



# **BEST PRACTICES GUIDEBOOK**

## **Step Forward for Women in Basketball - PROMISE**

Universitat Ramon Llull  
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# DELIVERABLE 1. BEST PRACTICES GUIDEBOOK

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## **1. Introduction**

Best practices can be defined as successful models of action that have shown themselves to be able to meet certain needs in a given context. The implementation of a good practice emerges from a shared vision and a commitment to progress and transformation of reality. However, doubts often arise as to whether a given practice can be properly considered a good practice. In an attempt at clarification, the UNESCO program MOST1 (Management of Social Transformations) has established a set of criteria that define what makes a good practice. According to the organization, such practices should be a) innovative and involve new or creative solutions; b) effective, in the sense of making positive, tangible progress toward a desired goal; c) sustainable over time and capable of producing lasting effects; d) repeatable in other contexts. This UNESCO model of what constitutes good practices is the one that has been applied in this study<sup>1</sup>.

In keeping with this definition, a good practice must not only be innovative and useful, but must also be effective and capable of being transferred to other similar contexts. Any number of reasons might drive one to compile, identify, categorize and share good practices. They allow us to learn from one another, they promote innovative, successful and sustainable solutions to shared problems, they allow us to build bridges to connect effective empirical solutions, research and praxis, they guide us in new initiatives, and they promote changes to the political agenda.

This report brings together some of the most successful and significant best practices from a number of countries with regard to the promotion of gender equality and equity in sport.

### **1.1. Methodology, criteria and reliability**

This document compiles a series of best practices that have been gleaned from a range of successful prior projects, actions and experiences that have been carried out at different levels of the sports world (clubs and regional, national and international entities) with the aim of fostering gender equality and equity in the world of sports, with a special emphasis on basketball. These best practices have been collected thanks to a broad-based, international perspective, both when it comes to experiences with basketball and to the larger sports world. This Best Practices Guidebook has been created under the auspices of the PROMISE project (steP foRward fOr woMen In baSkEtball), specifically in the context of the activities slated for Work Package 2. Thus, it should be noted that the experiences related to gender equity and

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<sup>1</sup> The programme Management of Social Transformations defines the concept of “best practices in education”. <https://en.unesco.org/themes/social-transformations/most>

equality that are featured herein have been selected while taking into account the central “pillars of the Pilot Programme: Transformation, Raising Awareness and Visibility”<sup>2</sup>.

The main objectives of this collection of best practices are to make it possible to learn from prior successful experiences and to transfer knowledge, as well as to provide valuable information in a format that helps basketball federations apply it as they build and implement the PROMISE programme.

### **1.1.1. Methodology and selection criteria:**

The creation of this guide was based upon research encompassing a range of different information sources. Certain criteria were applied in the selection of these sources. Research was carried out in three distinct spheres: 1. Publications in the field; 2. Research with federations belonging to the PROMISE Consortium; 3. Research with other federations throughout Europe and elsewhere.

### **1.2. Literature review**

In order to seek out academic literature on best practices in this area, an exhaustive search for materials on women in sports and on best practices in physical activity and sport was carried out using data bases, catalogues and other electronic resources. When resources were identified, they were recorded on a spreadsheet featuring the following information: 1. publication status, 2. full reference, 3. type of document, 4. source, 5. year, 6. author. As a result of this search, we found information on good practices with regard to gender and sports management, gender diversity and sport, gender and competitive sports, gender and school age, gender and university sports, gender and sports, gender and sports sociology, and gender-based violence in sports.

### **1.3. Questionnaire**

Two different research instruments were created to gather information on the best practices being carried out by various national basketball federations. The objective of these tools was to collect valuable information on the characteristics of successful experiences. One of the instruments was distributed to the six federations that are members of the consortium, while the other was sent to 31 foundations on five different continents. The questionnaires were created to shed light on best practices, and the content of the instruments was agreed upon, tested and validated by a group of experts. The inclusion criteria for the federations that are not members of the consortium were based on reliable, official data from the FIBA. The

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<sup>2</sup> Erasmus+ Programme (ERASMUS). Application Form. Technical Description (Part B), 25 February 2021, p. 43.

following sections feature information on the characteristics of the questionnaires and participants, the selection criteria, and the number of responses received.

