

WE PLAY INCLUSIVE!



AND YOU?

YOUTH.PLAY.INCLUSIVE

BOOKLET FOR MORE INCLUSIVE SPORT

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ERASMUS PLUS PROJECT FROM 2024 - 2026

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SPORTSTADT
FRANKFURT AM MAIN

ABOUT THE PROJECT

YouthPlayInclusive aims to foster the sustainable inclusion of young people with disabilities in associations approved by the French government for 'youth and popular education', including certain sports clubs.

The project focuses on three main objectives:

1. Amplify Young Voices: Create a forum for young people with disabilities to express their needs and contribute to the development of inclusive sports, both locally and across Europe.
2. Build Skills of Youth Workers: Enhance youth workers' understanding of disability and inclusion through 2 webinars and 2 study visits, providing practical tools, examples of inclusive sports, and criteria for good practice.
3. Connect Locally and Internationally: Introduce local communities to the Erasmus program for the first time and bring together young people and youth workers from different countries to foster collaboration and exchange.



BONJOUR DE LYON

Lyon's Metropole has strong ties with the local voluntary sector, coordinating a metropolitan network for sport, health, and disability that brings together nearly 300 organizations. The network promotes sporting opportunities for people excluded due to social, physical, or financial barriers.

Its guiding principle: "The practice must adapt to the individual, not the other way around."

This is the Sports Department's first European project, showcasing Lyon's public policy on sport and disability and highlighting local initiatives that promote inclusion. ERASMUS+ enables the sharing of these innovative practices across Europe.

HALLO AUS

FRANKFURT AM MAIN

Frankfurt am Main, home to around 750,000 people and many daily visitors, is a diverse, international city at the heart of Europe. Building inclusive structures and networks in sport is essential. While many local associations already have strong expertise in inclusive sports, there is a constant need for expansion and improvement.

As one of Hesse's major cities, Frankfurt am Main hosts numerous national and regional associations contributing to this work, including developing quality criteria for including young people with disabilities.

This project is the first ERASMUS+ initiative in the region, and all stakeholders are eager to collaborate with the Metropole Lyon.

PARTNER ASSOCIATIONS

This project has helped both cities expand their networks of sports and inclusion associations. Partners contributed through site visits, network events, meetings, and initiatives to make sport more accessible for people with disabilities.

In Lyon, nearly 300 organizations participate in the metropolitan network on sport, health, and disability. In Frankfurt am Main, partners include Sportkreis Frankfurt, Sportjugend Frankfurt, Special Olympics Hessen, Lebenshilfe Frankfurt, and other associations.

The project enables Frankfurt am Main and Lyon to coordinate exchanges between German and French clubs and encourages associations to explore European opportunities, inspiring some to become future European project leaders.

GOOD PRACTICE

Within this project, several examples for good inclusive sport have been collected on the exchange programs. The following chapter will give an overview about them with the goal to inspire and motivate towards building more inclusive structures within sports organisations.

BEST PRACTICE

WHEELCHAIR RUGBY



LYON METROPOLE RHONE RUGBY XIII COMMITTEE

A mixed, intergenerational sport that combines able-bodied players with young people with motor and sensory disabilities.

It was invented in 1999 by Frenchman Wally Salvan.

How to Play?

Based on tag rugby, each player wears two shoulder tags instead of tackles. The field has goal lines and posts, and points are scored with hand “tries” and conversions.

After a collective warm-up, participants rotated through workshops: finding their marker colour, scoring tries, passing drills, slalom, and opposition games with “deflagage” and rugby tag. Fun exercises and a great atmosphere all round the oval ball!

Why Inclusive?

The wheelchair creates balance between able-bodied and disabled people — disability changes sides when the able-bodied take a seat in the chair!

Recreational, fun activities make the game light and accessible, especially for beginners.

Social connections grow through paired and group exercises, and the relatively long workshops encourage real exchange.

Trained coaches share their enthusiasm with players.



MÉTROPOLE

GRAND LYON

BEST PRACTICE

BODY EXPRESSION



ACCUEIL DE JOUR ODYNEO IN ECULLY

A sport and artistic activity offered specifically to young people with motor and cognitive disabilities, but which is mixed and open to all.

The name of the group is “The Body’s Voice”

How to Play?

Each year, the group trains within its medico-social organization and performs at events organized by cities, universities, and other institutions. These events raise awareness about disability and introduce the public to this unique sport.

A collective warm-up — a moment to meet and connect through movement and music.

Workshops in mixed pairs, carried out in silence and to the rhythm of the music, where each partner mirrors the other’s gestures.

People with disabilities introduce able-bodied participants to the activity.

Music, dance, and movement foster sharing and connection between individuals.

All guided by a dedicated and passionate educator.

Why Inclusive?



