



*Promotion and growth of
unconventional sports in Italy and
Europe*

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Abstract: in this project we have documented the various aspects related to sport and physical activity among young people based on European data.

Obviously we have focused in particular on the growth and promotion of unconventional sports both in Italy and in Europe hoping that they will become an increasingly concrete and accessible sports reality.

1. Introduction

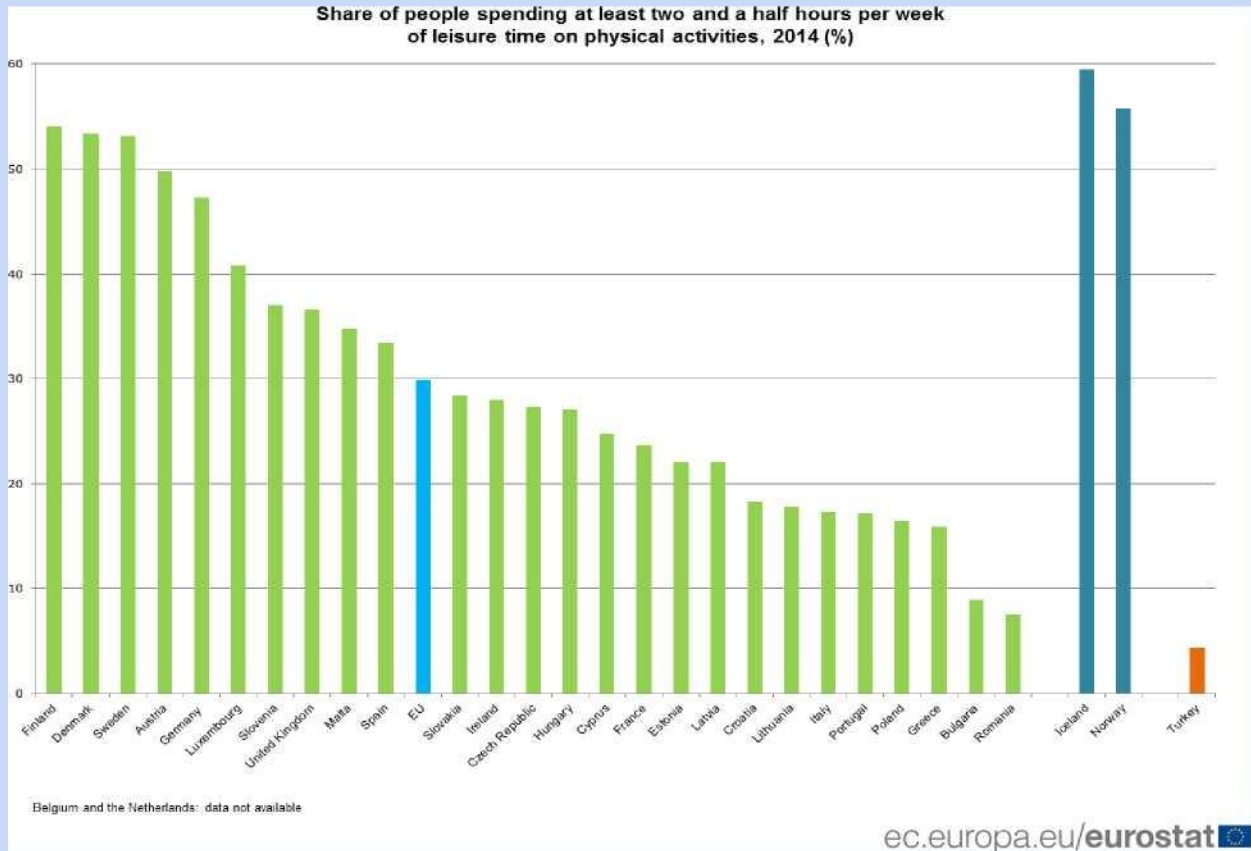
While almost half (49.8%) of the population aged 18 or over in the European Union (EU) did not do any sport, almost a third (29.9%) spent at least two and a half hours per week of leisure time doing physical activities in 2014. This includes cycling as a form of transportation.

The proportion of those exercising for at least two and a half hours per week is higher for men (34.5%) than for women (25.6%). While the proportion of time spent on exercise tends to decrease with age, it tends to increase with the education level of the individual. Overall in the EU, 40.5% of the highly-educated people spent at least two and a half hours per week on physical activities, compared to less than a quarter (19.2%) of those with a low education level.

Two and a half hours of moderate-intensity physical activity per week is the minimum level of physical activity recommended by the World Health Organisation (WHO) for adults aged 18 or over.

Nordic Member States have the highest share of people doing physical activities.

