a case-by-case basis, there is a special place on the websites of national sports federations or clubs that promotes sports for the disabled and/or people with disabilities;
- ✓ there are certain types of education/posteducation of professionals who will work in sports with d/deaf and/or people with disabilities; there are even special schools for the deaf;
- ✓ as per the applicable laws the sports hall and the sports fields are adapted to the needs and possibilities of the participants;

From the analysis of the best practices and the answers to the questionnaire, it can be concluded that the national sports federations of the Republic of Greece need to take

measures to develop competition rules for the respective sports for the deaf and/or people with disabilities, increase the level of integration of the deaf and/or people with disabilities and people without disabilities in the sports disciplines and, of course, create a very good base by introducing special programs and designing/producing educational materials for each sport.

- **Republic of North Macedonia**

Republic of North Macedonia has one beneficiary in the project – *Policiski borecki klub BEZBEDNOST Skopje (PBK BEZBEDNOST Skopje)*. PBK BEZBEDNOST Skopje identified eight best practices for the Best practice guide in preventing discrimination of d/deaf people and/or people with disabilities in Greco-Roman wrestling or sports. In addition, in the foreseen deadline the club provided information in the questionnaire in order to create a better qualitative picture for the country policy for inclusion the deaf people and/or people with disabilities in sports.

Therefore, in December 1947 the Foundation on the Association of deaf and hard of hearing of the Republic of Macedonia was founded. Special help in the founding of the organization gave the Ministry of Social Welfare of the Republic of Macedonia. The Ministry helped in founding of other humanitarian organizations. In its 65 years' development the Association of deaf and hard of hearing went through a couple of stages. In the period 1999-2013, the association undertook significant activities to improve the position of deaf people in terms of improving the first regulation, education, social protection, employment, culture, sports and recreation, international cooperation, cooperation with domestic non-governmental humanitarian organizations, state authorities and institutions. During this period, with its activities and actions, it made it possible to understand the needs and problems faced by deaf and hard of hearing people, to raise awareness among citizens, and also among the state authorities. There are 17 associations from different cities within the association.

In 1964 National Federation for Sports and Recreation of Disabled People of North Macedonia - Paralympic Committee of North Macedonia (NFSRIM - MPK) was founded. National Federation for Sports and Recreation of Disabled People of North Macedonia - Paralympic Committee of North Macedonia is a sports, voluntary, social-humanitarian organization, established in 1965, whose main goal is to develop, create, unify and represent the sports-recreational activities of all disabled people on the territory of the Republic of North Macedonia, regardless of the type, degree and character of the disability, as well as the reasons for the occurrence of the disability. The Macedonian Paralympic Committee conducts its activity in accordance with its norms, proposals and criteria as well as the norms, proposals and criteria of the International Paralympic Committee, of which it has been a member since 1994 year when she was accepted as a regular member at the General Assembly in Tokyo by acclamation.

Very important is the National Deaf Sports Federation of North Macedonia, who has achieved many great results. The deaf federation's main goal is developing the sport of deaf people in the Republic of North Macedonia. It is a Member of the European Deaf

Sports Organisation. One of its most popular athletes is the swimmer Andrej Stojanoski - the silver medalist at the World Cup in swimming for hearing impaired athletes.

In Republic of North Macedonia there are several Paralympians who have achieved outstanding results. For example, Olivera Nakovska Bikova in archery; Branimir Jovanovski, archery; Vancho Karanfilov, archery; Vangel Zhabev, swimming - 2 bronze medals from the Paralympic Games in Arnhem – 1980; Andrej Stojanoski, swimming (hearing-impaired athletes).

Olivera Nakovska Bikova won a gold medal with a world Paralympic record in London in 2012, a gold medal from the European Championship in Denmark - 2001, a European record holder, 3 silver medals from the European Championship in Wroclaw 2005 and Sul - 2007, a silver medal from the World Championship in Sargans – 2006, 6th place at the Paralympic Games in Athens – 2004, participant in 2 World Championships and won 1 silver and 1 bronze medal as a team, participant in 4 European Championships: 2 gold and 3 silver medals – individually, 2 silver and 4 bronze medals – team. She has won over 10 medals from European Cups and other international championships, multiple state champion of Macedonia, absolute record holder of the Republic of Macedonia in the discipline - air pistol, best athlete of Macedonia, best paralympian, highest recognition received by the president of the country "8th of September", won over 20 medals at European and other international championships and cups, holds the Paralympic world record in air pistol shooting. Olivera Nakovska Bikova showed that not only physical integrity is important for a person's integrity, but also the integrity of the character.

Branimir Jovanovski has won a gold medal in the air pistol discipline, with a new world and Paralympic record, at the Paralympic Games in Barcelona in 1992; won more than 50 medals from international championships; won 50 medals from world and European championships and cups; multiple Macedonian state champion in air pistol shooting; he was declared the best athlete of the Republic of Macedonia; five times he was the best athlete of the city of Kumanovo; he is awarded by the president of the country with the order "8th of September"; from 1996 he also started coaching, where he has notable results. As a coach, he selflessly shares his experiences with others. As a civil activist, through "Mobility Macedonia", Branimir has been fighting for years for a solidary society with equal opportunities for all, in which people with disabilities will be able to live life as equals. Branimir Jovanovski managed to inspire many citizens to overcome obstacles.

Vancho Karanfilov has won a silver medal from the Paralympic Games in Athens – 2004; Equal European record; 5th place at Paralympic Games in Sydney – 2000; participant of 3 World Championships: 1 silver medal and 1 bronze medal – individually and 1 silver and 1 bronze medal – team; European champion from Denmark – 2001; participant of 5 European Championships: 1 gold medal – individually, 2 silver and 5 bronze medals – team; over 25 medals from European Cups and other international championships; 9-time state champion of Macedonia; Athlete of the year of the Republic of Macedonia for 2004 in the organization of the Sports Union of the Republic of Macedonia, FFK, MRT and other printed and electronic media; multiple Athlete of Macedonia organized by NFSRIM; two-time winner of the "13th of November" Award of the City of Skopje; Giant of the Macedonian Olympic Committee.

Andrej Stojanoski won Silver medal in swimming at the World Championships in Texas; has broken several state records; has received 5 sports Oscars and over 300 awards and medals; holder of a Scholarship from the Agency for Youth and Sports of the world category. two fourth places at the European Deaf Championship held in Lublin in 2018; fifth place in the 200m individual medley at the World Deaf Championships, Sao Paulo, Brazil, 2019; winner of the "13th of November" award given by the city of Skopje for outstanding sports results in swimming in the category of persons with special needs.

According to the responses to the questionnaire, the following weaknesses were identified:

- there are not commissions or bodies within national sports federations for sports (e.g. wrestling, chess, karate, judo, handball, athletics etc.) that work with issues related to the integration of people with disabilities;
 - therefore, it is recommended to oversee the good practices from the other countries and to establish bodies within national sports federations for sports that will work only with issues related to the integration of people with disabilities;
- the national sports federations have not earmarked funds in their annual programs for the development of sports for the inclusion of the deaf and/or people with disabilities;
 - therefore, it is recommended that all national sports federations to include in their annual programs specific items and budget for the development of sports for the integration of deaf people and/or people with disabilities;
- the national sports federations do not have promotional materials to affirm and promote appropriate sports among the deaf and/or people with disabilities;
 - therefore, all associations (whether registered only for the deaf or people with disabilities) are recommended to create promotional materials to promote the particular sport in which the deaf or people with disabilities are involved;
- the national sports federations have not developed competition rules for the relevant sport for the deaf and/or people with disabilities;
 - therefore, it is recommended that all national sports federations to develop competition rules for the respective sport for deaf people and/or people with disabilities;
- lack of a special page on the websites of national sports federations or clubs for the deaf and/or people with disabilities;
 - therefore, it is recommended to create a special tab/place on the websites of the national sports federations and clubs that informs about activities for deaf people and/or people with disabilities;

