

Top Sportsability New Age Kurling: Game Basics

New Age Kurling (NAK) is based on the target game of curling that is played on ice. Using specially designed stones it can be played indoors on any flat, hard surface and is suitable for players of any ability. This card outlines the basic rules of New Age Kurling competition.

What you need

- New Age Kurling stones – 4 red, 4 blue
- New Age Kurling vinyl target (House) or alternative (see 'Equipment')
- Ramp and pusher sticks if required
- Flat, indoor playing area – badminton court size

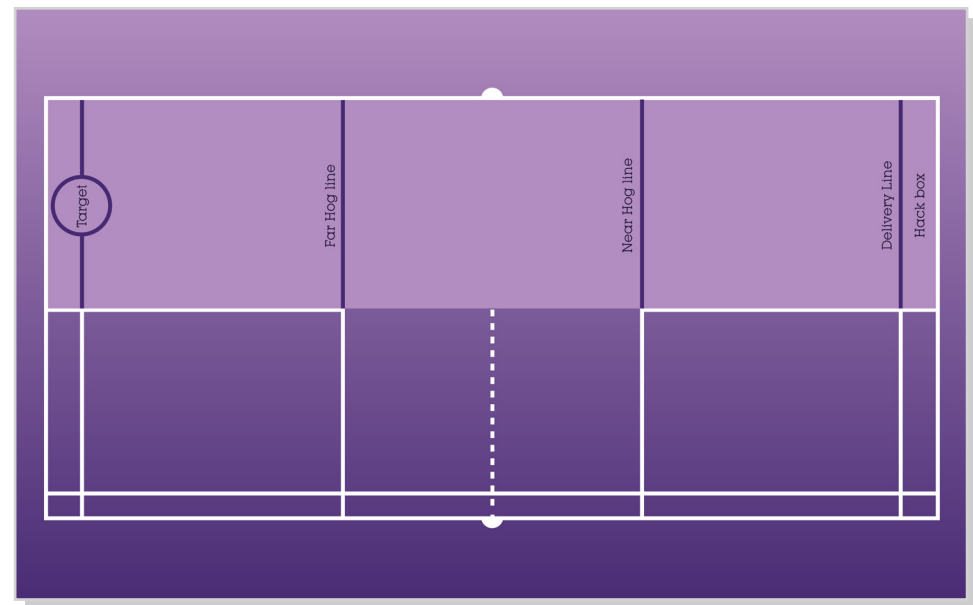
How to play

- New Age Kurling is a target game. Either individually or in pairs (teams), players try to deliver their coloured stones – red or blue – closer to the centre of the target circle (House) than their opponents

Basic rules

- Players deliver their stones along the playing surface (by rolling or pushing) from one end of the court towards the target at the other end
- The court is based on a badminton court dimensions (13.4 metres long)
- The target circle (House) is 116 cm in diameter
- The delivery line (from where the stone is sent) is based on the badminton court service line; the centre line of the target circle lines up with the badminton service line at the opposite end – a distance of 11.84 metres. (See diagram). Players can toss a coin or decide who will play first then alternate after each 'End'; an End is when all the stones have been played and the score is calculated; scores are cumulative (added to after each End) and play continues with the next End

- A point is scored for every stone closer to the target centre than the nearest stone of an opponent
- A game consists of seven Ends, but this can be reduced based on time available or player stamina and concentration
- After all the Ends have been completed, the player (or team) with the most points wins!



Think about

- Scoring points with your stones OR using them to block your opponent!

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Use the STEP model to modify this game

Space

- In recreational play, the distance to the target circle can be reduced; for example, players can deliver the stone from a position further down the court; note that distances can be different for different players

Task

- The stones can be delivered in a variety of ways depending on the ability of the player; for example:
 - with a one-handed 'bowling' action
 - sent using a one-handed or two-handed push
 - pushed or kicked (with control) with the foot
 - rolled down a ramp; this can be a specific New Age Kurling ramp or an improvised alternative

Equipment

- In recreational play, targets can be improvised; for example, archery targets, thin material sheets or paper taped on the floor; alternatively chalk or masking tape can be used to designate the target. People
- The game can be repeated as a team activity – red against blue
- Some players may prefer if everyone rolls their stones at the same time initially; however, as turn-taking is part of the game of New Age Kurling, work towards each player going one at a time in rotation.
- Sound cues can be provided to assist some players in locating the target circle

People

- New Age Kurling can be played as an individual (4 stones per player) or in pairs (2 stones each).
- Some players can benefit from an assistant to provide verbal or sound cues (near the target) or to help with positioning the stone when using a ramp

Extension game

Puzzle it out!

- As a skill and tactics practice, challenge players by placing a stone in different positions on the target circle as 'obstacles'
- Players have to decide what is the most effective way of getting around the obstacles; for example:
 - a stone placed near the centre (bull) – can this stone be nudged out of the way leaving the player's stone in a scoring position?
 - 2 opposition stones placed an equal distance from the bull; is it better to try to hit one stone out of the way and deflect close to the bull or ignore the stones and go direct for the bull?

Safety

- Keep court clear during play

How to improve

- Positioning is key to delivering the stone effectively; players need to establish whether they play best from a standing, seated or kneeling position; for example, which position enables them

Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

For more information about New Age Kurling see:

www.gbkurling.co.uk/