

# Daisyball

CROSSING THE DIVIDE

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# FOREWARD

THERE IS NO GREATER DISABILITY  
IN SOCIETY, THAN THE INABILITY  
TO SEE A PERSON AS MORE...

-ROBERT M. HENSEL

03



# DAISYBALL - COMMITTEE

Daisyball Headquarters



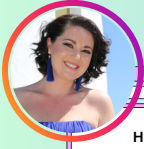
**CFO**  
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unknown



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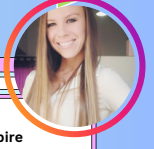
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04

# ADAPTED RULES



- **The ball:** Due to our learners' fragile spines, we simply cannot risk letting them play with a standard netball ball. We play with a smaller sponge ball. These balls are available at various sporting outlets.
- **The game:** NO RUNNING! Our learners have heart conditions, and given their body build and risk of injury, running on the court is not permitted. We walk and play daisy ball.
- **Footwork:** The rule for "stepping" has to change. Our learners find it challenging to halt at a specific spot and pivot to pass the ball. Therefore, our learners may walk to turn around; however, they cannot walk from one point to another, which can alter the game itself.
- **Touch:** NO BODY CONTACT! Our learners cannot, under any circumstances, touch each other, even while defending. This is the only way we can ensure no severe injuries.
- **Interference:** This rule has changed. In netball, you must have a 3-foot space between you and your opponent. With Daisy ball its 6 feet, and we measure from their belly buttons, due to their unique body shape. The intention is to prevent body contact from taking place due to their body build.
- **Passing the ball:** We encourage bounce balls and chest balls, over head balls are still a topic of debate. Even though we play with a sponge ball, we are fearful that overhead balls could cause the learners to lose focus, and they might bump into one another or jump up to try and catch the ball, possibly causing injury. This poses a debate on contesting as well. More information to follow.

- **Time:** In most sporting codes, you have 3 seconds to pass the ball; however, with daisyball, we have allocated a time frame of 10 seconds due to the pace at which our learners play.
- **Match time:** We play 7 minutes a side with a 10-minute half-time. This could change depending on the level of cardiovascular fitness our learners can keep up with.
- **Short ball:** The rule for short ball applies. This is to ensure that no body contact can take place in attempting to attack or defend the ball.
- **Out of position:** This rule applies. A player is out of position if a part of their body touches the ground in a playing area other than the designated areas of the playing position.
- **Ball out of bounds:** The ball is out of bounds if it has touched the ground, something, or someone outside the perimeters of the court during play.
- **Third-line violation:** This rule still applies. The ball must be touched between the two transverse lines before being passed over.
- **Double touch:** A player who has caught the ball may not bounce it and replay it, throw it and catch or play it in any way again until it is touched by another player.

- **The toss-up:** This rule is strictly forbidden. It is up to the umpires' discretion to decide who last touched the ball out of bounds. In this way, we prevent serious injuries.
- **Dead ball:** This rule still applies. If obstruction or body contact occurs, the penalised player must stand aside and away from the player taking the pass and may not attempt to take part in play until the ball has left the thrower's hands.
- **Shorter Goal posts:** The goal post will be shorter with a meter.
- **Half playing area:** Both halves will be played on the same side.
- **Uncontested pass:** An uncontested pass is awarded for all infringements on the court except for body contact, obstruction, out of bounds, or simultaneous infringements. An uncontested pass is taken on the spot where the infringement occurred and may be taken by any player allowed in that area. When a free pass is taken, offending players are free to take part in the next play immediately.
- **Sanctioned pass:** The sanctioned pass is awarded for the infringements of body contact, obstruction, and intimidation. The sanctioned pass is taken where the infringing player was standing, unless this places the non-defending team at a disadvantage. It may be taken by any player allowed in that area. While the penalty is taken, the offending player is out of bounds and must stand aside and away from the player taking the pass and may make no attempt to take part in play until the ball has left the thrower's hand.

- **Sanctioned attempt or awarded shot:** If body contact or obstruction is committed in the goal circle by one of the defending players, one of the attacking shooters may either pass the ball or take a shot at the goal. While the penalty is taken, the offending player is out of bounds and must stand aside and away from the player taking the pass and may make no attempt to take part in play until the ball has left the thrower's hand.