- there are no programs for specific types of education/post education of professionals who will work in sports with the deaf and/or people with disabilities;
 - therefore, it is recommended that national authorities in the field of education and sport to develop programs for education/post education of people who want to work in sport with people with disabilities;
- training programs in Greco-Roman wrestling for deaf and/or people with disabilities are not provided;
 - it is therefore recommended that the national wrestling federation develop special education and training programs for the deaf and/or people with disabilities;
- materials (books, manuals, brochures...) were not designed/developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities, but only for people without disabilities;
 - the National Wrestling Federation (and/or the national authorities responsible for the development and promotion of the sport) to design materials for Greco-Roman wrestling and other Olympic sport disciplines in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities;

However, Republic of North Macedonia also notes a series of positive aspects regarding the inclusion of people with disabilities in sports, hence it was detected:

- ✓ there is an organised system of sports competitions;
- ✓ there is a national organization dedicated to the development of sport and the integration of deaf people and/or people with disabilities - National Deaf Sports Federation of North Macedonia;
- ✓ deaf and hard of hearing athletes participate in the competitions of the National Swimming Federation and the Macedonian Sports Shooting Federation;
- ✓ there are expert coaches in all sports who work with deaf people, for e.g. swimming coach works with swimmers, an archery coach works with shooters, etc.;
- ✓ competitions are organized with people without disabilities and deaf and/or people with disabilities; more precisely, athletes who are deaf and hard of hearing compete together with people without disabilities, on the same level without concessions;
- ✓ sports and recreational activities (training, camps, etc.) are organized for people with disabilities and/or deaf together with people without disabilities;
- ✓ in the annual program of the Agency for Youth and Sports is provided a budget item for the development of people with disabilities, to which the federations

apply and thus are financed to realize their sports activities, also there are funds provided from the Ministry of Labor and Social Policy;

- ✓ the environment in which the sport activity takes place, regarding to the deaf athletes, the sports halls and sports fields are adapted to the needs and possibilities of the participants;

From the analysis of the best practices and the answers to the questionnaire, it can be concluded that the relevant policy creators and stakeholders take activities in order to raise the level of inclusion of the deaf and people with disabilities in sports. Anyway, it is needed to be taken measures aimed at raising awareness of the issue through the introduction of special educational materials, producing promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities, establishing commissions or bodies that work on the issues related to the inclusion of people with disabilities and of course providing a special budget item in the annual budgets of the national sports federations for the development of sports for the integration of deaf people and/or people with disabilities.

- **Republic of Serbia**

Since the project involves two organizations from Republic of Serbia, namely: *Wrestling club Radnichki*, and *Schools with home for students with hearing and speech impairment "11 May" Jagodina*, together they identified five best practices for the Best practice guide in preventing discrimination of d/deaf people or people with disabilities in Greco-Roman wrestling or sports, as required. The country that implements the best practices is the Republic of Serbia, as the main idea is to provide an overview of how stakeholders manage to include d/deaf people or people with disabilities in sports, country by country. Moreover, they answered the questionnaire within the given deadline in order to improve the quality of the research and present deeper information.

According to the conducted researches of the Wrestling club Radnichki, and Schools with home for students with hearing and speech impairment "11 May" Jagodina, it can be stated that the Schools with home for students with hearing and speech impairment "11 May" Jagodina constantly organises recreational activities, and it has been doing so since 1928. In the dormitory, conditions have been created that enable individuals to develop in sports according to their abilities through the work of the section, and more students are enabled to use their free time in a qualitatively better way. According to the interests of students at school and in the dormitory, the sports section has been working successfully for many years: section for football, basketball - 3x3 basketball, athletics, table tennis and chess.

A very positive example of the involvement of the deaf in sports was the wrestling show at the Belgrade school for the hearing impaired. The presentation was made by the current members of the Serbian national wrestling team and the class completed it with great euphoria and very successfully. The children were overjoyed and visibly excited,

both the boys and the girls. At the end of the presentation, the students were allowed to try some exercises together with the wrestlers, which was very positively received by the children and caused joy. Surprisingly, the interest was very high not only among the boys, but also among the girls. They proved to be more skilled and more combative than the boys.

In the long tradition of the Wrestling club Radnicki, it is a very good positive example of good practice that during the golden era of the club a deaf athlete - Jova Radakov - was accepted as a member. The crowning of his career is the gold medal at the official state championship.

In 2012, an Archery club of persons with disabilities "Hawkeye" was founded. The founders and first members were people with disabilities, and the club was established as a club for people with disabilities. After a short time, the citizens of Kragujevac became interested in archery, and the club also accepted people without disabilities. Although it is a sport suitable for people with disabilities. The club has about fifty members, of which about forty participate in competitions. This is not only a positive example of the creation of a club for people with disabilities, but also the integration of people with and without disabilities.

In 2015 chess at the School with dormitory for students with hearing and speech impairments"11. May" Jagodina was identified as an example of good practice. Interest in this game began quite by chance, when the fifth grade students of the 2015/2016 school year, out of curiosity, independently opened a chess board during the school vacations. The students spent all their free time playing chess with each other and with their teachers. In the following school year 2016/2017, an elective subject was introduced on a trial basis - CHESS. Various opening, attacking and defending strategies are studied in class. From the next school year, the school team participated in national and international tournaments and won some medals.

From the presented research data, it can be concluded that the Republic of Serbia has to undertake various activities to advance the policy of integration of people with disabilities and people without disabilities, especially in sports. This means first raising awareness of the need to provide people with disabilities with the same conditions as people without disabilities, and then creating mechanisms for their full integration. According to the responses to the questionnaire, the following weaknesses were identified:

- there is no organized system of competitions in sports disciplines for the deaf and/or people with disabilities;
 - therefore, it is recommended to create an organized system for competitions for the deaf and/or people with disabilities in all sports disciplines;
- there is no national organization that works for the development of sports and the inclusion of the deaf and/or people with disabilities;
 - therefore, it is recommended that the activists and the authorities promote the process of creating a national organization that will take care of the

- development of sports and the inclusion of the deaf and/or people with disabilities;
- the national sports federations have not earmarked funds in their annual programs for the development of sports for the inclusion of the deaf and/or people with disabilities;
 - therefore, it is recommended that all national sports federations to include in their annual programs specific items and budget for the development of sports for the integration of deaf people and/or people with disabilities;
 - national sports federations have not included competitions for the deaf and/or people with disabilities in their annual competition calendars;
 - therefore, it is recommended to the national sports federations to provide for and organize competitions for people with disabilities in their annual competition calendars, but furthermore, with the aim of ensuring the integration and strengthening the social skills of people with disabilities, to provide for and organize, wherever possible, competitions of people without disabilities and deaf people and/or people with disabilities;
 - experts (sports experts who work with people with disabilities) are not represented in the national sports federations that take measures to develop sports with deaf people and/or people with disabilities;
 - therefore, it is recommended to identify and involve experts for people with disabilities in the national sports federations and/or to train appropriate personnel if there are none;
 - the national sports federations do not have promotional materials to affirm and promote appropriate sports among the deaf and/or people with disabilities;
 - therefore, all associations (whether registered only for the deaf or people with disabilities) are recommended to create promotional materials to promote the particular sport in which the deaf or people with disabilities are involved;
 - the national sports federations have not developed competition rules for the relevant sport for the deaf and/or people with disabilities;
 - therefore all national sports federations are recommended to develop competition rules for the respective sport for deaf people and/or people with disabilities;
 - lack of a special page on the websites of national sports federations or clubs for the deaf and/or people with disabilities;
 - therefore, it is recommended to create a special tab/place on the websites of the national sports federations and clubs that informs about activities for deaf people and/or people with disabilities;

