Sports *Ability*

Using the Activity Cards

Sports Ability is an inclusive activities program that adopts a social / environmental approach to inclusion. This approach concentrates on the ways in which teachers, coaches and sports leaders can adjust, adapt and modify the way in which an activity is delivered rather than focus on individual disabilities.

There may be some differences concerning rules, equipment and technique. However, teachers, coaches and sports leaders working in a physical activity and sport setting can treat young people with a disability in a similar way to any of their other athletes or students. The different stages of learning and the basic techniques of skill teaching apply equally for young people with disabilities. A teacher, coach or sports leader can ensure their approach is inclusive by applying the **TREE** principle.

TREE stands for:

Teaching / coaching style	Observing, questioning, applying and reviewing.	Example: a flexible approach to communication to ensure that information is shared by all.
Rules	In competitive and small-sided activities.	Example: allowing two bounces of the ball in a tennis activity, or more lives for some players in a tag game.
Equipment	Vary to provide more options.	Example: using a brighter coloured ball or a sound ball to assist players with tracking.
Environment	Space, surface, weather conditions.	Example: enabling players with different abilities to play in different sized spaces.

TREE can be used as a practical tool and a mental map to help teachers, coaches and sports leaders to adapt and modify game situations to be more inclusive of people with wide range of abilities.

TREE

Try the suggestions provided on the back of each card when modifying the games and activities or use the **TREE** model to develop your own ideas.

Using the Activity Cards

Sports Ability   Equipment variations

The Sports Ability program includes equipment for each activity, some of which has been specifically designed for the program. However, in many cases there are alternatives that can be substituted if the Sports Ability equipment is unavailable or insufficient for the numbers in the group. Some examples are given below.

Game	Alternatives
Boccia	Bean bags, Koosh balls, paper & tape balls, fluff balls. Plastic gutter for ball-sending.
Goalball	Basketball wrapped in a plastic bag, light bell balls, balls filled with rice or seeds. Use masking tape and string to make tactile lines for the players.
Sitting volleyball	Balloons, beach balls, sponge balls – rope with ribbons attached for a net.
Polybat	Table tennis bat with bottom edge removed, light plastic or wooden bats. Push table against wall with a mat or wooden panel on opposite side. Or play on the floor with benches turned on their sides.
Table cricket	Use any small lightweight bat. Place wooden blocks around the table edge for fielders. Alternatively play on the floor.

Additional cards

There are five additional cards in the Activity Card set. These serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.

Information

For more information about the Sports Ability program, visit the Sports Ability website at www.ausport.gov.au/dsu/sports_ability.asp This page includes contact information for sports involved in the program.

Development of the program

The program is coordinated nationally by the Disability Sport Unit at the Australian Sports Commission. The Sports Ability cards were developed by Ken Black and drawn and designed by Glenn Robey of G.Robey design in Canberra, ACT. They were influenced by resources developed by the Youth Sport Trust in the UK.
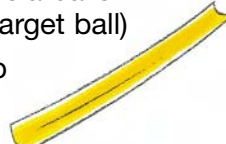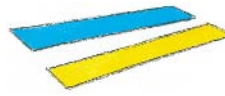
Contents
Sports Ability Equipment bag

Boccia

1 x set of official boccia balls
(6x red, 6x blue, 1x target ball)

1 x Play boccia ramp

Goalball

2 x light bell balls

6 x eyeshades

6 x marking lines
(rubber, 3x yellow, 3x blue)

1 x set marker cones

Sitting Volleyball

1 x standard volleyball – official

1 x mini-volleyball – official

2 x soft foam (Gator skin) balls

2 x plastic beach balls

1 x pack of round balloons

2 x referee whistles

1 x dual action hand ball pump

1 x volleyball net

1 x mesh carry bag

Polybat
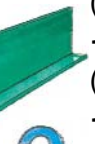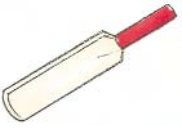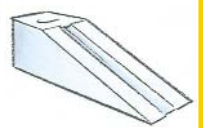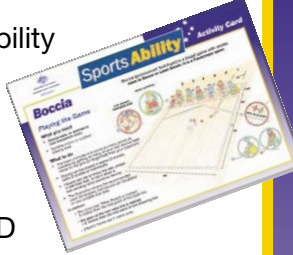
4 x polybats (red)

2 x airflow balls (1x large, 1x small)

1 x side table sections
(set of 8 - green)

1 x end table sections
(set of 4 - green)

1 x pack of table clips (12)

12 x G-clamps

2 x glovebats

Table Cricket

1 x mini cricket bat

1 x mini cricket ball
(weighted - red)

1 x mini cricket ball
(non-weighted - red)

1 x mini rolling ramp
(launcher - white)

1 x sliding fielders - (set of 9)

1 x table cricket
'scoring run'
boards (set of 13)

Resources

1 x set of Sports Ability
Activity Cards (26)

1 x Sports Ability
instructional DVD

1 x Sports Ability
thumbnail image CD

Boccia
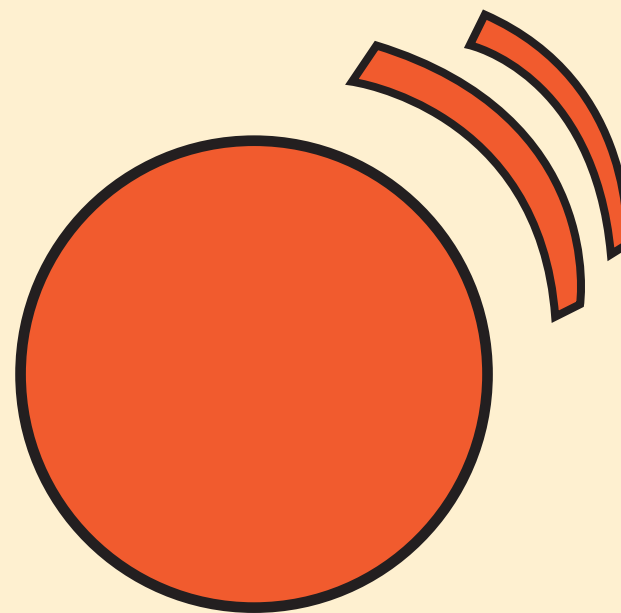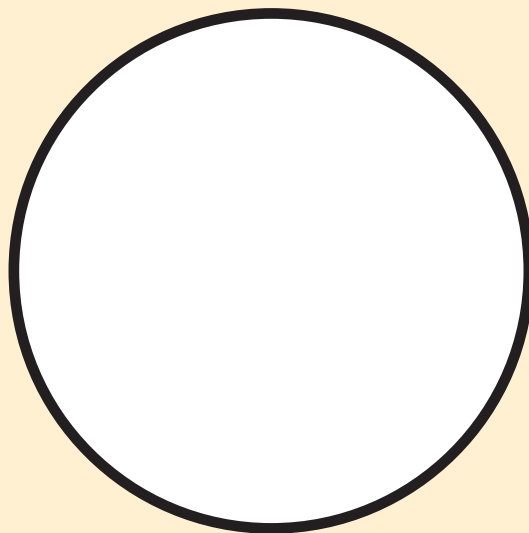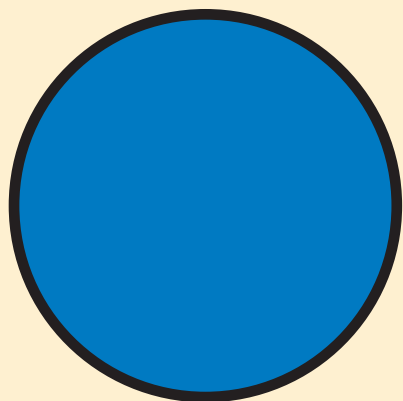
Sports Ability

Boccia

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.
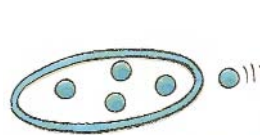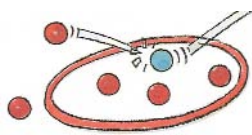
Boccia 1 **Boccia 2** **Boccia 3** **Boccia 4** **Boccia 5** **Boccia 6** **Boccia 7**
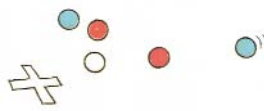
Boccia 8 **Boccia 9** **Boccia 10** **Boccia 11** **Boccia 12** **Boccia 13** **Boccia 14** **Boccia 15**

Boccia 16 **Boccia 17** **Boccia 18** **Boccia 19** **Boccia 20** **Boccia 21** **Boccia 22** **Boccia 23** **Boccia 24**
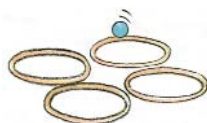
Boccia

Boccia (pronounced 'botch-ya') is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.

Playing the Game

What you need

- Boccia balls, or alternative (see Equipment over).
- Suitable indoor or outdoor playing area.

What to do

- The basic principle is to score as many points as possible by getting as many of your own boccia balls closer to the jack (or target ball) than your opponent.
- Boccia can be played in teams (3-a-side), pairs (2-a-side) or individually.
- Players can roll or throw the ball, propel it with their feet, or roll it down a ball-sending ramp (assistive device).
- The illustration shows the recommended court dimensions, but boccia can be played on any suitable size area.

In addition:

- the cross (see 'Other Rules') is marked 5 metres from the mid-point of the back line
- the apex of the non-valid line is marked 1.5 metres from the mid-point of the throwing line
- players' boxes are 1 metre wide.
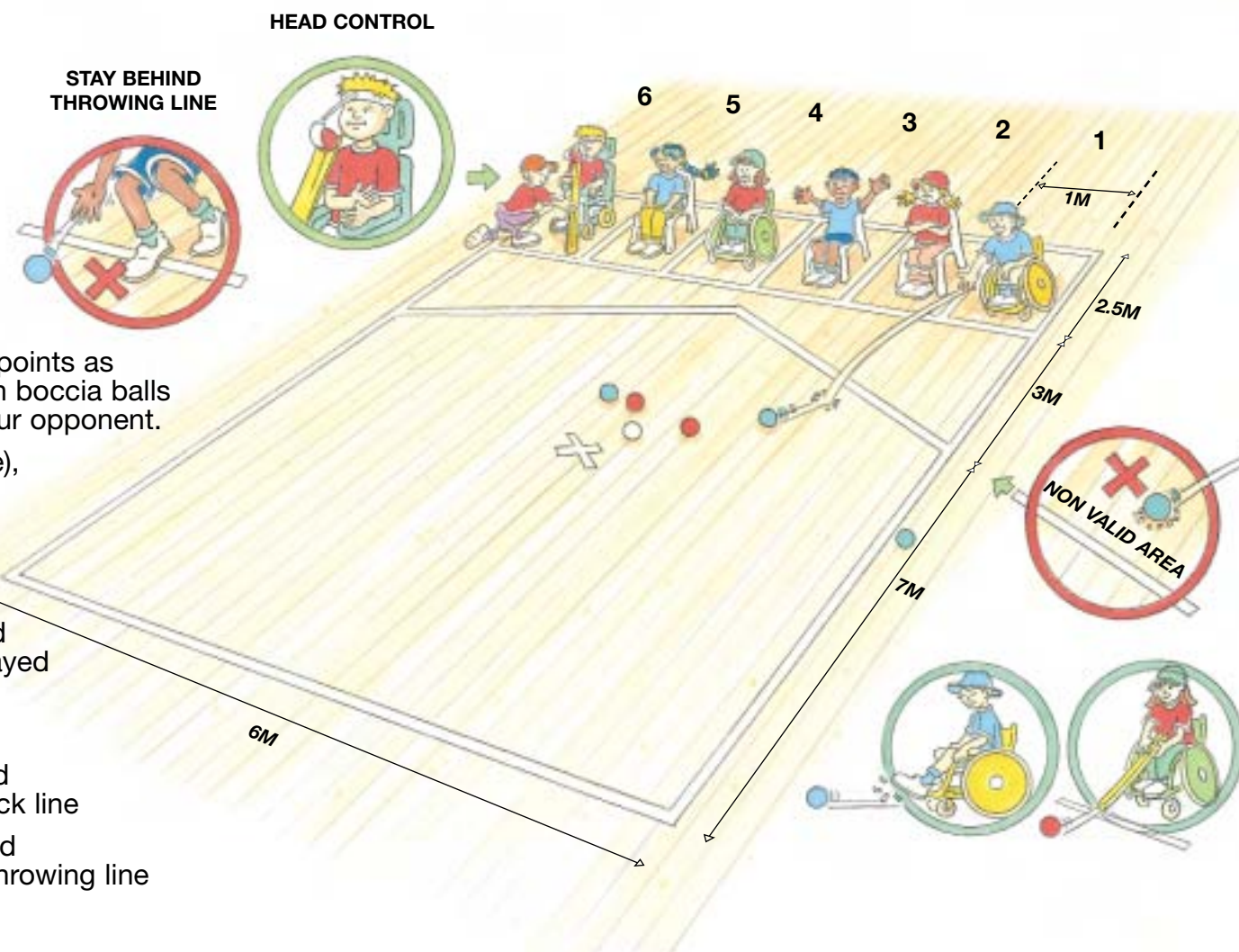
HEAD CONTROL

STAY BEHIND THROWING LINE

6   5   4   3   2   1

1M

2.5M

3M

7M

6M

NON VALID AREA

Boccia

Teaching style
- Get the players to agree on the appointment of a team captain. During play, the team captain decides which player on their team should go next.

