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Agenzia Italiana  
per la Gioventù

# SPORT-IN-G

## PRATICANDO L'INCLUSIONE

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# GUIDELINES ON BASKIN FOR YOUTH WORKERS

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# GUIDELINES ON BASKIN FOR YOUTH WORKERS

## 1. INTRODUCTION: INCLUSIVE SPORTS

Nowadays, sport is considered as a real tool to promote and teach strong values, to improve mental and physical health and to participate in the personal development of everyone in the society. With the need to be open to everyone, regardless of his or her abilities and/or physical conditions, the terminology “inclusive sport” has emerged and established.

It is understood as a methodology to fight discrimination, to develop physical activities for all the population, with or without disabilities, to gather people together and to allow involvement of participants with different aptitudes in the same team.

Inclusive sport can root its origin in a traditional sport like football, basketball, or volleyball for instance, and require some modifications in order to be open and available to everyone (by modifying rules, balls, land...). However, it can also be a specific sport, designed with the precise objective to be inclusive, as for example, colpbol, boccia, sitting volley, etc.

This document is intended to focus more precisely on the practice of baskin, its history, rules, benefits, and some guidelines for Youth Workers.



# GUIDELINES ON BASKIN FOR YOUTH WORKERS

## 2. BASKIN

### 2.1. HISTORY AND DIFFUSION

"Baskin" is a blend of "basketball" and "inclusion," and it refers to a more inclusive and accessible basketball, for individuals of all abilities, backgrounds, and identities.

This sport finds its origins around 2001 and 2002 in the city of Cremona in Italy, and it encompasses efforts to ensure that everyone, regardless of their physical or cognitive abilities, gender, age, or other characteristics, can participate.

It may involve modifying rules, equipment, or facilities to accommodate a wider range of players, promoting diversity and equality in basketball leagues and organizations, and fostering an environment where all individuals feel welcomed and valued. It represents a commitment to broadening the scope of this sport to be truly open to everyone.

Baskin spread very quickly, taking over the whole of Italy in just a few years. It became so well known that the town of Cremona has even installed a sign at its entrance indicating "Cremona, city of "Baskin"" in 2007.

It also became notorious on the international scale, since teams has been developed in France, Spain, Germany, Greece... Many people are involved, and as an example, 86 teams have been participating to the 2022 championship in Italy.



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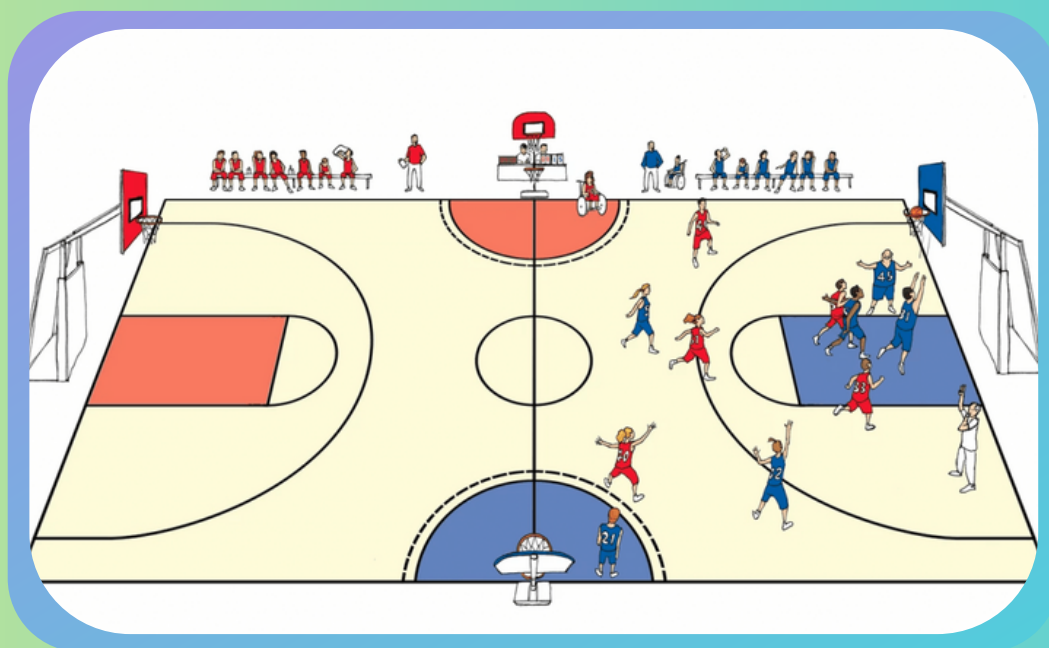
## 2. BASKIN

### 2.2. RULES

This collective sport is organised in two teams of six players plus one, resting on the bench. Each team defends two baskets in total, one conventional and one situated on the side.