- the state bodies/policy makers in the field of sports have not included in their programs any budget item for the development of sports for the deaf and/or people with disabilities;
 - therefore, national authorities are recommended to allocate funds in the budget of the national sports authority to enable clubs and associations to carry out activities specifically designed for the deaf and/or people with disabilities;
- there are no programs for specific types of education/post education of professionals who will work in sports with the deaf and/or people with disabilities;
 - therefore, it is recommended that national authorities in the field of education and sport to develop programs for education/post education of people who want to work in sport with people with disabilities;
- the sports halls and sports fields are not adapted to the needs and abilities of participants (people with disabilities);
 - it is therefore recommended to create physical conditions for accessibility and the exercise of activities for people with disabilities;
- training programs in Greco-Roman wrestling for deaf and/or people with disabilities are not provided;
 - it is therefore recommended that the national wrestling federation develop special education and training programs for the deaf and/or people with disabilities;
- materials (books, manuals, brochures...) were not designed/developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities, but only for people without disabilities;
 - the National Wrestling Federation (and/or the national authorities responsible for the development and promotion of the sport) to design materials for Greco-Roman wrestling and other Olympic sport disciplines in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities;

Positive aspects were also noted:

- ✓ there are commissions or bodies within national sports federations for sports (e.g. wrestling, chess, karate, judo, handball, athletics etc.) that work with issues related to the integration of people with disabilities;
- ✓ competitions are organized with people without disabilities and deaf and/or people with disabilities, namely archery competitions;

- ✓ in some sports, recreational sports activities (training, camps, etc.) are organized for deaf people and/or people with disabilities together with people without disabilities;

From the analysis of the best practices and the answers to the questionnaire, it can be concluded that the national sports federations of the Republic of Serbia need to take measures aimed at raising awareness of the issue - inclusion of deaf people and/or people with disabilities in all sports federations - through the introduction of special programs, organization of joint competitions in all sports disciplines for people without disabilities and people with disabilities, and increased promotion and design/production of educational materials for each individual sport. A very important issue is the lack of physical conditions for accessibility and the exercise of activities for people with disabilities, and the state and all stakeholders must take action to create conditions for the training of these people. Budgeting for the sports activities of people with disabilities must become a practice in all sports federations.

- ***Republic of Bulgaria***

The only organization from the Republic of Bulgaria participating as a beneficiary in this project - *Sport Club Angel Voyvoda - Haskovo* has identified five best practices for the Best practice guide in preventing discrimination of d/deaf people or people with disabilities in Greco-Roman wrestling or sports within the given deadline. The country that implements the good practices is the Republic of Bulgaria, as the main idea is to give an overview of each country on how stakeholders manage to integrate deaf people or people with disabilities in sports. Moreover, they answered the questionnaire within the given deadline in order to increase the quality of the research and present more in-depth information.

According to the research conducted, it can be stated that the first positive practice presented is from 2004, where training methods for sharpening the senses of athletes were developed (more precisely, the method of mirroring). When working with deaf athletes, the method of mirroring allows athletes to see the exercise and copy the activity directly, without the need for detailed explanations.

In 2004, two other positive practices were identified: using verbal and gestural coaching methods, ensuring that coaches are appropriately qualified, and increasing athletes' personal motivation. This means that coaches working with athletes with disabilities should be appropriately qualified. For example, the National Sports Academy "Vasil Levski" in Bulgaria offers the program "Adapted physical activity and sports", which can prepare professionals for all challenges related to daily sports activities with these athletes.

In 2022, the creation of conditions and financial support for the preparation of athletes with disabilities to participate in international competitions began. The implementation of a media policy on the benefits of physical activity and the practice of sports by people with disabilities from 2022 was also recognized as a positive practice. The information deficit of residents of small towns about the possibilities of various sports programs for

the integration of people with disabilities is still very high. These programs should be promoted more to increase public awareness of the benefits of participating in sports in the community.

From the answers to the questionnaire, Bulgaria has established a very good system in the field of sport for the full integration of people with disabilities, more precisely:

- ✓ there is an organised system of sports competitions – the Bulgarian Deaf Championship and includes the following sports: wrestling, judo, badminton, volleyball, football, table tennis and tennis;
- ✓ there is a national organization, the Bulgarian Deaf Sports Federation, which works for the development of sports and inclusion of deaf people in Bulgaria; athletes with other disabilities have their own federations, e.g. Sport for People with Disabilities;
- ✓ there are commissions and committees for sports within national sports federations that deal with issues of inclusion of people with disabilities; for example, Sport for People with Disabilities deals with the inclusion of people with disabilities in different sports, the Ministry of Youth and Sports is also involved in the inclusion of people with disabilities in different sports;
- ✓ The Ministry of Youth and Sport is publishing new programs every year in which is providing budgets (for the development of sports for the inclusion of the deaf and/or people with disabilities) for different federations;
- ✓ The Bulgarian Deaf Sports Federation has its own annual calendar with competitions for the d/deaf and/or people with disabilities for different sports;
- ✓ there are experts in national sports federations who carry out activities for the development of sports for deaf and/or people with disabilities, i.e., there are chief coaches who are trained and qualified to work with people with different disabilities;
- ✓ National sports federations create promotional materials to affirm and promote the respective sports among deaf and/or people with disabilities; for example, the Bulgarian Deaf Sport Federation works very actively with all public centers and schools where people with disabilities are present;
- ✓ there are specific competition rules for different sports for d/deaf and/or people with disabilities;
- ✓ in wrestling, mixed competitions are organized for people with and without disabilities;
- ✓ sports and recreational activities (training, camps, etc.) are organized for people with and without disabilities, organized by the Bulgarian Wrestling Federation;
- ✓ If the sports club or federation includes people with disabilities, there is a special section for people with disabilities on the websites;

- ✓ each municipality in Bulgaria spends about 10% of the sports budget on the development of sports for people with special needs;
- ✓ there are certain types of training for professionals who will work in sports with deaf and/or people with disabilities; for example, at the National Sports Academy Vasil Levski there is a course on adapted physical activity that prepares professionals to work with people with disabilities;
- ✓ Sports halls where people with disabilities can practise various sports are fully adapted to their needs;
- ✓ there are Greco-Roman wrestling training programs designed specifically for people with disabilities on amateur and professional levels;
- ✓ several books and manuals have been published for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities, e.g. "Basics of Greco-Roman Style Wrestling for Deaf People";

Based on the analysis of the best practices and the answers to the questionnaire, it can be concluded that the national sports federations of the Republic of Bulgaria, and especially the country, take measures to raise awareness on the issue of inclusion of deaf people and/or people with disabilities in all sports federations, through the introduction of special programs, the provision of appropriate physical conditions for training, the organization of joint competitions for people without disabilities and people with disabilities, increased promotion and the design/production of educational materials for each sport. In this sense, national federations must continue with the best practices and improve the promotion of sports for people with disabilities in all sports disciplines.

- *Republic of Cyprus*

Zewepe Consultants Ltd identified eleven best practices for the Best practice guide in preventing discrimination of d/deaf people and/or people with disabilities in Greco-Roman wrestling or sports, with five best practices being implemented in Cyprus as the implementing country. The other best practices identified are implemented by the European Union, Belgium, the Netherlands, France and Germany, Asia and internationally. Even though the request was to identify five best practices per country and respond to the questioner in order to increase the quality of the research, *Zewepe Consultants* presented six additional best practices in an international context.

According to the research conducted by *Zewepe Consultants* it can be stated that deaf people were integrated into sports much earlier in the international context, in 1924 with the establishment of the International Committee of Sports for the Deaf, and they were recognized as equal representatives of the community as people without disabilities.

In the Republic of Cyprus, the first positive action for the inclusion of the deaf people in sports is identified in 1985 with the establishment of the Cyprus Deaf Sports Association. This federation exists and is functional even today, and it is internationally recognized by

the International Olympic Committee. It is interesting that Cypriot d/deaf persons have been part of the olympic games during 1997, 2001, 2005, 2009, 2013, 2017.