Rules
- In team boccia (3-a-side), each player throws 2 balls corresponding to their team colour – red or blue.
- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- The side playing red throws the first jack. The ball must land in the valid area of the court.
- The jack ball is thrown by each player in turn at the start of each end. The player in Box 1 (left-hand box when facing the court) starts the first end, and player 6 starts the sixth and final end.
- The side throwing the jack also play the first coloured ball.
- The opposite side then play their first coloured ball into court.
- The side furthest from the jack continue playing their balls until they get nearer (or run out of balls) at which point the other team play.
- In team boccia, each game consists of 6 ends – an end is completed when all 13 balls (jack, all the reds and blues) have been played.
- The side with the most balls closest to the jack scores 1 point for each scoring ball (that is each ball closer than the opposing team's closest ball).
- At the completion of 6 ends, the points scored on each end are added together – the team with the highest total score wins.

Equipment
- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

Environment
- When practising, try using smaller and larger playing areas to set players different challenges.
- Try different playing positions to find the best one for each player.

Other rules
- If the jack ball is thrown or knocked out of court during play, it is replaced on the cross, and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end, they each score 1 point.
- If the total score is level after 6 ends, a tie-break (extra end) is played. The jack ball is placed on the cross, and sides toss a coin to determine the order of play.

Safety
- Make sure that no-one enters the target area during play.

Questions
- What can players do to improve their accuracy?
- How can players make it difficult for their opponents?

Other games to play
Boccia can lead into other games, for example:

- Target games, like bowls, bocce, tenpin.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE — **Teaching style • Rules • Equipment • Environment**

Boccia: *Target Boccia*

A basic throw and catch game that builds teamwork.

Playing the Game

What you need

- Boccia balls, or alternative (for example, bean bags, Koosh balls, paper balls).
- Indoor or outdoor playing space.
- Targets, for example, hoops, skittles, marks on the floor or ground.

What to do

- Get players into pairs or small groups.
- Each pair or group uses whatever equipment or objects available to design and make their own target.
- Once they have made their target, they agree a distance from the throwing line to the target, and try to score by throwing or propelling their boccia balls.
- Groups can challenge other players to play their target.
- Eventually, everyone tries each other's targets. Keep a record of the best score at each target.
- Combine all the targets into a 'course'.
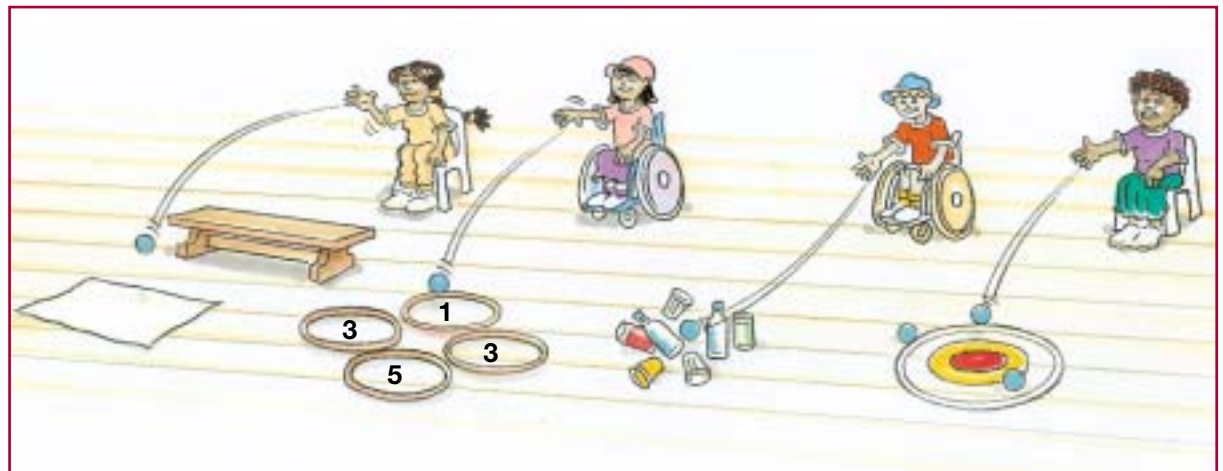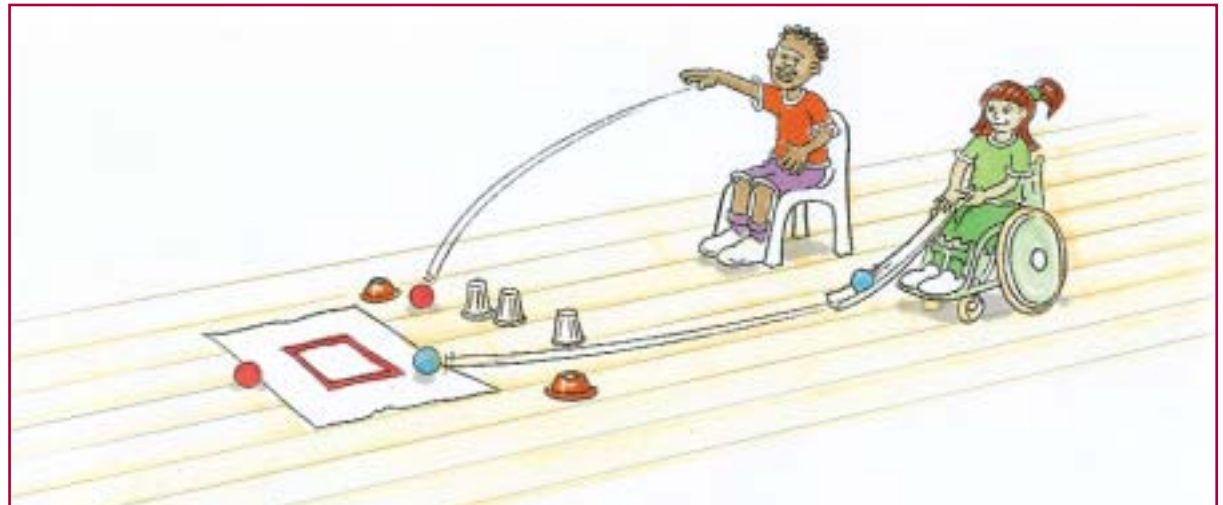
Boccia: *Target Boccia*

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Target Boccia

Teaching style

- Encourage players to try different styles of propelling the ball:
  - rolling the ball
  - underarm throw
  - overarm throw.
- Think of ways in which players can improve their aim:
  - aim in front of the target and let the ball roll in;
  - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- Work with the players to agree rules for each target.
- Agree scoring systems, for example, highest score wins with points allocated to each target. Or lowest score wins, as in golf.

Equipment

- Use any safe materials that may be available to create targets, for example, mats, chairs, boxes, buckets.
- Use benches, boards or other objects to 'channel' the balls towards the target.

Environment

- Increase or decrease the distance between the targets and the players.
- Ensure that targets provide options for different types of players, for example, those who are rolling the ball and those who are throwing.

Safety

- Play sensibly and be aware of others.
- Stay out of the playing area whilst balls are in use.
- If possible, play towards a wall or away from other players
- Leave space to move around between the targets.

Questions

- Where should players aim? At the target, or in front of the target?
- How can the targets be altered to challenge the players to:
  - throw the ball high;
  - roll the ball along the floor?

Other games to play

Target Boccia can lead into other games, for example:
- boccia / bocce
- bowls
- tenpin.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

Boccia: *Choose the Target*

**A game to develop teamwork and decision making.**

Playing the Game

What you need

- Boccia balls, or alternative (for example, bean bags, Koosh balls, paper balls).

- Indoor or outdoor playing space.

- Targets, eg hoops, or circles marked or taped on the ground.

What to do

- Players are divided into two teams.

- Teams sit at one end of the playing area.

- Target hoops, or circles, are placed at a suitable distance, one for each team.

- Players aim at their own colour target area (score 1 point for each ball in the target), or they can choose to aim at the other team's target and knock their opponent's balls out.

- After everyone has thrown, add up the scores.

- Play to an agreed number of throws, or use a time limit.
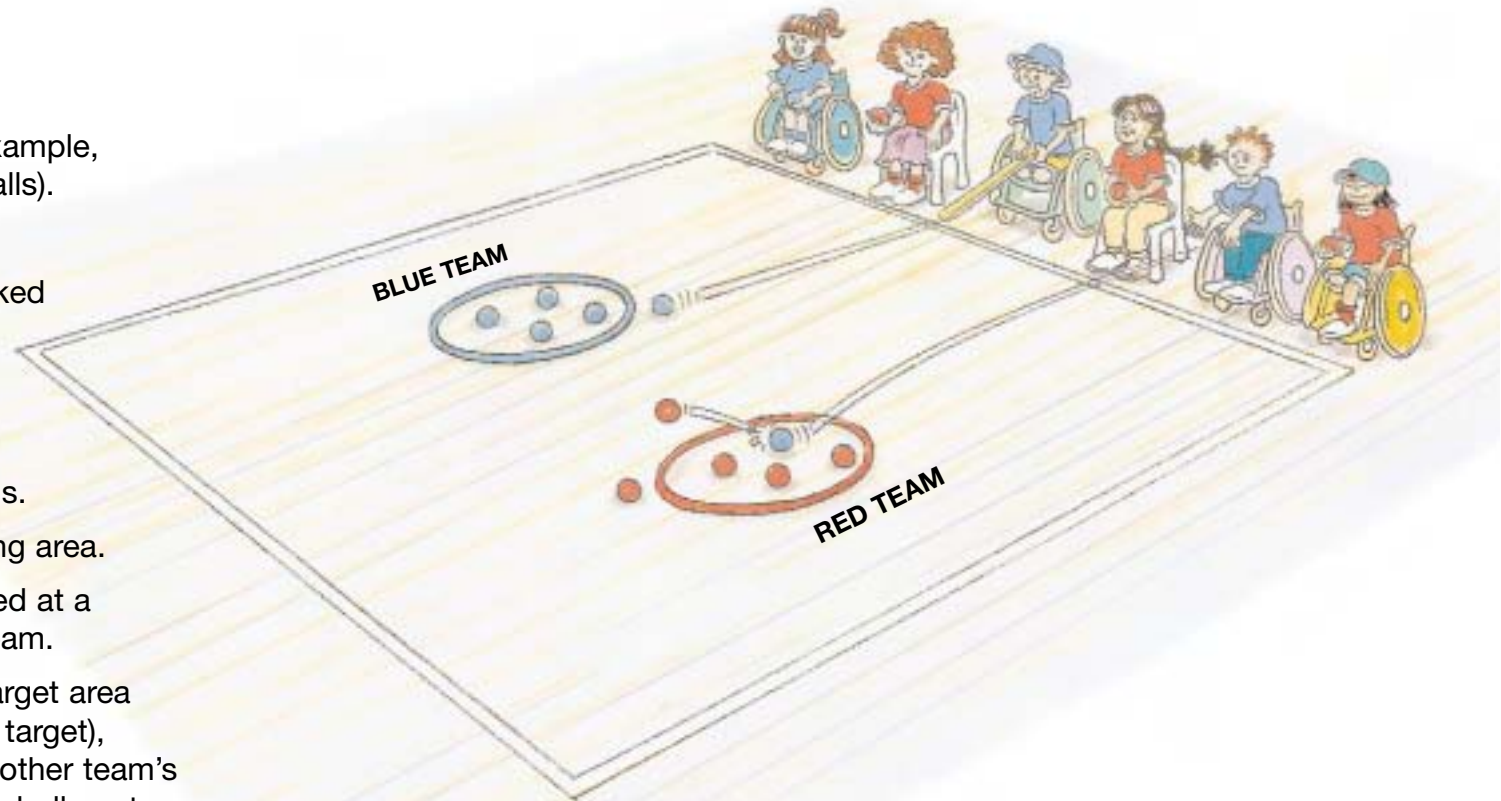
BLUE TEAM

RED TEAM

Boccia: *Choose the Target*

Choose the Target

Try the modifications suggested below or devise your own.

Teaching style

- Encourage the players to wait until it is their turn to throw. This is an important discipline of boccia.

- Make sure that all players know who is throwing next. How could this be achieved?

Rules

- Sometimes it helps if rules are introduced gradually. For example, players aim only at their own hoop at first.

- Designate certain players as 'strikers' – only they can attack the opposing team's target. Alternate strikers every game.

Equipment

- Try to ensure that the targets are different colours – ideally, red for the team playing red boccia balls, blue for the other team.

- Experiment with different kinds of targets. For example, elevate the target area to change the angle of the throw.

- Use obstacles – for every successful scoring throw, the other team can place an obstacle in front of the opposing team's target.

Environment

- Change the positions of the targets, for example, near, far.

- Vary the positions of the players. For example, everyone in a circle round the targets, with players sitting alternately. Or have the teams face each other with the targets between them.

- Make the targets bigger / smaller. What would be another way of affecting the size of the targets?

Safety

- No-one should enter the target area during play.

Questions

- Ask players to think about how they can make it more difficult for their opponents to score.

- How can teams best use their stronger players?

Other games to play

Choose the Target can lead into other games, for example:

- boccia / bocce
- bowls
- tenpin.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

Boccia: Boccia 5-3-1

A game to develop aiming, estimating and numeracy as well as teamwork and tactics.

Playing the Game

What you need

- Boccia balls, or alternative (for example, bean bags, Koosh balls, paper balls)

- Indoor or outdoor playing space.

- Boccia court, or tape or chalk to mark out target.

What to do

- Two teams of 2 or 3 players, A and B (better still choose a name).

  Each player is given two boccia balls.

- Each player in Team A takes turns from the throwing line, until all their balls have been thrown.

- Once team A has finished throwing, their score is added (1 point scored for balls static in each square). Team B then throw in turn and try to beat Team A's total score.