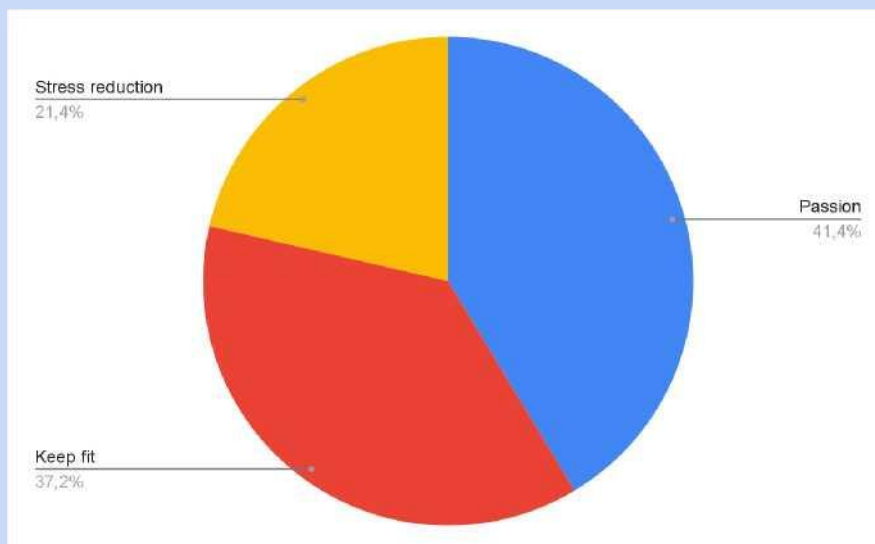
In the EU, the highest proportions of people who spent at least two and a half hours per week exercising were found in Finland (54.1%), Denmark (53.4%) and Sweden (53.1%) followed by Austria (49.8%) and Germany (47.3%). At the opposite end of the scale, Romania (7.5%) and Bulgaria (9.0%) recorded the lowest shares.



Sports practice is having a significant increase during the last years. According to a report by Istat (National Institute of Statistics), the group of sports that is most practiced is gymnastics and aerobics, surpassing what was considered the national sport par excellence, which is football.

Also according to Istat data, the sport most practiced by women is gymnastics, while the most practiced sport for men is football. Instead, water sports are in second place for both men and women. Also, in the last 10 years, outdoor activity has increased a lot more than the indoor one.

More statistical analyses have shown that 60% of the sports are practiced for passion, 54% to keep fit and 31% to reduce stress, this is the proof that people try to practice different sports for various reasons, as everyone has her/his own needs and tries to satisfy them.



2. Obiettivi e attività delle organizzazioni

CSI-Centro Sportivo Italiano is a non-profit association, based on voluntary work, promoting sport as a moment of education, growth, social engagement and aggregation, prompted by the Christian vision of man and history at the service of the people and the territory.

Among the most ancient sports promoting associations in our country, CSI meets the demand of a sport that is not only numerical, but also qualified on the professional, human and social level. Youngsters always make up our main reference point, even if the promoted sports activities are devoted to any age bracket.

Educating through sports is the mission of CSI. This is consolidated in the procedure and conscience of the association on all levels. Sport intended by CSI can also be a prevention instrument of some particular social pathologies such as loneliness, fears, dreads, doubts, deviances of the youngest.

CSI is a sports promoting institution spread all over the national territory acknowledged by the Italian Olympic Committee (CONI). It is recognized by the Italian Episcopal Conference as a Christian inspired association. It is recognized by the Interior Department as a national institution with charitable aims. It is registered in the national register of Social Promotion Associations, recognized by the Ministry of Work and Social Policies. It is recognized by the Department of Education, University and Scientific Research as an accredited institution for the formation of school staff. It has stipulated an understanding protocol for the organization and promotion of sensitization and information actions devoted to students, teachers and parents on the value of sports practice as well as formation, updating pathways and meeting occasions for teachers and parents. It has an understanding protocol with the Ministry of Justice to promote reinsertion and social inclusion activities devoted to the youngest moving around in the external penal area. It is an institution accredited by the National Office for Civil Service to manage projects of voluntary civil service. It is a member of the National Court of Laical Aggregation (Cnal). It represents Italy internationally within the Federation Internationale Catholique d'Education Physique et Sportive (Ficep), gathering the catholic sports associations from Austria, Belgium, Czech Republic, France, Germany, Italy, Holland, Poland, Slovak Republic, Switzerland at present, besides some sports groups from Madagascar and the former Yugoslavia.

It is a member of the Permanent Forum in the Third Sector and has signed cooperation conventions with the Italian Parents Association, with the Childline, etc.

THE NUMBERS OF CSI

- 1.204.009 Athletes
- 13.000 Sports clubs
- 42.000 Teams
- 72 Done sports disciplines
- 8.000 Tournaments per year
- 300.000 Competitions per year
- 138 Territorial sees
- 21 Regional sees
- 101.000 Trainers, animators, referees, judges and executives
- 12.000.000 Yearly hours of free engagement and voluntary work

Along seventy years of experience working on sports at all levels, the CSI created and managed several projects and most of them aimed to promote sport activity among youngsters.

Instytut Rozwoju Sportu i Edukacji - Poland

Instytut Rozwoju Sportu i Edukacji /Institute for the Development of Sport and Education/ (IRSIE) has been operating since 2011, focusing mainly on education, physical culture and culture. It has based its activity on cooperation with non-government and higher education organisations, associations, clubs, schools, universities.