In 1990 when the deaf decided to empower their community in Cypriot society, the Pancyprrian Organization of the Deaf (PAOK) was founded. Also, the deaf community has been strengthened through various events and the development of Cypriot Sign Language.

In the 1990s, there was an increase in the importance of organizational association in order to help and integrate deaf people, and in 1995 the Deaf Club of Limassol was founded. In 2004, the establishment of an unofficial community/organization in Cyprus - the Cyprus Federation DEAF - is recognized as a positive practice. In 2010, Deaf Association Pafos - Cyprus was also established.

From the presented data, according to the research, it can be concluded that the Republic of Cyprus leads a policy of inclusiveness of persons with disabilities, that is, the authorities/stakeholders show a certain level of awareness of the importance of the inclusion of these people in sports. However, certain weaknesses have been detected by national federations and practitioners in the sport, which undoubtedly must be overcome:

- experts (sports experts who work with people with disabilities) are not represented in the national sports federations that take measures to develop sports with deaf people and/or people with disabilities;
 - therefore, it is recommended to identify and involve experts for people with disabilities in the national sports federations and/or to train appropriate personnel if there are none;
- the national sports federations do not have promotional materials to affirm and promote appropriate sports among the deaf and/or people with disabilities;
 - therefore, all associations (whether registered only for the deaf or people with disabilities) are recommended to create promotional materials to promote the particular sport in which the deaf or people with disabilities are involved;
- the national sports federations have not developed competition rules for the relevant sport for the deaf and/or people with disabilities;
 - therefore, it is recommended all national sports federations to develop competition rules for the respective sport for deaf people and/or people with disabilities;
- there is no established practice of organizing competitions with people without disabilities and deaf people and/or people with disabilities;
 - therefore, it is recommended - in order to ensure integration and strengthen the social skills of people with disabilities wherever possible - to organize competitions between people without disabilities and deaf people and/or people with disabilities;

- lack of a special page on the websites of national sports federations or clubs for the deaf and/or people with disabilities;
 - therefore, it is recommended to create a special tab/place on the websites of the national sports federations and clubs that informs about activities for deaf people and/or people with disabilities;
- the sports hall and sports fields are not adapted to the needs and capabilities of the participants (persons with disabilities);
 - it is therefore recommended to create physical conditions for accessibility and the exercise of activities for people with disabilities;
- training programs in Greco-Roman wrestling for deaf and/or people with disabilities are not provided;
 - therefore, it is recommended that the national wrestling federation develop special education and training programs for the deaf and/or people with disabilities;
- materials (books, manuals, brochures...) were not designed/developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities, but only for people without disabilities;
 - the National Wrestling Federation (and/or the national authorities responsible for the development and promotion of the sport) to design materials for Greco-Roman wrestling and other Olympic sport disciplines in wrestling (women's freestyle wrestling) for the deaf and/or people with disabilities;

However, a big step forward for Cyprus is the passing of the Cyprus Sign Language Law in 2008, but this sign language is for everyday use and not specifically for sports, which could be an area for improvement. Positive aspects were also noted:

- ✓ there is an organized system of competitions in sports disciplines for the deaf and/or people with disabilities, including Greco-Roman wrestling;
- ✓ there is a national organization dedicated to the development of sport and the integration of deaf people and/or people with disabilities - the Cyprus Deaf Sport Federation;
- ✓ there are commissions or bodies within national sports federations (e.g. wrestling, chess, karate, judo, handball, athletics...) that work with issues of inclusion of people with disabilities, including Greco-Roman wrestling;
- ✓ national sports federations have earmarked funds in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities, but mainly in connection with the Olympic Games every four years;
- ✓ there is a solid basis for improvement and the inclusion of adequate budgetary resources for the inclusion of the deaf and/or people with disabilities;

- ✓ national sports federations have included competitions for the deaf and/or people with disabilities in their annual competition calendars;
- ✓ according to the Olympic Games, there are no restrictions on organizing sports and recreational activities (training, camps, etc.) for deaf and/or people with disabilities together with people without disabilities;
- ✓ there are certain types of education/training for professionals who are willing to work in sports with deaf people and/or people with disability (undergraduate studies, master's studies);

From the analysis of the best practices and the answers to the questionnaire, it can be concluded that the national sports federations of the Republic of Cyprus need to take measures to raise awareness on the issue - inclusion of deaf people and/or people with disabilities in all sports federations - by introducing special programs, providing adequate physical conditions for training, organizing joint competitions for people without disabilities and people with disabilities, increasing promotion and designing/producing educational materials for each sport.

4. Comparative analysis

Based on the identified best practices per country, it can be concluded that all partner countries have at least five best practices where the inclusion of people with disabilities in sports is evident. However, according to the presented responses to the questionnaire, the level of involvement of each state in raising awareness of this issue is different. Hence, the comparative experiences of each country - beneficiary of this project will be presented in a graphic way.

1. *Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities?*

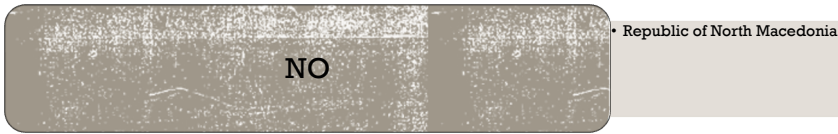


2. *Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities?*



3. *Are there commissions or bodies within the national sports federations for sports disciplines (e.g. wrestling, chess, karate, judo, handball, athletics, etc.) that work on issues related to the inclusion of people with disabilities?*

DEAF WRESTLE



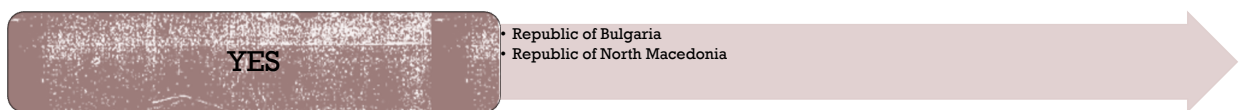
4. Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities?



5. Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars?



6. Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities?



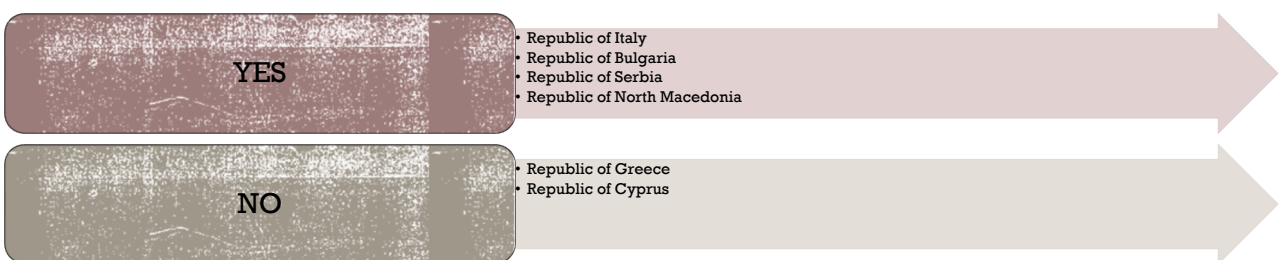
7. Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities?



8. Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities?



9. Are competitions organized with people without disabilities and d/deaf and/or people with disabilities?

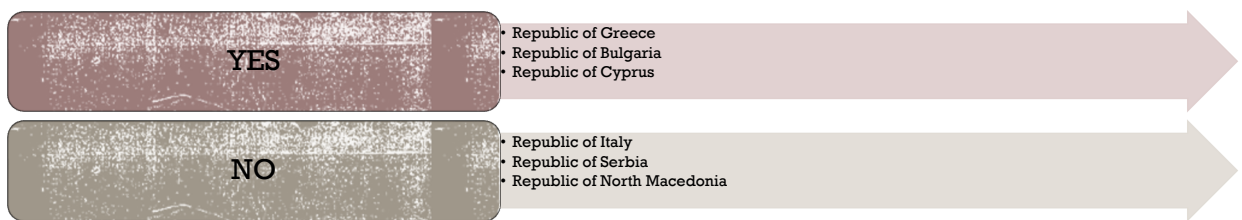


10. Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities?