- Balls on the line are given the highest score.
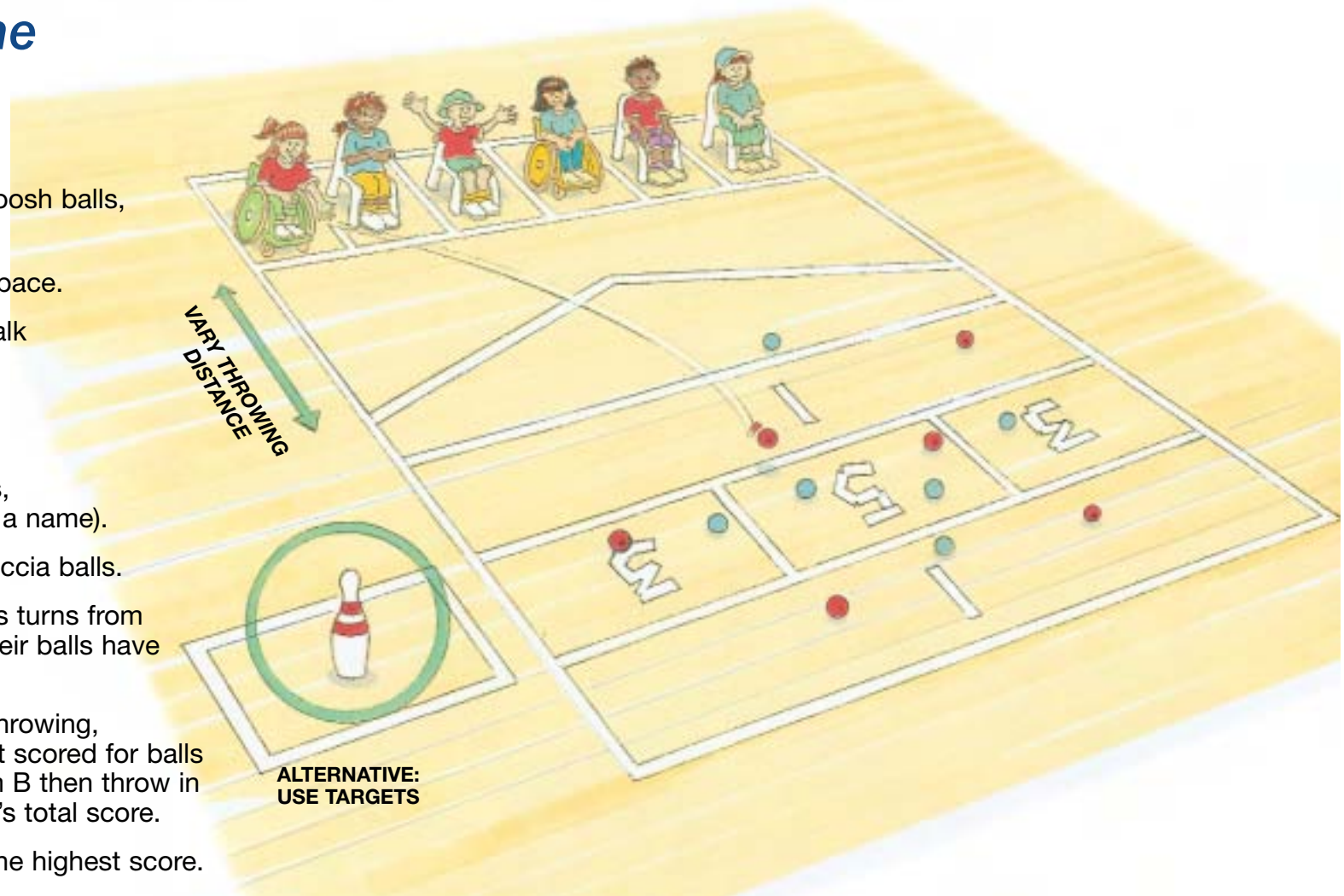
VARY THROWING DISTANCE

ALTERNATIVE: USE TARGETS

Boccia 5-3-1

Teaching style

- Encourage teams to find ways of working together to improve their score. For example, teams can identify the strengths of each player – some can aim at the furthest target, others the nearest.

- Allocate the task of adding the scores.

Rules

- Have teams play alternately – teams can choose to score or knock their opponent's balls out of a scoring position.

- Vary the scoring system, for example, scoring in the same box as the preceding player doubles the score.

- Agree a certain number of rounds to be played.

Equipment

- As an introductory version, or as a variation, place a corresponding number of skittles or plastic bottles in each target box.

Environment

- Increase or decrease the distance between the players and the target. For example, move the throwing line forward or back. Players of different abilities in the same team can throw from different distances.

- Vary the size of the target boxes – smaller boxes set a more difficult challenge.

Safety

- Play sensibly and be aware of others.

- Stay out of the playing area whilst balls are being thrown.

Questions

- Why is the centre target given the highest score? What boccia skills does this develop?

- How can a team make it difficult for the other team to score?

Other games to play

5-3-1 can lead into other games, for example:

- boccia / bocce
- bowls.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

Boccia: Noughts and Crosses

**A game to develop teamwork, tactics and numeracy.**

Playing the Game

What you need

- Boccia balls, or alternative (for example bean bags, Koosh balls, paper balls)
- Indoor or outdoor playing space.
- Tape or chalk to mark out target.
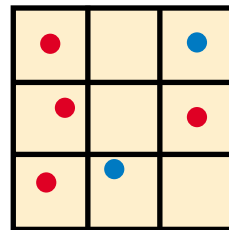
TEAM A ● = 9 POINTS

TEAM B ● = 2 POINTS

What to do

- The aim of the game is to place 3 balls across, down or diagonally as in the game Noughts and Crosses.
- The game is played by two teams of 2 or 3 players (6 balls per team) who take turns throwing.
- Balls that do not reach the square or come to rest in squares that are already occupied are 'foul balls' and are removed from the area and the opposing team takes its turn.
- If a player wishes to take over a square occupied by the opposition, they must nominate the target square prior to taking a shot. If the ball does not land in the nominated square it does not count and is removed.
- After all balls have been played, the scores are added up. Teams receive one point (1) for each square they have occupied, plus five points (5) for three in a row. When one team achieves a winning line the 'end' is over.
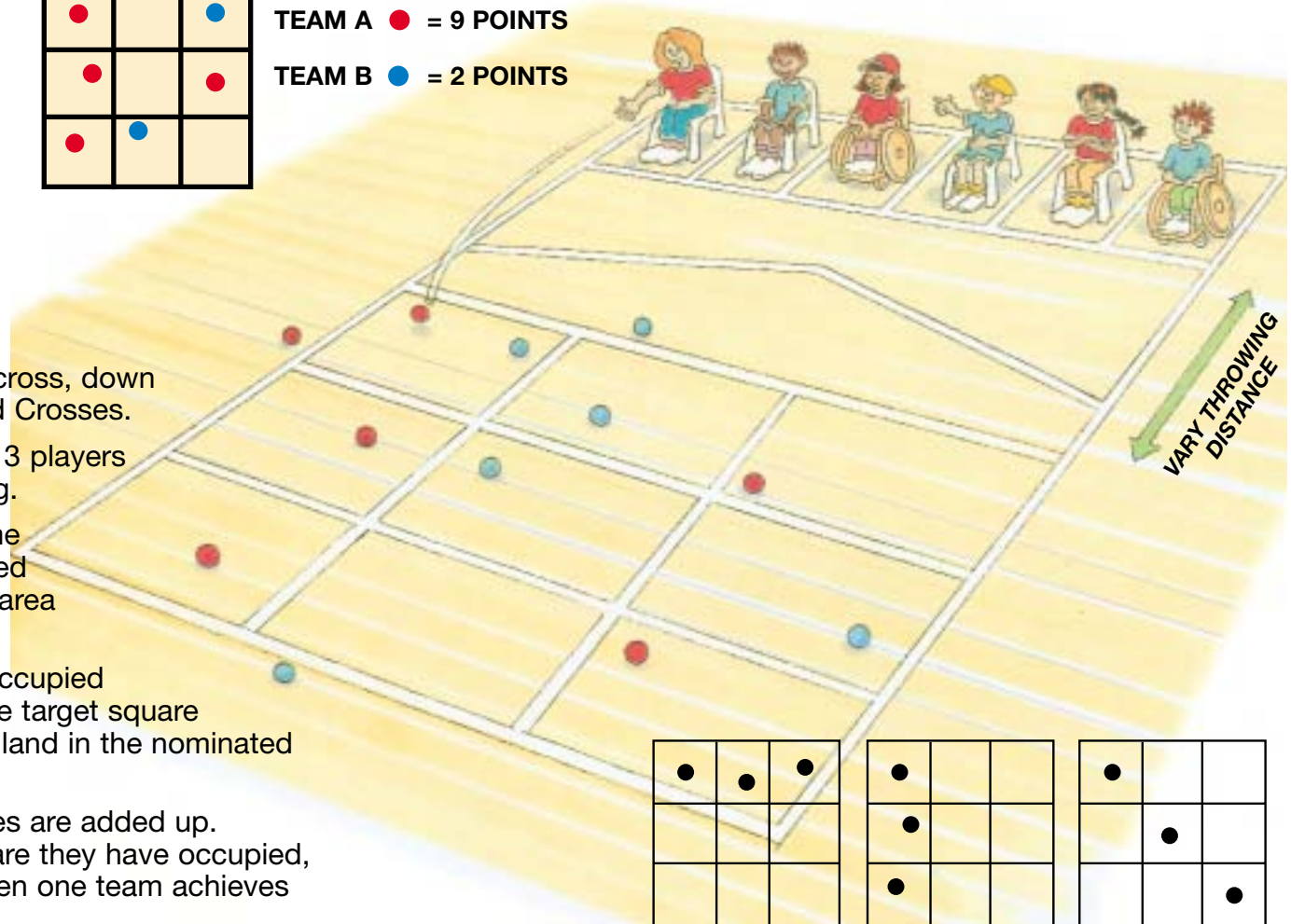
VARY THROWING DISTANCE

Boccia: *Noughts and Crosses*

Noughts and Crosses

Try the modifications suggested below or devise your own.

Teaching style

- This game is designed to encourage teamwork and cooperation as well as accuracy. Teams should discuss and agree tactics.

- Encourage players to be good sports. For example, if a ball lands on a line, players should agree in which box the ball should be placed.

Rules

- Look at ways of modifying the rules to suit different ability levels. For example, some players can have more attempts (balls to use).

- Give teams the choice of either throwing to score or to knock opposing balls out of scoring boxes.

Equipment

- Try a version with skittles placed in each square. If a skittle is knocked over, the scoring ball is placed in the middle of the square and the skittle removed.

Environment

- Increase or decrease the size of the boxes.

- Place the throwing line closer or further from the target boxes.

- Players can play from different positions, for example, teams at opposite sides of the target boxes.

TREE

Teaching style • Rules • Equipment • Environment

Safety

- Play sensibly and be aware of others.
- Stay out of the playing area whilst balls are being thrown.

Questions

- How can players cooperate to ensure that they do not block their own team-mates?
- Is positioning important when deciding which target box to go for?

Other games to play

Noughts and Crosses can lead into other games, for example:

- boccia / bocce
- bowls.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.
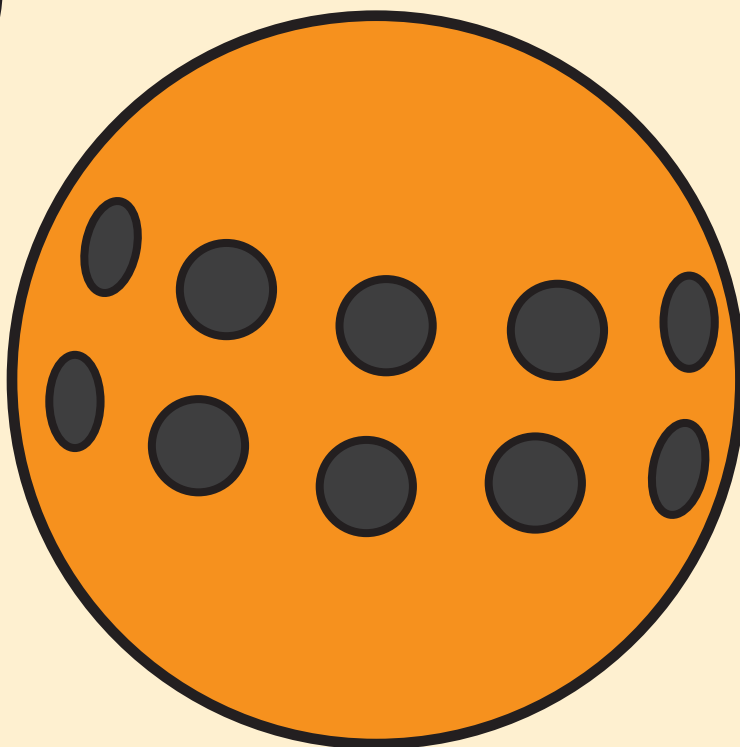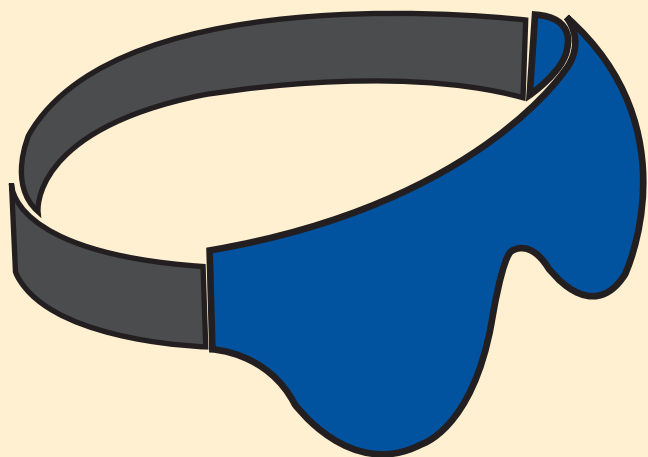
Goalball

Sports Ability

Goalball

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.

