



BEACTIVE  
**BEACH  
GAMES**

# PHYSICAL ACTIVITY GUIDE ON BEACH SPORTS AND ACTIVITIES

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# PREFACE

Beach is relished for the combination of scenic beauty with fresh air and most commonly associated with relaxing, sunbathing, swimming, "picnicking" and recreational activities. The purpose and ambition of the BeActive Beach Games is to promote physical activities whilst relaxing at the beach and waterside areas. With the rich offer of non-physical activities available to all age groups, it is important that physical activities are interesting, entertaining and accessible outside the traditional contexts such as a gym. It is therefore expected that providing a ready-made solution for activities on a beach will fulfil these criteria.

The Physical Activity Guide on Beach Sports and Activities offers a range of sports and physical activities that can be practiced on the sand and in the water and would stimulate physical activity in a beach setting whether it is a natural or an artificial one. The guide provides information on describing the respective field of sports – Beach volleyball, Sitting beach volleyball, Beach tennis, Beach soccer (football), Beach dodgeball, Frescobol, Capoeira, Surfing, SUP boarding, Beach handball and Beach ultimate (frisbee), required equipment, necessary conditions, rules and the model of the activities as well as further information and contacts for professional guidance.

The guide combines the organisational expertise, the process of recruitment and preparation of participants and the experiences from working with different groups and segments of citizens in different parts of Europe gained from two BeActive Beach Games events in an artificial beach in Riga, Latvia and in a natural beach in Portimao, Portugal. Therefore, this makes the produced material transferable to use in different settings across Europe, on natural or artificial beaches and applicable to different situations for doing physical activities and sports.

To encourage to be active at the beach, more ideas for over 50 beach sports and activities, including inspirational photos and videos, are available on the project's website [www.beactivebeachgames.com](http://www.beactivebeachgames.com).

**#BeActiveAtBeach**



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# 1. BEACH VOLLEYBALL



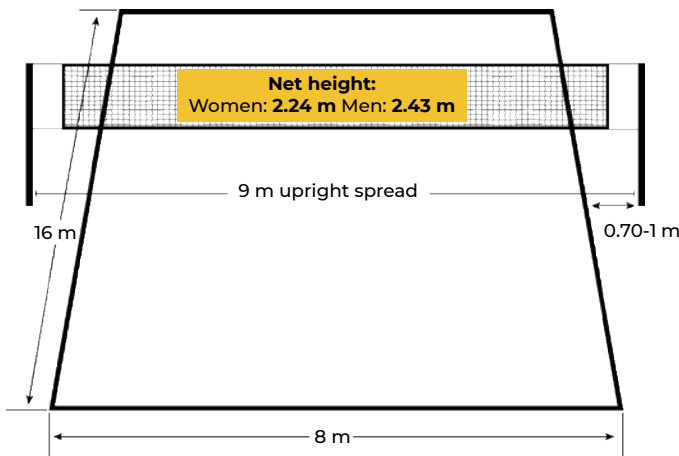
## DESCRIPTION

A sport played by two teams on a sand court divided by a net. The team has up to 3 hits to return the ball (including the block touch). When the team is not able to return the ball, the opposite team wins the rally and scores a point. The first team to score 21 points with a minimum advantage of 2 points wins a set. In the case of a draw, the game must continue until one team gains a 2-point

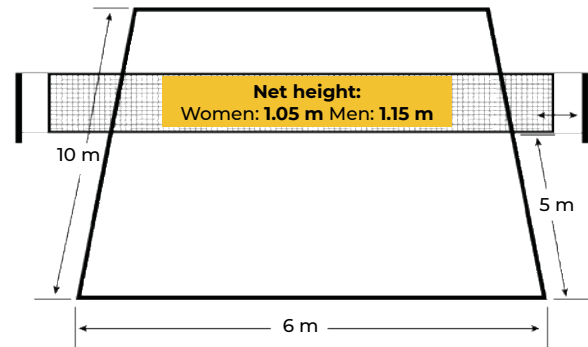
advantage. A match is played to the best of 3 sets. The team who wins 2 sets with the 3rd set, if necessary, played to 15 points with a minimum advantage of 2 points wins the match. When the receiving team wins a rally, it gains a point and the right to serve. The serving player must alternate every time this occurs and is not allowed to step into the court until the service is made. The service can be hit with a hand or with an arm.

