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Increasing Contingent Participation in Cerebral Palsy Football Through Modifying Game Regulations During PEPARNAS XVII

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Abstract

This community service project aimed to increase athlete participation and ensure eligibility in Cerebral Palsy (CP) football at National Paralympic Week (PEPARNAS) by modifying existing regulations to address challenges faced by contingents. The primary partners in this initiative were the National Paralympic Committees (NPC) of Central Java, East Kalimantan, South Kalimantan, and Papua, representing the participating provinces. The methods used included modifying the official CP football (CPF) regulations, such as reducing the number of players from seven to five and shortening match durations from 35 to 25 minutes per half. Additionally, goalkeeper classification rules were adjusted to facilitate player recruitment, and the pitch dimensions were reduced by 10 meters in length and width to maintain competitiveness. To ensure successful implementation, socialization sessions were conducted to inform athletes, coaches, and officials about these modifications. The results indicated a significant improvement in participation, as previously struggling contingents were able to field eligible teams. With the modified rules, four contingents successfully participated, ensuring that CPF could be contested at PEPARNAS while meeting the minimum requirements for official matches. Observations and feedback from athletes and coaches highlighted increased enthusiasm and perceived fairness in the competition. In conclusion, modifying CPF regulations effectively addressed participation barriers, leading to higher eligibility rates and a more inclusive and competitive environment at PEPARNAS. These modifications may be a reference for future adaptations to promote broader participation in CPF tournaments.

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INTRODUCTION

CPF is a sport officially recognized for athletes with CP and follows regulations set by the International Federation of CP Football (IFCPF). CPF is a sport designed for individuals with palsy or similar challenges. They are showcasing their perseverance and strength of character (IFCPF, 2024). According to the IFCPF, CPF is played by seven players per team, all of whom must meet specific CP classifications (FT1, FT2, FT3). Matches are held over two 30-minute halves, and the pitch dimensions are smaller than regular football, with strict adherence to international regulations to ensure fair play and

inclusivity. Critical coaching enhances these athletes' abilities and overall wellness (Law & Pennington, 2021). Coaching within CPF offers a platform for athletes with disabilities to nurture their mental capabilities (Patel & Greydanus, 2010). CP athletes can engage in sports activities with guidance and support, boosting their self-assurance and autonomy. Consistent coaching is key to unlocking athletes' abilities with palsy (Henríquez et al., 2022). Each athlete has requirements that necessitate tailored training programs to enhance their strength and flexibility to the fullest extent possible while improving coordination abilities. Furthermore, coaching that integrates technology and sports science does not minimize the likelihood of injuries. It also enhances athletes' performance. In CP, football coaching goes beyond gains; it promotes inclusivity and community involvement while aiding social and emotional growth (Segwaba et al., 2014). Athletes with disabilities enhance their communication skills and teamwork abilities through participation in teams and competitions while also honing skills for daily life challenges. They interact with athletes, coaches, and fans to form a supportive and motivating community.

Good coaching can also open up wider opportunities for CP athletes to compete nationally and internationally, including at the Paralympics (Wareham et al., 2017). With an organised coaching system supported by adequate infrastructure, Indonesia has a great chance to produce athletes with disabilities who excel at the world level. Coaching in CP Football is about training physical abilities and providing greater opportunities for athletes with disabilities to holistically develop physically, mentally, and socially (Umar et al., 2020). With the right coaching, they can achieve extraordinary achievements and inspire many people to see disabilities differently, namely as abilities with great potential to develop. Modifying the regulations in CPF, including the number of players, length of rounds, and dimensions of facilities and infrastructure, is a very appropriate strategic step to ensure the sustainability and development of this sport, especially in Indonesia, which is still unfamiliar with CPF. This step is important because regulatory modifications help increase participation (Raharja et al., 2021). With adjusted rules, more athletes with disabilities can play according to their physical capacity without worrying about the physical obstacles they may face under regular rules (Lopes & David, 2018). Modifying the regulations provides a positive experience for the players, increases their involvement in the sport, and ultimately enhances the development of CPF in Indonesia.