Goalball 1

Goalball 2

Goalball 3

Goalball 4

Goalball 5

Goalball 6

Goalball 7

Goalball 8

Goalball 9

Goalball 10

Goalball 11

Goalball 12

Goalball 13

Goalball 14

Goalball 15

Goalball 16

Goalball 17

Goalball 18

Goalball 19

Goalball 20

Goalball 21

Goalball 22

Goalball 23

Goalball 24

Goalball

Goalball is a three-a-side indoor court game developed for players who have vision impairments. It is a Paralympic sport.

Playing the Game

What you need

- Suitable indoor playing area (volleyball court ideal).
- Goalball (ball with internal bells), or improvised sound ball (see Equipment).
- Eyeshades.
- Marking tape and string.

What to do

- The object of the game is to score a goal by throwing the ball along the floor so that it crosses the goal line of the opposing team.

- There are three features that distinguish goalball from games played by sighted people:

  - the ball contains an internal bell that helps players to locate it during play;

  - goalball is played on a playing area with tactile markings to help players determine where they are on the court;

  - all players wear eyeshades which makes it possible for everyone to play equally.

0 10 15 30 45

18M

TEAM AREA

HALF WAY

HIGH BALL LINE

FRONT LINE

3M

3M

9M

HIGH BALL LINE

PADDING
(OPTIONAL)

BELL
BALL

TACTILE LINE MARKINGS:
MASKING TAPE & STRING
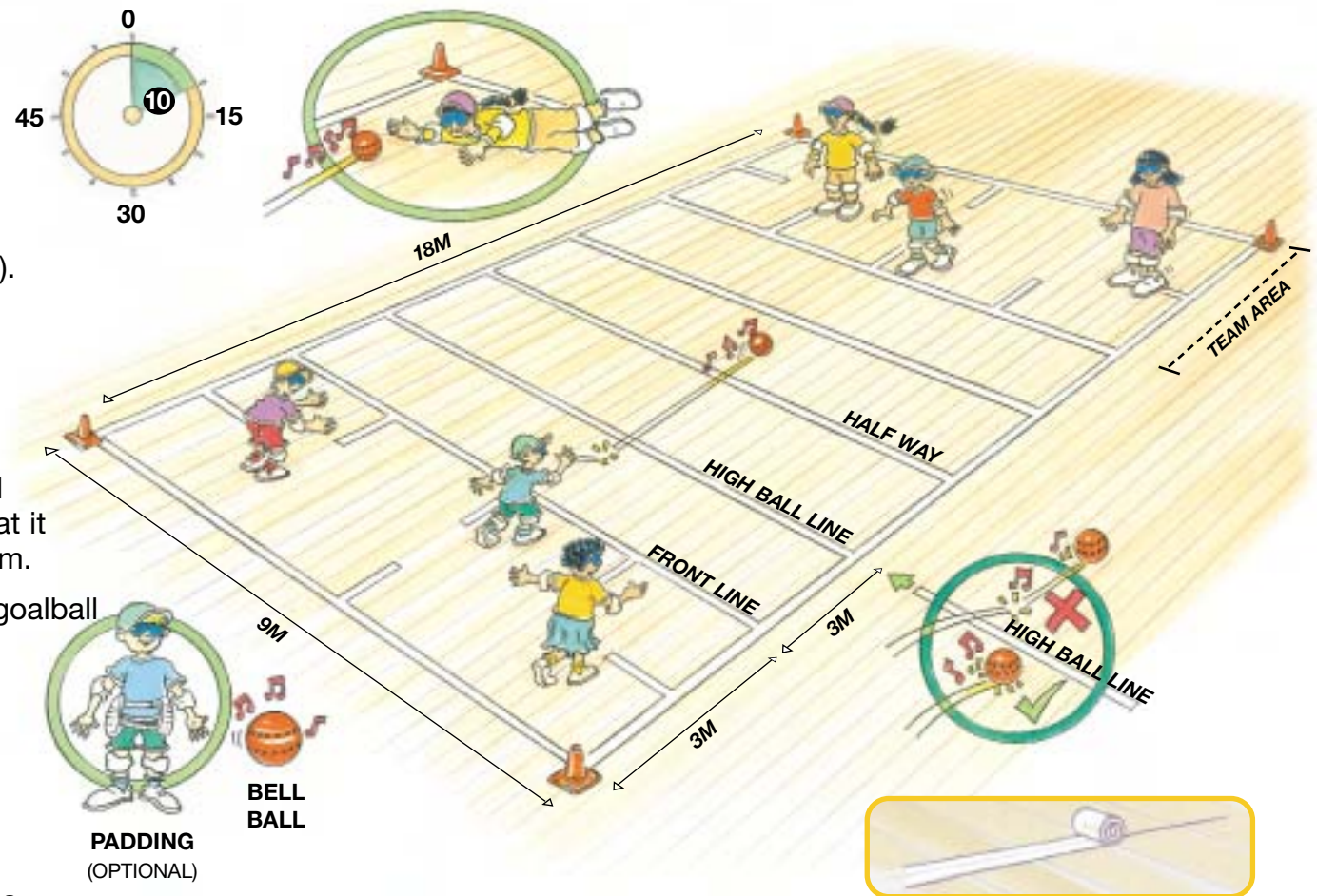
Goalball

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style
- The referee, teacher or coach is key to controlling the game. You must let the players know what is going on.
- Use a whistle or voice to indicate aspects of play.
- For beginners, play without eyeshades initially. If eyeshades are used, make sure that these are used by only one player (for hygiene reasons).
- Players who are hearing impaired, or some with mobility impairments, can play without eyeshades and defend a specific area.

Rules
- When the ball is thrown it must touch the floor before passing over the High Ball Line. This is to ensure that the ball is rolled giving the defending team an opportunity to hear it coming.
- Once a ball has been fielded, it must be thrown again within 10 seconds. With beginners, remove this time limit.
- No player can take more than 2 throws consecutively.
- If the ball is thrown directly over the sidelines (OUT), the defending team takes possession. If the defending team deflect the ball over the sidelines (BLOCKED OUT), then possession returns to the team who threw the ball.
- The defending team's first contact with the ball must be within their team area.

Equipment
- Use alternatives if a goalball is not available. For example, wrap a basketball in a plastic bag.
- Eyeshades, or alternatives, should block out all vision. In competition they are rigorously checked, but for practice improvised eyeshades can be used.
- The lines on the court and the players' orientation marks must be tactile enabling players to feel them with their fingers or feet (see illustration). In practice, only the players' orientation lines and the lines defining the team area need to be tactile – the rest visual for the referee, teacher or coach.

Environment
- Ensure that there is sufficient distance between teams, particularly if an official goalball is being used. These are quite heavy (1.25kg). Use lighter balls with beginners.

TREE — Teaching style • Rules • Equipment • Environment

Safety
- On hard surfaces, players use elbow, knee and hip pads. Beginners should stay on their feet, or kneel if this is comfortable.
- If mats are used for players to lie on, be careful of awkward deflections of the ball.

Questions
- How can players who have mobility impairments, or hearing impairments, be included?

Other games to play
Goalball can lead into other games, for example:
- invasion games, eg handball
- some net games.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Goalball: Circle Ball

A rolling and listening game.

Playing the Game

What you need

- Goalball or other bell ball (for other ideas, see 'Equipment' over).
- Eyeshades.

What to do

- Players stand in a circle, legs apart, outside of feet touching.
- Players try to score by rolling the ball across the circle and through the legs of another player. The ball must remain on the floor.
- A point is scored if the ball goes through another player's legs.
- Players use their hands to defend their 'goal'.
- Players can play from a seated position. Wheelchair users can turn their chair 'side on' with the wheel facing into the circle representing their goal.
- Note! The ball must be rolled and stopped with the hands – no kicking!

GOAL!

1 POINT SCORED

Goalball: *Circle Ball*

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style
- Ensure that players know what is going on if they are using eyeshades.
- Appoint a referee to determine scores and some 'fielders' to return the ball to the circle.
- Encourage players to use their listening skills.

Rules
- Try a team version of the game with players arranged alternately. Half the players try to keep the ball in the circle while the others try to force it out (through their own legs does not count!).
- To alter the speed of the game, introduce a 'time in possession' rule (for example, 3 or 5 seconds) after which the ball must be passed.

Equipment
- Play with or without eyeshades. Circle Ball can be introduced without eyeshades initially.
- Try using different sizes and speed of bell balls. Or adapt the game by playing without eyeshades and using a soccer ball or basketball. (Keep ball on the floor – no bouncing).

Environment
- Vary the size of the circle by changing the number of players. Use a smaller circle as players' skills improve.

Safety
- Make sure that players keep the ball on the floor.
- Players should be careful not to bump heads as they bend forward.

Questions
- What goalball skills does this game develop?
- Can you adapt other games to the Circle Ball format?

Other games to play
Circle Ball develops listening and ball rolling skills required for goalball. It can also develop ball handling skills used in basketball or netball.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

Goalball: *Team Pass*

A listening and passing game that develops teamwork.

Playing the Game

What you need

- Goalball or alternative.
- Eyeshades.
- Positional markers.

What to do

- Arrange two (or more) teams in a zig zag formation (see illustration).
- Position one player on each marker down the course. Players can sit or stand.
- Starting at one end, each player passes the ball to the next player in line until the ball reaches the last player.
- The direction of the ball is reversed, and the players continue to pass the ball from team-mate to team-mate until time is up.
- Teams try to achieve as many successful passes as possible within the time limit (for example, 1-3 minutes).
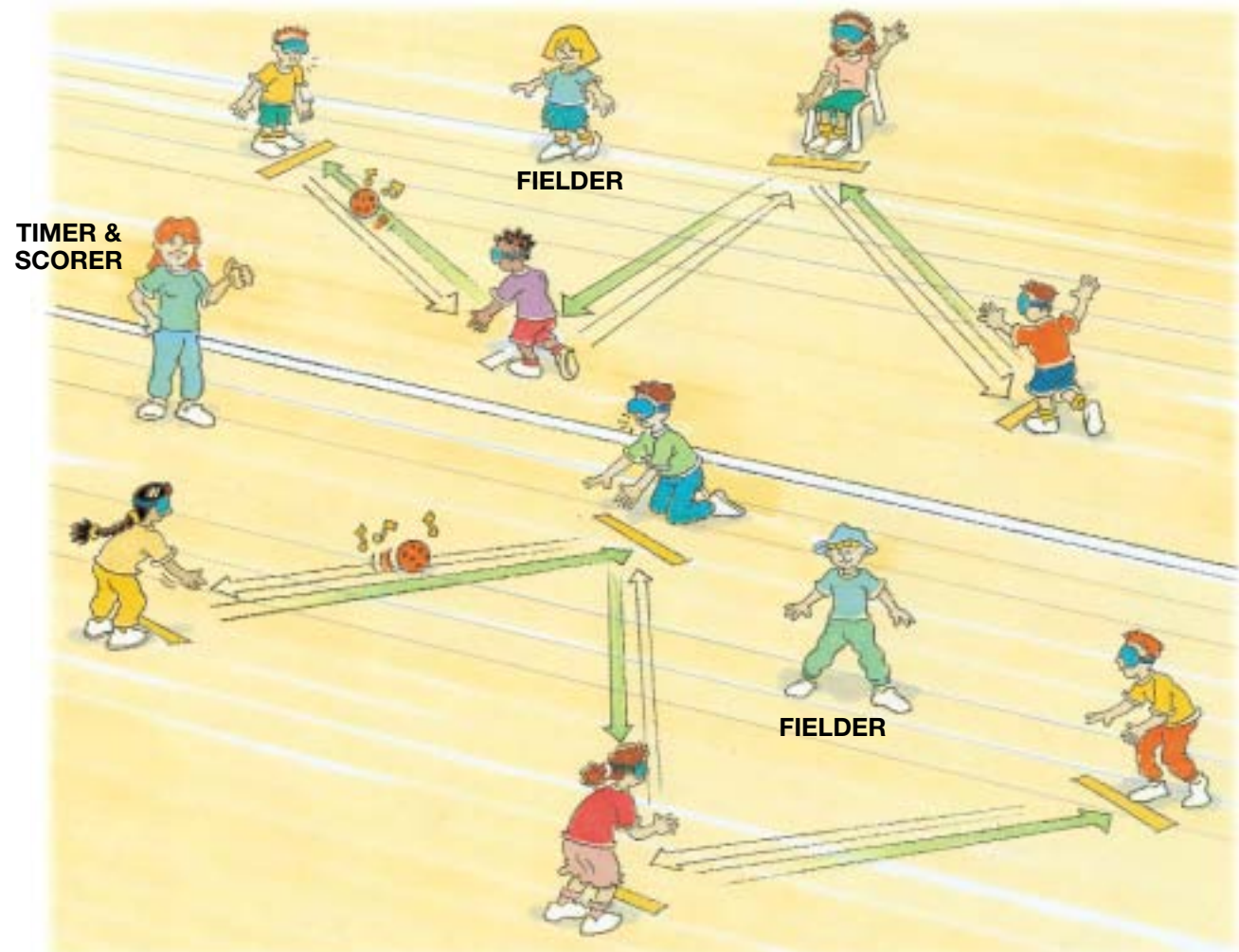
Goalball: *Team Pass*

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style
- Encourage players to communicate with each other. For example:
  - to let the receiver know that the ball is coming;
  - to let the passer know that the ball has been successfully received;
  - to help the passer to be more accurate.
- Give clear start and finish signals.