## DIMENSIONS

BEACH VOLLEYBALL COURT



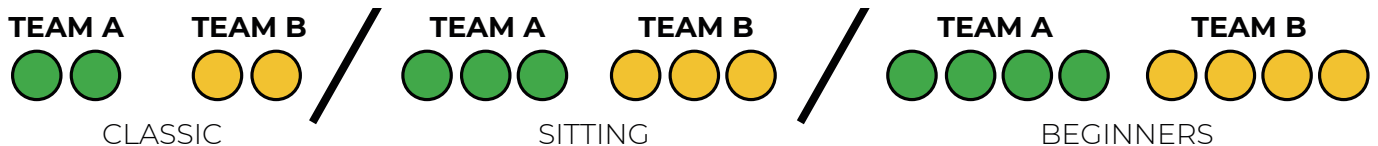
SITTING VOLLEYBALL COURT



## PARTICIPANTS

Officially, Beach volleyball is contested in a 2 vs 2 format. Teams in Sitting beach volleyball are made up of 3 vs 3. Most of the other rules remain the same as in classic Beach volleyball. If

the activity is offered to groups of people who are completely unfamiliar with this sport, it is recommend the use of format 4 vs 4, which allows for a fluid game even for beginners.



## BASIC FACTS

- ▶ Beach volleyball is unique amongst net games in insisting that the ball is in constant flight.
- ▶ The ball must be of a bright colour and made of a flexible material that does not absorb humidity.
- ▶ The team scores every time the ball falls down onto the opposite side or when the opposing side fails to cross the ball successfully on the teams field.
- ▶ In Sitting beach volleyball there is a rotational order, but players can sit where they like.

## INFO

Official Rules for Beach Volleyball (FIVB): [www.fivb.org/EN/BeachVolleyball/](http://www.fivb.org/EN/BeachVolleyball/)

Official Rules for Sitting Beach Volleyball: [worldparavolley.org/disciplines/sitting-beach-volleyball/](http://worldparavolley.org/disciplines/sitting-beach-volleyball/)



## 2. BEACH TENNIS

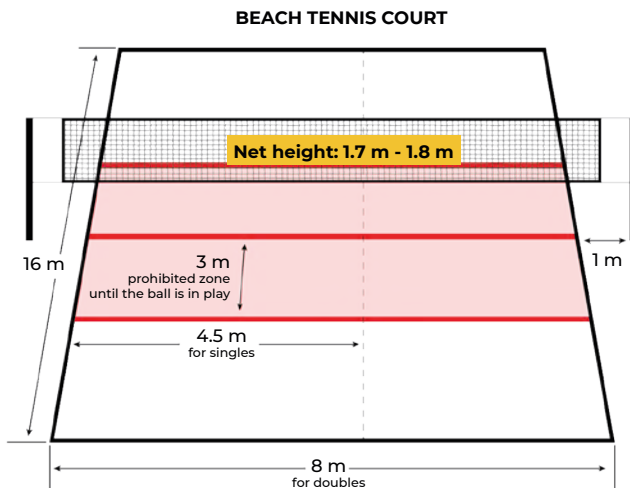


### DESCRIPTION

Similar to traditional tennis, Beach tennis preserves most of the rules and scoring of tennis (love/15/30/40/game), but with no-advantage system. A match can be played to the best of 3 sets. The player/team who wins 2 sets with the 3rd set, if necessary, played as a tiebreak (with ordinary numbering to 7 points with a minimum advantage of 2 points) wins the match. The

main difference from classic tennis is that the ball cannot hit the ground. Beach tennis is played entirely with volleys and smashes. High level plays are packed with adrenaline and require excellent physical fitness. Points start with a serve and end when the ball touches the ground, forcing players to dive to reach difficult plays, similar to volleyball. The objective is to return the ball with only one hit on each side of the net.

### DIMENSIONS



Beach tennis cannot be played with stringed racket; it has to have a hitting surface with holes.



The balls have low compression and are slightly softer - and consequently slower than conventional tennis balls. They are usually coloured half orange/half yellow.

### PARTICIPANTS

The player/pair stand on opposite sides of the net. The server is the player who puts the ball into play for the first point. The player that is ready to return the ball served by the server is the receiver. As opposed to traditional tennis, in Beach Tennis server has only 1 serve and if the ball falls into opposing players field

after touching the net the play continues. Before the service, the server must stand with both feet behind the baseline and within the imaginary extensions of the side lines, but serve from any baseline position into any part of the opposing side field.



### BASIC FACTS

- ▶ Beach tennis is practiced in over 50 countries and with more than half a million players.
- ▶ The countries in which Beach tennis is most popular are Italy, Brazil and Spain.
- ▶ Beach tennis offers an excellent cardio workout which is highly aerobic.
- ▶ It also has low impact on the knees and joints due to being played in the sand.