PEPARNAS (National Paralympic Week) is Indonesia's biggest national sporting event, intended for athletes with disabilities. This event is held every four years and is the highest for disabled sports competitions in Indonesia, equivalent to PON (National Sports Week) for non-disabled athletes. PEPARNAS is organised by the Indonesian National Paralympic Committee (NPC Indonesia) and is under government supervision by the Ministry of Youth and Sports (Kemenpora). Through the PEPARNAS event, CP football can gain greater exposure and attract more interest from the public and stakeholders in Indonesia. PEPARNAS aims to develop the potential of athletes with disabilities. PEPARNAS is a forum for discovering and developing the talents of athletes with disabilities from all over Indonesia. Athletes who excel at PEPARNAS can represent Indonesia in international events like the Paralympics. PEPARNAS symbolises that athletes with disabilities have equal opportunities to compete and show their abilities. PEPARNAS is part of efforts to promote inclusion and equality in the field of sport. PEPARNAS is a very important platform to raise the enthusiasm and motivation of athletes with disabilities, where they can show their potential on the national stage. This event also strengthens self-confidence and inspires the wider community about the extraordinary abilities of these athletes.

The success of CPF development and efforts to modify the rules to make this sport more inclusive and sustainable (Oh et al., 2021). The modification of the rules not only supports the development of athletes with disabilities in Indonesia but also ensures the sustainability of CPF in major national events such as PEPARNAS. PEPARNAS, as the primary platform for athletes with disabilities to showcase their talents, serves as a crucial opportunity to introduce CPF to a broader audience and establish a solid foundation for the sport's growth. With the right modification of regulations and guidance, PEPARNAS can continue to act as a prestigious event that produces talented people while inspiring the public to view disabilities from a more positive and inclusive perspective.

METHODS

The method used in CPF matches at PEPARNAS is to modify the rules. These regulations are modified based on the obstacles faced by the contingent, especially the difficulty in finding the number of athletes with the appropriate classification. The main obstacle is the need for players with FT 2 classification, which causes problems forming a team framework according to standard rules. As a result, the organising committee had to modify the regulations so that the CPF sport could continue. The main change is the number of players on the field for each team, from seven to five. Modifications were also applied to the classification of goalkeeper athletes, where athletes with a physical impairment classification were allowed to become goalkeepers. However, if a goalkeeper with a disability classification scores a goal, the goal is considered invalid. Based on official regulations, only athletes with FT 1, FT 2, and FT 3 classifications are allowed to play CPF.

To ensure the effective implementation of these modifications, this community service program adopted the Participatory Action Research (PAR) model. This approach was chosen because it allows direct engagement with stakeholders, including athletes, coaches, referees, and competition officials, to ensure that modifications align with practical needs. The PAR model emphasizes socialization, education, and technical discussions. It also includes the implementation of test competitions before official matches to facilitate a comprehensive understanding and acceptance of the new regulations (Musrifah et al., 2024). By involving all relevant participants in each stage of the process, this method ensures that modifications are theoretically sound and practically applicable in the competition setting. The manager and referee meetings utilize the lecture, discussion, and collaborative learning methods. This approach is chosen because it allows for a clear explanation of modified regulations, interactive discussions to address concerns, and hands-on practice to ensure proper implementation in the field (Chandra et al., 2024).

The FT 1 classification includes players with the most severe disabilities who have major problems with balance, coordination, and motor control, such as spasticity in all four limbs (Yanci et al., 2018). FT 2 players have intermediate disabilities, such as hemiplegia, with better motor control than FT 1 but still struggle with complex movements (Daniel et al., 2020). Meanwhile, FT 3 includes players with mild disabilities, who are almost close to the abilities of players without disabilities but still have movement limitations (Gamonales et al., 2022). As the number of players changes, the field's dimensions and the game's duration are also modified. The field's dimensions, which should have been 70 x 50 meters, were changed to 60 x 40 meters. The duration of the game, which is usually 30 minutes per half with a break of 10 minutes, has been changed to 25 minutes per half. In addition, the match will be stopped at any time if there is a score difference of 4 goals (for example, 4-0, 5-1, or 6-2).

Stages of implementation

Preparation of Technical Handbook

A technical handbook is an official guide that regulates all technical aspects of competition. This document includes the rules of the game, the format of the match, the registration procedure, and the role of the officials. In addition, the handbook also explains the classification of athletes, equipment provisions, grading systems, and safety guidelines. The technical handbook ensures the modification of rules that suit the athlete's needs. With this technical handbook, competition standards can be maintained, disputes can be prevented, and inclusivity can be ensured so that all parties have a clear reference during the competition. A technical delegate coordinates with the competition, and the venue manager prepares a technical handbook. The preparation results were submitted to the general committee of PEPARNAS for approval.