Rules
- Teams get a point for every successful pass made in the time limit (that is, pass received under control).
- If a pass is missed, the ball is returned to the passer and play continues.
- It may be useful to begin with eyes unshaded, then add eyeshades once the concept of the game is understood.

Equipment
- Use a goalball for each team, or try alternatives:
  - lighter bell ball, or ball containing seeds or rice;
  - wrap a basketball in a plastic bag and secure with tape.

Environment
- Provide challenges to the players by:
  - arranging teams in different formations, for example, a square or circle;
  - varying the distance between the players;
  - changing the angle at which the players are positioned in relation to each other.

TREE

Teaching style • Rules • Equipment • Environment

Safety
- Make sure that the receiver is ready before sending the ball.
- Always roll the ball – no throwing!

Questions
- In what different kinds of ways can players communicate with each other?

Other games to play
Team Pass can lead into other games, for example:
- goalball
- target games (eg bowls, tenpin)
- other sending / receiving activities.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Goalball: *Speed Throw*

A game to develop fast throwing skills and good reactions.

Playing the Game

What you need

- Goalball or alternative for each team.
- Eyeshades.
- Positional markers.

What to do

- Divide the group into 2 or more teams.
- The teams line up behind their marker facing a wall or line on the ground (at least 10 metres distance).
- On the start signal, the players at the front of each team throw their ball along the ground towards the wall / line.
- The player whose ball hits the wall / crosses the line first scores a point.
- After an agreed number of throws (for example, once everyone has thrown twice) the team with the most points wins.
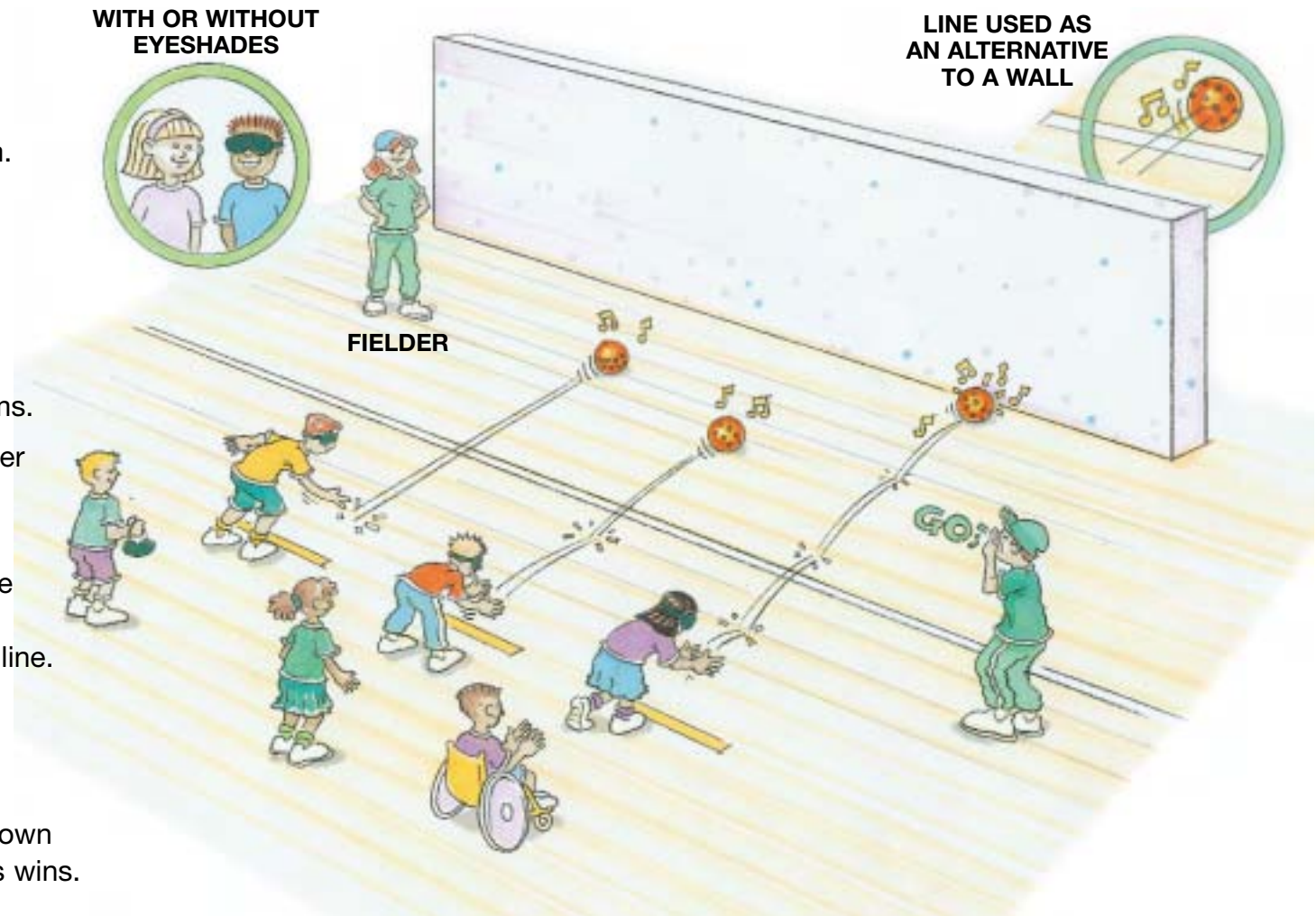
WITH OR WITHOUT EYESHADES

LINE USED AS AN ALTERNATIVE TO A WALL

FIELDER

GO!

Goalball: *Speed Throw*

Speed Throw

Teaching style
- Get the players to think about different ways in which they can throw the ball:
  - underarm, one handed (like a tenpin bowling action);
  - underarm, both hands holding the ball, legs astride;
  - bowling action, side-on stance, using both hands.

Rules
- The ball must always roll along the ground. To encourage this, mark another line or place markers 3 metres from the throwing line. The ball must be rolling before it reaches this line (High Ball Line or '3 metre rule').
- Try playing the game without eyeshades the first time.

Equipment
- Use goalballs or alternatives, for example:
  - regular balls, like soccer or basketballs
  - modified sound balls (basketballs wrapped in plastic bags).
- Use orientation lines to mark the throwing line. For example, use string covered with tape that the players can feel with their fingers and feet.

Environment
- Vary the distance between the players and the wall / line.
- Place a judge near the wall / line to decide on whose ball has won.

Teaching style • Rules • Equipment • Environment

Safety
- No-one goes into the throwing area during play.

Questions
- How can players orientate themselves to the target (wall / line)?
- Can this game be adapted for other sports / games?

Other games to play
Speed Throw can lead into other games, for example:
- Goalball
- Tenpin
- Bowls.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Sitting Volleyball

Sports *Ability*

Sitting Volleyball

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.

SitVBall 1

SitVBall 2

SitVBall 3

SitVBall 4

SitVBall 5

SitVBall 6

SitVBall 7

SitVBall 8

SitVBall 9

SitVBall 10

SitVBall 11

SitVBall 12

SitVBall 13

SitVBall 14

SitVBall 15

SitVBall 16

SitVBall 17

SitVBall 18

SitVBall 19

SitVBalll 20

SitVBall 21

SitVBall 22

SitVBall 23

SitVBall 24

Sports Ability

Sitting Volleyball

An alternative version to traditional standing volleyball using a smaller court and lower net. Sitting Volleyball is a Paralympic sport.

Playing the Game

What you need

- Any suitable indoor or outdoor playing area. Ideally the court should measure 10 meters by 6 meters (see illustration).

- Net or rope (with ribbons)

- Beach ball, light plastic or rubber ball, or standard volleyball.

What to do

- Played by 2 teams of 6 players (or any suitable number).

- Players must be seated (see Rules over).

- Teams try to send the ball over the net so that it touches the ground on their opponents' side.

- 'Rallies' continue until the ball touches the ground, the ball goes 'out', or their opponents fail to return it. A point is scored if the ball lands in the opponents' court or they cannot return the ball.

- Normally, there is a maximum of three hits per team then the ball must cross the net.
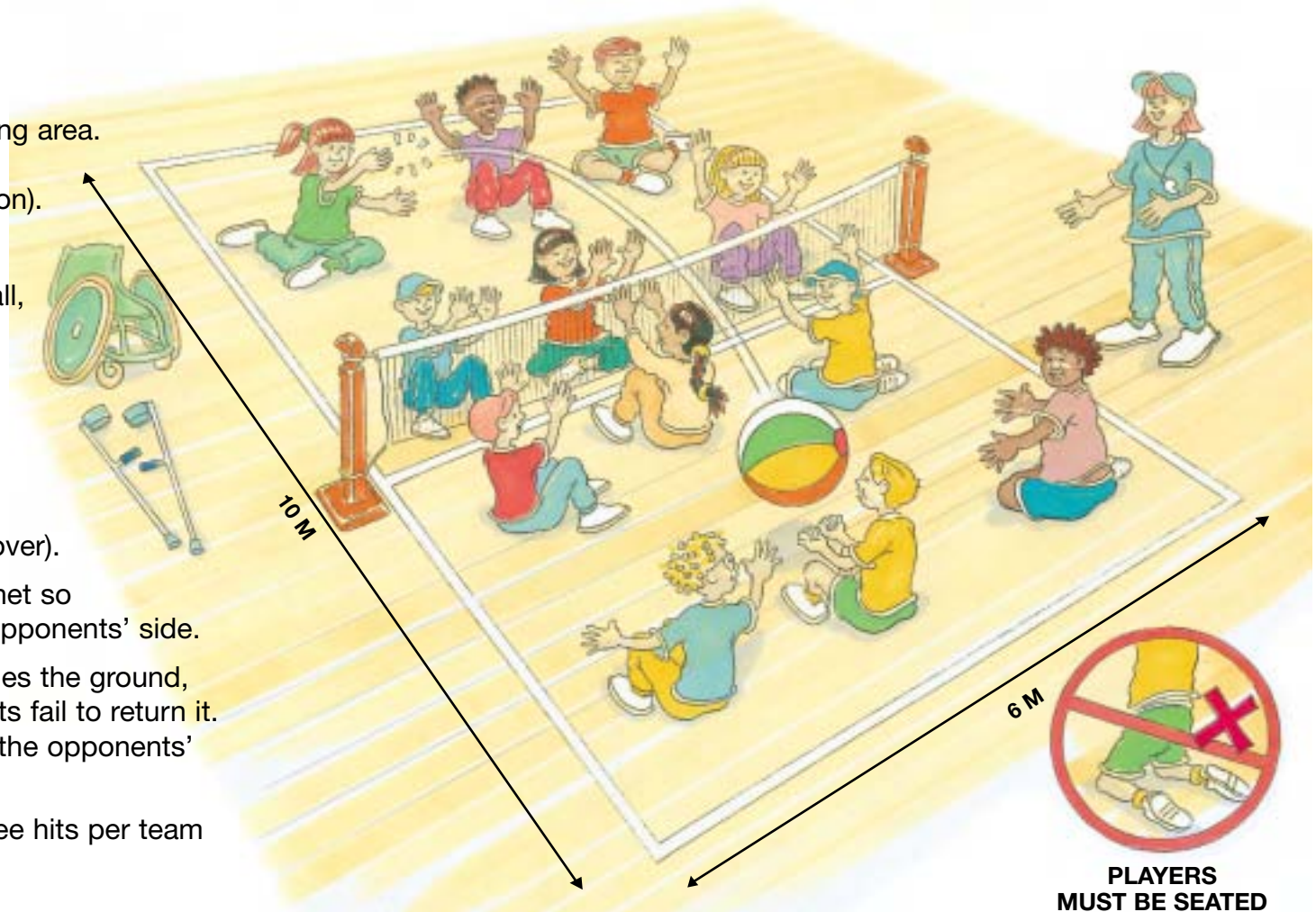
10 M

6 M

PLAYERS MUST BE SEATED

Sitting Volleyball

Teaching style

- Encourage players to build up their skills and introduce the rules gradually.

- For example, do not penalise 'double' hits in the beginning. Or allow more than three team hits before the ball crosses the net.

Rules

- In competitive sitting volleyball, the net should be 1.15m high (1.05 for women). Try setting the net at different heights to suit the age or ability of the players. Or play without a net!

- Allow the players to play the ball off one bounce initially.

- Part of a players back from buttocks to shoulders has to be in contact with the floor/ground when playing the ball.

Equipment

- Try using different types of ball:
  - lightweight balls,
  - slower-moving balls,
  - even balloons initially.

- Experiment with different kinds of net or barrier. Try using a solid barrier like chairs or a wooden bench. How does this change the game?

Environment

- Vary the size of the court to suit the number of players. For example, if there are more players, use a bigger space. (However, if some players become less involved, it may be better to divide the group into 4 teams and play two games!)

TREE

Teaching style • Rules • Equipment • Environment

Safety

- Play sensibly – make sure that players have personal space.
- Players who may be sensitive to rough surfaces should sit on a mat or soft area.

Questions

- What ideas can you introduce to help keep the rallies going for longer?
- What can you do to make sure that all the players are equally involved?

Other games to play

Sitting volleyball can lead into other games:

- standing volleyball
- other net games.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Volleyball: Keep it up!

This game develops basic volleyball skills.