### 1.3.1. Questionnaires for federations in the Consortium

These questionnaires<sup>3</sup> were distributed to the Consortium's six member federations: Aquitaine, Bulgaria, Catalonia, Ireland, Kosovo and Portugal. A total of six responses were received (100% of the recipients of the questionnaires), and eight different best practices were described. The questionnaire consists of seven sections and a total of 71 items (six collecting general introductory data, nine items about best practices that are repeated six times each, and, finally, two asking for additional information). The participants were specifically asked which area of the project (Transformation, Awareness or Visibility) a given practice or experience could be linked to, as well as what specific group the practice addressed (board members, managers, referees, coaches, players, families).

### 1.3.2. Questionnaires for international federations

The *Questionnaire on Promoting Gender Equality and Equity in Sports*<sup>4</sup> was distributed to 31 basketball federations on five different continents: Europe (25), America (3), Africa (1), Asia (1) and Australia and the Pacific (1). The creation of the questionnaire consisted of two phases. In the first phase, the procedure used was the same as the one used for the instrument for consortium members, while the second phase was carried out with the supervision and collaboration of FIBA Europe (which resulted in some formal changes). This second phase was especially important given that the FIBA was the institution that made it possible to distribute the questionnaire to the 31 national federations<sup>5</sup>.

The sample was selected according to the following criteria:

- A. European federations: the university working group selected 12 European countries as a function of their FIBA rankings in men's and women's basketball as of February 9, 2023<sup>6</sup>. The following 12 European countries were selected because their basketball programmes were ranked the highest when considering both the men's and women's teams:  
Spain, France, Serbia, Italy, Belgium, Greece, Slovenia, Turkey, the Czech Republic, Lithuania, Montenegro and Germany. A total of 11 responses were received (91%).

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<sup>3</sup> Questionnaire on promoting gender equality and equity in basketball:

<https://docs.google.com/forms/d/1HDOqKTtcY2Nj-DxCcN6RuiMW3cYs3F0rYcFWtbn6KR4/edit>

<sup>4</sup> Questionnaire on promoting gender equality and equity in sports:

<https://docs.google.com/forms/d/1LZ5lmiJcC6CBIXbhQfGddwBDkDDVjyX0QyUHoRHHQb8/edit>

<sup>5</sup> The questionnaire was distributed by Betty Cebrián, head of FIBA Europe's Women's Commission.

<sup>6</sup> European men's ranking: [https://www.fiba.basketball/es/rankingmen#|tab=fiba\\_europe](https://www.fiba.basketball/es/rankingmen#|tab=fiba_europe)

European women's ranking: [https://www.fiba.basketball/es/rankingwomen#|tab=fiba\\_europe](https://www.fiba.basketball/es/rankingwomen#|tab=fiba_europe)

- B. Federations outside Europe: The working group selected six non-European federations as a function of the worldwide FIBA rankings as of February 9, 2023<sup>7</sup>. The six countries were chosen to include those with the best overall rankings, taking into account both men's and women's teams, but also with geographical criteria in mind, as the study sought to include teams from different continents in order to achieve a truly global perspective. The countries chosen were the United States, Australia, Canada, Nigeria, Brazil and China. The response rate was 0%.
- C. Additional federations: In order to enrich the sample, responses were sought and accepted from 13 additional federations who had also received the questionnaire from FIBA Europe and voluntarily sent responses. These federations represented Andorra, England, Great Britain, North Macedonia, Finland, Belarus, Croatia, Denmark, Bosnia and Herzegovina, Kosovo, Luxembourg, Russia and Slovakia.

#### **1.4. Ethical considerations**

The confidentiality and anonymity of the data provided by all respondents to the questionnaires was guaranteed. Additionally, the questionnaires all featured a heading that detailed the objectives and characteristics of the study and specified how the data would be used.