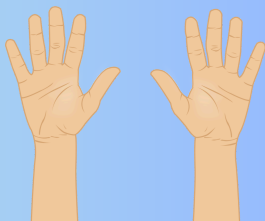
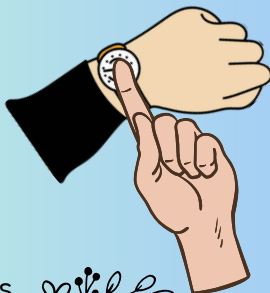
# HAND SIGNS



MAKATON SA, JOINED HANDS WITH US,  
THEY GAVE US A FEW SIGNS THAT WE CAN  
USE WHILE UMPIRING. PLEASE  
FAMILIARIZE YOURSELF WITH THESE  
SIGNS, AS THEY PLAY A VITAL ROLE IN  
DAISYBALL.

## Time:

In most sporting codes, you have 3 seconds to pass the ball; however, with daisyball, we have allocated a time frame of 10 seconds due to the pace at which our learners play.



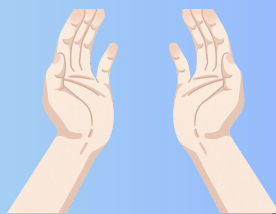
## Hand sign:

*Point with the index finger on your watch, then raise both hands and show and say 10.*



## Short ball:

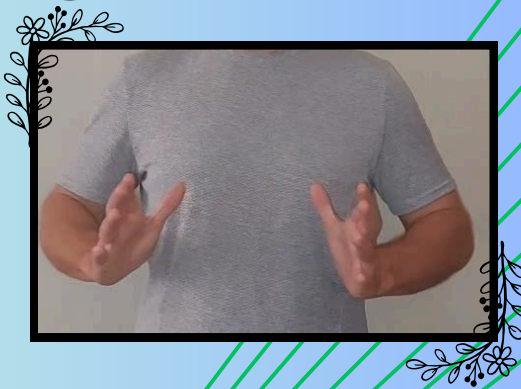
*The rule for short ball applies. This is to ensure that no body contact can take place in attempting to attack or defend the ball.*



## Hand sign:

*Bring your hands together from top to bottom to show and say short.*

*Bring your hands together from left and right to show and say ball. Remember your hands do not touch.*



## Out of position:

This rule applies. A player is out of position if a part of their body touches the ground in a playing area other than the designated areas of the playing position.

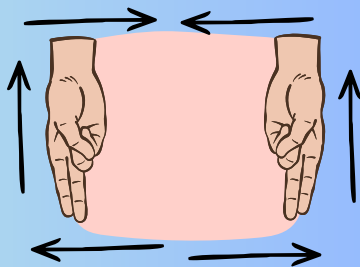
### Hand sign:

Cup your left hand around your cupped right hand. Pull the right hand out and place point on two places, left and right, to show and say out of position.



### Ball out of bounds:

The ball is out of bounds if it has touched the ground, something, or someone outside the perimeters of the court during play.



### Hand sign:

Bring your hands together from left and right to show and say ball.

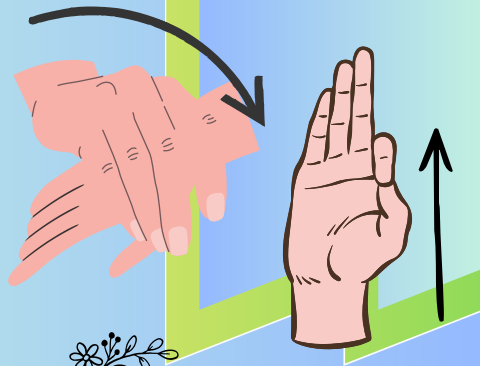
Make a X with your index finger to show and say out of.

Make a square with your index and middle fingers on both hands to show and say bounds.



**Third-line violation:**

*This rule still applies. The ball must be touched between the two transverse lines before being passed over.*



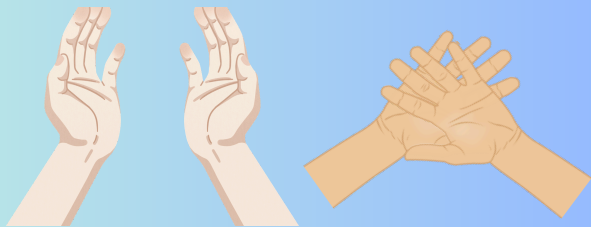
**Hand sign:**

*Cup your right hand and move over your flat left hand to show over while saying third line. then lift your right hand up into the air and show three while saying violation.*



