



# Disabled Sports and Branches in Turkey

**Muzaffer AK<sup>a\*</sup>, Ramazan Dağ<sup>a</sup> and Aydin Dağlı<sup>a</sup>**

<sup>a</sup> *University of Niğde, Turkey.*

## **Authors' contributions**

*This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.*

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## **ABSTRACT**

A society's sensitivity level of disabled people is equivalent to society's civilisation level of development. In today's world which is developing quite fast, people need to respect to different physical appearances and acknowledge that we have no difference in individual equality. From this point on people should be in an effort to increase and improve the feeling empathy. Sports and sports federation's managers have huge impact on increasing the quality of large groups of people. People who have been working as a manager at sport federations need to raise awareness among the society in every area about that to key to help disabled people is sport which helps them to be more successful in social life and to end exclusion in society. Sport activities have enormous repercussions on improving both the human psychology and common denominator of society. The increase on sport branches and having been been host to so many federation our country had unleashed so many important talents which enhanced our national denominator with value-added. While raising awareness about the disabled people on duty, Athlete and federation manager's individual features, psychological situations and professional information are changing and developing. This research includes practices that will help individuals to gain a place in society and increase our social sensitivity.

\*Corresponding author: Email: [saadetguneyiho68@gmail.com](mailto:saadetguneyiho68@gmail.com);

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## 1. INTRODUCTION

Sports activities are of great importance regardless of disabled and non-disabled individuals and are beneficial for the human spirit and physical characteristics in many different ways. It is important for individual psychology and public health and acts as a mortar for social solidarity. At the same time, it also enables the realisation of cultural interaction between nations. People who internalise the spirit of sports will learn to compete within the framework of respect and love, and the culture of competition by fighting within the rules. Sports activities that protect young people from negative behaviours and habits, whether they are carried out professionally or in an amateur manner, will provide numerous advantages to the people who do sports and, most importantly, will offer a healthy life. Disabled people show up in games such as futsal and goalball with their own rules and participate in tournaments in these sports branches. As everyone knows, many disabled competitors compete in the Paralympic Games and are highly appreciated no matter what rank they achieve and in which classification they compete. Our disabled citizens, by persevering, challenge their obstacles, so to speak, do not recognise everything that is seen as an obstacle in front of them and come to life with their sports activities. . Happily, our people now know that people with disabilities can also carry out scientific studies, can be successful in many fields such as sports, art and science, that people with disabilities are no different from people without disabilities, that people with disabilities rejoice, feel sad, laugh, cry, make jokes, read books, that people with visual disabilities write in Braille alphabet, which is a unique alphabet, that people with visual disabilities dream like sighted people, that people with visual disabilities dream like sighted people, that people with visual disabilities feel emotional, that people with visual disabilities fall in love, that people with visual disabilities jump up in the air saying "gool" when their team scores a goal.

In addition to all these important developments, it is a fact that there are many developments that we need to make in our country. In the past, unfortunately, disabled people lived most of their lives at home and rarely went out. What we need to do now is to encourage disabled people to compete in professional sports.

Physically disabled people can play basketball, mentally disabled people can participate in athletics competitions and achieve unprecedented success. The visually impaired can play judo and badminton. And other Paralympic sports can be performed successfully by all disabled people.

## 2. DISABLED SPORT

### 2.1 Disabled Sport in the Eyes of the Disabled

The positive effect of sport also covers disabled individuals in the society and enables them to establish healthier relationships in the society with their physical and mental development (Savucu et al 2006). It has been neglected for many years that sportive activities and sports, which are recommended for healthy individuals to get rid of physical and mental tensions and to provide physical fitness for living conditions, can be performed by disabled people. Activities in the form of games, sports and competitions are the easiest way to rehabilitate the disabled and to establish a bond with the society [1,2].