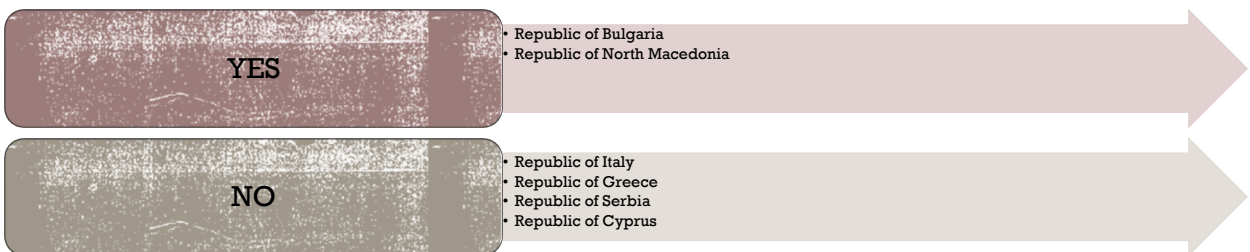
DEAF WRESTLE



11. *Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/deaf and/or people with disabilities?*



12. *Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities?*



13. *Are there specific types of education/post education for professionals willing to work in sports with d/deaf and/or people with disabilities?*



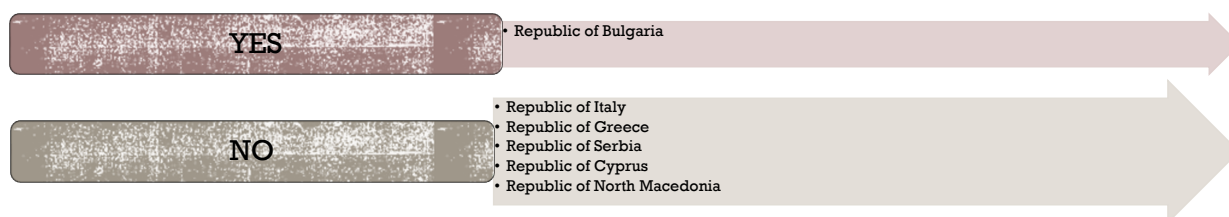
14. *Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants?*



15. *Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities?*



16. *Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling for women) for d/deaf people and/or people with disabilities?*



According to the responses provided by the project participants, it can be concluded that the countries show awareness of the need of inclusion of the d/deaf and people with disabilities in sport activities, implement good practices, but the importance of this kind of project to is recognized more than ever, i.e. to raise the level of awareness of citizens and stakeholders about the needs of people with disabilities and the importance of their equal integration in sports. Therefore, this topic is very important for the advancement of human rights and the achievement of a society with guaranteed conditions for equal access to sports activities for all persons, without restrictions.

5. Conclusion and recommendations

Before addressing the key results and recommendations from the overall comparative analyze, in the first place we will emphasize the difference between damage, disability and handicap. This distinction is made by the World Health Organization (WHO), in the context of the health experience, between impairment, disability and handicap:

Impairment: Any loss or abnormality of psychological, physiological, or anatomical structure or function.

Disability: Any restriction or lack {resulting from an impairment} of ability to perform an activity in the manner or within the range considered normal for a human being.

Handicap: A disadvantage for a given individual, resulting from an impairment or disability, that, limits or prevents the fulfillment of a role that is normal, depending on age, sex, social and cultural factors, for that individual.

Based on the overall comparative analysis, the following conclusions have been established:

- In all partner countries, the existence of established mechanisms that take care of the inclusion of deaf people and people with disabilities in sports has been ascertained.
- The best implemented practices from the partner countries were found in R. Bulgaria. Namely, the Bulgarian Deaf Sports Federation has its own Annual Calendar of competitions for various sports and has an organized system of competitions in several sports disciplines (wrestling, judo, badminton, volleyball, football, table tennis and tennis), there are head coaches who are trained and qualified to work with people with different disabilities, they have promotional materials for the affirmation and promotion of the respective sport among the deaf and/or people with disabilities, they have specific competition rules for different sports, in wrestling mixed competitions for people with and without disabilities are organized, trainings and camps are organized for both people with and without disabilities, organized by the Bulgarian Wrestling Federation, if the sports club or federation includes people with disabilities, it is usually promoted on the website or FB page, every municipality in Bulgaria spends about 10% of the sports budget for the development of sports for people with disabilities, in the Vasil Levski National Sports Academy there is a course on adapted physical activity that prepares professionals for working with people with disabilities, the sports halls in which people with disabilities engage in different sports are fully adapted to their needs, there are programs designed specifically for people with disabilities on an amateur and professional level, and several books on wrestling and a manual for a basic introduction to wrestling have been published, for example the book "Basics of Greco-Roman Style Wrestling for Deaf People".

- In some of the partner countries, a higher degree of implemented practices from an organizational, legal and management aspect has been ascertained, which enable better and greater involvement of deaf people and people with disabilities in sports.
- The results of the analysis can serve as a basis for implementing better organizational, legal and management mechanisms in the countries involved in the project and in other countries.

Recommendations

- The best practices should be presented in governmental and non-governmental institutions and organizations in the countries in order to improve the working conditions with d/deaf people or people with disabilities in sports and better promotion and social inclusion and equal opportunities in sports and Greco-Roman wrestling, with a special focus on d/deaf or people with disabilities in sports.
- The results obtained from the analysis should be transferred to the national governmental and non-governmental institutions and organizations in order to use them in providing more support/establishing sports activities in Greco-Roman wrestling for d/deaf people or people with disabilities, as well as developing programs and projects which will provide conditions for institutional and organized support for the participation of sports operators, social workers, volunteers, coaches, sports clubs, organizations and all those interested in implementing activities for the integration of d/deaf people or people with disabilities in sports through activities in "Greco-Roman wrestling for the d/deaf."
- National sports federations in wrestling and wrestling clubs should be better informed and familiar with the social need, meaning and role they have for establishing and implementing internal policies, procedures, programs and projects for the participation of the d/deaf in sports and for identifying the different roles what individuals (athletes, coaches and other sports professionals) can play in the integration of d/deaf or people with disabilities in sports;

Hence, it is very important people who deal with international law, sports, physical education, those who are part of the state administration, as well as the non-governmental sector who treat this issue, the academic community and other relevant stakeholders to pay more complete, thorough and more attention to this topic, as very important issue, part of the concept of the human rights.

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<chromeextension://efaidnbmnfnlceajcpjkkkbbadjfkpigmaj/?url=https://eurlex.europa.eu/LexUriServ/LexUriServ.do?uri=CELEX:12012E/TXT:en:PDF>.

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https://www.undp.org/sustainable-development-goals/industry-innovation-and-infrastructure?gclid=Cj0KCQjw_5unBhCMARIsACZyzS3v6r5UKvnu6v0svH_uKL4iL1mxpLW1piKPTP5M_31OxdHIBb3qlQaAmmZEALw_wcB.