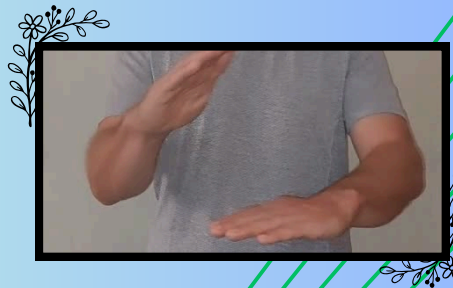
**Double touch:**

*A player who has caught the ball may not bounce it and replay it, throw it and catch or play it in any way again until it is touched by another player.*



**Hand sign:**

*Bring your hands together from left and right to show and say double. Then bring your hand crossed over one another to show and say touch.*



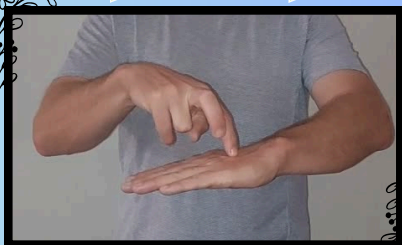
### **Footwork:**

The rule for "stepping" has to change. Our learners find it challenging to halt at a specific spot and pivot to pass the ball. Therefore, our learners may walk to turn around; however, they cannot walk from one point to another, which can alter the game itself.



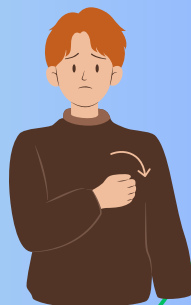
### **Hand sign:**

With your left hand flat palm up and the right hand showing two fingers down on the palm lifting one finger at a time to show and say footwork.



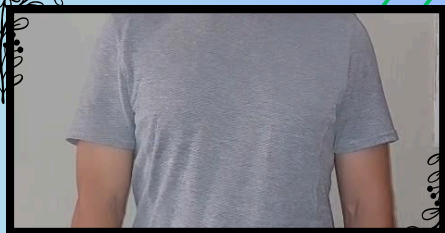
### **Touch:**

**NO BODY CONTACT!** Our learners cannot, under any circumstances, touch each other, even while defending. This is the only way we can ensure no severe injuries.



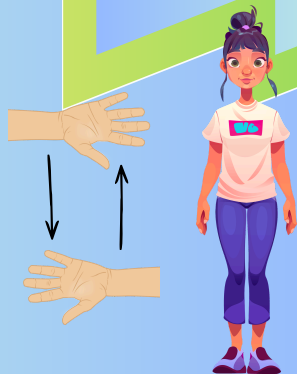
### **Hand sign:**

take your flat hand and put it on the body part where the body contact took place, to show and say touch.



### **Interference:**

*This rule has changed. In netball, you must have a 3-foot space between you and your opponent. With Daisy ball its 6 feet, and we measure from their belly buttons, due to their unique body shape. The intention is to prevent body contact from taking place due to their body build.*



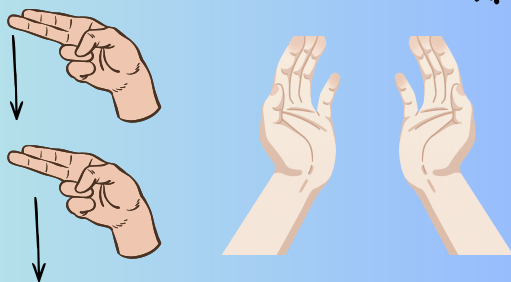
### **Hand sign:**

*We measure from belly button to belly button, therefore place one hand flat on your stomach and use the other hand to show the distance between by moving the hand away from you. Say interference while showing the sign.*



### **Dead ball:**

*This rule still applies. If obstruction or body contact occurs, the penalised player must stand aside and away from the player taking the pass and may not attempt to take part in play until the ball has left the thrower's hands.*