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<sup>7</sup> Men's global ranking: <https://www.fiba.basketball/es/rankingmen>  
Women's global ranking: <https://www.fiba.basketball/es/rankingwomen#tab=fiba>



## 2. Best practices at a glance:

### 2.1 Best practice 1


<b>Name of the Action / Program / Activity identified as a good practice:</b> Her world, her rules	
<b>Federation or club which is leading it:</b> FIBA	
<b>Main pillar of this good practice:</b> Transformation / Awareness / Visibility (Belarus) Visibility (Kosovo, Luxembourg)	
<b>This good practice is mainly addressed to:</b> Managers / Players / Coaches (Kosovo) Managers / Players / Coaches / Families (Belarus) Referees, Players, Coaches (Luxembourg) Players / Families (British)	
<b>Brief description of the action as a good practice:</b> It is a unique project and social media campaign aimed at promoting women's and girls' basketball across the globe through various activities carried out in partnership with our National Federation (Kosovo).The objectives are to increase the number of girls involved in basketball, increase interest in the sport, attract media attention, and motivate of coaches (Belarus)Promote the presence of women in basketball and encourage young girls to participate (Luxembourg). It's a great FIBA initiative that encourages girls to get involved and participate in basketball (Great Britain).	



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<b>Link to webpage (if available):</b> <a href="https://www.fiba.basketball/es/her-world-her-rules-global">https://www.fiba.basketball/es/her-world-her-rules-global</a>
<p><b>That good practice is interesting for:</b></p> <p>Events are held in the format of a basketball camp and with the support of FIBA Europe, which gives special significance (Belarus). It promotes the development of girls' basketball and awareness of gender equality (Luxembourg). It helps little girls to fight for their dreams to play basketball. Basketball offers so many values for life for girls, and we are learning while we are enjoying a beautiful sport (Kosovo). Empowering females to get involved in sport, especially basketball (British)</p>


**2.2. Good practice 2**

<b>Name of the Action / Program / Activity identified as a good practice:</b> SOCIA-Ball	
<b>Federation or club which is leading it:</b> Basketball Ireland	
<b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports)	
<b>This good practice is mainly addressed to:</b> Players	
<p><b>Brief description of the action as a good practice:</b></p> <p>This programme is designed to re-engage women and girls in our sport using a recreational, non-competitive model with a focus on fun and providing a social outlet. This programme offers a non-competitive #JustPlay opportunity for females to engage with the sport and be more physically active. The emphasis is on fun, socializing and moving in a safe environment.</p>	
<p><b>Link to webpage (if available):</b></p> <p><a href="https://ireland.basketball/20211012123845-socia-ball">https://ireland.basketball/20211012123845-socia-ball</a></p>	
<p><b>That good practice is interesting for:</b></p>	




A new way of re-engaging women who fall away from the sport and a new way of letting those who do not want to compete stay engaged in basketball

### 2.3. Good practice 3

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> WOMEN PRACTICE &amp; FEMINISATION</p>	
<p><b>Federation or club which is leading it:</b> Ligue Régionale Nouvelle-Aquitaine Basketball</p>	
<p><b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Visibility (women and gender perspective in sport institutions)</p>	
<p><b>This good practice is mainly addressed to:</b>  Board members / Managers / Referees / Coaches</p>	
<p><b>Brief description of the action as a good practice:</b> While the main objective of the PROMISE program is to increase the number of female coaches, referees and leaders, it also includes actions to develop and ensure the greater legitimization of the place of women as coaches, officials and leaders at all levels of the basketball.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://drive.google.com/open?id=1v5zaMEmr0NcMKGUin68Vk5CkiHvoyqEX">https://drive.google.com/open?id=1v5zaMEmr0NcMKGUin68Vk5CkiHvoyqEX</a></p>	
<p><b>That good practice is interesting for:</b></p>	


WOMEN REFEREES: Since the 2021-2022 season, the Regional Commission of Officials and the Women's Commission have been working together to organize thematic courses of the issue of women referees. WOMEN'S COACHING: The territory of Nouvelle-Aquitaine (LNAQ) has a group of female coaches who have yet to receive the recognition and support they deserve for their passion for management. WOMEN LEADERS: The women leaders are able to share ideas on leadership, self-confidence, legitimacy before working on tools such as sophrology, priority management, management.