Despite their disabilities, our citizens with disabilities can achieve great things when they are given the opportunity and trusted. For example, our citizens with hearing disabilities establish football teams, participate in football tournaments with great success, reflect their talents on the field just like athletes without disabilities, and fascinate the audience. Or our physically disabled people play basketball excellently and achieve successes that will go down in history in wheelchair basketball teams. Or, our mentally disabled brothers and sisters, as very good runners, participate in athletics competitions and achieve unforgettable victories. The visually impaired, with their own rules, participate in games such as futsal and goalball and take part in tournaments in these sports branches. As everyone knows, many disabled competitors compete in the Paralympic Games and are highly appreciated no matter in which class they compete [3]. Our disabled citizens, by persevering, challenge their disabilities, so to speak, do not recognise everything that is seen as an obstacle in front of them and come to life with their sports activities. In my opinion, doing sports is much more important for disabled people than for individuals without disabilities. Although it is necessary for everyone to have

a fit body by doing sports, sports, which is of greater importance for disabled people, connects them to life, enables them to participate in social life, and ensures the integration of disabled and non-disabled individuals. After explaining these universal qualities of sport for disabled people, it would be appropriate to explain why sport is of such great importance for our disabled citizens [4-6]

## 2.2 'Disabled Olympiad', 'Silent Games'

Let's take a look at its relatively young history to get to know disabled sports more closely. 1911- The first known tournament for disabled athletes was organised in the USA in 1911 under the name "Crippled Olympiad". 1924- The Hearing Impaired, which has the longest history of tournaments among disabled sports, was first held in Paris a few weeks after the 1924 Paris Olympics, and since 1924 Paris, the competitions have been held regularly every 4 years, except for the World War II period. With this feature, the tournament has the distinction of being the multi-sport organisation with the longest history outside the Olympics. 1944- Towards the end of World War II, the British government asked neurosurgeon Sir Ludwig Guttmann to establish the National Spinal Cord Injury Centre (NSIC) at Stoke-Mandeville Hospital, Aylesbury. After the establishment of the NSIC, the hospital began to use different sports and physical activities for the physical and mental rehabilitation of injured patients. Guttmann and his team realised that their practices had positive effects on injured civilians and soldiers [7].

## 3. PARALYMPICS AND PARALYMPIC SPORTS

### 3.1 What is Paralympics (Disabled Olympics)?

Paralympic, which is used as the Olympic Games for people with disabilities, is formed from the combination of the first two syllables of the Latin word Parallel, which means equal, and the last two syllables of the word Olympic, LIMPIC. Paralympic Games were first organised after the 1960 Rome Olympics. Paralympic Games are organised by the country where the Olympics are held two weeks after the end of the games [8].

The historical development of the Games was first organised in The Stoke Mandeville Hospital (England) by Sir Ludwig Guttmann and various

sporting activities for the rehabilitation of disabled war veterans in wheelchairs were the beginning of disability sport. The International Paralympic Committee (IPC) was established in 1989. Its headquarters is in Bonn, Germany. The Paralympic Games were named "Paralympic Games" in 1960. Since then they have been organised every four years [9].

### 3.2 What are Paralympic Sports?

Sports in the Summer Games: Para-Halter, Para-Throwing, Para-Athletics, Equestrian, Cycling, Boccia, Football (5-a-side) Canoeing, Goalball, Judo, Skiing, Rowing, Table Tennis, Archery, Wheelchair Basketball, Para-Dance Sport, Para Swimming - Wheelchair Fencing, Wheelchair Rugby, Wheelchair Tennis, Volleyball, Taekwondo, Triathlon. Sports in the Winter Games: Alpine skiing, Nordic skiing, Biathlon, Ice sledding and Ice hockey, Curling.

### 3.3 What is Classification?

Classification is made by taking into account the athlete's functional capacity, performance and strength in the game, technique and pathology. Classification is made to ensure balance and especially equal opportunities between athletes [10].

### 3.4 How Does a Branch become a Paralympic Branch?

In order for a sports branch to be a Paralympic branch, the branch in question must first be an international branch federation. This federation applies to the IPC CEO with the documents required by the IPC for the branch to be a Paralympic branch. First of all, in order for a branch to be a para-branch, the relevant international sports federation.

- a) In individual sports on at least three continents and in 32 countries
- b) In team sports, it must be active in at least 3 continents and 24 countries.