### **Hand sign:**

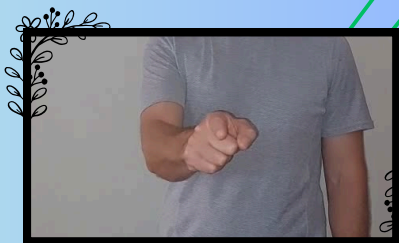
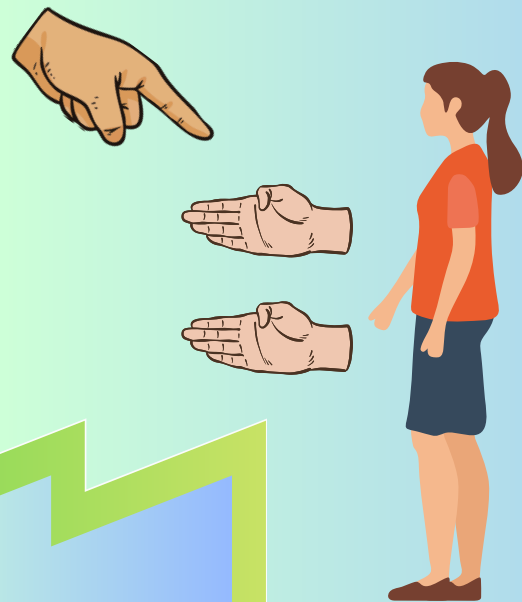
*Point both your hands index and middle finger together pointing forward. Move your hands down in one motion while saying dead. Then bring your hands together from left and right to show and say ball.*

**Uncontested pass:** An uncontested pass is awarded for all infringements on the court except for body contact, obstruction, out of bounds, or simultaneous infringements. An uncontested pass is taken on the spot where the infringement occurred and may be taken by any player allowed in that area. When a free pass is taken, offending players are free to take part in the next play immediately.

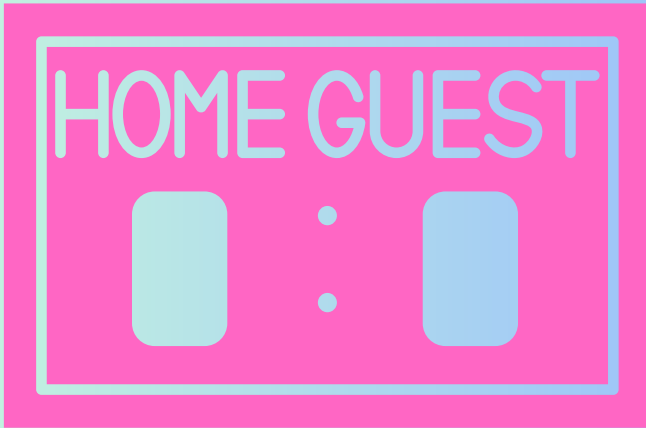
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**Hand sign:**

With one hand point to where the mistake took place, then tuirn your body in the direction that the game must continue in with your hands up and palms turned inward.



# SCORE CARD



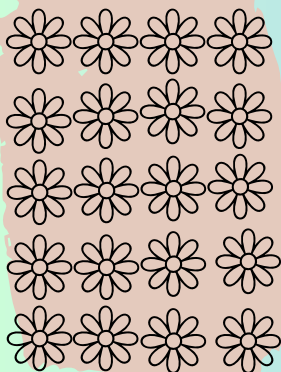
PLEASE TAKE NOTE WE ARE NOT COUNTING  
POINTS, GOALS, NUMBERS ETC.  
WE ARE COUNTING DAISIES. THEREFORE WE  
WILL SAY: "TEAM A HAS WON BY 15  
DAISIES."

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# SCORE CARD

## SCORE CARD

Team: \_\_\_\_\_



Umpire: \_\_\_\_\_

### Half-Time Scores:

Team: \_\_\_\_\_

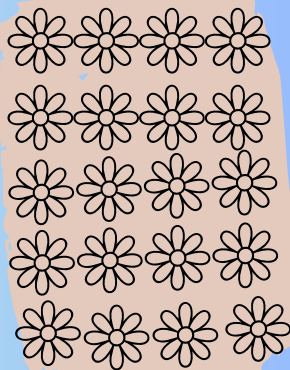
Team: \_\_\_\_\_

### Final Scores:

Team: \_\_\_\_\_

Team: \_\_\_\_\_

Team: \_\_\_\_\_



Umpire: \_\_\_\_\_

# IMPORTANT DOCUMENTATION



PLEASE TAKE THE TIME TO READ THROUGH  
THE FOLLOWING DOCUMENTS. THESE ARE  
MEDICAL AND CONSENT AS WELL AS PLAYER  
REGISTRATION FORMS, THAT WILL BE  
REQUIRED TO BE FILLED IN AND  
SUBMITTED ON EVENTS.



