



NORGES
IDRETTSFORBUND



CHILDREN'S RIGHTS IN SPORT

THE PROVISIONS ON CHILDREN'S SPORT

Adopted by the General Assembly of NIF in 2007.
Revised by the General Assembly of NIF in 2015.



In Norway, 8 out of 10 children between the ages of 6 and 12 years, participate in one or more sporting activities.

Participation in sporting activities creates intrinsic values within people and when this is achieved within children, the foundation for life long sports enjoyment is created.

What?

'Children's rights in sport' and 'the provisions on children's sport' are adopted by the General Assembly of NIF and clarifies the recommendations on how to develop positive activities for every child, as an individual. Children's sports is defined as sporting activities for children up to 12 years of age.

Why do we have provisions and rights?

Children should receive a positive experience every time they participate in sport. Children should have a social environment around sports, feel safe, want to try new things and not be afraid to make mistakes.

All sporting activities should be available to any child wishing to participate, and as far as possible occur within the child's immediate location. This saves both time and resources and helps develop the local community.

Hvordan?

Children's activities, conducted in a fun and safe environment, puts the needs of the child in focus. Everyone knowing each other, using each other's names and supporting each other, creates a good learning atmosphere. The shared experience of being active together and facing challenges by trying and mastering new things creates a unique cohesion and fellowship in the group.

Please read here for more info: www.idrettsforbundet.no/tema/barneidrett/



CHILDREN'S RIGHTS IN SPORT

1. SAFETY

Children have the right to practice in an environment that is safe and secure, without any inappropriate pressure or exploitation. Children under 6 years should be accompanied by an adult to help avoid accidents and prevent injuries.

2. FRIENDSHIP AND ENJOYMENT

Children have the right to participate in training and competitive activities which are designed to help develop friendship and solidarity amongst them.

3. COMPETENCY

Children have the right to experience the feelings of competency and to learn a varied skill-set. They should also be given the opportunity to experience variation in their sports, training and interactions with others.

4. INFLUENCE

Children have the right to express their own opinions and that their opinions should be considered. Children should have the opportunity to participate in planning sessions and can execute their own ideas in sports activities with their coaches and parents.

5. THE FREEDOM TO CHOOSE

Children have the right to choose which sport, or how many sports they wish to participate in. Children have the right to determine how much they wish to practise their sport.

6. COMPETITIONS FOR ALL

Children have the right to choose whether they would like to participate in competitions, and should have equal opportunities to participate. Children transferring from one club to another in the same sporting discipline have the right to compete in competitive sports for the new sport club, as soon as the registration is completed.

7. ON THE CHILDREN'S TERMS

Children have the right to participate in training and competition activities that are suitable to their age, physical development and maturation level.



DEVELOPMENT PLAN

The development plan for children's sport aims to give children the greatest possible variation in activities, and the opportunity to develop basic movement skills. Educational plans within individual federations and the practical implementation from coaches should follow this development plan:

6 YEARS

Play and varied activities to stimulate the child's development and strengthen their basic movement skills.

7-9 YEARS

This age group has good opportunities to explore and practice various physical activities or sporting exercises with different movement patterns, so that they get a broad experience of motion. This creates a good foundation to develop range of skills at a later stage. Activities can be within one or more sporting disciplines, but each sport has the responsibility to offer a varied program that is applicable to the child's level of development.

10-12 YEARS

Within this age group, sports shall be planned to offer a variety of activities with a high intensity to ensure good basic skills. Specialisation in one or more sports should ensure a strong technical fundament which can be developed later, within the child's chosen sport.



PROVISIONS FOR CHILDREN'S SPORTS

1. Children's sports are sporting activities for children up to and including 12 years of age.
2. For competitions in children's sports the following are applicable:
 - a) Children may participate in sporting competition in the year they have turned 6 and primarily in their own sports club.
 - b) Children may participate in regional sporting competitions in the year they turn 9.
 - c) Children may participate in open competitions and sporting events in Norway, the Nordic countries and the Barents region in the year they turn 11.
 - d) Children from the Nordic countries and the Barents region may participate in sporting competitions in Norway in the year they turn 11.
 - e) Tables and rankings can, if appropriate, be used for children in the year they turn 11.
 - f) Children cannot participate in championships such as Norwegian Championships, European Championships, World Championships and equivalent competitions up to and including the year they have turned 12.
 - g) All children shall receive prizes in sporting competitions if prizes are given.
3. Sports clubs which organise children's sports shall appoint a specific person (either elected or employed) who holds the responsibility for Children's sports in that club. (Please see further explanation below.)
4. An National Sport Federation may decide its own set of rules which describe the sports uniqueness within that sports framework, including local and regional based competitions in 2a) and 2b) and in some cases, make exceptions from 2c) and 2d). The rules must be approved by the NIF's Executive Board or the those given authorization by the NIF's Executive Board.
5. Each individual federation must make their own rules of sanctions in their match and competition regulations for violations against the provisions for children's sport. This may include the possibility to sanction sports clubs and or to withdraw the right of participation for certain athletes in competitions. The sanctions must be per NIF's law § 11-2. If repeated violations or if the violation is serious enough, the case must be reported to the Adjunction Committee of NIF.

Each National Sports Federation is responsible of making the rules and regulations known, implemented and adhered to, within their sports.

WHAT DOES IT MEAN TO BE THE PERSON RESPONSIBLE FOR THE RIGHTS OF CHILDREN WITHIN THE SPORTS CLUB?

The person responsible for children's sport must:

1. Ensure that the club has good routines for giving coaches, volunteers and parents information regarding the rights and provisions.
2. Ensure that the rules and regulations are implemented in the club's board and subsidiary groups and that the perspective of children's sports are safeguarded in the club's management and events, and can explain why this is important.
3. Make sure that the club arranges parent's meetings after the activity has started, get to know the parents and make sure that they understand what being a member of the club entails.
4. In clubs with multiple sporting disciplines: Ensure that all the sports and groups work together, in a coordinated manner and develop a diverse plan of activity for all the children in the sports club – as described in the plan of development.
5. In specialized sports clubs: ensure a broad variation within the activities of the club to stimulate a comprehensive development for the participants – in line with the plan of development.
6. Strive to keep the costs of the club on a fair level to ensure a broad participation, and ensure sports are available for groups of people with limited financial resources.
7. The activity must be inclusive to all children wishing to participate in children's sports regardless of the background they come from.

The responsible adult can increase his or her competency in children's sports rights and rules through:

- Participation in the different activities by the regional confederation where children's sports rights and provisions are on the agenda, such as meetings, gatherings and seminars.
- Complete an online module 'The values in children's sports' which is available at www.kurs.idrett.no

Police clearance

All sports clubs in Norway are required to obtain a police clearance for anyone with the responsibility for minor aged children or people with intellectual disabilities. For more information please read here:

www.idrettsforbundet.no/klubbguiden/politiattest



Gjensidige

Sports insurance related to children

All children who are members of teams affiliated to the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF) or participating in organized activities in clubs or teams is insured through Gjensidige children's sports insurance.

For more information please read here:
www.idrettsforbundet.no/klubbguiden/forsikring/

| CHILDREN'S RIGHTS IN SPORTS |

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