The application file received by the IPC CEO is examined and after approximately 1 year, the IPC CEO makes his/her decision on the relevant branch. After the positive decision, the file is forwarded to the IPC management, if the board of directors approves the incoming file, the relevant international federation is notified that the branch is accepted as a "money" branch and

that the work will be followed for at least 1, in some cases 2 years. At the end of the follow-up period, IPC management is submitted to the vote of all members at the next general assembly of IPC. After the vote, the relevant branch is approved as a "para" branch. The branches to be included in the Paralympic Games programme are determined by the IPC board of directors approximately 7 years in advance in the months following the announcement of the last city where the Olympic and Paralympic Games will be held (Harun, 2018).

### 3.4.1 Alpine discipline

Skiing as a sport for people with disabilities dates back to the Second World War, which resulted in a large number of wounded soldiers. This sport for disabled athletes, adapted from Alpine skiing, originated and developed through the efforts of disabled soldiers in Germany and Austria during and after the Second World War. The primary Para equipment used in the sport is the cantilever ski, the sit-ski and the single-ski. Alpine skiing is a common sport all over the world and consists of six disciplines: Alpine Skiing, Slalom, Grand Slalom, Super-G, Super Combined and team events. Athletes combine speed and agility as they race down the slopes at speeds of around 100km/h. The competition brings together male and female athletes with physical disabilities such as spinal cord injury, cerebral palsy, amputation conditions and blindness/visual impairment. Athletes compete in three categories depending on their physical capacity and a result calculation system allows athletes with different disabilities to compete against each other (Ergun, 2017).

### 3.4.2 Biathlon

Para Biathlon is an adaptation of biathlon for athletes with certain disabilities. Athletes with physical disabilities or visual impairments can take part in competitions and are categorised in different sport classes. The sport was included in the 1988 Winter Paralympic Games for athletes with physical disabilities, and in 1992 it was adapted for athletes with visual impairments. The activities consist of skiing a 2.0 or 2.5 km track three or five times in freestyle and a total race distance of 6-15 km. It is one of the two disciplines in the Nordic Discipline at the Winter Paralympic Games; the other is cross-country skiing. Visually impaired athletes use a rifle that hits the target with a laser beam and makes a sound to indicate the degree to which the athlete hits the target (Dumlu, 2019).

### 3.4.3 Horse riding

Para Equestrian took part in the 1984 Summer Paralympic Games for the first time with the participation of athletes in the cerebral palsy classification. In the 1992 Summer Paralympics, all other disabled athletes were eligible to participate in the games. For the first time, physically disabled and visually impaired riders competed in the same team at the 1996 Summer Paralympic Games. Athletes can compete in obstacle jumping, stationary movements and free walking to music. Team competitions can take place in teams of 3 or 4 people. The evaluations are based on the horse riding skills of the competitors [11].

### 3.4.4 Bicycle

Para cycling took part in the 1984 New York Paralympic Games with road races for the first time. In 1996, track races were included in the programme at the Atlanta Games. In the 2004 Athens Games, hand cycling was also included in the Games and the branch took its current form. Para cycling has the highest number of medals and athletes after athletics and swimming.

The Paralympic competition programme includes 3 types of races: road race, time trial and track race. This sport emerged in the 1980s and was first opened to visually impaired athletes competing on a tandem bike with a sighted pilot (Kocaömer, 2018). In the following years, Para Cycling started to include athletes with cerebral palsy, amputation and other physical disabilities and competing on bicycles, tricycles and handcycles. There are 5 sport classes for handcycling, two sport classes for tricycles and five sport classes for cycling, while there are three sport classes for tandem cycling in one activity.

In this sport, athletes with physical disabilities and visual impairments and men and women compete together (Dumlu, 2019).

### 3.4.5 Boccia

Boccia was considered a leisure activity for many years until it was introduced as a competitive sport at the Paralympic Games in New York in 1984. Boccia is a game of strategy and accuracy originally designed to be played by people with cerebral palsy. This sport is played on a smooth surface where players play by throwing or rolling coloured balls as close as possible to a white

target ball known as a "jack" (Dumlu, 2019). The player, pair or team that places the most balls near the jack ball wins the game. In team matches, six sections are played, while individual and doubles matches consist of four sections. After each section, the athlete, pair or team whose ball is closest to the "jack" target ball receives 1 point, and for each ball that is closer to the "jack" than their opponent's, they receive plus one point. Each athlete, pair or team "throws" six balls in each section (Arman, 2019).