#### 2.4. Good practice 4

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> Impulso Feminino</p>	
<p><b>Federation or club which is leading it:</b> Portuguese Basketball Federation</p>	
<p><b>Main pillar of this good practice:</b> Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions)</p>	
<p><b>This good practice is mainly addressed to:</b> Board members / Managers / Referees / Players / Coaches</p>	
<p><b>Brief description of the action as a good practice:</b> Impulso Feminino is a project focusing on the growth of women's basketball. This project aims to take advantage of good performance on the court and the prominence of figures associated with the sport in order to expand the reach of women's basketball, encourage participation in the sport and reduce the gender differences in the number of players. This is accomplished through actions that promote the inclusive and educational potential of sport.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://www.fpb.pt/noticia/time-out-foi-um-sucesso-na-maia/">https://www.fpb.pt/noticia/time-out-foi-um-sucesso-na-maia/</a></p>	


<p><b>That good practice is interesting for:</b> It raises awareness and helps reach more people.</p>
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## 2.5. Good practice 5

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> Clubs: transformative agents</p>	 <p><b>Federació Catalana de Basquetbol</b></p>
<p><b>Federation or club which is leading it:</b> Catalan Federation of Basketball</p>	
<p><b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Board members / Managers / Referees / Players / Coaches / Families</p>	
<p><b>Brief description of the action as a good practice:</b> The Catalan Basketball Federation has designed tools and resources with the aim of raising awareness of gender inequalities in the world of basketball and of the need for change. To accomplish this, clubs are offering training to various stakeholders with an eye toward making basketball an inclusive, safe and equitable space.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://drive.google.com/open?id=17EzGEEJ3_NEbjnpGu3fAvhymvS47uZP8">https://drive.google.com/open?id=17EzGEEJ3_NEbjnpGu3fAvhymvS47uZP8</a></p>	
<p><b>That good practice is interesting for:</b></p>	


The project offers clubs tools which can be used to transform the world of basketball into a more equal, comfortable and respectful space for everyone, addressing different levels such as staff, players, referees, families, board members of a club, etc.

## 2.6. Good practice 6

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> Coach Mentoring Program</p>	 <p><b>Federació Catalana de Basquetbol</b></p>
<p><b>Federation or club which is leading it:</b> Catalan Federation of Basketball</p>	
<p><b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Board members / Players / Coaches</p>	
<p><b>Brief description of the action as a good practice:</b> The presence and visibility of female coaches depend on institutional backing, which is why the mentoring program for female coaches was created with the intention of empowering female coaches. The objectives are, firstly, to raise awareness of the coaches who have already reached a high level and empower new techniques based on their experiences and the examples they have set. Secondly, the project strives to offer opportunities to the new generations, who will play a central role in the federation's activities. Through these experiential and online experiences and training, younger women are able to acquire a background that can open the door for them to occupy positions of responsibility in clubs and federations.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://mentoria.basquetcatala.cat/">https://mentoria.basquetcatala.cat/</a></p>	
<p><b>That good practice is interesting for:</b></p>	


Women must also be empowered in the field of sports, and this programme offers them the chance to train and improve as coaches. It also equips them with the skills they need to see themselves as capable of taking responsibility, and at the same time generates new role models for girls in the next generations.

## 2.7. Good practice 7


<p><b>Name of the Action / Program / Activity identified as a good practice:</b> Campaign #demanaCanvi (ask for change)</p>	 <p data-bbox="1458 628 1935 735"><b>Federació Catalana de Basquetbol</b></p>
<p><b>Federation or club which is leading it:</b> Catalan Federation of Basketball</p>	
<p><b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Board members / Managers / Referees / Players / Coaches / Families</p>	
<p><b>Brief description of the action as a good practice:</b> The Federation is committed to becoming a transformative agent, and to accomplish this has launched this project intended to ensure that everyone has the same opportunities and the same degree of recognition of the achievements in sports. The purpose is to raise awareness of the need for this "change" in the face of the situation of inequality that was present in the world of basketball. The narrative discourse of this campaign is not based on communicating about programmes themselves, but instead focuses on inviting the public to reflect on the situation of inequality among the players in our sport.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://www.basquetcatala.cat/bqfemeni/documents">https://www.basquetcatala.cat/bqfemeni/documents</a></p>	
<p><b>That good practice is interesting for:</b></p>	

It is important to create a brand and an image that spreads a forceful and activist message that appeals to the different stakeholders in Catalan Basketball and lays the foundation for future programmes. The ultimate goal is to boost the visibility of women's basketball through a more consistent message that calls attention to the actions being undertaken to make the sport more inclusive and equitable.