Playing the Game

What you need

- Balloons, lightweight balls.
- Suitable indoor or outdoor playing space.
- Net or barrier.

What to do

- Players sit in a circle, close together on the floor or ground, or in chairs.
- Using fingers and hands (but no feet or legs), players must keep a balloon or slow-moving ball off the ground.
- As their skill level develops, add more balloons. This encourages players to cooperate to keep them all afloat.
- Introduce simple technique. For example 'Keep your palms up!'
- As players' skills and reactions improve, introduce different density or faster-moving balls.
- Leads into sitting or standing volleyball.

ADD MORE BALLOONS TO CHALLENGE THE PLAYERS
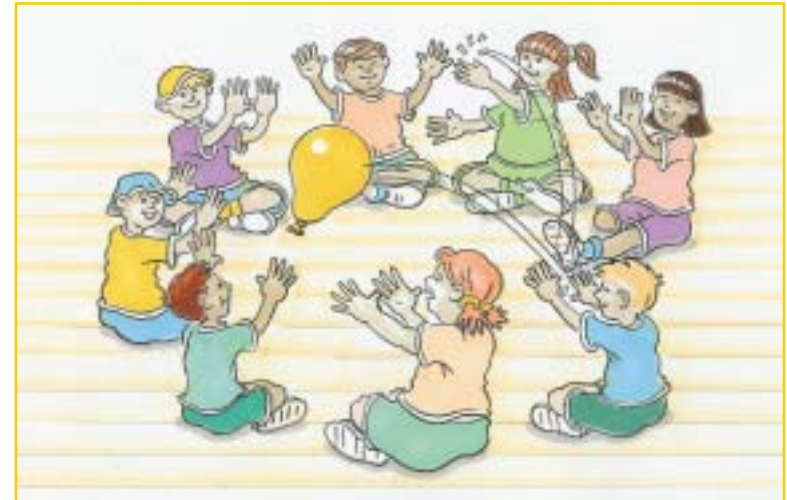
Volleyball: *Keep it up!*

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style
- Keep everyone involved by making sure that groups are not too large.
- Encourage players to cooperate with each other to keep the balloon floating. Where should they direct the balloon?

Rules
- Allow players to play the ball off one bounce initially.
- Introduce some volleyball-based rules. For example, no double hits.
- Try playing the ball in a specific order – give everyone a number to make this easier.

Equipment
- Gradually move towards faster-moving balls, for example:
  - balloon
  - beach ball
  - sponge ball
  - lightweight volleyball.

Environment
- Begin to introduce a specific area in which to play. Mark this with cones, discs or lines on the ground.
- Divide the group into two equal teams who face each other. Continue to play cooperatively – no points.
- Introduce a barrier of some kind (just a line on the ground to begin with).
- Begin to introduce volleyball rules and play for points!
- If appropriate, introduce movement by standing to play.

TREE — **Teaching style • Rules • Equipment • Environment**

Safety
- Play sensibly – don't hit the ball directly at another player.
- Be aware of other players.

Questions
- What methods can players use to make sure that the balloon / ball stays in the air?
- How can players with different abilities be challenged?

Other games to play
Keep it up! can lead into other games, for example:
- volleyball
- other net games.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Volleyball: Blanket Ball

A basic throw and catch game that builds teamwork.

Playing the Game

What you need

- Lightweight ball or beach ball
- Suitable indoor or outdoor playing space.
- Net or barrier.
- Blankets, sheets, large plastic bags.

What to do

- Agree a playing space and divide players into teams (3-6 players).
- Each team use a blanket, sheet or plastic sheeting.
- Teams begin by playing with a ball each. By cooperating, they work together to toss and catch their ball in the blanket.
- Each team gets together with another team. Using one ball, they work together to toss and catch the ball between teams.
- Finally, using a barrier (for example, net or rope) and court, the teams play a competitive game. Teams toss the ball over the barrier and score if their opponents fail to catch the ball or throw the ball 'out'.
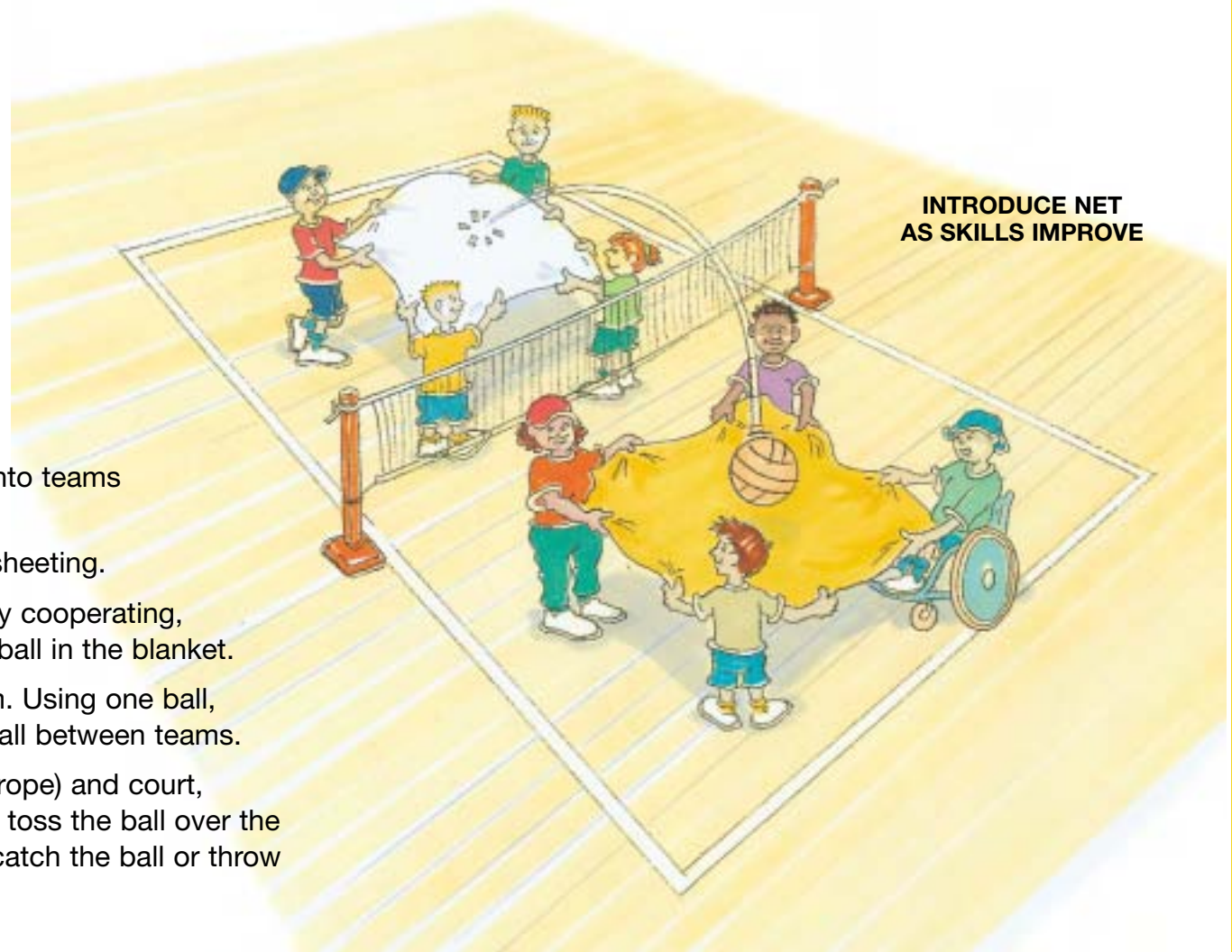
INTRODUCE NET AS SKILLS IMPROVE

Volleyball: Blanket Ball

Blanket Ball

Teaching style
- Develop good cooperation and coordination in each team before moving to a competitive game.
- Initially, it may be helpful to place players who are similar in height in the same teams.
- Explain that the point of this game is to encourage players to work together as a team. They will only succeed if they help each other.

Rules
- Use very basic volleyball rules.
- Ask each pair of teams to devise rules on which they can agree.

Equipment
- If some individuals find it difficult to use a large blanket or sheet in a group, then try working in pairs using a plastic bag or smaller piece of material.
- Change the density of the ball – a slower-moving beach ball may be easier at first.

Environment
- Make sure each group has it's own personal space.
- As teams improve working on their own, gradually put them together with other groups.
- Try different kinds of barriers. Initially, it may just be two lines marked on the ground. The ball must travel over these lines. If it lands between them, the ball is out and the other team scores.

TREE

Teaching style • Rules • Equipment • Environment

Safety
- Make sure that everyone has enough space and that teams do not get too close to each other.
- Ensure that the playing area is free of obstacles – players' attention may be focused upwards and the blanket obscures the ground.

Questions
- What can teams do to help them throw and catch the ball in a coordinated way?

Other games to play
Blanket Ball can lead into other games, for example:
- volleyball
- throwing and catching activities.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.
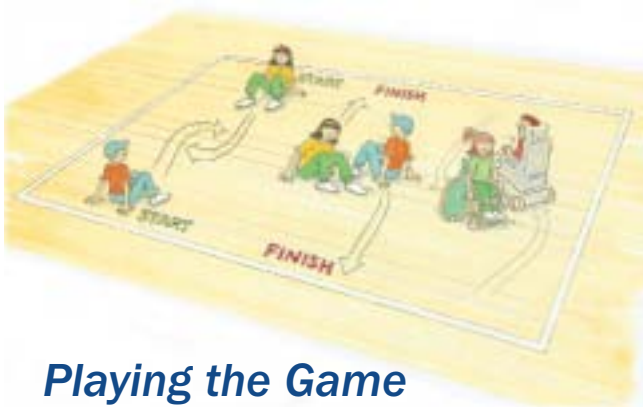
Sports Ability

Volleyball: Crab Games

These games develop movement skills for Sitting Volleyball.

Crab Dance

Playing the Game

What you need
- Sufficient space for all participants – smooth surface or grass is best.

What to do
- Players sit on the floor facing each other in pairs about 3 metres apart (wheelchair users can choose to get out of their chairs or use their chair).
- Players slide towards and around each other and back to their starting position as quickly as possible.
- Pairs can race each other or try to beat their own time.

Catch a Crab

Playing the Game

What you need
- Sufficient space for all participants – smooth surface or grass is best.
- Ribbons or sports sashes.

What to do
- Players spread out across the playing area.
- Half the players have a ribbon or sports sash tucked loosely into the back of their collar.
- Other players chase them by sliding or 'crab' walking and try to grab a ribbon.
- Change roles and play again.

Crab Food

Playing the Game

What you need
- Sufficient space for all participants – smooth surface or grass is best.
- Bean bags   • Hoops or tape

What to do
- Hoops representing each player's (crab) home are placed in a circle around a central 'base' hoop.
- The base hoop is filled with beanbags (crab food).
- Crabs slide from their home hoop to the base, collect crab food (one bag at a time) and take it to their home base.
- Crabs can choose to steal food from other crabs' home hoops.
- The crab with the most food after time has elapsed (1-3 minutes) is the winner.

Use the TREE model to modify these games.

TREE

Teaching style • Rules • Equipment • Environment

Sports *Ability*

Activity Card

Volleyball: *Crab Games*

These games develop movement and ball skills for Sitting Volleyball.

Crab in the middle

Playing the Game

What you need

- Sufficient space for all participants with a safe surface.
- Light volleyball, beach ball or balloons.

What to do

- Players sit in a circle with one player in the middle – the Interceptor Crab!
- The ball is rolled between players in the circle with the Interceptor Crab sliding or crab-walking to try and trap or touch the ball.
- If the ball is trapped (or perhaps even touched) the Interceptor Crab changes places with the player who rolled the ball.

Crab 4 Square

Playing the Game

What you need

- Sufficient space for all participants with a safe surface.
- Light volleyball, beach ball or balloons.

What to do

- Divide the playing area into four squares as in the illustration.
- Divide the players into two teams.
- Two players, one from each team, sit in each square.
- The team in possession try to make as many successful passes as possible before the other team intercept the ball.
- If the ball is tipped or touched, possession changes and the new team tries to make more consecutive passes than their opponents.

TREE

Teaching style • Rules • Equipment • Environment

Volleyball: *Volley-all*

A volleyball game that enables standing and seated players to participate together.

Playing the Game

What you need

- A suitable indoor or outdoor playing area.

- Court dimensions should be 6 metres by 10 metres minimum. Change this to allow for participant numbers. The front court area should be at least 6m by 1.5. The rear area 3.5m minimum.

- Net or rope with ribbons attached (1.45m max).

- Lightweight volleyball, beach ball, or similar.

What to do

- Players in the front zone are seated, whilst those in the rear zone stand.

- Players take turns in serving the ball. Score if ball lands in opponents' court or if opponents knock ball out. Score points on every play.

