**LEGAL REGULATION OF DISABLED SPORTS, USING DIGITAL TECHNOLOGIES.**

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**Annotation.** Physical culture is the main activity of people with disabilities who strive to preserve, strengthen and develop their psychophysical characteristics. That is why currently the main measures of public protection for people with disabilities are physical culture and sports. Mostly effective means are rehabilitation and adaptation with the support of various physical exercises. The number of people with disabilities is growing daily in Russia, which is why there is an urgent need to create appropriate conditions and maintain a decent life for people with physical disabilities and gradually introduce such people into society.

**Keywords:** sports, people with disabilities, social adaptation, rehabilitation, adaptive physical culture.

СSocial development is a key activity of people with disabilities, as it is focused on the preservation, improvement and development of health and psychophysical abilities. That is why at present the main measures of social protection for people with disabilities are physical culture and sport. rehabilitation and adaptation throughvarious physical exercises and the use of digital technologies are mainly effective means.

The most important date for all people with physical disabilities was the post-war period. In 1944, Dr. LudwigGuttman presented a mandatory sports program for rehabilitation of patients with spinal injuries

In parallel with the 1948 Olympic Summer Games in London, the Games were held in Stoke-Mandevilske for paralyzed men and women. this event gave an impetus to the creation of a special body for managing the competitive activities of disabled people-the International Stock Exchange.The Mandeville Federation, which has established a close relationship with the International Olympic Committee (IOC).

Despite the fact that thefirst Paralympic Games (World Disability Games) were held in Rome in 1960, Russia participated in the Paralympic Games for the first time as a separate team only in 1994 at the Winter Games in Lillehammer and since then has participated in all summer and winter Games and shows decent results.

Legal regulation of disabled sports sport is a key activity of people with disabilities, as it is focused on preserving, improving and developing their health and psychophysical abilities. That is why at present the main measures of social protection for people with disabilities are physical culture and sports. mainly effective means are rehabilitation and adaptation through various physical exercises. The number of people with disabilities is growing daily in Russia, which is why there is an urgent need to create appropriate conditions and maintain a decent life for people with disabilities.

Currently, more than 10 million people in Russia are registered as disabled people with different degrees of severity of impaired body functions. That is why physical culture and sports are considered important factors of rehabilitation and social adaptation for people with disabilities.

Sports for this group of people has a number of goals:

* Acts as a means of self-affirmation;
* Promotes health and well-being;
* It can serve as a means of social and psychological adaptation, including the fight against shyness.
* Helps in the fight against stress;
* Increases mental activity.
* It is a key source of profit that a person with disabilities receives as a result of participating in various international competitions.

Therefore, in our opinion, the main directions in the work on involvement in physical culture and sports are the following measures::

* Opening of sports schools in the system of additional education for disabled children;
* Creation of appropriate conditions for physical culture and sports activities at sports facilities and in places of mass recreation;
* Development and production of special inventory and equipment;
* Development and publication of individual methods and programs;
* Preparation of athletes and disabled people for international competitions, including the Paralympic Games;
* Introduction of innovative technologies;
* Development of normative legal acts that promote the support and development of sports among disabledpeople;
* Spreading the idea of a healthy lifestyle among various population groups;

In modern Russia, information technologies are increasingly improving the lives of people with disabilities. In addition to the usual hearing aids and prosthetic limbs, a large number of applications have appeared in the 21st century , from programs that display speech on the smartphone screen to Braille gloves that allow the deafblind to read information from the outside world.

In addition to communication devices, the state forms and develops the creation of platforms for the development of physical culture and sports for the disabled.

Mainly used is theautomated information system "LSPORT" (AIS LSPORT) from LLC "LSPORT". It allows you to increase the efficiency of management by using digital services for recording sports events, athletes, coaches, sports referees, facilities, calendar of sports events and training schedules, records and ratings, obtaining sports categories, generating statistical reports, etc. documentswith a structure of any complexity.

The FindSport system of online booking and registration for sports facilitiesFindSportallows you to increase the efficiency of sports facilities by using digital services: booking and renting sports grounds, online registration for sports sections (training sessions), registration for sports events, online payment and customer feedback (reviews/ratings);

Cloud-based SaaSplatform for digital transformation of the sports industry "Go2Sport", which allows you to increase the efficiency of management of the physical culture and sports industry, sports organizations, as well as improve the quality of services provided in the field of physical culture and sports through digital services for searching and booking sports facilities and organizations, searching for sports games and tournaments, organizing sports events, monitoring ofremote registrations.

The InSkill online fitness platformallows you to conduct sports training sessions using remote consultations of trainers or ready-made training programs and materials;

The Roboseller CRM systemRoboseller» helps improve the management efficiency of sports schools and training centers by using self-regulating technical tools for basic business processes and digital student accounting services, forming study groups and class schedules, monitoring attendance, distance learning with the ability to complete courses and classes online on the Internet with access to methodological materials, and organizing work branches, organization of work of employees, formation of financial statements, analytics on various indicators and feedback from customers.

Speaking about sports schools of the state, they are helped to meet their needs (keeping records of clients, communication of coaching staff with students, payment acceptance) by such a mechanism as a CRM system. During the coronavirus pandemic in the spring of 2020, the only way to study was online: trainers could conduct classes, monitor students using Zoom, and record their results in CRM. Even 10 years ago, this was unthinkable. Digital technologies allow the state to collect data from all sports facilities, schools, events and competitions, control unified calendar plans, information about participants of competitions, assignment of titles and categories. Adjusting this information quickly increases manageability.

The President and Prime Minister have repeatedly stressed the priority of digitalization and transition to the service state model. Therefore, one of the main goals for Russian sports is to connect the entire country - from Kaliningrad to Vladivostok-with the” digital web".

Thus, modern society совершенствimproves, protectingщая правthe rightsand opportunitiesof people with physiological and mental characteristics contributes to the development of information technologies, the legal sphere, etc.

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