Annexes:

- Received input from Istituto dei Sordi di Torino



Project name: Greco Roman Wrestling for d/Deaf people Project acronym: DEAF_WRESTLE Work Package 2: Best Practice Guide Lead Beneficiary: PBK BEZBEDNOST Skopje						
						
 Co-funded by the European Union						
Organization submitting the analyzed practice: Istituto dei Sordi di Torino						
Best Practice Guide Sample						
	Best practice name and contact details (website, location, etc.)	Implementing Country	Duration (since when, and if it was in the past - until when)	Short description/history	Recommendations	National Context
1.	Boxing Improta - Salvatore Improta - Caserta (CE) Italy - https://www.deaflympics.com/athletes/giovanni-improta -	Italy	2017 - until now	Salvatore Improta is a deaf wrestler who competed in the 2017 and 2022 Deaflympics	Continue supporting athletes like Salvatore Improta who not only compete but also contribute to the	able to individuals with disabilities. T
2.	"New Kodokan" - Davide Stabile - San Pietro al Tanagro (SA) Italy - https://www.deaflympics.com/athletes/davide-stabile -	Italy	2017 - until now	Davide Stabile is a deaf wrestler who participated in the 2017 Deaflympics games and currently competes in national and	Highlight the positive example of Davide Stabile and his teacher Pietro Amendola, who learned Italian Sign Language to	uses on promoting wrestling among
3.	(Federation Sport Deaf Italy): https://www.fssi.it/	Italy and European level	1924-until now	FSSI is the Federation Sport Sordi Italia. It was founded in 1924 to	Promote the diversity of sports disciplines available for deaf	
4.	rino (A.S.D. Deaf Sports Group Turin): https://www.mikrokosmos.org/en/	Italy	1929-until now	Characteristic of this association is its con	S.D. Gruppo Sportivo Sordi Torino t	
5.		Italy	2016-until now	ng glossaries for people with disab	isabilities to other regions and langu	
Questionnaire to be answered by the organizations (also indicators that can be used to fill in the sample):						
1.	Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities? YES					
2.	Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities? YES					
3.	Are there commissions or bodies within the national sports federations for sports disciplines (e.g. wrestling, chess, karate, judo, handball, athletics, etc.) that work on issues related to the inclusion of people with disabilities? NO					
4.	Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities? NO					
5.	Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars? YES					
6.	Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities? NO					
7.	Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities? NO					
8.	Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities? YES					
9.	Are competitions organized with people without disabilities and d/deaf and/or people with disabilities? YES					
10.	Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities? YES					
11.	Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/def and/or people with disabilities? NO					
12.	Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities? NO					
13.	Are there specific types of education/posteducation for professionals willing to work in sports with d/deaf and/or people with disabilities? NO					
14.	Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants? NO					
15.	Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities? YES					
16.	Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling and women wrestling) for d/deaf people and/or people with disabilities? NO					

- Received input from Policiski borecki klub BEZBEDNOST Skopje

<p>Project name: Greco Roman Wrestling for d/Deaf people Project acronym: DEAF_WRESTLE</p> 						
<p>Work Package 2: Best Practice Guide Lead Beneficiary: PBK BEZBEDNOST Skopje</p>  <p>Co-funded by the European Union</p>						
<p>Organization submitting the analyzed practice: PBK BEZBEDNOST Skopje</p>						
<p>Best Practice Guide Sample</p>						
	Best practice name and contact details (website, location, etc.)	Implementing Country	Duration (since when, and if it was in the past - until when)	Short description/history	Recommendations	National Context
1.	Foundation on the Association of deaf and hard of hearing of the Republic of Macedonia http://deafmkd.org.mk/	Republic of North Macedonia	December 1947	In December, 1947 the first initiative Committee for founding on a special organization of deaf and hard of hearing people in Macedonia was established with a task to realize	Continuation of the good work and promotion of sport for people with disabilities	In the period 1999-2013, the association undertook significant activities to improve the position of deaf people in terms of improving the first regulation, education, social inclusion, etc.
2.	National Deaf Sports Federation of North Macedonia https://www.facebook.com/nsfgm1/?locale=mk_MK	Republic of North Macedonia		Sports federation for developing the sport of deaf people in the Republic of North Macedonia. Member of the European Deaf Sports Organisation.	Continuation of the good work and promotion of sport for deaf people	The National Deaf Sports Federation of North Macedonia is a non-governmental sports organization whose goal is to develop the sport of the deaf and
3.	National Federation for Sports and Recreation of Disabled People of North Macedonia - Paralympic Committee of North Macedonia (NFSRIM - MPK) http://fsrim.org.mk/	Republic of North Macedonia	1965	National Federation for Sports and Recreation of Disabled People of North Macedonia - Paralympic Committee of North Macedonia is a sports, voluntary, social-humanitarian organization, established in 1965, whose main goal is won a gold medal with a world	Continuation of the good work and promotion of sport for people with disabilities	NFSRIM - MPK works on mass and systematic psychophysical rehabilitation with people with disabilities through sports and sports recreation with the aim of preserving, strengthening and improving the health condition of the
4.	Olivera Nakovska Bikova http://fsrim.org.mk/olivera-nakovska-bikova/	Republic of North Macedonia	2001 - until now	Paralympic record in London in 2012, a gold medal from the European Championship in Denmark - 2001, a	Highlight the positive example of Olivera Nakovska Bikova, her commitment to sports and great results, regardless of disability	Olivera Nakovska Bikova showed that not only physical integrity is important for a person's integrity, but also the integrity of the character
5.	Branimir Jovanovski http://fsrim.org.mk/branimir-jovanovski/	Republic of North Macedonia	1992 - until now	has won a gold medal in the air pistol discipline, with a new world and Paralympic record, at the Paralympic Games in Barcelona in 1992; won more	Highlight the positive example of Branimir Jovanovski and his commitment to sports and great results, regardless of disability	From 1996 he also started coaching, where he has notable results. As a coach, he selflessly shares his experiences with others. As a civil
6.	Vancho Karanfilov http://fsrim.org.mk/vancho-karanfilov/	Republic of North Macedonia	2001 - until now	has won a silver medal from the Paralympic Games in Athens - 2004; Equal European record; 5th place at Paralympic Games in Sydney - 2000;	Highlight the positive example of Vancho Karanfilov, his commitment to sports and great results, regardless of disability	high achievements in sport for the country
7.	Vangel Zhabev http://fsrim.org.mk/vangel-zhabev/	Republic of North Macedonia	1980	swimming - 2 bronze medals from the Paralympic Games in Arnhem - 1980; State champion of Yugoslavia in swimming	Highlight the positive example of Vangel Zhabev, his commitment to sports and great results, regardless of disability	Until the end of his life, he was a sports activist as the president of the Association for Sports and Recreation of people with disabilities - Veles and the
8.	Andrej Stojanoski https://www.worldaquatics.com/athletes/1247181/andrej-stojanoski	Republic of North Macedonia	2018 - until now	won Silver medal in swimming at the World Championships in Texas; has broken several state records; has received 5 sports Oscars and over 300	Highlight the positive example of Andrej Stojanoski, his commitment to sports and great results, regardless of disability	high achievements in sport for the country
<p>Questionnaire to be answered by the organizations (also indicators that can be used to fill in the sample):</p>						
1.	Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities? There is an organized system of sports competitions - National Deaf Sports Federation of North					
2.	Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities? National Deaf Sports Federation of North Macedonia is a voluntary, social organization,					
3.	Are there commissions or bodies within the national sports federations for sports disciplines (e.g. wrestling, chess, karate, judo, handball, athletics, etc.) that work on issues related to the inclusion of people with disabilities? No					
4.	Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities? No					
5.	Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars? Deaf and hard of hearing athletes participate in the competitions of the					
6.	Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities? There are expert coaches in all sports who work with deaf people, for e.g.					
7.	Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities? No					
8.	Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities? No					
9.	Are competitions organized with people without disabilities and d/deaf and/or people with disabilities? Athletes who are deaf and hard of hearing compete together with people without disabilities, on the same					
10.	Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities? Trainings, camps, preparations and other activities are					
11.	Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/deaf and/or people with disabilities? No					
12.	Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities? In the annual program of the Agency for					
13.	Are there specific types of education/posteducation for professionals willing to work in sports with d/deaf and/or people with disabilities? No, but it is sufficient to have a sign language interpreter to facilitate the					
14.	Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants? Regarding the deaf - Yes					
15.	Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities? No					
16.	Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling and women wrestling) for d/deaf people and/or people with disabilities? No					