### INFO

**Beach Tennis Basics by the ITF:** [www.itftennis.com/beachtennis/home.aspx](http://www.itftennis.com/beachtennis/home.aspx)

**Rules for Beach Tennis:** [www.itftennis.com/beachtennis/tournaments/rules-regulations/rules-and-regulations.aspx](http://www.itftennis.com/beachtennis/tournaments/rules-regulations/rules-and-regulations.aspx)



## 3. BEACH SOCCER (FOOTBALL)

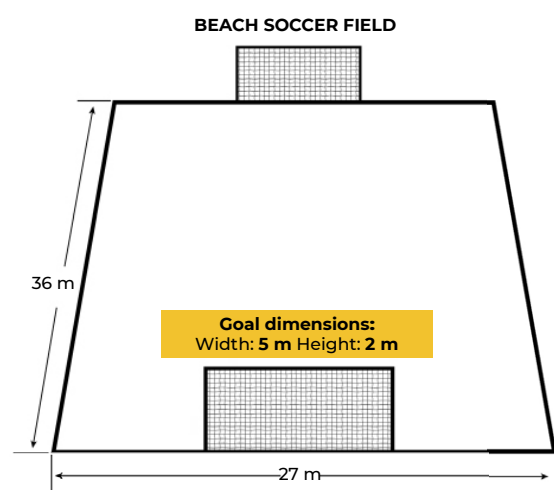


### DESCRIPTION

Beach soccer is a game played by two teams on the beach or a sand field. Players must play in bare feet. The main objective is to score more goals than the opposing team. Scoring a goal means getting the ball over the goal line of the opposing team. Goal clearances (the equivalent of a goal kick) are taken by the goalkeeper using their hands to throw the

ball and a goal cannot be scored directly from these. A game lasts 36 minutes and is split up into three 12-minute periods. Draws are not permitted, with the game going into 3 minutes of extra time, followed by a penalty shootout if the score is still even. The technique of beach soccer is different from that of regular soccer.

### DIMENSIONS



### BEACH SOCCER FIELD

Goal dimensions: Width: 5 m Height: 2 m

The ball is inflated to a lower pressure and is of a bright colour.

When multiple teams are involved in beach soccer, a tournament can be organised.

**The ranking criteria are:** Win - 3 points; Win in extra time - 2 points; Win by penalties - 1 point; Loss - 0 points; Win by forfeit - 3 points.

### PARTICIPANTS

The team consists of five players, including the goalkeeper (G) and an unlimited number of substitutions, from a selection of three to five players.

#### TEAM A



SUBSTITUTES (+)

#### TEAM B



SUBSTITUTES (+)

### BASIC FACTS

- ▶ Instead of a throw-in, a team may choose to take a kick-in.
- ▶ Goals can be built from materials occurring in nature, such as wooden branches for goal posts.
- ▶ Teams may not keep the ball in possession in their penalty area for more than four seconds.
- ▶ Preventing an opponent from doing a bicycle kick is a specific foul.

### INFO

**Official Rules for Beach Soccer:** [www.beachsoccer.com/](http://www.beachsoccer.com/)

**Rules - Pro-am Beach Soccer:** [proambeachsoccer.net/rules/](http://proambeachsoccer.net/rules/)



## 4. BEACH DODGEBALL

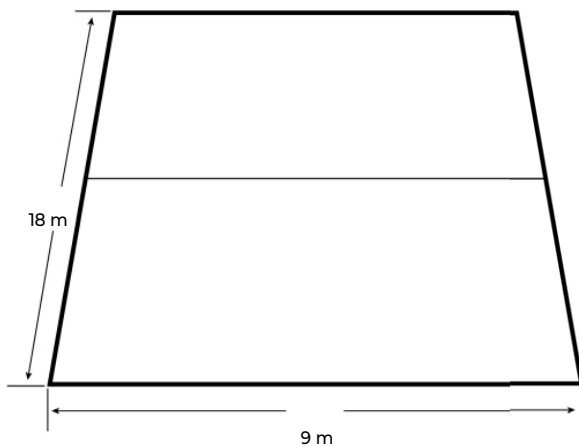
### DESCRIPTION

The aim of the game is to eliminate the opposing team by hitting them with a ball. It is an easy to learn, simple and fast paced game where everyone has the ability to get involved as part of a team with mixed abilities, gender and age. Dodgeball has many rule variations, which lets you to play Beach dodgeball in diverse teams and BeActive at any beach, park, square or field. It is important to designate a centreline to have 2 equal team areas.