- Players remain in their own zones.
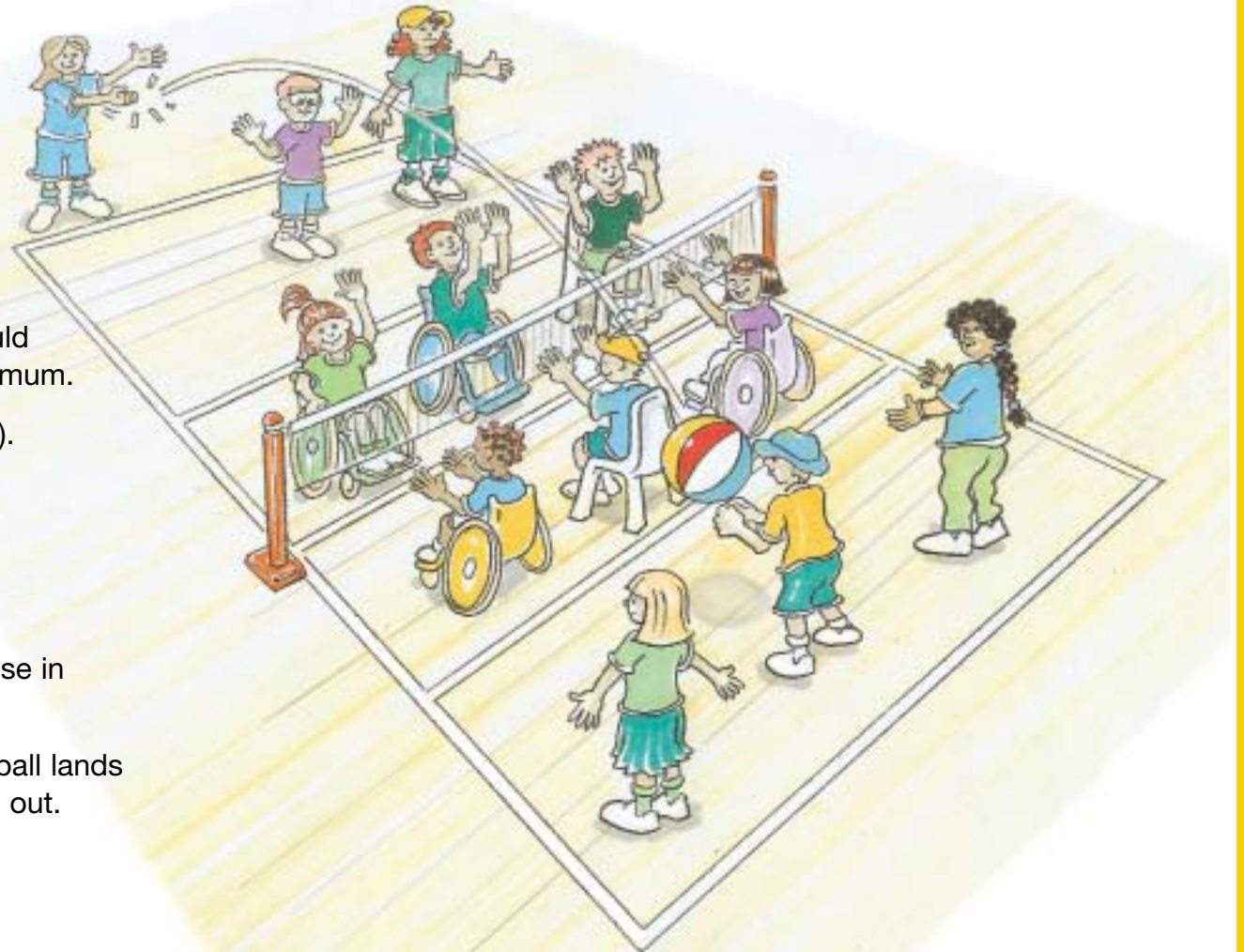
Volleyball: *Volley-all*

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style
- Encourage maximum participation – change the set up of the game to enable everyone to take part.
- Note that some players may prefer to play from a seated position, for example, if they have a balance difficulty. This enables them to concentrate on playing the ball.

Rules
- Gradually introduce volleyball rules, for example:
  - allow multiple hits initially, then move to three hits maximum before ball must cross the net.
  - allow one bounce, then no bounces.
- Try rotations within zones to give players the opportunity to play in different positions.
- In the beginning, make sure that serves can be returned.

Equipment
- Use a slow moving ball (for example, a beach ball) to begin. Move to a harder, faster ball as players' skills improve.
- If there is no net or place to hang a rope, then use solid objects, like seats or benches, as a barrier.

Environment
- Adjust the net height if the front or rear zone players are being excluded. For example, if the ball is always passing over the front zone, lower the height of the net. If the front zone players are spiking the ball too easily, raise the net slightly.

TREE

Teaching style • Rules • Equipment • Environment

Safety
- Players must remain in their own zones. Standing players must not move forward into the front zone, and any wheelchair users in the front zone must not roll back into the rear court.

Questions
- What can you do to speed up or slow down the game?
- What ideas can help the players to keep rallies going?

Other games to play
Volley-all can lead into other games, for example:
- Volleyball
- Racquet games.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Polybat

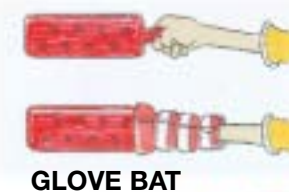**An alternative table-top bat and ball activity.**

Playing the Game

What you need

- Polybat bats and balls, or alternatives (see 'Equipment' over).
- Table tennis table or any large table or flat surface (again, see options over).

What to do

- The aim of the game is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface. Can be played as singles or doubles.
- Each player has five serves. Serve then goes to other player (or rotates alternately for doubles). First to eleven points wins.
- Play begins with the server playing the ball off any side. Strokes can then be played directly or off the side.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- The ball must stay on the table surface at all times.
- Polybat is suitable for players who have arm, balance, or coordination impairments for whom table tennis may not be appropriate or possible.
- Polybat can also be used as a means of introducing table tennis to younger children.

GLOVE BAT

1 POINT

END REBOUND SIDES CAN BE USED

NO TRAPPING OR HANDLING

Polybat

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Polybat

Teaching style

- Look at ways in which the players can improve their technique or anticipation of the ball movement. For example:
  - encourage the players to keep the bat steady and in front of the body;
  - enable them to rest the bat on the table surface if necessary to provide more stability;
  - encourage them to watch the speed and direction of the ball. This can be practised by rolling the ball from different angles.

Rules

- Play first to 11 or 21 points with or without a two-point advantage.
- Modify the multiple touch rule and specify the number of hits for players of different abilities.
- Allow some players to serve direct to their opponent.

Equipment

- The sides can be attached to a table tennis table which provides a standard size for play. However, any large table can be used, or a number of smaller tables can be pushed together. Tape can be used to smooth the joins.
- If polybats are not available, then any small flat-edged play bat can be used. Plastic or wooden rulers may also be used.
- Use slow moving wiffle or airflow balls. Larger wiffle or airflow balls can be used before progressing to the standard polybat ball.

Environment

- Reduce the width of the end line by adding shorter rebound sides to the end of the table. This way, for example, the game can be balanced between players of different abilities, or if two players play against one.

TREE

Teaching style • Rules • Equipment • Environment

Safety

- Ensure that the lower limbs of wheelchair users do not rub against the table.
- The game can be very dynamic and absorbing. Check for signs of fatigue with beginners.
- Avoid striking the rebound sides with the bat. Ensure that they are properly clipped or taped onto the table.

Questions

- Can the players angle the bat downwards in order to keep the ball on the table surface?
- Is it better to hit or strike the ball, or can players get more control by using a pushing or sweeping action?

Other games to play

- Polybat can lead into:
  - table tennis;
  - other bat and racquet sports.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Polybat: *Variations*

These games develop skills that support polybat and other bat and racquet activities.
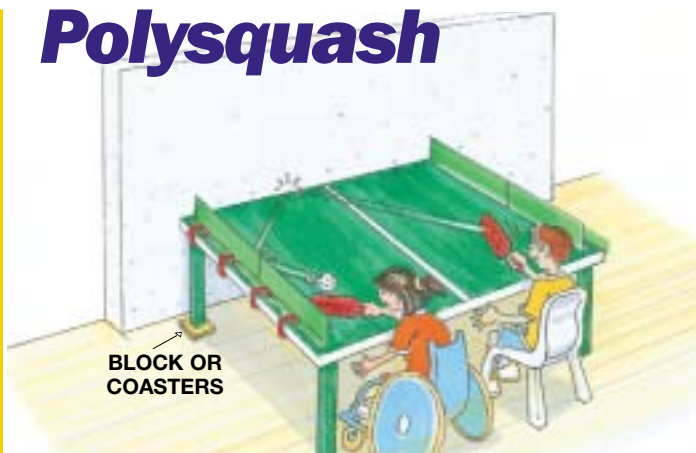
Polyskittles

Playing the Game

What you need
- Polybats and balls (or alternative bats and balls).
- Polybat rebound sides (or similar).
- Skittles, small plastic bottles, plastic cups.

What to do
- Try to knock down as many skittles as possible using 5 balls in succession.

Polysquash

BLOCK OR COASTERS
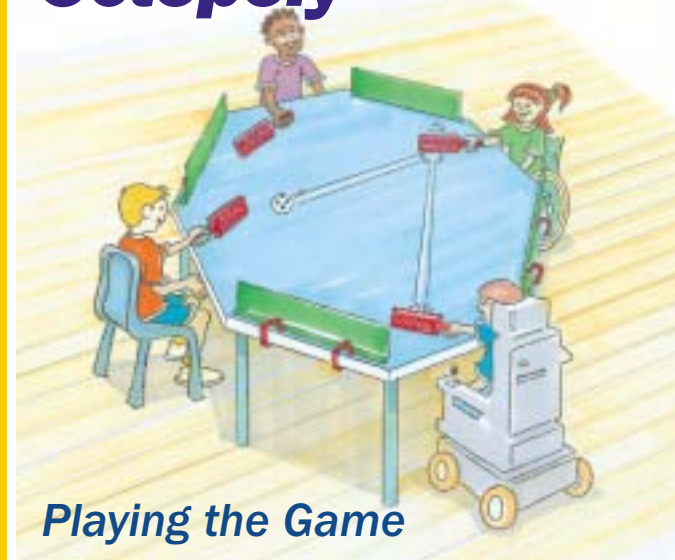
Playing the Game

What you need
- Polybats and balls (or alternative bats and balls).
- Polybat rebound sides (or similar).

What to do
- Push the table against a wall. Players sit next to each other. Mark a dividing line up the centre of the table if necessary.
- Players play alternate hits off the wall or sides.
- Players score by hitting the ball over the end of the table on their opponent's side.

Octopoly

Playing the Game

What you need
- Polybats and balls (or alternative bats and balls).
- Polybat rebound sides (or similar).

What to do
- Use a multi-sided table to involve more players.
- Players play individually or in teams.
- Agree a winning score (for example, 5).

Polybat: *Variations*

Use the TREE model to modify these games.
Try the modifications suggested below or devise your own.

Polybat

Teaching style

Polyskittles
- Encourage players to keep score or allocate a scorer.

Polysquash
- Use polysquash to explain about the game of squash.

Octopoly
- Discuss with the group ways in which they would like to play.

Rules

Polyskittles
- Remove / leave skittles that have been knocked over.

Polysquash
- Allow multiple hits for some players.

Octopoly
- Players take turns in starting the game by serving off any rebound board.
- Players can score through any other player's 'goal'.

Equipment

Polyskittles
- Try using different kinds of target, for example, plastic cups, light balls.

Polysquash
- Raise the end of the table nearest the wall slightly to help the ball roll back towards the players. (for example, use coasters).

Octopoly
- Try using balls that move at different speeds.

Environment

Polyskittles
- Space the skittles out to challenge players.

Polysquash
- Players can use narrower tables and play individually initially.

Octopoly
- Make 'goals' wider or narrower depending on the abilities of the players.

Safety
- Play sensibly and with control, without swinging the bat around. This is particularly important if playing near other players.

Questions
- Can some of these games be played cooperatively? For example, how many consecutive hits can players make at polysquash or octopoly?

Other games to play

Use these games to lead in to:

- competitive polybat
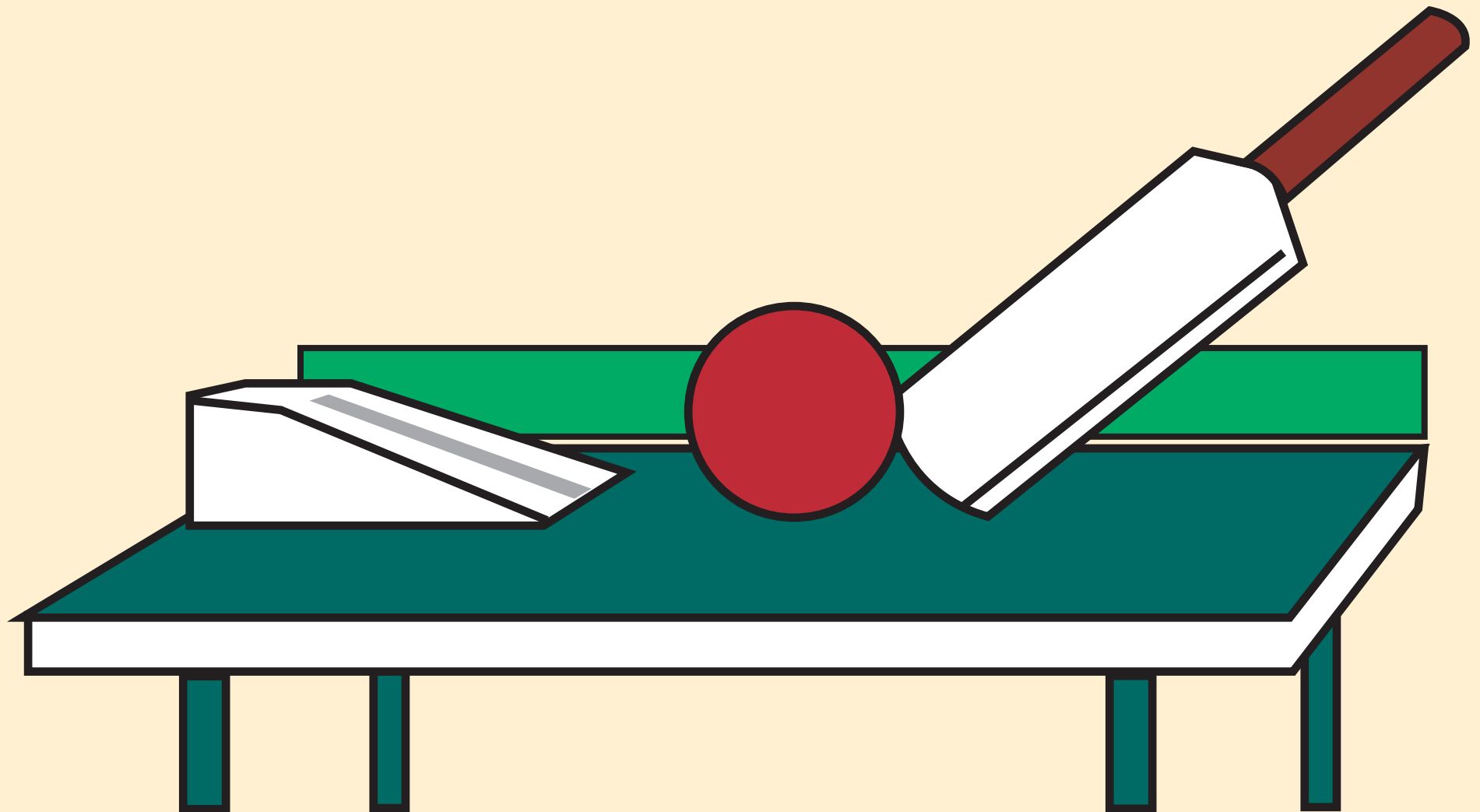- other bat and racquet games, including table tennis and squash.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

Teaching style • Rules • Equipment • Environment

Table Cricket
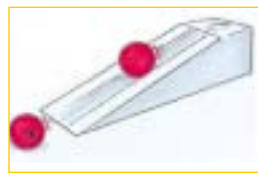
Sports *Ability*

Table Cricket

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.