## 2.8. Good practice 8

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> Internal program</p>	
<p><b>Federation or club which is leading it:</b> Catalan Federation of Basketball</p>	
<p><b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Board members / Managers / Families</p>	
<p><b>Brief description of the action as a good practice:</b> The Federation is committed to playing a central role in transforming models and gender relations in the training of its professionals. To achieve this, it is vital to include a gender perspective throughout the process of all of its institutional activities. In light of this need, one of the objectives was to include a gender perspective throughout the structure of the FCBQ and to carry out an internal review in terms of documentation, communication and networks.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://drive.google.com/open?id=1XnDfSSZxvWbsSpvJsn009CjuuKHcLIa">https://drive.google.com/open?id=1XnDfSSZxvWbsSpvJsn009CjuuKHcLIa</a></p>	
<p><b>That good practice is interesting for:</b> It is an example of an internal review and increased awareness of how an organization has done things in the past so as to rethink policies in a way that is more sensitive to gender issues.</p>	

## 2.9. Good practice 9


<p><b>Name of the Action / Program / Activity identified as a good practice:</b> BASKET GIRLZ</p>	 <p>The image contains two logos. The top logo is for 'baloncesto ESPAÑA', featuring a stylized basketball icon in orange and red. The bottom logo is for 'endesa', in a blue, lowercase, sans-serif font.</p>
<p><b>Federation or club which is leading it:</b> ENDESA. Partners: Federación Española de Baloncesto / CSD / Universo Mujer Baloncesto</p>	
<p><b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Board members / Managers / Coaches / Families</p>	
<p><b>Brief description of the action as a good practice:</b> Basket Girlz, a project that asks what is behind girls' tendency to give up playing sports, focused on women's basketball.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://www.proyectobasketgirlz.com/proyecto.php">https://www.proyectobasketgirlz.com/proyecto.php</a></p>	
<p><b>That good practice is interesting for:</b> It sheds light on the most common reasons for which young women quit basketball and analyse what can be done to avoid this.</p>	

## 2.10. Good practice 10


<p><b>Name of the Action / Program / Activity identified as a good practice:</b> Open and free of charge basketball schools for girls age 7-15</p>	 <p><b>BASKETBALL</b> FEDERATION of SERBIA</p> 
<p><b>Federation or club which is leading it:</b> Movement for Women's Basketball Marina Maljković</p>	
<p><b>Main pillar of this good practice:</b> Awareness (introducing the need of gender perspective related to sport practice)</p>	
<p><b>This good practice is mainly addressed to:</b>  Managers / Coaches / Families</p>	
<p><b>Brief description of the action as a good practice:</b> Every weekend, we organize regular, open and free of charge basketball workshops for girls from elementary schools. The goal is to increase the number of girls involved in basketball and the number of girls involved in sports in general, as well as to create a community that loves and shares the love for the game of basketball, and to elevate interest in women's basketball.</p>	
<p><b>Link to webpage (if available):</b> <a href="http://www.pokretmarinamaljkovic.rs">www.pokretmarinamaljkovic.rs</a></p>	
<p><b>That good practice is interesting for:</b> It provides girls with a great opportunity to get involved in basketball and in sports in general. Boys tend to dominate sports, and there are so many different opportunities for them, but there are not as many chances for girls to form their own groups to play sports.</p>	