The first team to eliminate all opposing team players wins. A popular adaption to the game suggests team captains to stand behind opposing teams end line helping team members to eliminate opposing team players. Eliminated team members join their team captain behind opposing teams end line. When the last field player of the team is eliminated, the team's captain goes in the playing area and the ball is given to them. The first team to eliminate the captain wins.

### DIMENSIONS

BEACH DODGEBALL FIELD



### BEACH DODGEBALL FIELD

On a beach setting the lines can be easily drawn on the sand or any type of an object can be placed on each edge of the rectangle and the middle line to create a court.

### BEACH DODGEBALL BALL

Dodgeball has to be played with an appropriate ball. The ball size or type can vary, but it has to be a foam or a soft material ball that prevents the likelihood of injury. In a single game from 1 to 6 balls can be used, based on players skills and physical capabilities. Before the start of the match balls can be placed on the middle line, distributed to each team evenly or by a draw. All players start on a command from their end line.

### PARTICIPANTS

The standard rules suggest having 7 players in each team (6 field and 1 captain), however games can be reduced to 4 or 6 players. There are no limitations to age, gender and physical strength, however dominant players can be limited to throwing the ball only with their non-dominant hand. For wheelchair

players any part of the body or the wheelchair hit above the knee height would count as a hit. For people with weak eyesight or complete blindness (Blind dodgeball) the rules can be adapted to include all participant groups with or without disabilities.

### BASIC FACTS

- ▶ Dodgeball is known for its advantage of having absolute accessibility.
- ▶ Only direct hits count (hits after a bounce from the ground or from a ricochet do not count).
- ▶ Dodgeball was first played in Africa over 200 years ago. The players threw rocks instead of soft balls.
- ▶ A record was set for the game with the most players (6,084) in 2012 by the University of California.

### INFO

**World Dodgeball Federation official rules:** [ej.uz/bxz6](http://ej.uz/bxz6)

**UK Dodgeball Association:** [ukdba.org/](http://ukdba.org/)

The sport has no single set "official" rules and it is usually played informally under varying rules and formally as an international sport. Rules also vary among the international and national governing bodies or organisations.



## 5. FRESCOBOL

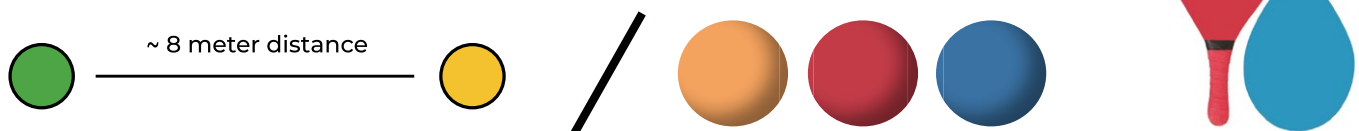
### DESCRIPTION

Frescobol is a popular beach racquet sport, created in Rio de Janeiro in the 20th century. Usually it is played by two players and it is common to practice the activity in public places. Frescobol is distinguished by its cooperative style, as opposed to the competitive style of beach tennis. Frescobol is all about the friendly partnership between players. The players can play Freestyle, where the aim is to keep the ball in the air as long as possible. They can play in a fast way, where the team that makes the most hits for 1 minute is considered

the winner. They can also play in a Radical style, where the ball should be in the air as long as possible and the players must make the most attacks with precision and power. The players can play also in an Expert way – combining attack and defence. The attacker must make the most attacks with power and precision and try to keep the ball in the air as long as possible. Since this is a game of fun and friendship rather than direct competition, the terms “attack” and “defence” are relative. The style of play is that the ball will stay in the air as long as possible.

### DIMENSIONS

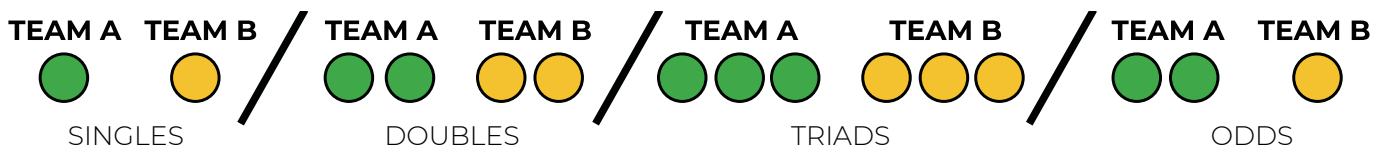
Frescobol a Brazilian paddle sport is normally played on the beach but can be played anywhere in an open space. It is recommended for opposing players to stand approximately 8 meters from each other. The game is played with wood, fiberglass or carbon fibre paddles and a rubber ball.