Our experience includes publishing activities (publications related to sports, physical activity) and organizational (conferences, seminars, trainings).

The Foundation is a member of European Traditional Sports and Games Association (ETSGA)/ Association Europeenne des Jeux et Sports Traditionnels (AEJeST) and International Sport and Culture Association (ISCA). Foundation IRSiE is a partner of the Krajowa Siec Obszarow Wiejskich (National Rural Network). The Foundation has signed cooperation agreements with Institute of Sport, Tourism and Service South Ural State University from Chelyabinsk (Russia) and Institut de Haute Formation aux Politiques Communautaires - IHF (Belgium).

The Foundation publishes the Journal of Sport and Recreation (<http://www.sportinstytut.pl/artykuly,journal-of-sport-and-recreation.html>), the editor-in-chief is Sylwia Gocłowska

Foundation members deal with many aspects of culture, sport and recreation. They are among us people who are specialists in the field of sports psychology, communication and media in sport, recreation and sports activities, marketing and management in sport, tangible and intangible heritage, culture, renovation of monuments, heritage management, traditional sports. We also have experience in working with children, adults, people with disabilities.

Foundation members have project experience (eg. Erasmus, Cosme, Structural Funds, Norwegian Funds). Foundation carried out projects with national funds, Norwegian Fund, Erasmus Plus program.

Spor El^ileri Dernegi-Turkey

Sport Ambassadors Association is a voluntary sports association. All members are volunteers working to increase the sport culture in the society, to enable people to do physical activities and to have an active lifestyle. The target group is all age groups of people. Disadvantaged and disabled people are mostly integrated in our activities.

The main focus of the Association is to work in the following fields:

Promoting Physical Activity and Health (namely HEPA)

Social inclusion and integration through Sport Fight against obesity and sedentary lifestyle Outdoor education Non-formal education Intercultural dialogue

Sports Ambassadors Association has been established to be active in local, national and international projects. With the help of the projects carried out, it seeks to promote lifelong learning and to enhance the skills related to sports activities. It also aims to involve youth in international youth work, international educational, scientific, cultural exchange programs and it wants to create chances for young people to be sporty, strong, physically and mentally fit, understanding, successful and ambitious. The Association has about 200 volunteers from the university and the number is increasing day by day. Most of the volunteers are young people aged between 15-30. But there are also different levels of educational backgrounds.

Sport Ambassadors Association works with various age groups in the region and socially and economically disadvantaged individuals. Volunteer members organise sport activities on special days for social inclusion of the children, the disabled, the adults who never do sport and the elderly.

The founders of the association have international experiences in Erasmus+ projects. They have participated in several youth programme trainings and have already worked with the youth in the neighbourhood.

The members also participated in conferences and seminars organised at national level to promote social inclusion and fight against sedentary lifestyle through sport. Using non-formal education, it seeks to enhance the skills and learning of young people. The Association organises sport activities regularly. Every weekend, it tries to introduce a rarely-known sports discipline and attract the youth in youth work voluntarily.

CAI-Portugal

CAI is a Portuguese association (NGO without profit-making organization) involved in social intervention in the field of youth, non-formal education and education adults, developing activities in the following areas:

- Individual intervention, Collective and Community
- Human rights and the rights of the child
- Street social work
- Theater of the Oppressed
- Youth Activation
- Entrepreneurship and Social Economy

Social Diplomacy Since 2013, CAI has carried out projects at the national level in the field of activating young people to avoid potential vulnerabilities and youth empowerment. CAI is specialized in the social work methodology of the street. Two local networks of organizations were created to work with young NEETs (Youth Guarantee Program) and migrants. The trainers and other professionals are engaged by project and we have a group of 12 countries different languages using EN, FR, ES, PT. CAI is the bearer of the Training Institute of Street Work (SwTI), a training institute in street social work, whose creation has been approved in 2012 by Dynamo International - Street Workers Network (DISWN). CAI participated in as a partner in a dozen ERASMUS + AC1 projects and two AC2 - One YouthLab and One Inclusi-ON.

Vision Contribute to the empowerment and professionalisation of workers social services **Mission** To develop and develop social skills in the work of streets and train street social workers "Change" values: through training and the exchange of practices, training promotes an individual and collective evolution in the way to do and think the socio-educational animation of the street. "Diversity": the notions of otherness, respect, difference, exchange and mutualisation are highlighted; The diversity of participants and trainers is emphasized as it promotes the application of the principles the co-construction of knowledge and reflective work. "Participation": the training is cooperative and interactive.

Objectives Build and develop skills in the activities of street social and educational Provide the socioeducational street educator the skills necessary to practice Teaching principles Self-construction Co-construction Participation Reflective work.

Universitat de les Illes Balears -Spain

The UIB has a population of nearly 18,200 students, 1000 professors and researchers and 500 administrative and services professionals. If the UIB were a municipality, it would be the 16th largest town in the Balearic Islands, out of a total of 67.