## 2.11. Good practice 11

<b>Name of the Action / Program / Activity identified as a good practice:</b> Girls Got Game	
<b>Federation or club which is leading it:</b> Basketbal Vlaanderen ((Flemish Basketball League)	
<b>Main pillar of this good practice:</b> Visibility (women and gender perspective in sport institutions)	
<b>This good practice is mainly addressed to:</b> Referees / Players / Coaches / Families	
<b>Brief description of the action as a good practice:</b> Girls Got Game is a series of 10 3X3 indoor tournaments only for girls (ages 7 to 16), organized all over Belgium. The series culminates in with a national final in which the finalists of the 10 tournaments play against each other. All clubs are contacted to register affiliated girls to participate in the tournament. There is a maximum entry of 2 teams per club per category. The teams can participate with 3 to 5 girls. If there are girls who want to participate but do not have teammates in their own club, they can join a team from another club. Girls can participate in multiple tournaments.	
<b>Link to webpage (if available):</b> <a href="https://www.basketbal.vlaanderen/soorten-basketbal/3x3-basketbal/girls-got-game">https://www.basketbal.vlaanderen/soorten-basketbal/3x3-basketbal/girls-got-game</a>	
<b>That good practice is interesting for:</b> It helps decrease drop out between the age of 12 and 16 (data show largest drop out rate in this age range). It boosts the profile of girls and women in basketball and creates a (3X3) women's basketball community.	


## 2.12. Good practice 12

<b>Name of the Action / Program / Activity identified as a good practice:</b> Female Referee Project	
<b>Federation or club which is leading it:</b> Basketbal Vlaanderen ((Flemish Basketball League)	
<b>Main pillar of this good practice:</b> Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).	
<b>This good practice is mainly addressed to:</b> Board members / Managers / Referees / Players / Coaches / Families	
<b>Brief description of the action as a good practice:</b> The Female Referee Project focuses primarily on female officials, but we are extending it to other target groups such as female players, coaches, managers, referee ambassadors and board members. We see this as a comprehensive approach. The idea is to encourage young girls to stay involved in basketball in ways that go beyond their playing career by taking up other positions. We will achieve this by organising promotional campaigns, providing role models and undertaking initiatives in women's clubs.	
<b>Link to webpage (if available):</b> <a href="https://www.basketbal.vlaanderen/female-referee-project">https://www.basketbal.vlaanderen/female-referee-project</a>	
<b>That good practice is interesting for:</b> It highlights other roles within basketball and encourages more female stakeholders to become active within our clubs.	


### 2.13. Good practice 13

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> One Team Project</p>	
<p><b>Federation or club which is leading it:</b> Anadolu Efes Sports Club</p>	
<p><b>Main pillar of this good practice:</b> Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Players</p>	
<p><b>Brief description of the action as a good practice:</b> This project addresses the issues of equality in sports and how to transfer sports culture to young generations. The project contributes to the social development of the participants.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://www.anadoluefessk.org/2022-2023-Sezonu-One-Team-Projemize-Start-Verdik...">2022-2023 Sezonu One Team Projemize Start Verdik... - Anadolu Efes Spor Kulübü (anadoluefessk.org)</a></p>	
<p><b>That good practice is interesting for:</b> Participants learn from experts about teamwork and equality, self-confidence, time management, motivation, respect, problem solving, decision-making and personal responsibilities, all in order to support education for life.</p>	

## 2.14. Good practice 14

<b>Name of the Action / Program / Activity identified as a good practice:</b> Success - Erasmus+	
<b>Federation or club which is leading it:</b> Olympic Committee	
<b>Main pillar of this good practice:</b> Transformation (fostering gender equality and equity in sports). Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).	
<b>This good practice is mainly addressed to:</b> Board members / Managers	
<b>Brief description of the action as a good practice:</b> SUCCESS – The Olympic Committee selected eight women from different sports in CZ that were representing NOC in an Erasmus program. There were other states, and we had 3 on site events with many gender equality clinics along with tasks that were connected to management of sport organizations.	
<b>Link to webpage (if available):</b> <a href="https://www.olimpijskytym.cz/en/projects">https://www.olimpijskytym.cz/en/projects</a> <a href="https://drive.google.com/open?id=1nbe6KLBZR6uLV_OR-UZb3wxo-dAvvys2">https://drive.google.com/open?id=1nbe6KLBZR6uLV_OR-UZb3wxo-dAvvys2</a>	
<b>That good practice is interesting for:</b>  It helps share knowledge and trains women in specific leadership skills.	