### PARTICIPANTS

Teams are formed in doubles (two players) or triads (three players). The minimum distance is 8 metres between one athlete and another. It is up to the team to play the ideal

distance for them respecting the limit of 8 metres. Frescobol can also be played by an odd number of players (2 vs 1).



### BASIC FACTS

- ▶ Frescobol is sometimes unofficially called “Brazilian Paddle Ball” and “Beach Paddle Ball”.
- ▶ It is harder than it sounds – just hitting 10-15 volleys back and forth takes a lot of skill.
- ▶ Frescobol is now played with a rubber ball, but originally the inventors of the game used a tennis ball.
- ▶ It is one of the most popular forms of leisure in Brazil and it even has a commemorative day – 10 July.

### INFO

**Official Rules of Frescobol:** [frescobol-abraf.com.br/regras](http://frescobol-abraf.com.br/regras)



## 6. CAPOEIRA



### DESCRIPTION

Capoeira is a Brazilian martial art that combines dance, acrobatic moves and music.

It started in Brazil in the 16th century and it is known by its fast and complex moves. Historical records reveal that this unique sport was brought to Brazil way back

in the 16th century by the slaves from Angola. Capoeira is a combat sport disguised as a dance form. In Capoeira, art is present through music, rhythm, singing, instrument, body expression, movement creativity, as well as a rich theme for the plastic, literary and scenic art. In special education, Capoeira finds a fruitful field amongst people with disabilities.

### DIMENSIONS



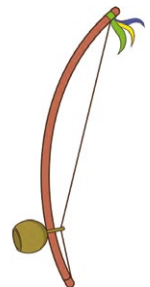
The Capoeira game takes place in the interior of a circle with a 2.5 meters radius. This circle is recognised by 'capoeiristas' as a 'roda'. Inside the circle two participants "play", and around the circle, sitting or standing, are the other capoeiristas. The Capoeira master, who is responsible for the space where the roda takes place, is the maximum authority of the moment, and at the beginning only masters and graduated students enter into the roda. There are five main music instruments used in Capoeira: berimbau, pandeiro, atabaque, agogô, and reco-reco. As a non-formal practice through spontaneous rodas, Capoeira can be practiced as a leisure activity held in squares, beaches, colleges, universities, parties, etc.

### PARTICIPANTS

Just like any other martial art, Capoeira also has levels marked by the colour of the belt. The belt is also called 'corda'. Although the belt order in Capoeira is different, in general the first level starts from Iniciante (beginner), that is in learning capoeira from zero. Capoeira circles are formed by a group of people of any gender, and comprise a master, counter-master and disciples. The master is the bearer and guardian of the knowledge and is expected to teach the repertoire and to maintain the group's cohesion and its observance to a ritual code.



Atabaque



Berimbau

### BASIC FACTS

- ▶ Capoeira is a martial art that was created by slaves brought to Brazil from Africa.
- ▶ The berimbau instrument is the leading one for the musical style, tempo and game.
- ▶ Capoeira earns the status as the intangible cultural heritage from UNESCO in 2014.
- ▶ A practitioner of the art is called a capoeirista.

### INFO

**Official Rules of Capoeira:** [www.capoeira.ws/documents/](http://www.capoeira.ws/documents/)



## 7. SURFING



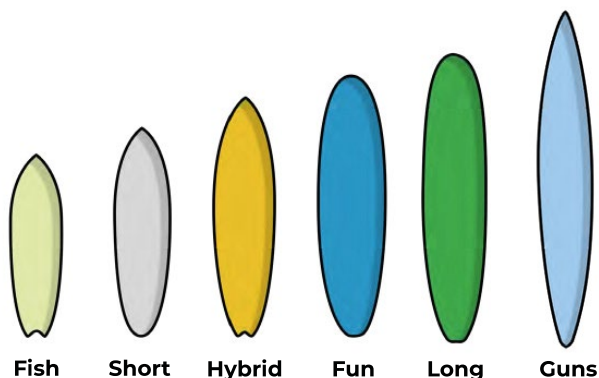
### DESCRIPTION

Surfing is the best-known form of surfing that refers to a surfer riding a wave standing on a short surfboard. In surfing, judges follow criteria based on the manoeuvres the surfer performs on the wave. The most difficult manoeuvres performed in the parts of the wave

where the execution is technically demanding are scored. The manoeuvres should be performed with speed, force and fluidity. The diversity of manoeuvres in each wave is also one of the factors influencing a surfer's performance assessment. The fundamental rule in surfing tells us that the surfer closest to the peak always gets priority.