Students from partner universities in Albania, Bosnia and Herzegovina, Morocco, Russian Federation, Serbia or Tunisia may undertake part of their university studies at the Universitat de les Illes Balears through ERASMUS+ Partner Countries KA107.

The UIB has a great experience in the field of organizing events, doing research and promoting several kinds of projects about the safe and inclusive practice of sports, in relationship with other sport Balearic institutions. Since 2010, there is a specific group of research (GICAFE) in Physical Activity and Sports, now addressed specifically -and in relation with this proposal- to the promotion of “Values in the Sport” (UIB 94CER18). Please, refer to the Research Gate for to know more about the GICAFE’s members activities and publications.

FOOTURA - Bulgaria

The main objectives of Association FOOTURA are the development and promotion of sport as a tool for positive social impact, various sports and all kind of activities connected with sport, cultural tourism, active lifestyle, and youth exchange programmes. The association aims at promoting amateur and college sports in order to motivate youth and disadvantaged people to be active and see the benefits of a healthy lifestyle. Our key goals are: 1. Development of youth activities, initiatives, and projects that support healthy lifestyles and physical education. 2. Working for the rehabilitation and extension of existing and creation of new relationships between citizens, organizations, regions, and other structures on the basis of sports - both in Bulgaria and abroad. 3. Promoting achievements, projects, and initiative of individuals and organizations in the field of amateur sport. 4. Creation and development of better infrastructure for practising sport, which increases motivation and keeps the commitment of young people. 5. Participation in public life and public dialogue on issues of youth, social integration, and sport. Developing our own theoretical-analytical activity, our members have participation and publications in Sports conferences here in Sofia (in 2013 and 2014) and in Sofia, Bucurest and Serbia (2015), Bulgaria, Macedonia and Cyprus (2016), Italy (2017 & 2018) and Greece (2017, 2018 & 2019). Footura is a member of the Bulgarian Field hockey federation (since 2014), National network for children, National youth forum (since 2017). Footura has a license from Bulgarian Sports ministry (since 2014)

Footura implements sports projects funded by different local structures -Ministry of youth and sport, Ministry of education, Sofia municipality, Operational Programme for Human Resources, companies, private NGOs and funds, etc. Currently Footura has 5 members, 0 permanent staff, 5 part time staff and around 30 volunteers.

PYTHIA - Greece

Pythia NGO is a non-governmental organization, based in Kokkinohoma of Kavala at the Prefecture of Eastern Macedonia and Thrace, Greece. It was founded in July 2018 with the mission to offer educational, cultural, touristic, development, social and economic volunteer services at the local citizens of Kavala, Drama and Serres region. By acquiring the experience and knowledge of its key members, “Pythia -Astiki Mi Kerdoskopiki” (PYTHIA - NGO) is the perfect organizer to fulfill any social needs concerning culture, nature, ecology, education, local products, traditional customs and professions. The social enterprise is under continuous expand since its development, offering services at the local populations and relevant stakeholders.

As briefly described previously, we offer educational, cultural, touristic, development, social and economic services at the local citizens of Kavala, Drama and Serres region. We aim to find all necessary ways and means to tackle social and economic challenges and help local people fulfill their needs. Specific objectives are:

1. Offering services on the fields of education, information, networking, consulting, learning, with the use of educational seminars, professional education programs, lifelong learning programs, workshops, conferences and other initiatives that aim at the development of people’s knowledge and Title of the project / Acronym competences.
2. The development, planning, organizing and participation at social, cultural, artistic, dancing, theatrical, musical and athletic organizations, but also concerts, festival, competitions and games, in Greece or Europe, aiming to promote the Greek Culture.

3. Any other goods or services offered that will enable access to employment, access for people with fewer opportunities, access to learning opportunities and competences development, but also will enable social solidarity, local and regional development and tackle social inequality.

4. The pursue of social equality and equality of genders, of cultural and intercultural diversity and friendship.

Rijeka disability sports association-Croatia

Rijeka sports association for persons with disabilities was founded in Rijeka in 1984. It was founded with a primal goal to promote sports among young people especially among those with various types of disabilities. It has a mission to integrate people with disabilities in society through sports, and to give a contribution to equal rights of all citizens and prevent social exclusion of people with disabilities.

There are 16 sports clubs within our organization which include: wheelchair tennis, athletics, table tennis, bocchia, Alpine skiing, equestrian, swimming, shooting, sports for the deaf and sports for the blind.

Currently the Association employs these persons: Secretary General, 3 EU project managers and 4 Kinesiology professors/sport trainers, an office administrator. Among the employees we have persons with disabilities and parent of a child with disabilities. Basic activities of the Rijeka sports association for persons with disabilities are as follows:

Promoting the common interests of its members, coordinating and synchronizing their program activities

Taking part in the process of defining the organizational criteria for the competition system in the Republic of Croatia

Following and consideration of the current financial issues in sports for persons with disabilities in the Primorje-Gorski Kotar Region

Organization of sporting activities for persons with disabilities in the Primorje - Gorski Kotar Region, as well as organization of competition on all levels for all sports under the wing of Croatian Paralympic Committee and Croatian Sports Union for Deaf People;

Development of programs for international and regional cooperation, and including as many sports clubs for persons with disabilities in the process as possible, of the Paralympic principles through cooperation with similar organizations in Croatia and abroad.