## 2.15. Good practice 15

<p><b>Name of the Action / Program / Activity identified as a good practice:</b> "Come on girls – Let's play Basketball!"</p>	
<p><b>Federation or club which is leading it:</b> German Basketball Federation</p>	
<p><b>Main pillar of this good practice:</b> Awareness (introducing gender perspective related to sport practice). Visibility (women and gender perspective in sport institutions).</p>	
<p><b>This good practice is mainly addressed to:</b> Players, Families</p>	
<p><b>Brief description of the action as a good practice:</b> The DBB has been implementing the "Come on girls" project in order to promote and support the founding of new girls' basketball teams. In order to support the coaches and managers of these girls' teams, each project team receives a package of materials including project T-shirts, balls, a rule booklet and teaching materials. Regardless of the youth age group, both club teams and school teams are eligible, provided that teams offer regular practice and opportunities for the girls to play. In addition, various events are supported or organized along with clubs or schools as part of the project.</p>	
<p><b>Link to webpage (if available):</b> <a href="https://www.basketball-bund.de/jugend/kinder-und-minibasketball/maedchenbasketball/">https://www.basketball-bund.de/jugend/kinder-und-minibasketball/maedchenbasketball/</a></p>	
<p><b>That good practice is interesting for:</b> It is important to attract more girls to basketball at a grassroots level in order to subsequently develop out of this group female executives (coaches...board members...)</p>	



### 3. Conclusions

-This guide has presented 15 good practices, all of which meet the essential definition of such practices established by the UNESCO programme MOST, in that they are all innovative, effective, lasting and repeatable.

-Of the good practices detailed here, eight were presented by basketball foundations that are members of the consortium, while seven were chosen from among the projects presented by the other European foundations that were consulted in the context of this project.

-All of the central pillars of the PROMISE project (Awareness, Transformation and Visibility) are well represented among the good practices presented here. More specifically, a detailed analysis shows that the “Awareness” pillar is addressed in 12 of the 15 good practices (80%), while 9 of the 15 (60%) deal with Transformation and 13 of the 15 (86%) touch on Visibility. This is a guarantee that these practices are experiences are aligned with the objectives of the PROMISE project.

-All of the stakeholders who will participate in and benefit from the future PROMISE programme are well represented among the beneficiaries of the 15 good practices selected here. Specifically, 9 of the programmes are aimed at federation board members, 10 at coaches, 8 at families, 10 at managers, 10 at players and 7 at referees.

-Some good practices have been left out of this guide for a variety of different reasons. Of the 33 good practices that were initially identified in the research, 12 were excluded because it was not possible to find an explanatory document or website. Of the remaining 21 practices, another 6 were excluded because they failed to clearly meet the UNESCO definition of good practices.

-Finally, it is worth pointing out some of the limitations of this study.

1. In some cases, responses to questionnaires were contradictory, with replies varying as a function of who within the institution or federation was completing the questionnaire.
2. The FIBA ranking of the federations might not be a very representative indicator of the



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number of good practices being carried out in a given context. A higher ranking or good results on the court do not always indicate the presence of good practices when it comes to gender equality.

3. No responses were received from the selected federations outside Europe.
4. The experiences detailed by the federations cannot necessarily be considered good practices, as they are sometimes other kinds of actions or even declarations of intentions. In other words, not all of the respondents had the same understanding of the concept of good practices.