TCricket 1

TCricket 2

TCricket 3

TCricket 4

TCricket 5

TCr 6

TCr 7

TCr 8

TCr 9

TCr 10

TCr 11

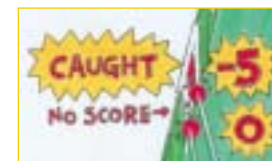TCricket 12

TCricket 13

TCricket 14
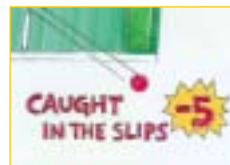
TCricket 15

TCricket 16

TCricket 17

TCricket 18

TCricket 19

TCricket 20

TCricket 21

TCricket 22

TCricket 23

TCricket 24

TCricket 25

TCricket 26

TCricket 27

TCricket 28

Table Cricket

All the elements of cricket (batting, bowling and fielding) recreated on a table-top.

Playing the Game

What you need

- The full-sized version of the game is played on a table tennis table – but any suitable flat table-top can be used.
- Official table cricket equipment is preferred, but see overleaf under 'Equipment' for alternatives.

What to do

- Table cricket mirrors all the main rules and elements of cricket.
- Can be played in teams (six players) or individually.
- The batter scores by hitting the ball against the sides of the table and avoiding the fielders (gaps in the field).
- The sliding fielders are positioned on the rebound sides by the fielding team to prevent the batter from scoring.
- See the 'Scoring & Dismissals' card for the table cricket scoring system.
- The batting team starts with 200 runs.
- The bowler can use either the standard ball or the 'swing' ball (maximum two per over).
- The bowler bowls by releasing the ball down the launcher. The ball must leave the end of the launcher and not off either side.
- Teams play to an agreed number of overs per batter / bowler (usually two, giving a 12 over match).
- Table cricket can be played by players of mixed ability, but is particularly suitable for young people who have severe impairments (higher support needs).

SLIDING FIELDER

CAUGHT OUT
LOSE 5 RUNS   NO SCORE

ACTIVE FIELDER
(see Rules)

-5

ACTIVE
FIELDER

OUT
SWINGER

IN
SWINGER

SIDES ARE SECURED
TO THE TABLE BY

STANDARD
BALL

SWING
BALL

(MAXIMUM 2 PER OVER)

CLIPS, CLAMPS OR TAPE

STANDING BATTER
(VERTICAL BAT)

Table Cricket

Teaching style
- Look at ways in which table cricket can be used to introduce the rules of field cricket.
- Encourage the players to discuss the tactics they will use when:
  - batting;
  - fielding.
- Explore ways in which the game can be used to support numeracy skills.

Rules
- Standing players must hold the bat in a vertical position. Seated players may hold the bat horizontally.
- One fielder on either side of the wicket can be designated as an 'active' fielder. These players may physically move the fielding section in front of them to catch out the batter.
- Allow some players to hit the ball twice:
  - first contact to stop and control the ball
  - second contact to make a shot.
- The bowler may conceal the ball from the batter choosing either the standard or swing ball.
- Allow the bowler to 'flick' the ball down the launcher to increase the speed of the ball.

Equipment
- Some players may prefer to use a glove bat (or an improvised version) to improve manipulation.
- Larger, slower moving balls or larger bats can be substituted if necessary.

Environment
- Reduce or increase the number of fielders depending on the size of the table used (maximum of 9 sliding fielders on a table tennis table).
- Try setting the game up on the floor if a table is unavailable.

TREE

Teaching style • Rules • Equipment • Environment

Safety
- Ensure that the lower limbs of wheelchair users do not rub against the underside of the table.
- Avoid wild swings of the bat. The ball should be stroked and directed with the bat using a pushing technique.
- Avoid striking the rebound sides with the bat.

Questions
- Have players worked out the best way for them to hold the bat before they start to play?

Other games to play
Table Cricket can lead into other games, for example:
- target games
- bat and racquet games.

Integrity
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.
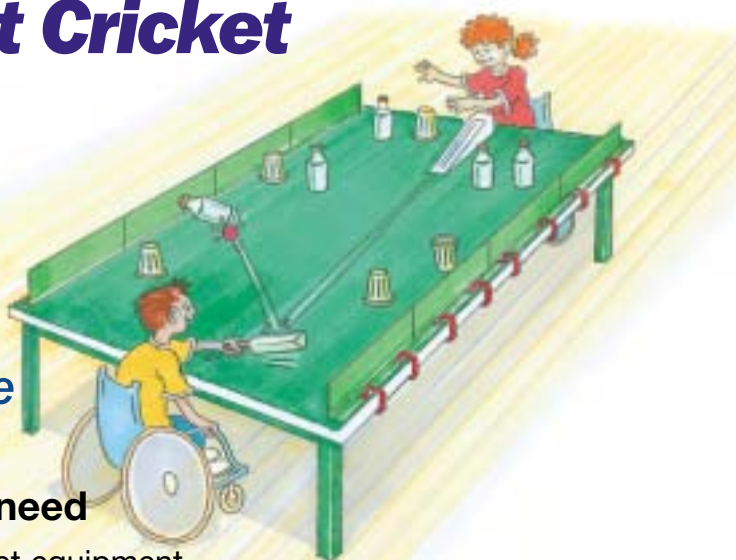
Sports Ability

Table Cricket: Variations

These activities help develop table cricket skills or provide 'stand alone' games.

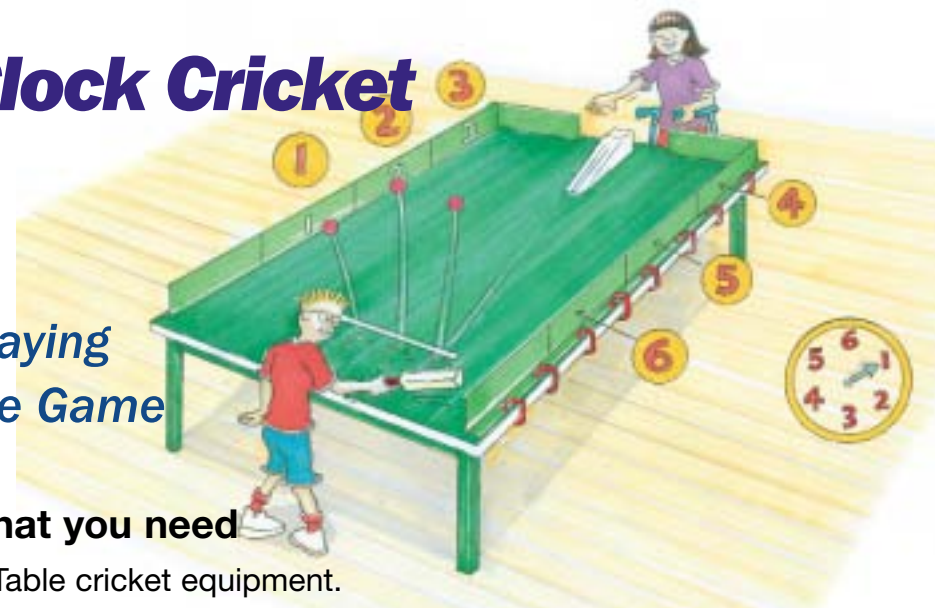## Target Cricket

Playing the Game

What you need

- Table cricket equipment.
- Various targets, for example, plastic cups, plastic bottles, small skittles, balls.

What to do

- The bowler places target objects on the table, leaving space to bowl the ball down the centre.
- Batter tries to knock down as many targets as possible in 6 deliveries.
- Add up score and change roles.

Clock Cricket

Playing the Game

What you need

- Table cricket equipment.
- Target cards marked 1-6. Or all clock numbers (1-12) except 6 (the batter's position). Numbers could be attached to sliding fielders, for example.

What to do

- The bowler delivers 6 balls in turn.
- The batter tries to hit each numbered target in sequence 'around the clock face'.
- Batter does not move on to the next target until the previous one has been hit successfully.

Table Cricket: *Variations*

Use the TREE model to modify these games. Try the modifications suggested below or devise your own.

Teaching style

Target cricket

- Encourage players to keep the score for each other, or allocate a player to keep score for the group. Make sure everyone takes a turn if possible.

Clock Cricket

- Make sure that players know the order in which they go for the targets. What could help them?

Rules

Target cricket

- Allocate specific scores to different targets, perhaps based on the type of target or its colour.
- Differentiate the scoring system, for example, 1 point if the ball touches the target, 3 points if it is knocked over.

Clock Cricket

- Try playing the ball from a static position before trying a moving ball.

Equipment

Target cricket

- Vary the target – use lighter/heavier targets. For example, fill small plastic bottles with different amounts of water.

Clock Cricket

- Some players may have more success with a lighter ball initially.

Environment

Target cricket & Clock Cricket

- Place targets closer to the batter initially.
- Try playing on different sized or different shaped tables.

Safety

- Direct the ball carefully when playing a shot. No wild swings!
- Ensure that the legs of seated players do not rub against the underside of the table.

Questions

- Are the players hitting the ball with the middle of the bat?
- Are the batters more accurate when the ball is bowled quickly or when it is bowled slowly? What about the swing ball?

Other games to play

- Try other target games, like boccia or bowls. Can these be adapted for a table top?

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE Teaching style • Rules • Equipment • Environment

Table Cricket: Scoring

Scoring Chart

In table cricket, the batter scores by hitting the ball against the rebound sides of the table avoiding the fielders (see diagram for scoring zones). The batting team start with 200 runs.

The various markings on the table help to designate scoring zones (see diagram).

- 2 runs scored square of the batter on either side (ends of the sides nearest the batters end). Fielders may not be placed within these areas which are 15cm wide from the batter's end of the table (length of bat blade approximately). Ideally, this measurement is just the blade of the bat

- 4 runs anywhere else on the sides.

- 6 runs in the two corners. Fielders cannot be placed in the corners (minimum width 15cm or length of bat blade).

- 2 runs either side of the launcher.

Additional

- The batter may not strike the ball until it has crossed the crease on the batter's side.

- The bowler bowls a 'wide' – i.e. the ball passes over the batter's end of the table outside the wicket markings without being touched by the batter. 4 runs are awarded to the batter (to counter the deliberate use of wides).
  An extra delivery is awarded.

- If the ball becomes stationary without touching the sides it is declared a 'dead ball'. No run is scored and the ball counts as one in the over.

Note re pitch markings: dimensions for competition indicated in the text are based on a table tennis size pitch. However, these can be adjusted to suit the size of the table and number of players. The table cricket bat can be used to estimate some of the measurements.

Table Cricket: *Dismissals*

Dismissals Chart

Most of the ways in which a batter is dismissed in field cricket can be re-created in the table cricket environment. The main difference is that in table cricket the batter always completes their allocated overs and is never 'out'. Instead, the batter loses 5 runs for every dismissal (from the starting total of 200).

The methods of dismissal are:

- **Bowled –** ball crosses the batter's end of the table between the 'wicket' marks.
- **Caught –** the ball hits the red part of any fielder. (Note: if the ball strikes the white part of the fielder the ball is declared 'fielded' and there is no score).
- **Caught and bowled –** the batter hits the launcher with the ball.
- **Caught in the slips** – the batter 'nicks' the ball with the bat and the ball goes over the batter's end of the table either side of the wicket.
- **LBW –** in attempting to play the ball, the batter touches the ball with their hand.

Additional

- If the batter hits the ball off the table (other than over the batter's end) they are 'out' and lose 5 runs.

Note re pitch markings: dimensions for competition indicated in the text are based on a table tennis size pitch. However, these can be adjusted to suit the size of the table and number of players. The table cricket bat can be used to estimate some of the measurements.