### 3.4.6 Football (B1 Football)

Football (5-a-side), also known as blind football, is a sport adapted from football for visually impaired athletes. It is played under modified FIFA rules. It made its debut at the Paralympic Games in Athens 2004 and has since been included in competitions at all Games. Teams in Football (5-a-side) consist of four players, excluding the goalkeeper, and one goalkeeper. The outfield players must be categorised as totally blind (category B1), which means that the athletes have very low vision and/or cannot perceive any light. The ball emits a sound, which is connected to a sound system built into it, and this sound allows the players to tune in. As a result, the spectators should be silent while watching the game until a goal is scored (Erdoğan, 2020). The duration of the match is 50 minutes and is played in two 25-minute segments. The footballers competing in football (5-a-side) have very low vision and/or cannot perceive any light (total blindness or near total blindness). For a fair competition, all players except the goalkeeper must wear eye shields. The classification applies to visually impaired field players. Teams may also have guides to assist them off the field (Metin, 2020).

### 3.4.7 Goalball

Goalball, governed by the International Blind Sports Federation (IBSA), was first included in the Paralympic sports programme in 1976. Goalball is only played by athletes with visual impairments. It was invented in 1946 to help rehabilitate veterans who lost their sight in World War II. Players are required to wear opaque eye masks throughout the competition to ensure a fair contest. Teams consist of six players. The object of the game is to score by passing a ball through the opponents and into their net. Players stand on their hands and knees to defend their goal and try to score against their opponents. To be eligible for this sport, athletes

must have a vision of less than 10% or a field of vision limited to a diameter of 40 degrees. Goalball is played by visually impaired male and female athletes and two teams of 3 players each. Each team has a maximum of 3 substitute athletes. To ensure a fair race between the teams, all players must wear eye masks called "blackout" throughout the competition (Altınok, 2018).

### 3.4.8 Judo

Paralympic Judo follows the same rules as Olympic judo. The only difference is that athletes touch their judogi (Japanese judo suit) before the match starts. Athletes wearing one blue and one white judogi compete for 5 minutes. Only visually impaired athletes are eligible to compete with each other in the classes (B1, B2 and B3) that apply to those who can see, according to the weight of the judoka. The competitions last five minutes for men and four minutes for women (Arslan, 2018). The aim is to gain superiority over the opponent by gaining points with skilful moves or to score by putting the opponent on his back (Kaya, 2018).

## 4. DISABLED FEDERATIONS AND SPORTS IN TURKEY

### 4.1 History of Disabled Sports in Turkey

1990- Turkish Disabled Sports Federation was established under the General Directorate of Youth and Sports. 1997- The federation, which carries out activities for the physically, mentally, hearing and visually disabled, changed its name to the Turkish Sports Federation for the Disabled. 2000- With the dissolution of the Federation, four separate federations were formed: Sports Federation for the Visually Handicapped, Sports Federation for the Physically Handicapped, Sports Federation for the Hearing Impaired and in 2009, the Special Athletes Sports Federation (formerly known as Sports Federation for the Mentally Handicapped) (Alp, 1997).

### 4.2 Disabled Sports Federations in Turkey

A Sports Council was held in Ankara on 8-11 May 1990. In line with the decisions taken in this council, the Turkish Sports Federation for Disabled People (TÖSF) was established on 21 November 1990 under the General Directorate of Youth and Sports. Prof. Dr. Hıfzı Özcan was appointed as the President of the Federation (Beltekin, 2020).