MÉTROPOLE
GRAND LYON



BEST PRACTICE

SPORTS COMMENTARY



SPORT TIME

An innovative activity in which young people with disabilities comment on matches like real sports journalists

What a source of pride for young people, perhaps future journalists?

How to Play?

The association offers young people with disabilities or chronic illnesses the chance to commentate on football, basketball, or rugby matches. This experience allows them to step outside their daily routine, discover the world of journalism, and share their passion for sport. Some even have the opportunity to co-commentate their favorite team's games alongside professional commentators and athletes!

Several training sessions are organized to help the youngsters get familiar with the equipment (microphones, cameras, etc.) and practice commenting on replayed matches.

Once they feel ready and confident, they move on to live commentary — joined by an expert team.

Give young people with disabilities a voice and the responsibility of commentating a match.

An incredible moment of sharing between the youngsters and professional athletes.

Through their commentary, they showcase their talent and passion to the entire audience.

Why Inclusive?

MÉTROPOLE

GRAND LYON



BEST PRACTICE

SITTING VOLLEYBALL



ASUL LYON VOLLEY

A paralympic sport accessible to all (gender, age, disability, etc)

The world of sitting volleyball has witnessed a defining moment with the rise of Asul Lyon Volley when the women's team was crowned first French champions in this discipline.

How to Play?

Sitting volleyball is played on a smaller court with a lower net than volleyball.

Players sit on the floor and slide around with the help of their limbs. They can use all parts of their body to keep the ball in play.

After a warm-up for everyone, the program included a number of workshops such as service training, defence techniques and attacking techniques.

Why Inclusive?

This sport promotes inclusivity by having all players, whether able-bodied or disabled, play from a seated position, ensuring equal participation. Its recreational and enjoyable nature makes it accessible to beginners, while the family-friendly atmosphere brings together men and women of all ages. Guided by trained coaches who share their passion for the game, players experience both fun and a strong sense of community.



MÉTROPOLE
GRAND LYON



BEST PRACTICE

BASKIN



BASKIN AURA

An innovative and inspiring sport

BaskIN's greatest challenge is to ensure that people who are not used to, or perhaps even want to, share an experience with 'disabled' people; find real pleasure in taking part in this type of inclusive sport.

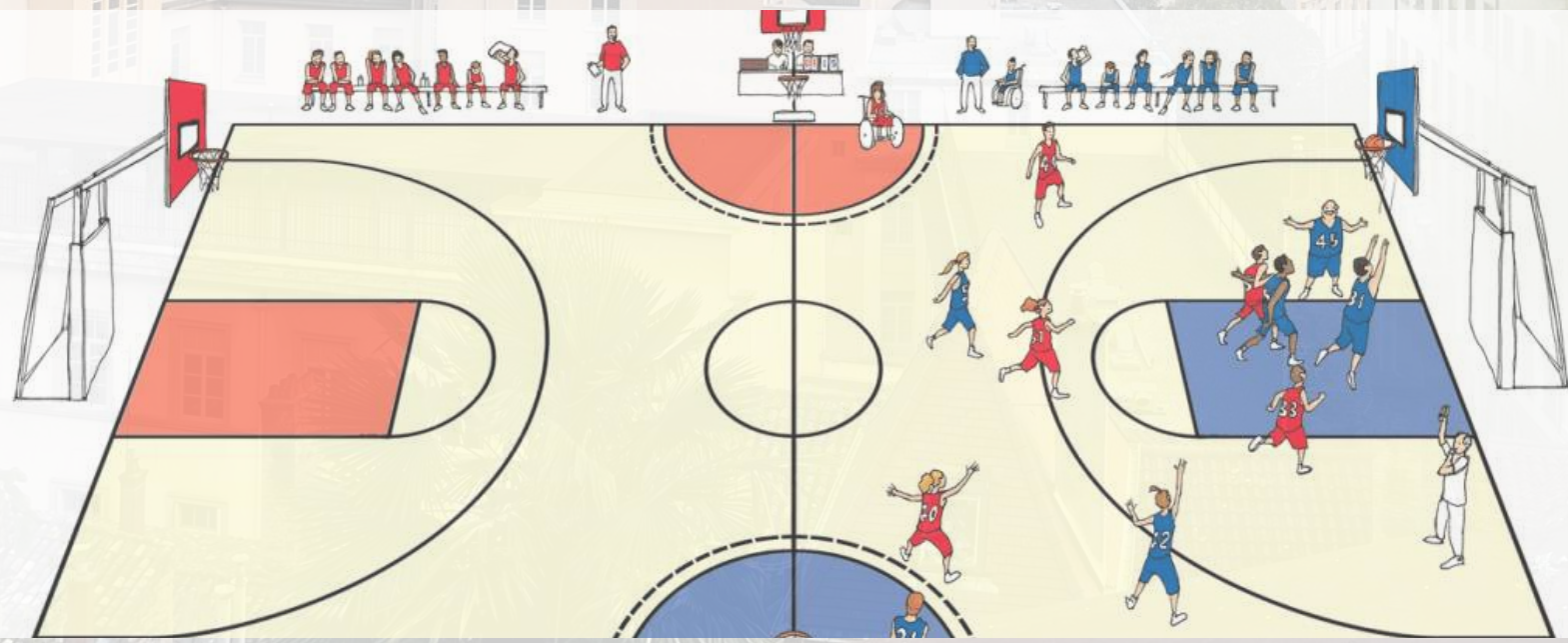
How to Play?