Manager Meeting

The manager meeting in the CPF serves as an important forum to explain the rules, reach agreements, and coordinate technical aspects before the competition starts. Manager meetings ensure all teams understand the laws modified according to the needs of the athletes, such as the number of players or the duration of the match, as well as the procedures for handling protests (Kalinina et al., 2018). The technical handbook serves as the main guide in this meeting, providing reference for rules, athlete classifications, and standard procedures so that each team has the same understanding and the competition runs fairly and orderly.

Referee Meeting

Referee meetings in CPF ensure that all referees understand and enforce the rules modified according to the needs of athletes with cerebral palsy. Referee meetings equalised the referee's perception of special regulations, such as the number of players and the duration of the match, as well as ensuring consistency in enforcing the rules in each game (Boyd et al., 2016). In addition, the referee meeting also discussed how to handle athletes with disabilities fairly and coordinate with other officials so that communication on the field runs smoothly, maintaining the integrity of the competition.

Test Event

Test events in CPF serve as an important simulation before the official competition, aiming to ensure the technical readiness, equipment, and procedures implemented during the tournament. This test event allows the committee, referees, coaches, and athletes to test the modified rules and infrastructure, such as the field, match time, and other supporting facilities (Du & Zhang, 2021). In addition, the test event provides an opportunity to assess the effectiveness of the rules tailored to the needs of athletes with CP. The implementing team can evaluate whether the modifications applied, such as the number of players and the duration of the match, are appropriate or require further adjustments. For athletes and teams, test events also serve as an opportunity to adapt to technical and mental competition conditions before facing the real match. With the existence of a test event, potential technical or logistical obstacles can be identified and corrected so that the implementation of the official tournament can run more smoothly and efficiently. Overall, the test event ensures optimal readiness of all organisational elements and provides an opportunity to refine the necessary aspects of CPF before the official competition.

Community Service Partners

The main partners in this activity were the NPCs from South Kalimantan, Central Java, East Kalimantan, and Papua. Additionally, all organizing committee members, including International Technical Officials (ITO), the Competition Jury, SSC members, field workers, workforce personnel, and volunteers, played a crucial role in implementing the modifications and ensuring a successful event. PEPARNAS was officially held from October 6–13, 2024, at the UNS Solo Football Stadium, Central Java. The event was structured to align with international CPF competition standards while accommodating local challenges through rule modifications.

RESULTS AND DISCUSSION

Modification of the rules on the number of athletes

The decision to change the number of players in a team from seven to five has proven effective in increasing participation in competitions. This move not only provides a fairer opportunity for all contingents to participate but also increases the interest and enthusiasm of the participants (García‐angulo et al., 2020). From the previous two contingents ready to participate, namely Papua and South Kalimantan, four contingents were added, along with East Kalimantan and Central Java. Thus, all participants can experience competing and show their best abilities, regardless of the limited number of players owned by their respective contingents.

The contingent manager made a positive comment regarding the change in the regulation. The CP East Kalimantan football team manager stated, "This decision is very helpful for our team. With fewer players, we can more easily meet the player quota without worrying about personnel shortages. The regulation makes the competition fairer, especially for teams with limited resources." Meanwhile, the CP Central Java football team manager stated, "This change opens up opportunities for more contingents to participate. Many teams that previously may not have been able to send a full team can now participate, making the competition more inclusive and exciting." The CP Papua and South Kalimantan football team manager agreed, "This regulation change also increases the motivation and enthusiasm of athletes. They see more opportunities to play and compete, positively impacting the team spirit".

The decision to change the number of players from seven to five in CPF is a strategic step in line with the principle of inclusivity. The principle of inclusivity in sports emphasises the importance of providing fair and equal opportunities for every individual, regardless of physical ability or resources (Ramsden et al., 2023). In CPF, this change effectively opens up a wider space for participation for contingents who may have previously faced limited player numbers.

By reducing the number of players in a team, more contingents can be eligible to participate without being constrained by a lack of players, which is often an obstacle for teams with limited resources. This step ensures that more teams, especially those from areas with limited athletes, can experience competition, maintain a competitive spirit, and strengthen the involvement of the disability community in various regions (Maleske & Sant, 2022). Furthermore, these adjustments create a more inclusive atmosphere, where each contingent has an equal opportunity to compete with other athletes, boost their confidence, and encourage skill development without feeling marginalised due to a lack of resources. This wider participation can also increase interest and enthusiasm from athletes, spectators, and communities, creating a more diverse and vibrant competition environment (Taks et al., 2014). The decision shows that with the right modification of the rules, the principle of inclusivity can be effectively applied in sports competitions,

providing equal access for all participants while improving the quality of the competitive experience for CP football athletes.