The purpose of the establishment of the Federation was as follows:

Since its foundation, TÖSF has included the activities of four main disabled groups:

- 1-Physically Disabled,
- 2-Mentally Disabled,
- 3-Hearing Disabled
- 4-Visually Disabled,

Until 10 November 1992, the federation continued its duty under the presidency of Prof.Dr.Hıfzı Özcan. In 1997, the name of the Turkish Disabled Persons Federation was changed to the Turkish Disabled Sports Federation (*TESF*) (GSGM Publication no: 138). [12]. In 2000, the Turkish Disabled Sports Federation was disbanded and four separate federations were formed. These are:

- 1-Physically Disabled Sports Federation
- 2-Special Athletes Sports Federation
- 3-Hearing Impaired Sports Federation
- 4-Sports Federation for the Blind

### 4.3 Turkish Physically Disabled Sports Federation

Founded in 1990 as a result of the division of the Disabled Sports Federation into four in 2000, the Turkish Physically Disabled Sports Federation became autonomous in 2006. In our country, which has a population of approximately 8.5 million disabled people, it is aimed to rehabilitate and rehabilitate disabled people by providing sports services and activities to disabled people without discriminating between disabled and healthy people (İlkim, 2020).

#### 4.3.1 Amputee football

The absence of all or part of a person's arm, leg, foot or hand is called amputation. The differences of amputee football game rules from normal football game rules are as follows:

1. Non-amputee players cannot play in these competitions.
2. Players may not use prostheses during the Competition.
3. Players must have one leg amputated. Players may not wear shoes on the amputated foot.
4. Players may not kick the ball with their amputee foot; if they do, they will be penalised as if they had deliberately handled the ball.

5. Players cannot step on the ground with their amputee leg while running, if they do, they will be warned, cautioned and expelled respectively.
6. Players use two Canadiens. The Canadiens of the players are considered as an extension of the hand.
7. Players' Kanedis must be the colour of their leggings.
8. Goalkeepers must have one arm amputated. Goalkeepers use one glove (non-amputee hand).
9. Goalkeepers may not deliberately touch the ball with their amputee arms. If they do, they will be treated as a player and, depending on the position, will receive a penalty, as well as a warning or expulsion.

(such as obstructing an obvious goal chance) are penalised. Article 10.10 amendment text  
Goalkeeper leaving the goal area:

- a) Goalkeepers must stay inside the goal area.
  - b) If a goalkeeper leaves the goal area for the first time in order to actively defend his goal, to play the ball, to block an opponent or to actively interfere with play outside the goal area, he shall be punished with a minimum of a yellow card, but if in committing one of these infringements he has prevented an obvious goal scoring chance, he shall be punished with a red card (reference FIFA Rule 12). Play will then be restarted with a DSV awarded in favour of the opposing team from the spot of the infringement.
  - c) When the goalkeeper violates the above rule for the second time, he/she is sent off with a red card and the game is restarted from the place of the violation with a DSV in favour of the opposing team.
  - d) If the goalkeeper leaves the goal area unintentionally, accidentally and insignificantly (e.g. due to lack of speed, momentum, momentum, diving, tripping or parrying), this should not be penalised.
11. Goalkeepers and players, on a goal kick or on all direct and indirect kicks from inside their own penalty area, direct the ball into the opponent's area from the air cannot. If they do, the opposing team starts the game with an indirect free kick from the centre line.
  12. Goalkeepers, when the ball is in play, may throw the ball into the opponent's area