BaskIN, a new team sport designed to enable 'able-bodied' and 'disabled' people to play together.

A search for balance between taking into account the 'particularities' of each individual and seeking a 'universal' language for all.

Why Inclusive?

This inclusive sport adapts to players' abilities through clearly defined team roles and flexible game conditions. Adjustable basket heights, lighter balls, and the option to choose between two attacking zones—including one designed for players with reduced mobility—ensure everyone can participate fully. The shared, family-oriented spirit brings together men and women of all ages, both disabled and able-bodied, in a welcoming and cooperative environment.



BEST PRACTICE

PARA TABLE TENNIS



DJK ZEILSHEIM – RSC FRANKFURT

A paralympic sport since 1960

Laurence Taburet, a table tennis player gave some tips to perform !

How to Play?

The rules mirror those of standard table tennis, with only minor adaptations for wheelchair players: no backward (retroactive) serves and no serves from the short sides of the table. In many associations, able-bodied and disabled players train together, fostering inclusion and mutual improvement. Training sessions are held simultaneously, encouraging interaction and shared progress. Wheelchairs used are standard rather than sport-specific, and table and net heights remain unchanged. Simple tools may be used to assist athletes, such as devices that make collecting balls easier during practice.

Why Inclusive?

The rules of play remain largely the same, ensuring fairness and familiarity for all participants. Training sessions and some competitions often bring together able-bodied and disabled players, promoting inclusion, mutual respect, and shared skill development.



BEST PRACTICE

TABLE FOOTBALL SPORT



TABLE FOOTBALL SPORT

Table Football can be played together with a lot of disabilities

The table got introduced during the EURO2024 and proved itself an excellent tool at events to be more inclusive and getting into contact more easily.

How to Play?

Table football sport is serious but before all, it's a fun activity, available to all people despite their age or disability. It proved connecting especially with mental disabilities.

You don't necessarily need to have a team-mate, teams are formed naturally as soon as a player approaches the table.

Why Inclusive?

There are no strict rules, allowing everyone to simply play and have fun. Physical fitness has little impact on the outcome, making the game accessible to all. While good communication can enhance teamwork, it isn't essential for enjoying or succeeding in the game.



BEST PRACTICE

TRIAL COOPERATIONS



SPORTJUGEND FRANKFURT / SPECIAL OLYMPICS HESSEN / LEBENSHILFE

Sport equipment to try at the care homes for disabled people

Creating a safe space to try new things without a high threshold, potentially starting a new sport after

How to Play?

To make the entryway to sport associations more easy, trial cooperations are being organised to bring new inspiration into the homes for people with disabilities. During two hours, they can try new things while being guided by trainers. If something catches interest, a trial at a sport association can be discussed.

Why Inclusive?

Bringing the equipment to the people, lowering resources for institutions and parents/clients

Providing a smoother transition into an active sport by trying out first

Guiding the trial with sensitised and experienced trainers

BEST PRACTICE

FOOTBALL



SG BORNHEIM 1945 GRÜN-WEISS

Activism for more inclusivity is in the DNA of this Institution

One of the first family centers with an adjoined sport association

How to Play?

In this institution, volunteers and social workers work hand in hand to provide a valuable childcare after school hours. It not only provides space to cook together, have lunch and do the homework but also to join into sport activities anchored around football.

Why Inclusive?

Teaching responsibility and safety: Encouraging children to take on tasks from an early age while creating a safe environment for everyone.



BEST PRACTICE

WALKING GROUP



FIT IN FRANKFURT

A project aiming to establish inclusive walking groups

Volunteers make sure that everyone can participate within their abilities. Due to the funding that comes with the project, the walks are free of charge

How to Play?

Every week, groups of people get together to walk. Most of the members are seniors, but this group is open to everyone. It is also a tool to include people that are shy of joining a sport club (yet). The walk opens a room for connection, communication and a feeling of community. Many cities in Europe have chosen to set up these walking groups to get the ball rolling, and then the town gradually withdraws when the group is sufficiently autonomous.

Why Inclusive?

Free, accessible guided walks: No sign-up required, fully walkable with assistance. Weekly sessions encourage routines and foster independence, making it easier for people with special needs to participate long-term.