Modification of athlete classification rules for goalkeeper positions

Changes to the special classification regulations for goalkeeper positions were made to reduce the burden on the contingent in providing players with the actual classification regulations. The contingent may use athletes with a disability classification in the goalkeeper position. In connection with these rules, there are additional rules: if a player scores a goal with a disability classification, it is considered invalid. This regulation was welcomed by the East Kalimantan contingent, which had difficulty providing players according to the CP classification for the goalkeeper position. With the allowance to use disabled players as goalkeepers, participants became four contingents. This number ensures that CP Football competes for medals up to the bronze level.

The East Kalimantan contingent manager stated, "This is very logistically helpful. With CP's limited players, this change makes it easier for us to manage the team and stay focused on preparing for the match." Other contingents also expressed their support for the regulation through their respective managers. The South Kalimantan manager stated, "We strongly support this regulation because it reflects the spirit of wider inclusivity, and we are happy to be able to compete with other teams from various regions." The Central Java manager also supports the regulation because it will increase the number of matches. The Central Java Manager stated, "We fully support this regulation because now more teams can participate. By reducing reliance on the number of players with CP classifications, contingents from other regions also have an equal chance of getting involved." The Papua manager also agreed with the Central Java manager. The Papua manager stated, "We are confident the competition will become more dynamic with more teams participating. Modifying athlete classification will provide new challenges and opportunities for us to test our team's abilities against more diverse opponents."

This change in regulations aims to reduce the burden on the contingent in meeting the requirements for CP classification, which is sometimes an obstacle for some teams, such as the one faced by East Kalimantan. By giving leeway to use disabled players in goalkeeper positions, this regulation has expanded accessibility and inclusivity in competition (Oliver et al., 2018). Teams that previously had difficulty meeting the CP classification requirements can now participate more easily, thus increasing the number of contingents that can compete. The modification of classification requirements can be seen from increased participants to four contingents, ensuring that the CPF competition runs to compete for bronze medals. Thus, these regulations solve technical problems in providing players and support the spirit of inclusivity.

With four participating contingents, the competition structure improved because the number of matches increased. The Central Java manager even emphasised that this regulation allows more matches to be held, improving the experience for athletes and providing more opportunities for spectators and the public to enjoy the competition. The number of participating contingents can increase the popularity of CPF at the national level and strengthen the disability sports ecosystem in Indonesia. The change in goalkeeper classification rules in CPF is a strategic move that reinforces inclusivity, increases participation, and ensures better competition dynamics. The support of all contingents shows that this regulation provides practical solutions to technical problems and strengthens the spirit of healthy and fair competition among athletes. This change is expected to be a model for other sports with disabilities in creating more inclusive and sustainable competitions.

Modification of the dimensions of the match field

Modifying the dimensions of CPF pitches by reducing the length and width of the pitch by 10 meters each is a strategic move to keep the game competitive, especially after the change in the number of players from seven to five per team. This adjustment aims to accommodate the physical needs and motor abilities of athletes with CP while maintaining the intensity and dynamics of the match.

The managers also conveyed a good response, even though they initially disagreed. The managers agreed because the technical delegate said that with five players, the coverage area of each player would be wider. A larger coverage area can increase the potential for injury, especially during the implementation of PEPARNAS. The average temperature in the morning and afternoon is 38 degrees Celsius. Here are some responses from the manager, "Initially, we from the Papuan team rejected this rule, but with a smaller field, we felt that the game was more balanced, and by the number of players on the field. The smaller field allows the players to contribute more to the game without feeling overwhelmed." Other contingent managers also agreed with the Papuan contingent manager's statement.

With a smaller court, the player's movement space becomes more controlled, so players can better adapt to the fast game and frequently changing match situations (Yenes & Gutrianto, 2021). This reduction in the field's dimensions also helps maintain balance in the game, where a smaller number of teams can still present a dynamic game without sacrificing the quality of the match (Jiangzhou et al., 2020). These modifications ensure that players feel safe from the size of the field being too large for a limited number of players, while also providing them a better opportunity to contribute actively to every aspect of the game.