- from inside the penalty area with their hand, foot or head.
13. Goalkeepers may not take a free kick from outside the penalty area.
  14. Goalkeepers cannot take penalty kicks (including serial penalties).
  15. There is no offside in amputee football.
  16. The kick is taken with the foot.
  17. A goal cannot be scored directly into the opponent's goal from a throw-in, in this case the game starts with a goal kick.
  18. A direct own goal cannot be scored from a throw-in, in this case the game starts with a corner kick.
  19. Referee, Assistant Referee and 3rd Referee take charge in the competitions.
  20. The Referee has the authority to start and end the game, to decide on overtime, to interrupt, time-out and to suspend the competition.
  21. Both the Referee and the Assistant Referee have decision-making and disciplinary powers.
  22. The Referee and the Assistant Referee officiate on the field of play, the 3rd Referee in front of the dugouts.
  23. The referee and assistant referee do not use flags.
  24. Amputee Football is played on artificial turf (synthetic) pitch.
  25. The ideal playing field dimensions in amputee football: 40 x 60 metres. (Width minimum: 30 m. Maximum: 50 m. Length minimum: 55 m. Maximum: 70 m.)
  26. Castle dimensions: 5 X 2.20 metres.
  27. Penalty area dimensions: 8.m. X 10 metres.
  28. The distance from the penalty spot to the goal line is 7 metres.
  29. The radius of the centre circle is 6 metres. For free kicks, the distance to the barrage: 6 metres (including a free kick).
  30. Goals and corner posts may be mobile.
  31. The game is played in 2 equal halves of 25 minutes each. Halftime is 10 minutes.
  32. Both teams have 1 time-out of 1 minute each in each half.
  33. In matches where a result is desired, two extra time periods of 10 minutes each shall be played.
  34. In each overtime period, each team is entitled to 1 time-out.
  35. The number of players is normally: 6 players, 1 Goalkeeper on the field; 6 players and 1 Goalkeeper as substitutes, totalling 14.
  36. At the first start of the competition, a team can start the game with at least 1 goalkeeper and 4 Players (5 in total).
  37. If, after the start of the competition, one of the teams, for any reason whatsoever, reduces its squad to 1 goalkeeper and 4 players (in total 4 four players or less) then that competition cannot be restarted.
  38. There is no limit to substitutions. A maximum of two substitutes may be substituted at the same time.
  39. With a substitution, a player who has left the game may re-enter the game.
  40. If there is no goalkeeper available due to injury or dismissal, the competition cannot be restarted.
  41. The goalkeeper may only change places with the substitute goalkeeper. Players may not change places with the goalkeeper.
  42. A player is sent off in place of the ejected goalkeeper and replaced by the substitute goalkeeper, if available.
  43. All referee shots inside the penalty area; the front line of the penalty area, parallel to the goal line, closest to the point where the ball was at the time of stoppage of play point.
- What is arm wrestling: Physically Handicapped Arm Wrestling competitions are held seated and in the following weight classes. Women: 60kg. +60kg. Men: 60kg. 75kg. 90kg +90kg.

#### 4.4 Turkish Federation of Special Athletes

Established with the ministerial approval dated 22/12/2000 and numbered MDK-333, the Turkish Mentally Disabled Sports Federation was granted administrative and financial autonomy with the approval of the Prime Ministry dated 22/05/2006 and numbered 182 in accordance with the provision of the additional article 9 of the Law No. 3289 on the Organisation and Duties of the General Directorate of Youth and Sports. The name of the Turkish Mentally Disabled Sports Federation was changed to the Turkish Special Athletes Sports Federation after being published in the Official Gazette dated 10.02.2009 and numbered 27137 (Kocaömer, 2006).

The Vision of the Federation of Special Athletes Sports Federation of Turkey is to leave our special athletes sports service, richness of life and permanent elements with its institutionalised structure, qualified sports staff, scientific and innovative approaches. The Mission of the

**Table 1. Federations operating for disabled people and number of licensed athletes-2020 December (Cimer, 2020)**

<b>Federation</b>	<b>Male</b>	<b>Girl</b>	<b>Total</b>
Turkey Physically Disabled Sports Federation	6269	1239	7508
Turkish Special Athletes Sports Federation	14953	5301	20254
Turkey Visually Impaired Sports Federation	4513	1384	5897
Turkey Hearing Impaired Sports Federation	9009	2050	11059

Special Athletes Sports Federation of Turkey is to create an archive of special athletes, to increase the recognition of special athletes in cooperation with schools, clubs, print and visual media, all individuals and organisations, to ensure their integration into society and to represent them at the highest level in international activities as the only institution with the authority to determine, regulate and supervise all national and international activities in Turkey [13].

#### 4.4.1 Basketball

It is seen that individuals with intellectual disabilities generally have a loose muscle structure, and with the increase in mental retardation and the progression of age, the record seen in motor development increases gradually. Individuals with intellectual disabilities are generally more successful in sports than in other fields. Sport has an important role in the number of self, self-confidence, socialisation and sense of achievement. It is thought that physical fitness will improve as long as coordination, balance and mobility are used in daily life activities.