### DIMENSIONS

There are multiple types of surfboards:



There are multiple types of surfboards:

**Fish boards** — increased volume create glide and trim in small waves.

**Retro boards** — combination of fish and short boards with historical templates for a soulful experience.

**Short boards** — designed for performance surfing small waves. Standard board for most conditions.

**Hybrid small wave** — increased performance in small and weak conditions.

**Hybrid/Fun boards** — user friendly design with increased paddling, flotation, stability and turning.

**Long boards** — for traditional surfing.

**Big wave guns** — designed to aid in paddling ability and maintain control in bigger waves.

### PARTICIPANTS

Surfers are nicknamed “regular” or “goofys”, depending on their type of stance on the board. Goofy surfers surf with their left foot behind on the board. A regular surfer surfs with their right

foot behind. In most cases, you cannot have two surfers riding the same wave in the same direction.

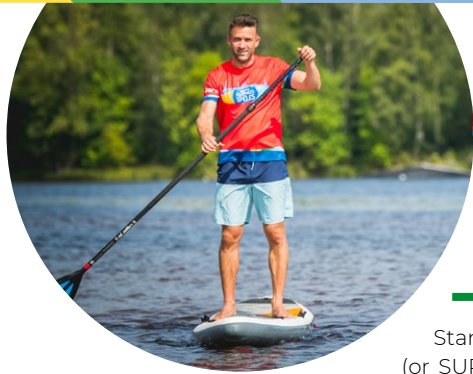
### BASIC FACTS

- ▶ The Hawaiians referred to surfing as he'enalu, which means “wave sliding”.
- ▶ The first major surf competition took place in 1928 in Corona del Mar, California.
- ▶ It is one of the oldest sports. 5000 years old stone carvings in Peru show people surfing.
- ▶ International Surfing Day on 20 June celebrates the sport and lifestyle of surfing.

### INFO

**Official Rules of Surfing:** [www.surfingportugal.com/rulebook-fps/](http://www.surfingportugal.com/rulebook-fps/)

**Adapted Rules for Surfing:** [bit.ly/adapted\\_surfing](https://bit.ly/adapted_surfing)



## 8. SUP BOARDING

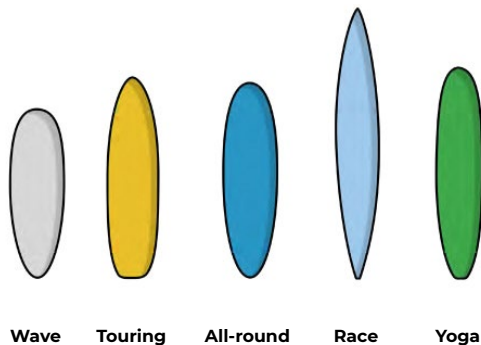


### DESCRIPTION

Stand Up Paddle boarding (or SUP boarding) is an ancient form of surfing that recently re-emerged as a standalone discipline. SUP boarding is one of the

fastest growing sports in the world. Stand Up Paddle boarding in its most basic form is a flat-water sport with larger boards. People can paddle for leisure or physical training.

### DIMENSIONS



Wave    Touring    All-round    Race    Yoga

To choose the right size **paddle** for recreational touring: Stand the paddle up vertically so the blade is touching the ground. Reach an arm up above your head and notice where it lands on the paddle. With a properly sized paddle, the handle will rest in the bend of wrist. For surfing or racing you may need a different length paddle.

### The following types of boards can be used for Stand Up Paddle boarding:

**Wave** — less stable but easier to manoeuvre.

**Touring** — should perform well in a variety of conditions ranging from long distance paddles to expeditions and more.

**All-round** — ideal for family and leisure use. It has good stability.

**Race** — light and fast, featuring rounded rails and a pointed nose. Some of them also have narrow or pointed tails.

**Yoga** — typically a version of an existing all-around stability board, but with some modifications to the deck pad and accessory attachments that make the board more yoga specific.

**Inflatable** — inflation only takes a matter of minutes (and deflation is usually even quicker) so the board can be ready to go in a short period of time. When not in use, inflatable SUP boards can be rolled up to the size of a sleeping bag.