Ensuring the financial resources for these activities.

FOPSIM-Malta

FOPSIM is a Maltese foundation that aims to achieve concrete progress for marginalized groups or sections within Maltese society. FOPSIM's main mission is to promote and sustain employment, social solidarity, youth and active female participation in all aspects to achieve tangible advancement in the transition towards a more equitable society. It is actively participating and seeking participation in EU-funded programmes such as structural funding, Life Long Learning programmes, JUSTICE and other programmes. It seeks to increasingly promote Malta's participation in EU affairs in the social inclusion. FOPSIM has been working with several EU Funding Programmes. The projects to which FOPSIM has participated include:

Project Management support, in order to submit a well prepared and exhaustive Application Form
Dissemination and Exploitation of project results

Pilot testing through its established links to several Maltese Local Councils and National Authorities
Research, thanks to the number of research projects as well as an extensive network of researchers
Title of the project / Acronym.

Naprej center-Slovenia

Center Naprej is a regional daily rehabilitation centre intended for people with acquired brain injury (ABI). Its field of expertise is long-term psychosocial rehabilitation after acquired brain injury. Provided services and programmes (occupational therapy, physiotherapy, psychological, social and health care, employment under special conditions) are designed to increase active participation of users with ABI in the society and to improve the quality of their lives, as well as the lives of their families.

It is active in the field of various preventive, counselling, and educational programmes intended for special groups and the general public. Besides the users, employees devote special care to their families -include them to all phases of the rehabilitation process, providing them with counselling and support. The rehabilitation programmes take place at two different units in Slovenia, Maribor and Murska Sobota, and include 41 users. A professional staff of 26 employees takes care of the implementation of the programmes and a large number of volunteers, students (more than 50 every year) and external experts.

At Center Naprej, users with ABI can participate in programmes that are not included in the basic service and for which additional funds must be obtained.

The above-standard programmes focus on transferring the rehabilitation process to real life environments, practicing skills and successfully integrating users into the broader social environment. Users acquire strategies in real environments, which help them cope with their problems more efficiently.

An important part of rehabilitation programmes are sport programmes and activities: rehabilitation gymnastics, swimming, skiing, therapeutic horseback riding, tennis, basketball, etc.

Center Naprej also organises sport games for persons with disabilities. All of these sport activities are important for their users in their rehabilitation process.

Through sports, occupational therapy and neuro physiotherapy, psychological and social work, the professional staff provides the users with the possibility to achieve a new quality of life.

Within the framework of the "Move Week 2014", Center Naprej participated in the international campaign "Now we move" and organised an orienteering hike for persons with disabilities. Within the "Move Week 2015", Center Naprej presented the existing programmes of sports rehabilitation to institutions with a similar orientation and the wider public.

As a Family-Friendly company, they provide health care and sport activities for the employees and exercise at the workplace. Users and employees in 2015 also attended the open ski championship of Zasavje 2015.

Affiliation of the Center Naprej: member of SOUS (Community organizations for training of persons with disabilities in the Republic of Slovenia) who is a member of EASPD (European Association of Service Providers for Persons with Disabilities), member of the working group of the Ministry of Health of the Republic Slovenia.

The Center Naprej has not yet developed a systematic approach to sports activities for rehabilitation purposes, which would cover such a wide range of positive effects on persons with disabilities, but this approach is set with this project.

3. Information about unconventional sports



“Remember the 5D’s of dodgeball: dodge, dip, dive, duck and eh... dodge!” said Ben Stiller, talking about this new emergent sport called, as we said, “Dodgeball”.

So why do we keep to consider traditional sports as the only existing ones? In the world there are many fun and interesting unconventional sports which can be practiced for fun, for passion, for health and for many other reasons. The most famous of these unconventional sports are: Dodgeball, Tchoukball and Pickleball; the last one is mostly known and practiced in the United States of America. Unconventional sports are those that have no specific rules, also, they can be practiced almost everywhere, and they are mixed in terms of gender, letting men and women play together. Unfortunately, these sports are not so well known by the public and some of their main features are:

- 1) ease of learning;
- 2) no distinction of gender, age and capacity level;
- 3) absence of strong competition

In this way, people can practice unconventional sports avoiding all those conflicts derived from a strong competition, which is one of the main characteristics of conventional disciplines.

These information let us understand how in unconventional sports the most important thing is to have fun, socialize and feel good.

3.1 Statistical data relating to unconventional sports

Paddle: According to the analysis of 2020 on paddle, compared to the one of 2019, it emerged that there has been a significant increase in the structures of 50% which have gone from 547 to 828 throughout the peninsula.

