

ENGLISH



SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023

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#UnbeatableTogether

**Unified
Sports®**

WWW.BERLIN2023.ORG/EN

WITH FUNDING FROM



Unified Sports®

About 1.4 million people worldwide take part in Unified Sports®, breaking down stereotypes about people with intellectual disabilities in a fun way. Unified Sports® connects athletes with intellectual disabilities (ID) and Unified partners without ID on the same team. Teams are made up of people of similar age and ability. This makes practicing fun and games more challenging and exciting for all.

This brochure is aimed at the general public, athletes, already active coaches and Unified partners and those who would like to become a coach or Unified partner. It offers an explanation of the basic principle behind Unified Sports® and practical tips for implementation in training and at the competitions. We hope you enjoy reading it and have fun at the Special Olympics World Games Berlin 2023!

#UnbeatableTogether

Unified Sports®
bring people with
and without
disabilities
together through
sports!





Principle of Meaningful Involvement (POMI)

The Principle of Meaningful Involvement is an effort to optimize participation by all players (athletes – with ID and Unified partners – without ID in Unified Sports competition). Fundamentally POMI ensures that every player is given the opportunity to contribute to the success of their team through their unique skills and qualities.

Essential criteria:



- Every player is given the opportunity to play.
- Every player is given the chance to participate in the game, by getting an own role in the team.
- Every player is included in group activities outside the game.
- In competitive Unified Sports all players must have a similar ability level.
- Player must play in a team without heightened risk of injury (compete without causing undue risk of injury to themselves or others)
- No player dominance, teams play together as one, no one takes over the role of other teammates.



Watch our video to learn more!



Scan or click.



Unified Sports® vs. Mainstream Sports

There should not be a difference between mainstream sports and Unified Sports®, but there is. And that is a trap for coaches.

Mainstream sports

- No rules about POMI, only play with best players. Young players have to learn to sit on the bench.
- Focus is on winning.
- Dominant players are idolised.

Unified Sports®

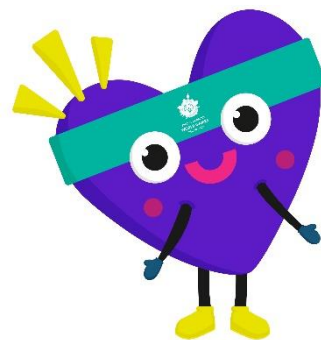
A Unified Coach makes sure every player:

- Has the chance to participate in the game, by giving everyone a role on the team.
- Is playing a fair amount of minutes.

Unified Sports® at Berlin 2023

Athletes and Unified Partners compete in 16 sports:

- | | |
|---------------------------|------------------------------|
| • Badminton | • Golf |
| • Basketball 3x3 | • Handball |
| • Basketball 5v5 | • Kayaking |
| • Beach Volleyball | • Open Water Swimming |
| • Bocce | • Sailing |
| • Bowling | • Table Tennis |
| • Football | • Tennis |
| • Futsal | • Volleyball |



More Information on all sports on our website: www.berlin2023.org



Top tips for Unified Coaches



Make sure there is no heightened **risk of injury**

Compose a good = balanced team according to the required Unified model (competitive, development)

Included every player in **group activities outside the game**

Actively **Coach** every player

Lead by example when it comes to inclusion and POMI

Don't allow player dominance, no one can take over the role of other teammates

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Special Olympics

World Games Berlin 2023

Organizing Committee gGmbH

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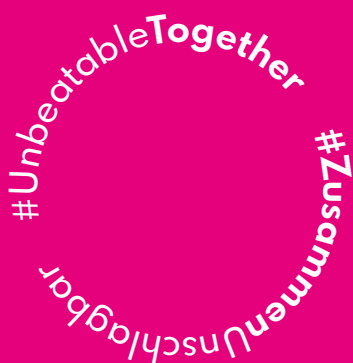
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The content of this handbook reflects the planning status at the end of February 2023, subject to change



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