## DAISYBALL POLICY

### Daisyball Indemnity Form

#### Participant Details:

- Full Name: \_\_\_\_\_
- Date of Birth: \_\_\_\_\_
- Address: \_\_\_\_\_
- Contact Number: \_\_\_\_\_
- Emergency Contact Name & Number: \_\_\_\_\_

#### Acknowledgement of Risk:

I, the undersigned, acknowledge that participation in Daisyball involves physical activity and carries inherent risks of injury. I understand that all reasonable precautions will be taken by organizers, coaches, and staff to ensure safety.

#### Indemnity and Waiver:

I hereby:

- Consent to my/my child's participation in Daisyball activities.
- Accept full responsibility for any injury, loss, or damage sustained during participation, except where caused by gross negligence of the organizers.
- Indemnify and hold harmless the school/organization, its staff, volunteers, and affiliates against any claims arising from participation.

#### Medical Consent:

In the event of an emergency, I authorize the organizers to seek medical assistance for me/my child. I accept responsibility for any medical costs incurred.

#### Declaration:

I have read and understood the Daisyball policy and agree to abide by its rules and guidelines.

Participant/Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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LEARNER MEDICAL REPORT SHEET  
SPORTS PARTICIPATION  
LEARNER INFORMATION

- FULL NAME: \_\_\_\_\_
- DATE OF BIRTH: \_\_\_\_\_
- SCHOOL/GRADE: \_\_\_\_\_
- EMERGENCY CONTACT (NAME & NUMBER): \_\_\_\_\_

MEDICAL BACKGROUND:

**Down Syndrome**

May have low muscle tone, joint instability, heart conditions, atlantoaxial instability risk, cardiac screening required.

**Cerebral Palsy**

Muscle stiffness, coordination challenges, possible use of mobility aids, risk of falls, fatigue, spasticity.

**Autism Spectrum Disorder**

Sensory sensitivities, communication differences, anxiety, overstimulation, difficulty with transitions, need for clear instructions.

Current Health Status:

- Medications: \_\_\_\_\_
- Allergies: \_\_\_\_\_
- Recent Injuries/Surgeries: \_\_\_\_\_
- Doctor's Clearance for Sport:  Yes  No

Physical Abilities & Limitations:

- Strengths: \_\_\_\_\_
- Limitations: \_\_\_\_\_
- Recommended Adaptations:
  - o  Modified equipment
  - o  Extra rest breaks
  - o  One-on-one support
  - o  Visual schedules



LEARNER MEDICAL REPORT SHEET  
SPORTS PARTICIPATION  
LEARNER INFORMATION

**Risk Assessment:**

• **Potential Risks in Sport:**

- o  Joint instability
- o  Seizures
- o  Sensory overload
- o  Fatigue

• **Emergency Plan:** \_\_\_\_\_

**Monitoring & Follow-Up:**

• **Date of Last Medical Review:** \_\_\_\_\_

• **Next Review Due:** \_\_\_\_\_

• **Notes from Teacher/Coach:** \_\_\_\_\_

**Reporting of injury:**

Please make use of the below link, to complete a Google form for the purpose of reporting incidents.

[https://docs.google.com/forms/d/e/1FAIpQLSeOVD\\_V4VljBii6McohxGpPRlqBg8deSf1oomrqITi0Tb3pDA/viewform?usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLSeOVD_V4VljBii6McohxGpPRlqBg8deSf1oomrqITi0Tb3pDA/viewform?usp=publish-editor)



## DAISYBALL – SID LEARNER PARTICIPATION REQUIREMENTS

This checklist ensures that learners with diverse needs (including Down syndrome, cerebral palsy, and autism) can participate safely, inclusively, and enjoyably in Daisyball.

### 1. Medical & Health Clearance

- Medical clearance from a healthcare professional confirming fitness for non-contact sport
- No current injuries that limit safe participation
- Disclosure of any chronic conditions (e.g., epilepsy, asthma) with emergency plan in place

### 2. Physical Readiness

- Ability to walk or move steadily without running
- Sufficient hand–eye coordination to throw, catch, or pass the ball
- Capacity to maintain balance during stationary play
- Endurance for short, low-intensity activity periods

### 3. Cognitive & Communication Skills

- Understanding of basic game rules (no running, no contact)
- Ability to follow simple instructions from coach/referee
- Clear communication of needs (verbal or non-verbal)
- Recognition of boundaries and safe zones on the court