### PARTICIPANTS

Practitioners should use a neoprene t-shirt, flotation vest, and leash so that the board is always attached to the person. SUP boarding can be practiced on any water plane and for very different purposes (sea, waves, rivers, reservoirs, and in

indoor pools). SUP Fit, SUP Yoga, SUP Pilates are practiced for therapeutic purposes. Before starting stand up paddling it is recommended to look for a properly registered and authorised SUP school with trained technicians.

### BASIC FACTS

- ▶ SUP boarding traces its origins back to the practices of ancient Peruvian fishermen.
- ▶ The modern version of paddle boarding that we know today began in Hawaii during the 1940s.
- ▶ Some of the popular disciplines include SUP racing, touring, rivers, yoga and fishing.

### INFO

**Official Rules:** [www.isasurf.org](http://www.isasurf.org)



# 9. BEACH HANDBALL

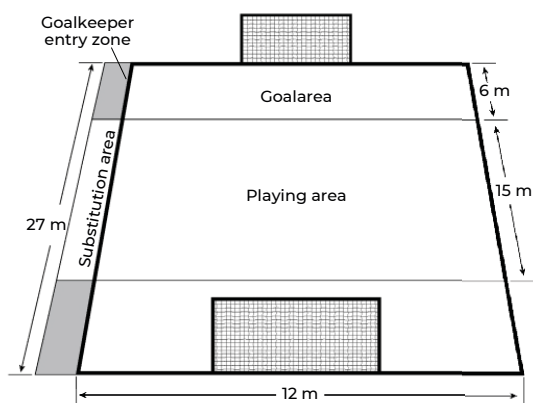


## DESCRIPTION

Beach handball is a version of the traditional game of team handball (played indoor) but played on a sand field. It is fast, dynamic, perfect to be applied in competitions, festivals and physical education classes. In Beach handball, the start is made with a throw of the referee (ball up) in the centre of the court. The players can only take

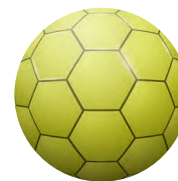
three steps with the ball in their hand and cannot hold it more than three seconds without passing, throwing or bouncing. The game consists of 2 halves, each lasting 10 minutes. The half-time break lasts 5 minutes. Each team has the right to take a 1-minute team time-out in each half. A team may request their team time-out only when it has possession of the ball.

## DIMENSIONS



The sand must be at least 40 centimetres deep and composed of fine, loosely compacted grains. The boundary lines must be marked by an elastic coloured band or rope.

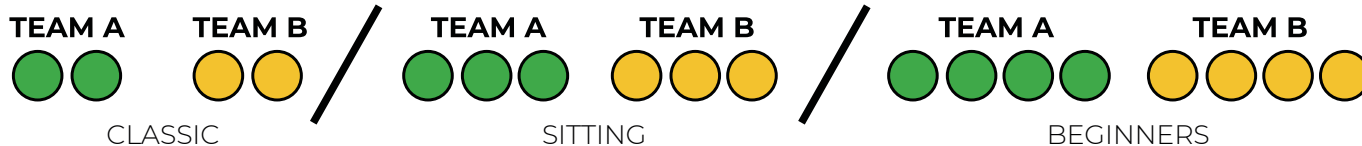
The game is played with a round, non-slippery rubber ball. A smaller ball may be used for childrens' games.



## PARTICIPANTS

Beach handball games and tournaments can be organised for male, female and mixed teams. In principle, a team consists of up to 8 players and, a maximum of 4 players per team may

be on the playing court (3 court players and 1 goalkeeper). The remaining players are substitutes who remain in their own substitution area.



## BASIC FACTS

- ▶ Beach handball was established in Italy in 1992, and only became an official sport in 1995.
- ▶ There are more differences than similarities between the rules of indoor and beach handball.
- ▶ The dribble must be considered the last resort, due to the significantly difficult dribbling technique.
- ▶ Beach handball has held world championships every two years since 2004.