- Received input from Wrestling club Radnichki and Schools with home for students with hearing and speech impairment “11 May“ Jagodina

Project name: Greco Roman Wrestling for d/Deaf people
 Project acronym: DEAF_WRESTLE
 Work Package 2: Best Practice Guide
 Lead Beneficiary: PBK BEZBEDNOST Skopje

Organization submitting the analyzed practice: Wrestling club Radnichki and Schools with home for students with hearing and speech impairment “11 May“ Jagodina



Best Practice Guide Sample

	Best practice name and contact details (website, location, etc.)	Implementing Country	Duration (since when, and if it was in the past - until when)	Short description/history	Recommendations	National Context
1.	Archery club of persons with	Serbia	2012 - until now	The founders and first members	e, nature, good team, harmony and above	ature, good team, harmony and ab
2.	Sports section at the School	Serbia	1928 - until now	Recreational activities at the "11.	essional sports team in training the studer	For many years, the sports section
3.	hearing and speech impairment	Serbia	2015 - until now	The interest in this game started	hitive abilities and improves concentration	2017/2018. school year, our
4.	THE BELGRADE SCHOOL FOR TH	Serbia	once many years ago	our wrestlers and that caused very	the boys, but in reality I did not expect tha	
5.	WRESTLING CLUB RADNICKI	Serbia		In our long tradition, I will single	stronger and more open, and - he himself	career is the gold medal from the of



Questionnaire to be answered by the organizations (also Indicators that can be used to fill in the sample):

- Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities? **NO**
- Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities? **NO**
- YES**
- Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities? **NO**
- Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars? **NO**
- Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities? **NO**
- Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities? **NO**
- Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities? **NO**
- Are competitions organized with people without disabilities and d/deaf and/or people with disabilities? **YES, ARCHERY COMPETITIONS**
- Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities? **YES, IN SOME SPORTS**
- Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/def and/or people with disabilities? **NO**
- Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities? **NO**
- Are there specific types of education/posteducation for professionals willing to work in sports with d/deaf and/or people with disabilities? **NO**
- Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants? **NO**
- Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities? **NO**
- Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling and women wrestling) for d/deaf people and/or people with disabilities? **NO**

- Received input from Sport Club Angel Voyvoda – Haskovo

<p>Project name: Greco Roman Wrestling for d/Deaf people Project acronym: DEAF_WRESTLE</p> 						
<p>Work Package 2: Best Practice Guide Lead Beneficiary: PBK BEZBEDNOST Skopje</p>  <p>Co-funded by the European Union</p>						
<p>Organization submitting the analyzed practice: Sport Club Angel Voyvoda - Haskovo</p>						
<p>Best Practice Guide Sample</p>						
	Best practice name and contact details (website, location, etc.)	Implementing Country	Duration (since when, and if it was in the past - until when)	Short description/history	Recommendations	National Context
1.	Qualification and motivation (https://www.nsa.bg/page ,	Bulgaria	Since 2004 till now	Proper qualification of the coaches and increasing the	Coaches who are working with athletes with disabilities should be	<p>On a national level, it is developed a national strategy for people with disabilities 2021-2030. The National Strategy has definite strategic goals and priorities. In the document are included expected outcome of the execution including specific benchmarks. The strategy is in compliance with International, National and European contex.</p> <p>The National strategy is developed on the bases of the National Program of Development 2030. The Ministry of Youtch and Sport has developed a "Program for the development of sports for people with disabilities". The program has</p>
2.	Media Policy (https://www.ngobg.info/bg/finansing/1940-programa-za-razvitiye-na-sporta-za-hora-c-uverzhaniya.html)	Bulgaria	Since 2022 till now	Implementation of a media policy on the benefits of physical activity and the practice of sports by people with disabilities.	The disinformation of people living in small towns, regarding the possibilities of different sport programs in relation to integration of people with disabilities is still very high. These programs should be promoted more to raise public awareness among the community on the benefits of practicing sports.	
3.	Participation in International Competitions	Bulgaria	Since 2022 till now	Creation of conditions and financial support for preparation	Development and implementation of measures with economic	
4.	Verbal and gestural method (https://www.nsa.bg/page,1403)	Bulgaria	Since 2004 till now	Implementation of verbal and gestural method of coaching.	It is necessary that coaches undergo the proper education and training in order to aquare the	
5.	Methods of training (https://www.nsa.bg/page ,	Bulgaria	Since 2004 till now	Method of mirroring	To implement additional methods during the course of training, that	
<p>Questionnaire to be answered by the organizations (also indicators that can be used to fill in the sample):</p>						
1.	Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities? - There is an organized system of competitions in sports - Bulgarian Deaf Championship. It includes the following sports: wrestling, judo, badminton, volleyball, football, table tennis and tennis.					
2.	Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities? - Bulgarian Deaf Sports Federation is responsible for the development of sports and inclusion of deaf					
3.	Are there commissions or bodies within the national sports federations for sports disciplines (e.g. wrestling, chess, karate, judo, handball, athletics, etc.) that work on issues related to the inclusion of people with disabilities? - Sport for People with Disabilities are involved in including people with disabilities in the different sports. The Ministry of Youth and Sport is also involved in integrating people with disabilities into different sport practices.					
4.	Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities? - The Ministry of Youth and Sport is publishing new programs every year which is providing budgets for the different federations.					
5.	Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars? - Bulgarian Deaf Sports Federation has its own Annual Competition Calendar for the different sports.					
6.	Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities? - There are chief coaches which are trained and qualified to work with people with different disabilities.					
7.	Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities? - Yes, for example Bulgarian Deaf Sport Federation is working very actively with all public centers and schools where there are people with disabilities.					
8.	Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities? - Yes, there are specific competition rules for the different sports.					
9.	Are competitions organized with people without disabilities and d/deaf and/or people with disabilities? - In wrestling, there are mixed competitions for people with and without disabilities.					
10.	Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities? - There are training and camps which are organized for both people with and without disabilities, organized by the Bulgarian Wrestling Federation.					
11.	Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/def and/or people with disabilities? - Yes, if the sport club or federation includes people with disabilities, it will					
12.	Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities? - Every municipality in Bulgaria is spending around 10% of the sport budget for development of sports for people with disabilities.					
13.	Are there specific types of education/posteducation for professionals willing to work in sports with d/deaf and/or people with disabilities? - Yes, in the National Sports Academy Vasil Levski, there is an Adapted Physical Activity course which prepares professionals to work with people with disabilities.					
14.	Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants? - The sports halls where people with disabilities are practicing different sport are fully adapted to their needs.					
15.	Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities? - There programs designed specifically for people with disabilities on amateur and professional levels.					
16.	Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling and women wrestling) for d/deaf people and/or people with disabilities? - There are multiple books and manual published for basic introduction, for example "Basics of Greco-Roman Style Wrestling for Deaf People".					