## DAISYBALL – SID LEARNER PARTICIPATION REQUIREMENTS

### 4. Social & Emotional Readiness

- Respect for teammates and opponents (no pushing, grabbing, or contact)
- Ability to manage frustration and remain calm during play
- Willingness to cooperate in a team environment
- Comfort with structured routines and transitions

### 5. Safety & Adaptations

- Use of protective gear if recommended (e.g., soft shoes, braces)
- Access to rest breaks when needed
- Visual aids or cue cards for learners with communication challenges
- Assigned support staff or buddy if required

**REGISTER  
NOW!**

**DAISYBALL - SID LEARNER PLAYER  
REGISTRATION SHEET**

**Team Information:**

- Team Name: \_\_\_\_\_
- Coach/Teacher: \_\_\_\_\_
- Event/Date: \_\_\_\_\_

Player No.	Full Name	Age	Medical Clearance Y/N	Condition	Emergency contact	Notes / Adaptions
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

**Key Reminders:**

- No running allowed
- No body contact permitted
- Adaptations must be noted clearly (e.g., rest breaks, visual cues, buddy support)
- Emergency contacts must be accessible during play
- Attach player birth certificate, ID photo - **MUST BE CERTIFIED**





**GAUTENG PROVINCE**

Department: Education  
REPUBLIC OF SOUTH AFRICA

**SCHEDULE 3**

**FORM 1**

**PARENTAL TOUR CONSENT FORM**

Note: This form to be completed by a parent legal guardian/person acting in parental capacity of the learner who will be undertaking a tour

**1. DETAILS OF LEARNER**

1.1	Name	
1.2	Grade	
1.3	School	

**2. DETAILS OF THE SCHOOL**

1.1	District	
1.2	Name of school	
1.3	Name of principal	

**3. DETAILS OF TOUR**

3.1	Destination	
3.2	Purpose of tour	



**DAISYBALL - TOUR**  
**PARENTAL CONSENT FORM**

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3.3	Proposed departure date	
3.4	Proposed arrival date	

**4. CONSENT BY PARENT / LEGAL GUARDIAN / PERSON ACTING IN PARENTAL CAPACITY**

I, \_\_\_\_\_ (parent / legal guardian / acting in parental capacity) do hereby consent to the above learner undertaking the tour, and confirm that I-

- 4.1 have been advised and fully understand, the purpose, nature and risks associated with the tour;
- 4.2 have been informed by the school of all the relevant details associated with this tour, including the itinerary, arrangements for travel, accommodation, contact details of the tour manager and other associated details;
- 4.3 understand that in the event of accident or injury to the above learner that all reasonable steps will be taken by the tour manager to contact me and if I cannot be reached contact my relatives indicated to obtain consent for any necessary emergency medical treatment and/or any emergency medical operation;

Name of Person	Relationship to the learner	Contact details
		Home: Work: Cellphone: Email : Fax :
		Home: Work: Cellphone: Email : Fax :



DAISYBALL - DEPARTMENT  
MEDICAL FORM



**education**

Department: Education

GAUTENG PROVINCE

SCHEDULE 2

FORM 1

MEDICAL QUESTIONNAIRE

1.	School Name				
2.	Name of Learner				
3.	Date of Birth				
4.	Nature of Tour				
5.	Name of parent/legal guardian				
6.	Home Address				
7.	Home Telephone Number				
8.	Work Telephone Number				
9.	Work Address				
10.	Do you belong to a medical aid? (x)	YES		NO	
	Name of Medical Fund				
	Medical Aid Number				



**DAISYBALL - DEPARTMENT**  
**MEDICAL FORM**

11.	Name of Family Doctor				
12.	Dr Telephone Number				
13.	Is your child allergic to any food? (x)	YES		NO	
	If yes, specify.				
14.	Is your child allergic to any medication? (x)	YES		NO	
	If yes, please give details				
15.	Is your child presently taking any medication?	YES		NO	
	If so, please give a detailed list of medication and the dosage prescribed.				

**DETAILS OF PERSON PROVIDING THE INFORMATION**

Relationship to learner	
Print Name	
Signature of Parent	
Date	



**DAISYBALL - DEPARTMENT**  
**POPI FORM**



**Education**  
Department of Education  
**GAUTENG PROVINCE**

**GAUTENG SCHOOL SPORTS FOR THE INTELLECTUALLY IMPAIRED**  
**GSS-II**

13/02/2026

As prescribed by **The Protection of Personal Information (POPI) Act No. 4 of 2013**, Gauteng Sport Association for the Intellectually Impaired (JSA-II) remains committed to ensuring the confidentiality of all personal information provided to us. All information/data received will be stored with the necessary security standards in place. This information/data will not be shared with unauthorised persons and will be processed lawfully within the confines of the school administration. Furthermore, personal information will not be shared externally unless required by law, following the correct procedures or for emergency medical purposes.