## **ANNEXES**

- A. Best practices selected
- B. Total responses to the questionnaires



Name of the Action / Program / Activity identified as a good practice	What federation or club is leading it?	PILLARS			This good practice is mainly addressed to:						
		Awereness	Transformation	Visibility	Board members	Coaches	Families	Managers	Players	Referees	
1	Her World Her Rules	Federation with partnership of FIBA	*	*	*		*	*	*	*	*
2	SOCIA-Ball	Basketball Ireland		*						*	
3	WOMEN PRACTICE & FEMINISATION	Ligue Régionale Nouvelle-Aquitaine Basketball		*	*	*	*		*		*
4	Impulso Feminino	Portuguese Basketball Federation	*		*	*	*		*	*	*
5	"Clubs: transformative agents"	Federació Catalana Basquetbol	*	*	*	*	*	*	*	*	*
6	Coach Mentoring Program		*	*	*	*	*			*	
7	Campaign #demanaCanvi (ask for change)		*	*	*	*	*	*	*	*	*
8	Internal program		*	*	*	*		*	*		
9	<a href="https://www.proyectobasketgirlz.com/">https://www.proyectobasketgirlz.com/</a>	Endesa	*	*	*	*	*	*	*		
10	Open and free of charge basketball schools for girls age 7-15	<a href="#">Movement for Women Basketball Marina Maljković</a>	*				*	*	*		
11	Girls Got Game	Basketbal Vlaanderen (Flemish Basketball League)			*		*	*		*	*
12	Female Referee Project		*		*	*	*	*	*	*	*
13	One Team Project	<a href="#">Anadolu Efes Sports Club</a>	*		*					*	
14	Success - Erasmus+	Olympic Comittee_Czech Federation	*	*	*	*			*		
15	"Come on girls – Let's play Basketball!"	German Basketball Federation	*		*			*		*	
			11	8	12	9	9	8	9	9	6



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Total	Repeated erased	With link or pdf	Name of the Action / Program / Activity identified as a good practice.	What federation or club is leading it?
1	1	1	SOCIA-Ball	Basketball Ireland
2	2	2	WOMEN PRACTICE & FEMINISATION	Ligue Régionale Nouvelle-Aquitaine Basketball
3	3	3	Her World Her Rules	Federation with partnership of FIBA
4	4	4	"Clubs: transformative agents"	Federació Catalana Basquetbol
5	5	5	Coach Mentoring Program	
6	6	6	Campaign #demanaCanvi (ask for change)	
7	7	7	Internal program	
8	8	8	Impulso Feminino	Portuguese Basketball Federation
9	9		I ACTION PLAN FOR EQUALITY 2022-2026	SPANISH BASKETBALL FEDERATION
10	10	9	<a href="https://www.proyectobasketgirlz.com/">https://www.proyectobasketgirlz.com/</a>	
11	11	10	Open and free of charge basketball schools for girls age 7-15	Movement for Women's Basketball Marina Maljković
12	12	11	Girls Got Game	Basketbal Vlaanderen (Flemish Basketball League)
13	13	12	Female Referee Project	
14	14		We have a designated female "Basketball Figure" to promote Women's basketball (Ms. Evina Maljković)	Hellenic Basketball Federation
15	15		Creation of a Yearly International tournament for women	
16	16	13	One Team Project	Anadolu Efes Sports Club
17	17	14	Open Regional Skills Camps U13 Girls	Federation
18	18		Organization of the 3-day Camp for talented Girls U14	Federation
19	19	15	Women in Leadership	Basketball Federation, US Embassy, Committee of Equal Opportunities (C)
20	20	16	Women's sport in CZ	Basketball Federation + other olympic sport federations, National Sport A
21	21	17	Success - Erasmus+	Olympic Committee
22	22	18	private project – BC Deivės basketball club	Mostly (1, 2 mentioned cases) are leading by federation, for 3 and 4 cases it belongs for clubs or league's own management body (structure)
23	23		Basketball magic	Basketball Federation of Montenegro
24	24	19	"Come on girls – Let's play Basketball!"	German Basketball Federation
25	25	20	SOCIAL MEDIA CAMPAIGN " EQUALITY IS A TEAM GAME!"	NATIONAL FEDERATION
26	26		Equal pay for both men's and women's national team players	Basketball Finland
27			Her World Her Rules	Belarusian Basketball Federation
28	27		Aspiring referees attend instructional camp in Belarus, 2019	
29			HerWorldHerRules	Hellenic Basketball Federation
30			Her World Her Rules	FIBA
31	28	21	Centers of Street Basketball	Russian Basketball Federation
32	29		WiLead	FIBA
33			Her World Her Rules	FIBA

	Total	Net	Link or pdf
PROMISE	8	8	8
EUROPE SAMPLE	16	16	11
EUROPE ADDITIONAL	9	5	2
	33	29	21

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