For the fields the increase was even greater by almost 60% from 1,151 to 1,831, the largest increases in facilities were recorded in the Lazio region followed by Sicily and Lombardy.

Numbers of practicing players: The only official figures are the FIT members, which according to the latest rankings published in the news of December 28th on the Federtennis website, amount to 10,702 of which 8,526 men and 2,176 women (20% of total members) with an increase about 1,230 members compared to 2019 in which there were 9,470 members (7,308 men and 2,133 women).

Obviously, if we consider all amateur players, the figure is much broader. In the last quarter, despite the restrictions in some areas of Italy, there was a real Padelmania especially in Central and Southern Italy, also facilitated by the fact that it was not possible to play contact sports, which led to an increase in fans and amateur players. The padel fields lately are no longer able to satisfy the demand of players who often are unable to book the fields or are forced to book at uncomfortable times if they really want to play. It is reasonable to estimate on the data of the fields, reservations and the number of subscribers to the Book A Field app that the range of amateur players is possibly between 250,000 and 350,000 fans.



In the European ranking the partners of the European project are classified:

Men	Women
1) Spain	1) Spain
2) Portugal	2) Portugal
3) Italy	4) Italy

Tchoukball: In Europe, tchoukball first developed in Switzerland and then gradually developed throughout Europe and the world, also thank to Taiwan recognizing this discipline as one of its national sports. Among the most important steps that tchoukball has taken is the participation, as a demonstration sport, in the Munich Olympics in '72.

In 2000 the first Italian national team appeared at the Geneva World Cup and in 2001 the Italian Tchoukball Federation (FTBI) was born, which in 2003 managed to organize the first European championship for nations in Rimini, with Switzerland, France, Great Britain, the Czech Republic and of course with the Italian feminine and masculine selections.

To the Lombard realities of the Saronnese area are added those of Asti, Bergamo and Ferrara, thanks to which in 2007 the first Italian tchoukball championship took place, obligatorily gender mixed, consisting of 7 teams.

In a short time the discipline developed in the area, particularly in the north of Italy, and in 2011 the Bel Paese hosted the seventh world championship, precisely in Ferrara, which presents the guest of honor Michel Favre, a close collaborator of prof. Brandt.

Teams increase and in 2010 the championship, until then a single series, is divided into Serie A and Serie B, thus giving the opportunity to many more teams to participate, thanks also to the geographical structure of the junior series. In this way, realities of central Italy such as Empoli, Latina and Perugia became part of the tchoukball family and the ball and the panel reached Caserta.

Today the Italian championship has over 30 teams including Serie A, Serie B and Junior and all the men's and women's national teams from senior to under 15.

In the European ranking, the partners of the European project are classified as:

Men	Women
1) Austria	1) Switzerland
2) Italy	2) England
3) Germany	3) Italy
7) Poland	6) Poland
9) Spain	9) Spain

Dodgeball: In Italy the Dodgeball was officially presented in 2007 through the C.S.I. (Italian Sports Center) on the initiative of the Provincial Committee of Ravenna, where later, the first team championship in the Promoter category was organized. Other tournaments subsequently involved the cities of Turin, Naples and Ancona. The Italian Dodgeball Association (A.I.D.B.) promotes the development of Dodgeball in Italy and it had already organized the 3rd edition of the European Championship in 2012. The A.I.D.B. is recognized in Europe by the European Dodgeball Federation (E.D.B.F.) and has, among other things, the task of selecting the Italian representative in international sporting events organized in collaboration with the European Federation. Particularly significant is the presence of the discipline in the school environment: again from Ravenna, the "Dodgeball a Scuola" project was launched in 2009, aimed to spread sport and the participation of students in the "Student Sports Games", starting from 2010.

Nine years after the foundation of the Italian Dodgeball Association (AIDB), this sport has spread to eight regions and, in the 2016/2017 season, the first historic 11-team national championship was organized. Dodgeball, for the layman, is a competitive evolution of the poison ball with rules. It is organized and established at world and European level, by the World Dodgeball Association (WDA) and the European Dodgeball Federation.

In the European ranking the partners of the European project are classified as:

Men	Women	Mixed
1) Austria	1) Austria	1) Austria
2) England	2) England	2) England
3) Scotland	3) Italy	3) Scotland
6) Italy	13) Croatia	5) Italy
7) Croatia	16) Slovenia	7) Slovenia
15) Poland	16) Bulgaria	16) Spagna
16) Romania	18) Poland, Spain e Romania	18) Bulgaria, Poland, Croatia e Romania
18) Bulgaria, Slovenia e Spain		

Cricket: Cricket originated in England in its modern form and it is mostly practiced in countries colonized by Britain, such as Asia, Oceania, Africa and the English-speaking Caribbean.

Currently, the International Cricket Council (ICC), which has existed since 1909 and organizes the world championships, announced that the next event will be played from 25 September to 2 October.

