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GAME 4 - FINNISH SKITTLES

TRADITIONAL AND ADAPTED GAMES
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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INTRODUCTION (HISTORY):

Finnish skittles is a game that traces its origins back to the traditional Karelian pastime of 'kyykkä'. Kyykkä, was a popular game played by Finnish peasants in the 19th century. The game involved throwing a baton at a group of skittles with the aim of knocking them out of a designated area.

In the early 1990s, a Finnish company named Tuoterengas wanted to create a modern game that would incorporate elements of kyykkä but be more accessible and easy to play. In 1996, they launched Finnish Skittles (Mölkky). The game was an instant success in Finland and soon spread to other Nordic countries, and eventually across Europe.

DESCRIPTION OF THE GAME:

The only equipment needed is a Finnish skittles set, which consists of 12 numbered wooden pins and one throwing pin. This game can be played with two or more players. It can also be played in teams. It is suitable for all ages, but it is recommended for players aged 6 and older due to the need for throwing accuracy and strategy. The duration of the game can vary depending on the number of players and their skill levels. A typical game lasts between 30 minutes to one hour. Finnish skittles can be played on any flat surface, such as grass, sand, or gravel. The playing area should be about 3-4 meters wide.



- Finnish skittles is played with 12 numbered wooden pins and one throwing pin.
- The pins are set up in a certain configuration (see a photo below). Players get points by knocking over the pins with the throwing pin.
- If a player knocks over multiple pins, they get points equal to the number of pins knocked over.
- If a player knocks over just one pin, they get points equal to the number on that pin.
- The purpose of the game is to be the first to reach exactly 50 points.
- If a player gets more than 50 points, their score is reduced to 25.
- If a player misses all of the pins three times in a row, they are eliminated from the game.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

Unlike many other games, Finnish Skittles does not require brute strength, but rather a combination of skill, strategy, and a little bit of luck. It's a social game that encourages friendly competition.

Finnish Skittles is often played in a casual social setting, such as family gatherings, parties, or picnics. In Finland, it is often part of Midsummer celebrations. In recent years, it has become a popular team-building activity in corporate settings.

This game relies more on accuracy and strategy than physical strength. Thanks to that, it can be enjoyed by players with a wide range of physical abilities. The game is inclusive and can be easily adapted to suit the needs of players with different abilities.

THE POSSIBLE ADAPTATIONS FOR PLAYING WITH PEOPLE WITH DISABILITIES:

A. FOR PEOPLE IN WHEELCHAIRS:

1. You can move the throwing line closer.
2. Organise it on a flat surface, without any obstacles.
3. They can have assistants, helping them picking up the pins and setting them back together after each throw.

B. FOR VISUALLY IMPAIRED PEOPLE:

1. Use pins and/or a throwing pin in bright colours and/or add colourful elements, such as scarves, strings etc.
2. Use sound elements, like bells, which can be attached to the throwing pin.



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SPORT PROJECT

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