## INFO

Official Rules of Beach Handball: [www.ihf.info/](http://www.ihf.info/)

Rules: [bit.ly/beach\\_handball](http://bit.ly/beach_handball)



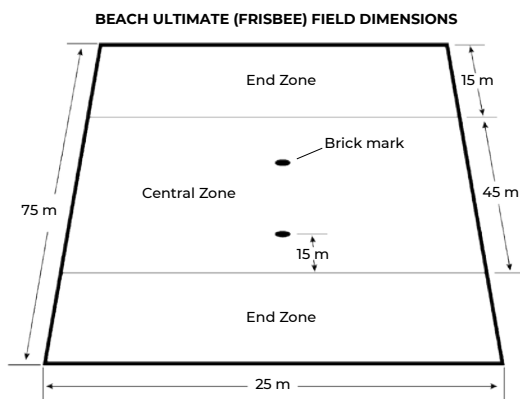
# 10. BEACH ULTIMATE (FRISBEE)

## DESCRIPTION

Beach ultimate is a cooperative sport that combines the basic game of throwing and grabbing the disc, with the cutting, running and jumping skills from other sports like basketball or beach soccer. Frisbees are thrown by a flick action of the wrist and are often thrown casually to and from people in a group. Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ("pulls") the disc to the offense. Each time the offense

completes a pass in the defence's end zone, the offence scores a point. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. Notably, a multitude of different sports are played with a disc (frisbee), including but not limited to disc golf, freestyle, discathlon, etc.

## DIMENSIONS



Beach ultimate is played 5x5 players on 75 by 25m field with 15m deep endzones and 15m brick marks. Alternatively, a 4x4 version is also played in a 45,7x27,4m field with 7,3m endzones.

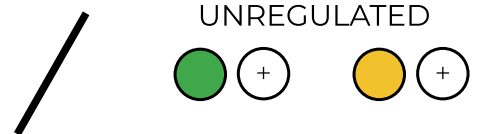
Normally this is an activity that takes place outdoors. The Beach ultimate (frisbee) field has a rectangular shape with end zones at each end and the game is played with a plastic flying disc.

The typical diameter of Frisbees or flying discs ranges from 20 to 25 centimetres (8 to 10 inches), however they are available in smaller and larger sizes. Specifically, for Beach ultimate (frisbee) the disc is 27 cm in diameter and weighs 175 grams.

## PARTICIPANTS

A regulation game has five players per team. Game substitutes may replace players in the game after a score and during an injury timeout. No physical contact is allowed between players.

Picks and screens are also prohibited. A foul occurs when contact is made.



## BASIC FACTS

- ▶ The inventor of the frisbee, Walter Frederick Morrison was born on 23 January 1920.
- ▶ Morrison got the idea for frisbee as a teenager when throwing lard popcorn tin lids with his girlfriend.
- ▶ Frisbees are kept airborne by creating lift through the spinning caused by a throw.
- ▶ Spinning the disc imparts a stabilizing gyroscopic force, allowing it to be aimed with accuracy.

## INFO

World Flying Disc Federation: [www.wfdf.org](http://www.wfdf.org)

Beach Ultimate: [beachultimate.org](http://beachultimate.org)

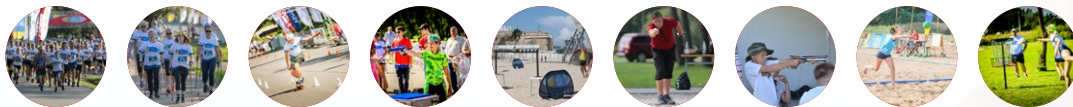
# OTHER ACTIVITIES AND SPORTS IDEAS ON HOW TO BE ACTIVE AT BEACH

## BEACH GAMES



Beach volleyball, Sitting beach volleyball, Beach handball, Beach tennis, Wheelchair tennis, Crossminton, Beach floorball, Beach soccer (football), Beach ultimate (frisbee), Basketball 3x3 etc.

## BEACH ACTIVITIES



Beach run, Nordic walking, Skateboarding, Biathlon, Triathlon, Frescobol, Cycling, Petanque, Shooting para sport, Beach dodgeball, Disc golf etc.

## MASTERCLASSES



Fitness, Aerobic, Hydro-gymnastics, Capoeira, Zumba, Body combat, Yoga, Dancing, Body balance etc.

## AQUATIC ACTIVITIES



Sailing, SUP boarding, Swimming, Surfing, Bodyboarding, Skimboarding, Kayaking, Snorkelling, Water obstacle course etc.

## BEACH CHALLENGES



Family cup, Inflatable obstacle course, Kids athletics, Teqball, Rope pulling, Velotrial, Bouldering (climbing wall) etc.

# PHYSICAL ACTIVITY GUIDE ON BEACH SPORTS AND ACTIVITIES

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**Project coordinator:** Latvian Sports Federations Council

**Project partners:**

Portuguese Institute of Sports and Youth

The International Sports for All Association (TAFISA)

International Sport and Culture Association (ISCA)

Lithuanian Union of Sports Federations

Estonian Beach Sport Federation

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