The length of the matches can last from hours to several days. The numerous intervals and complicated terminology make this sport difficult for inexperienced spectators to understand. There are two variants of this sport, unlimited over and limited over. In the first, a team must eliminate all opposing batters twice to win the match, the duration of which is 4 days (home competitions) or 5 (international competitions, called Tests). In the second, the two most popular are the 50 over ones (called One Day International or ODI if played by the national teams), lasting one day, and the twenty over ones (Twenty20), lasting about 3/4 hours.

In the European ranking the partners of the European project are classified as:

12) Italy
46) Portugal
54) Croatia
72) Slovenia

Flying Disk: The Italian Flying Disc Federation (FIFD), founded in 1979, is a recognized sports body affiliated with EFDF and WFDF (respectively European and World Federation), member of GAISF (General Association of International Sports Federation), IWGA (International World Games Association) and the ICSSPE (International Council for Sport Science and Physical Education).

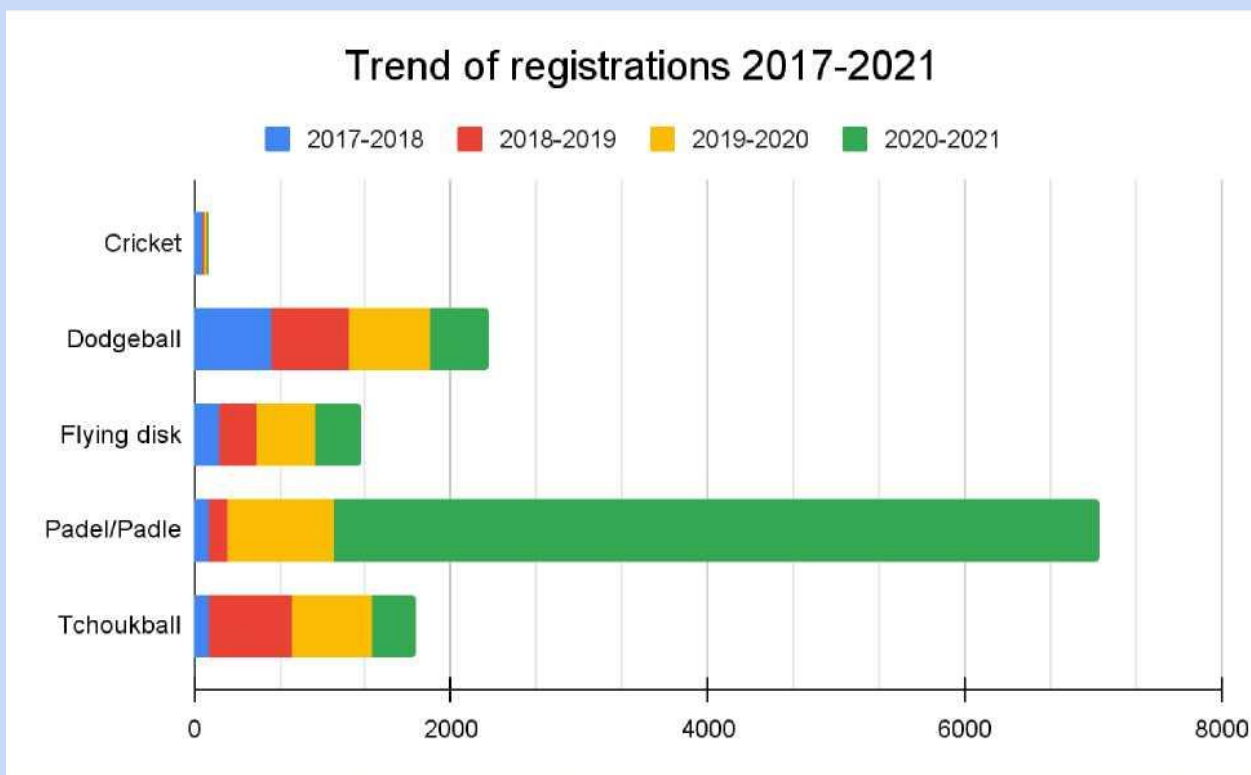
In 2015 the WFDF and the Flying Disc sports were fully recognized by the International Olympic Committee (IOC) and the FIFD is awaiting recognition from the national CONI.

FIFD counts now 29 affiliated companies and nearly 2,000 members, a third of which are U20, and 12 national representatives in the various categories of the Ultimate, which for some time have been enjoying good results at international level, especially in the young categories.

In the European ranking the partners of the European project are classified:

Men	Mixed	Women
5°) Italy	9°) Poland	4°) Italy
18°) Poland	10°) Italy	13°) Poland
	12°) Slovenia	
	18°) Bulgaria	

The following graph shows the trend of subscribers from 2017 to 2021 in the sports listed above, referred to the the Italian Sports Center (CSI).



3. Good practices

It is well known that playing sports has beneficial results on health. In fact, there is scientific evidence which demonstrates that practicing a regular physical activity can prevent or alleviate a lot of dangerous diseases such as obesity or cardiovascular problems, but also various psychiatric and psychological discomforts.