The rules are the same as in a classic basketball game, but other specifics are added. For instance, roles (from one to five) are assigned according to each player's abilities (if they can walk, run, dribble, shoot, read the game, take initiatives...), and it is forbidden to defend a lower role. The sum of the roles of the players present per team on the pitch must not exceed 23 points (role 5 = 5 pts, 4 = 4 pts, etc.).

Moreover, two adapted side baskets with normative height reduced, that have a specific area considered as impenetrable, are introduced. The balls are also adapted to each role and will be adjusted to the individual characteristics of each player in terms of size, touch, and bounce level.





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Baskin is played on a standard basketball court, with traditional baskets of 3.05 meters height and two side baskets, composed of two rings from 1.10 and 2.20 meters high. Games are divided into four quarters of eight minutes, and participants wear a shirt with their role and their player's number written, in order to be recognized easier and quicker.

These guidelines are necessary so as every participant can play in an inclusive environment with the right amount of challenge, opposition, and adaptation according to their ability.

## 2.3. BENEFITS

The practice of Baskin has many benefits, including:

- Fostering relationship and an active social life.
- Promoting inclusion: each participant has an important role in the game.
- Improving personal development: more self-confidence because of the need to go over mental and physical challenges.
- Learning important values: solidarity, communication, respect, camaraderie...
- Learning to evolve and fit into a heterogeneous group.
- Developing psychomotor skills.

This physical activity is a real social and sportive innovation, allowing participants to better their physical abilities, as much as their personal ones. On a larger scale, it allows people with specific needs to have more opportunities, to be included and to take part into activities gathering all the society.



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## BEST PRACTICES

- **Adaptive Basketball Programs:** Many organizations have established adaptive basketball programs that cater to individuals with physical and cognitive disabilities. These programs modify the rules and equipment to ensure that everyone can participate and enjoy the sport.
- **Youth Inclusion Initiatives:** Schools and youth basketball programs are increasingly focusing on inclusion, ensuring that children of all abilities and backgrounds can play basketball.
- **Diverse Coaching and Leadership:** Encouraging a diverse coaching staff and leadership in basketball organizations can help foster inclusion by providing role models and mentors for individuals from various backgrounds.
- **Inclusive Facilities:** Building or retrofitting basketball facilities to be accessible for people with disabilities is crucial for inclusion. This includes ramps, wheelchair-accessible seating, and other accommodations.
- **Anti-Discrimination Policies:** Basketball leagues and organizations have been implementing strong anti-discrimination policies to ensure that players and fans are treated fairly and respectfully, regardless of their background or identity.
- **Gender Inclusivity:** Efforts are being made to promote gender inclusivity in basketball, including the growth of women's basketball leagues and opportunities for transgender individuals to participate in the sport in alignment with their gender identity.
- **Accessible Equipment:** Designing basketball equipment and gear that is accessible and suitable for individuals with disabilities, such as wheelchairs with adapted hoops and balls.



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## BEST PRACTICES

- **Awareness of Sport Professionals:** Coaches, referees, and players are receiving training to be more understanding and accommodating of the diverse needs and backgrounds of participants, and to be informed about rules of the game, terminology, sport, and inclusion.
- **Community Engagement:** Basketball organizations are engaging with their communities to better understand their unique needs and to involve residents in decision-making processes related to the sport.
- **Promoting Awareness and Celebrating Differences:** Implement education and awareness campaigns that celebrate diversity and promote the importance of inclusion through basketball.
- **Diversity in Coaching and Leadership:** Fostering a diverse coaching and leadership team in basketball organizations can help promote inclusion by providing role models and mentors for people from different backgrounds.
- **Giving Voice and Attention** to the specific needs of participants.