#### 4.4.2 Bowling

Bowling, the bowls at the end of the game line are specially prepared for this game. It is an indoor sport that aims to knock down with bowling balls. Bowling is a difficult sport that requires constant work and very serious discipline, so it is a sport that contributes greatly to the development of our Special Athletes' awareness of working and taking responsibility (Dumlu, 2019).

#### 4.4.3 Gymnastics

Gymnastics is an ideal method when the aim is to achieve physical adaptation. A well and correctly directed gymnastics programme develops physical characteristics such as flexibility, coordination, strength and quickness.

Gymnastics is a very technical branch that is accepted as an infrastructure sport all over the

world and is also implemented as a basic sport (Dumlu, 2019).

#### 4.4.4 Football

Disability football is a variant of football adapted to be played by people with disabilities. It is generally used with the rules set by the FIFA, but the number of players, equipment and some other rules are modified for disabled athletes. The rules applied by FIFA for 11-man teams are valid. Turkish Championships, European Championships are organised every 2 years and World Championships are organised every 4 years. There are no special rules in Mental Disabilities Football (Dumlu, 2019).

#### 4.4.5 Futsal

Futsal is a sport known as Indoor Football and has its own rules, even if it is generally similar to Football. It adapts a 5-a-side version of football. In Futsal, matches are played in indoor and outdoor areas the size of a handball court. The name Futsal is an international term used for this game (Dumlu, 2019).

### 4.5 Number of Disabled Athletes in Turkey

The number of visually disabled Athletes are over 10000.

## 5. SUMMARY

The level of sensitivity of a society to the disabled is parallel to the level of development of civilisation. In today's rapidly developing age, people need to respect the physical characteristics of people different from themselves and accept that we are not different from each other. Based on this reality, people should strive to increase and develop their sense of empathy. The role of sports and sports federation managers in increasing the qualities and quality of crowded human groups is very important. The people who serve as management in the federation should raise



awareness in every field that sports is the biggest solution for our disabled individuals to be more successful in social life and to be excluded from communities. Sports activities play an important role in human psychology and at the same time to enlarge the common denominator of society. As a result of the branching of sports branches and hosting many federations, it has revealed the talent of our disabled athletes in our country and in the world and added value to our national denominator. It shows that the individual characteristics, psychological states, professional knowledge of athletes and federation officials change and develop while fulfilling their duties. This study includes the examination of applications that will facilitate the acquisition of a place in society by disabled individuals and increase our social sensitivity.

## 6. CONCLUSION

Like every healthy individual, sport is of great importance for disabled people. It triggers and provides social solidarity. Correspondingly, in foreign or international organisations, sport carries the cultural and social reaction to the highest level. It improves people's love and respect for each other. We should not forget that just as it protects healthy individuals from bad habits, it is sport that protects disabled individuals from such habits. In addition, especially if you are disabled, if you are pushed into loneliness, the benefit of sports is undeniable in terms of proving itself to both the disabled and the other party when it is said that the disabled cannot do anything.

We see and understand that disabled sports is done professionally as well as amateurishly, that there is no gender discrimination of male and female, and of course, we see that every disability group can do sports.

Disabled sports are widely practised in the world. In Turkey, disabled athletes can do international sports in dozens of sports branches in which they will be national athletes. This link between the National Paralympic Committee in Turkey. It is also known that there are 4 main disabled sports federations, hundreds of disabled sports clubs and thousands of licensed sports.

In Turkey, there are 29 sports branches that can be Paralympic national athletes. Turkey Physically Disabled Sports Federation of 18 sports branches of the 16 of them are paralympic sports branches and is the federation with the most

paralympic sports branches. Turkish Federation of Special Athletes has 14 sports branches, 6 of which are Paralympic. Turkey Sports Federation of the Visually Impaired Sports Federation of 8 sports branches, 5 of which are Paralympic. Turkey Hearing Impaired Sports Federation has no Paralympic sportsbranch.

It is quite clear and clear that the disabled sports are very effective and large, but unfortunately it is obvious that it is not as popular as football and basketball. It does not receive even a little interest and support by able-bodied individuals.

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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