It reduces inflammatory cytokines resulting in a reduction in low-grade inflammation which results in physical and mental well-being¹.

People should never underestimate these datas.

We wondered how much sedentary life can hurt to a person's health and this question was finally answered by the WHO (World Health Organization), which thank to some researches showed that sedentary lifestyles are not NORMAL as they constitute a significant risk factor on human health.

Prospective studies have shown that chronic low-grade inflammation may contribute to the pathogenesis of the most common chronic diseases and in particular CVD. Obesity has repeatedly been associated with moderately raised levels of inflammation, and this observation has led to the view that obesity is characterised by a state of chronic low-grade inflammation. There is now great interest in elucidating how physical activity and exercise modulate inflammation. This review summarises the current research addressing the influence of physical activity and exercise in mitigating the risks of obesity and diseases such as type-II diabetes and CVD, through its action on the low-grade inflammatory state. Most research on this topic hypothesised that the association between physical activity and inflammatory markers is independent of fatness, but very few studies have proven this. Given that physical activity and obesity are often inversely related, it is not clear as to whether the antiinflammatory health benefits of a physically active lifestyle are due to exercise per se or result from favourable changes in the body composition).

First good practice

Title	The unconventional month
Timing	One month
Purposes	Sensitize students to the issue of unconventional sports by practicing them in various matches during physical education hours, at least twice a week
Preparation	At the beginning of the year teachers have to create a program divided per hours which has to last for the entire project. After this, teachers need to plan the routed which have to be used by each student in order to succeed at the best in the final goal.
Implementation	It is important to establish the days and the times in which the games have to be played , trying to mostly spread the knowledge of unconventional sports. Teachers should also establish 15 minutes of theory to explain the origin of these sports and their rules. It is also important in this phase to listen and consider children's feeling and opinions about it.
Sources	There are no sources

Second good practice

Title	Sport and green society 1ª edition
Timing	Three days (Friday, Saturday and Sunday) each year
Purposes	Socialization and promotion of unconventional sports
Preparation	The event's organizers need to plan the activities to be carried out together with the help of volunteers by identifying the various sports areas and the spaces dedicated to socialization, such as, for example, a barbecue area or children's area.
Implementation	The event will be organized with the creation of a different group for every different sport area. Also, there will be a volunteers to take care of the explanation of these unconventional sports' rules. Each team will have a time limit, after which a new players' group will take over, and so on. In addition, there will be stands dedicated to the sale of sporting goods and typical foods of various areas.
Sources	There are no sources

Third good practice

Title	Faith and sport
Timing	One month (oratory's summer camp)
Preparation	Priests will be the ones to explain unconventional sports and involve children in different activities.
Implementation	Priests will be the ones to explain unconventional sports and involve children in different activities.
Implementation	The program will be divided in two weeks, considering from Monday to Friday, and each day will present two different phases : the morning phase and the afternoon one. In the morning will be organized comparison activities and excursions, while the afternoons will be dedicated to sport activities, with the exception of Friday afternoon, in which they will do one hour of catechism.
Sources	There are no sources

Fourth good practice

Title	Sporty afterwork
Timing	3 months of training plus 3 months of tourney
Purposes	This project is aimed at workers, who, after a long and stressing day of work are invited to different areas dedicated to the practice of unconventional sports. This project tries to alleviate the stress derived from work also thanks to the promotion of unconventional sports.
Preparation	It is important to show all the structures dedicated to this project and to establish monthly quotas to pay for those who want to have a free access to these areas.
Implementation	The program is organized in such a way meant to allow workers to choose hours more suited to their work commitments.
Sources	There are no sources

4. Recommendations

- 1) Do not stop yourself at practicing a single conventional sport, but expand your "sports baggage" with a second or third unconventional sport;
- 2) Try to spread unconventional sports in such a way that permits to reach inactive people, who are probably not inclined to practice popular sports such as football, swimming, tennis, etc.
- 3) Try to change and try various places where to practice unconventional sports.
- 4) Practice sports several times a week as, according to the WHO, children and young people aged from 5 to 17 are recommended to practice sport for about 60 minutes a day, for 3 times a week. Instead, for people aged between 18 and 60 years is recommended an activity of about 60 minutes a day, for 2 times a week. These tips should also be followed by people with disabilities

5. Conclusions

We would like to conclude with a sentence that probably contains the true and genuine meaning of sport: practicing sport should not be based on the idea of success, but on the idea of giving the best of oneself.

It is unanimously recognized that sport represents a highly formative and educational activity.

The main characteristics are aimed at people with immediate and understandable language, to transmit universal and significant values.

through sport you can get to know yourself, recognize your strengths and weaknesses from a psychological and social point of view.

With sport you have the opportunity to experience the pleasure of feeling fulfilled in achieving a goal that does not necessarily have to be identified with victory but the very participation and practice of sporting activity represents a personal victory.

With the wow sport project we hope that it will be an opportunity to get to know better those unconventional sports practiced in Italy and beyond, having fun and opening up to new possibilities to get involved!

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