Received input from Zewepe Consultants Ltd

<p>Project name: Greco Roman Wrestling for d/Deaf people Project acronym: DEAF_WRESTLE</p>  <p>Work Package 2: Best Practice Guide Lead Beneficiary: PBK BEZBEDNOST Skopje</p>  <p>Co-funded by the European Union</p> <p>Organization submitting the analyzed practice: Zewepe Consultants Ltd</p>						
Best Practice Guide Sample						
	Best practice name and contact details (website, location, etc.)	Implementing Country	Duration (since when, and if it was in the past - until when)	Short description/history	Recommendations	National Context
1.	Cyprus Deaf Sport Federation https://www.deaflympics.com/countries/CYP	Cyprus	1985 and onwards	Internationally recognized by the International Olympic Committee	https://www.facebook.com/pankcyprus/?locale=el_GR	Cypriot d/deaf persons have been part of the olympic games during 1997, 2001, 2005, 2009, 2013.
2.	European Deaf Sport Organization https://www.edso.eu/	Belgium, Netherlands, France and Germany	1983 and onwards	40 countries with 50,000 athletes in 1,000 Deaf Sports Clubs are members of the EDSO. Apart from European Championships qualification matches have to be carried out in football, basketball (woman and men) and volleyball (woman and men) preliminary to the respective European Championships, since only 12 teams are able to participate in order to observe financial and time frames. A fixed number of the qualified teams are at the same time qualified for the participation in the World Games.		
3.	European Union of the Deaf https://www.eud.eu/	EU	1985	The European Union of the Deaf (EUD) was founded in 1985. It is the only supranational organisation representing Deaf people at European level and is one of the few ENGOs representing associations from all of the 27 EU Member States, in addition to Iceland, Norway, Switzerland and the United Kingdom. EUD aims to establish and maintain EU level dialogue with its relative institutions and officials, in consultation and cooperation with its member NADs. EUD is a full member of the European Disability Forum (EDF) and is a Regional Co-operating Member of the World Federation of the Deaf (WFD) to tackle issues of global importance, and also has participatory status with the Council of Europe (CoE).	https://www.facebook.com/eudeaf/about/?ref=page_internal	
4.	International Committee of Sports for the Deaf http://www.ciss.org/sports/wg	International	1924	The International Committee of Sports for the Deaf (ICSD) is the main governing body responsible for the organization of Deaflympics and other World Deaf Championships. Founded in 1924 and known as the CISS (Comité International des Sports des Sourds), the ICSD is now approaching the century mark of being the organization behind the building, evolving and fortifying the tradition of inviting deaf/hard of hearing elite athletes from all of the world to come together not only to compete in their respective sports, but to also develop comradeships between their countries.	Among recent newcomers enjoying the benefits of this worldwide network of sports and social inclusion include geographically disparate countries such as Lebanon, Paraguay and Mozambique.	International
5.	Asia Pacific Deaf Sports Confederation https://en.wikipedia.org/wiki/Asia_Pacific_Deaf_Games	Asia	1984	A deaf multi-sport event established in 1984 which is held every 4 years in the Asia Pacific region. It is the successor to the "Far Eastern Deaf Football Championship" which was held in Taipei in 1983. The inaugural games was held in 1984 in Hong Kong. At that time, the games was known as the Asia Pacific Deaf Football Championship which was held biennially until 1988.		
7.	ΟΜΟΣΠΟΝΔΙΑ ΚΩΦΩΝ ΚΥΠΡΟΥ (Cyprus Federation DEAF) https://www.eud.eu/el/members-countries/cyprus/	Cyprus	2004	Unofficial community/organization within Cyprus	cyprus.deaf.federation@gmail.com	
9.	Pancyprian Organisation of the Deaf https://www.facebook.com/paokdeaf/	Cyprus	1990	The Pancypriot Organization of the Deaf (PAOK) was founded in 1990 when the deaf decided to empower their community in Cypriot society. Also the empowerment of the deaf community through various events and the development of Cypriot sign language.	pankdeaf@cytanet.com.cy	
10.	Όμιλος Κωφών Λεμεσού (Deaf Club of Limassol) https://www.facebook.com/omiloskofonlemesou/	Cyprus	1995	Unofficial community/organization within Cyprus	omiloskofonlemesou@cytanet.com.cy	
11.	Deaf Association Pafos - Cyprus	Cyprus	2010	Unofficial community/organization within Cyprus	deafassociationpafos@yahoo.com	
Questionnaire to be answered by the organizations (also indicators that can be used to fill in the sample):						
1.	Is there an organized system of competitions in sports disciplines for d/Deaf and/or people with disabilities? Yes - various mentioned above for all sports (including Greco Romano Wrestling).					
2.	Is there a national organization that works to develop sports and inclusion for the deaf and/or people with disabilities? Yes, in Cyprus (Cyprus Deaf Sport Federation)					
3.	Are there commissions or bodies within the national sports federations for sports disciplines (e.g. wrestling, chess, karate, judo, handball, athletics, etc.) that work on issues related to the inclusion of people with disabilities? Yes - various mentioned above for all sports (including Greco Romano Wrestling).					
4.	Do the national sports federations have a budget in their annual programs for the development of sports for the integration of deaf people and/or people with disabilities? Yes, mainly related to the Olympics every 4 years.					
5.	Do national sports federations include competitions for the deaf and/or people with disabilities in their annual competition calendars? Yes.					
6.	Are there experts in the national sports federations who take measures to develop sports with deaf people and/or people with disabilities? No.					
7.	Do national sports federations have promotional materials for affirming and promoting appropriate sports among the deaf and/or people with disabilities? No - unless it is one of the national federations specifically for d/deaf persons or persons with disabilities.					
8.	Have the national sports federations established competition rules for the respective sport for the deaf and/or people with disabilities? No.					
9.	Are competitions organized with people without disabilities and d/deaf and/or people with disabilities? Strictly for persons with disabilities amongst one another.					
10.	Are sports and recreational activities (training, camps, etc.) organized for d/deaf people and/or disabilities together with people without disabilities? Yes - according to the Olympic Games, there are no restrictions on having d/deaf persons competing (https://en.wikipedia.org/wiki/Deaf_people_in_the_Olympics#:~:text=To%20qualify%20for%20the%20Deaflympics,or%20use%20of%20hearing%20aids.). However, various sources mention that the Olympics do not properly cater to d/deaf persons and persons with disabilities in order for them to be fully comfortable to compete (http://www.ciss.org/the-world-games-for-the-deaf-and-the-paralympic-games#:~:text=in%20the%20world%20of%20international,accessible%20to%20most%20disabled%20athletes.).					
11.	Is there a special section on the websites of national sports federations or clubs that promotes sports for the d/deaf and/or people with disabilities? Done on an individual basis within the above mentioned federations/associations.					
12.	Do the state authorities/policy makers in the field of sports have a budget item in their programs for the development of sports for the deaf and/or people with disabilities? N/A - Cyprus has only adopted a law in 2006 ("Cyprus Sign Language Law") for everyday use and not specifically for sports. Article here: https://www.ohchr.org/en/press-releases/2017/03/committee-rights-persons-disabilities-considers-initial-report-cyprus					
13.	Are there specific types of education/posteducation for professionals willing to work in sports with d/deaf and/or people with disabilities? Various degrees exist, such as Bachelors in Special Education, degree in Disability Studies, Master Degree in Special Needs Education, etc.					
14.	Is the environment in which the activity takes place, the sports halls and sports fields, adapted to the needs and possibilities of the participants? No.					
15.	Are there training programs for Greco-Roman wrestling designed for the d/deaf and/or people with disabilities? No.					
16.	Have materials (books, manuals, brochures, etc.) been developed for a basic introduction to the sport of Greco-Roman wrestling and other Olympic sports disciplines in wrestling (freestyle wrestling and women wrestling) for d/deaf people and/or people with disabilities? No, only for persons without disabilities (https://digitalcommons.cwu.edu/cgi/viewcontent.cgi?article=2593&context=edl). Cyprus had adopted a law in 2006 ("Cyprus Sign Language Law") whereby it only introduced Sign Language as an official language with trainings but not specifically for sports. Article here: https://www.ohchr.org/en/press-releases/2017/03/committee-rights-persons-disabilities-considers-initial-report-cyprus					

The objective of the Best Practice Guide is to promote social inclusion and equal opportunities for d/Deaf people and people with disabilities in sports, particularly focusing on Greco-Roman wrestling. It aims to present successful practices from across Europe to prevent discrimination, support integration, and guide sports organizations and policymakers in creating inclusive sports environments. The guide emphasizes the development of internal policies, educational resources, and awareness campaigns to ensure the active participation of individuals with disabilities in all levels of sports activities.



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