Additionally, the smaller field encourages faster and more intense interactions between players, thus improving the team's technical and tactical skills (Hintermann et al., 2021). Opportunities to score more often arise, increasing the team's competitive spirit while creating a more interesting match for the audience (Lex et al., 2022). This adjustment also reduces excessive physical fatigue, which is especially important for players with CP who have physical limitations. These modifications ensure that CP football remains competitive and engaging, supports inclusivity, and provides a fairer opportunity for each player to participate actively in the match.

Match duration modification

The change in regulations regarding the duration of CPF matches, from 35 minutes per half to 25 minutes per half, is a strategic step taken to adjust to the physical condition of the players, the number of players on the field, and the often hot weather at the match location. In addition, special rules that stop the match directly in the event of a score difference of 4 goals (e.g., 4-0, 5-1, 6-2, and so on) are also in place to maintain the integrity of the competition and avoid matches with striking scores that can harm the motivation of the players. Reducing the match duration per half to 25 minutes ensures the game remains competitive and does not strain the players' physicality too much. CP football players often face different physical challenges than the average football player, so this rule gives them a more effective time to play to the fullest without the risk of excessive fatigue (Montgomery & Wisbey, 2014). With the number of players on the field reduced to five, the field being smaller, and the high intensity of the match, this reduction in duration is expected to provide a balance between the intensity and physical capacity of the players.

The East Kalimantan team manager appreciated the reduction in the duration of matches per round because this helped maintain the players' physical condition, especially

in hot weather. This change allows players to perform more optimally without experiencing excessive fatigue. "We strongly support reducing the duration of each round to 25 minutes. The regulations help maintain the stamina of our players, especially in hot weather, which can affect their performance. The health and safety of the players remains a top priority." The East Kalimantan team manager appreciated the regulation because East Kalimantan has the fewest athletes. The manager of the South Kalimantan team agreed with the rule of stopping the match when the goal difference reached four goals. The regulation was considered positive because it avoided a situation where one team felt too pressured by a striking score. It also keeps the team's morale lagging and helps keep the atmosphere of the competition positive. "The rule to stop a match if the goal difference reaches four is very good. The regulation prevents scores from going too far, affecting player morale. We prefer a competition that continues to compete fairly and competitively without making the team feel hopeless."

Managers of Papua and Central Java teams with a limited number of players with FT 2 classifications feel helped by this change, as shorter durations and quick termination rules provide physical and mental relief. They stated that "this rule is very helpful for those with a limited number of players. With shorter games and stoppage rules, if the goal difference is too big, we can focus on playing without worrying about fatigue or big pressure."

In addition, if there is a score difference of 4 goals, the rule to stop a match is applied to avoid a situation where the losing team feels pressured by a too-striking result. It also aims to maintain the spirit of sportsmanship and fair play (Brams & Ismail, 2018). With this rule, matches that are no longer balanced can be ended sooner, thus avoiding frustration for left-behind teams and allowing teams to stay motivated throughout the tournament. Hot weather, often a factor in various venues, is also a major consideration. With a shorter duration, players are less exposed to extreme weather conditions, reducing the risk of heat exhaustion and maintaining athletes' overall performance (Veneroso et al., 2015). Overall, these regulatory changes aim to create a more inclusive, fair, and balanced competition experience and ensure that the health and safety of athletes remain a top priority.

CONCLUSION

The results of modifying the CPF regulations show a significant impact on increasing contingent participation in PEPARNAS. Initially, only two contingents registered, namely Papua and South Kalimantan. However, with the adjustment of the rules, the number of contingents increased to four, with East Kalimantan and Central Java participating. The number of participants allows the CPF to take place as planned. One of the modifications that was well received was the rule of stopping matches in the event of a four-goal score difference, which aimed to avoid "elephant football" or overly striking scores. This rule maintains the spirit of fair play and healthy competition among participants. Team managers from various contingents also expressed their satisfaction with the approach taken by the organising committee. Modifying the regulations has accommodated the needs of the contingent without harming one of the parties, thus creating a more inclusive and fair competition atmosphere. This effort proves that CP football can develop and be sustainable in national events such as PEPARNAS with the right modification of the rules.

CONFLICTS OF INTEREST

The authors declare that there is no conflict of interest.

AUTHOR CONTRIBUTIONS STATEMENT

Conceptualization, PWA and SKP; methodology, HJP and BNP; writing—preparation of the original draft, AAK; writing—review and editing, AAPS. Authorship is limited to those who have contributed substantially to the reported work.

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