By signing below, you acknowledge that JSA-II has collected, processed, and stored information provided by you and consent to this information being used by JSA-II. JSA-II will retain this information for the duration of your child's participation in sport and will follow the relevant data retention, archiving and disposal procedures in place.

Furthermore, you agree to JSA-II making use of photographs or other images and recordings of child in the following ways:

1. JSA-II communicator showing athletes involved in sporting activities.
2. JSA-II social media
3. Brochures for marketing purposes
4. Newspapers, magazines, newsletters etc. to recognise achievements.
5. Evidence for reports

You reserve the right to request the removal of any images/recording at any time reasonably possible.  
Kindly circle your preference below:

**YES/NO** – I hereby give/do not give my permission to the above.

**LEARNER PROFILE RELEASE – PARENT CONSENT FORM (POPIA)**

Due to the Protection of Personal Information Act (POPIA), you are required to sign below granting permission for JSA-II to have a **LEARNER PROFILE** and any other relevant information for your child.

**A LEARNER PROFILE HOLDS INFORMATION GATHERED THROUGHOUT AN ATHLETES SPORTS CAREER, SUCH AS: RESULTS, MEDICAL INFORMATION, PERSONAL INFORMATION, PICTURES AND VIDEOS**

<b>NAME AND SURNAME OF APPLICANT:</b>	
<b>ID NUMBER OF APPLICANT:</b>	
<b>NAME AND SURNAME OF PARENT:</b>	
<b>SIGNATURE OF PARENT:</b>	
<b>DATE SIGNED:</b>	

# ACKNOWLEDGEMENTS



# ACKNOWLEDGEMENTS

***"God has chosen you and has set you aside  
for a special purpose..."***

***- John 15:16***

A special thanks to Dr. Donna Dawson. Your experience and enthusiasm are greatly appreciated. Teacher Chantel Kemp and your netball team. Thank you for your willingness to learn a new sport and assist with the medical test game. Your learners are stunning and have amazing hearts. Laerskool Dr. Havinga, for allowing your educator and her team to play against the Daisies and take a few hours off from school. Dr. Maria Kempen for standing with me in this journey and supporting us every step of the way. Ms. Sandra and Sonja for believing in us and supporting us every step of the way. Teacher Clarissa Victor, for coaching and developing this code with me. We greatly appreciate your patience and love. Teacher Antonette Meyer, thank you for assisting in coaching and umpiring. Your efforts have helped immensely in the development of this code. Teacher Gerrie, for assisting in coaching as well as making headbands and position strips for our team. Teacher Stephanie and Makaton SA, for assisting in the hand signs for umpiring, Every committee member that is willing to stand by me in this journey and assisting in the management of Daisywise. And last but not least, to the parents of these special learners, your love and support have helped build their self-confidence, excitement, and motivation.

***From the depths of my heart, I want to thank you!  
Thank you for being an inspiration, motivator,  
and advisor on this journey. We are deeply  
grateful for your invaluable input and guidance.***

***But most importantly. Thanks to our Father God.  
For guiding, inspiring, and protecting this journey.  
All the glory to Him.***

# Resource Links

Please feel free to follow the link below. This link will take you to a folder with videos on various exercises and drills that you can incorporate into your practices.

[https://drive.google.com/drive/u/0/folders/1DuC\\_op5D1wHzJeviW5NdTPac5zSpN8Jdb](https://drive.google.com/drive/u/0/folders/1DuC_op5D1wHzJeviW5NdTPac5zSpN8Jdb)

Always remember safety is not everything; it is the **ONLY** thing! If you experience a learner who battles to complete a drill or an exercise, allow them enough rest; their health is important. Slow and steady wins the race. With continuous practice and repetition, the pace of the learner's progress will show, and you and your team will soon reap the benefits of all that you have put in.

If you need any more information or advice, you are welcome to contact me at:

[truslerpotgieter.c@thegatewayschool.co.za](mailto:truslerpotgieter.c@thegatewayschool.co.za)

I will be happy to assist in any way possible.

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