



# Dis+Abled

S P O R T P R O J E C T



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

<https://disabled-erasmus.org/>



## INTRODUCTION (HISTORY)

The game was developed in the 1980s in Buffalo, New York, USA, by Charles Sciandra and Paul Swisher. It started as a game played with a metal garbage can and a frisbee in their backyards and evolved into a commercial product in the 1990s. The game quickly gained popularity in the Northeastern United States and eventually across the country. Today, KanJam is played worldwide and is a popular choice for physical education programs in schools. It's also played competitively with official tournaments, including the KanJam World Championship held annually in North Tonawanda, New York.

Over the years, KanJam has evolved to include variations of the original game, such as KanJam Mini and KanJam Splash. Despite these changes, the core goal remains the same - scoring points by throwing and deflecting the disc into the can.

## DESCRIPTION OF THE GAME

KanJam is a fast-paced, high-energy sport played with a flying disc and two specially designed 'KanJam' goal cans. The game is usually played between two teams of two players each, however, it can also be played individually.

## RULES

### I. Equipment and Setup

- Equipment: One flying disc (Frisbee) and two "KanJam" cans, approximately 60 cm tall, each with a small slot in the front.
- Players: Two teams of two people each. It can also be played with just two individuals.
- Court: An open space is required, with the two KanJam cans placed approximately 15 meters apart.
- Playing Environment: Can be played both indoors and outdoors, as long as there is enough room.
- Age Suitability: Suitable for players of all ages, commonly played by those aged 10 and up.
- Game Length: Averages about 20-30 minutes per game.



## II. Gameplay Overview

- Turns: Players take turns throwing the disc towards a can.
- Teammate's Role: The teammate is positioned on the other side of the can and attempts to deflect the disc into the can.
- Skill and Strategy: The game requires both accurate throwing and deflecting skills, as well as strategic decision-making regarding different shot types.

## III. Scoring Points

- Points are scored in various ways:
- 3 Points (Direct Hit): A direct hit into the can by the thrower without any deflection.
- 2 Points (Deflection into Can): The disc is deflected into the can by the teammate.
- 1 Point (Hit Can): The disc hits the can but does not go inside.

## IV. Winning the Game

- A team wins the game by being the first to achieve one of the following:
- Exactly 21 Points: The first team to reach precisely 21 points wins.
- Instant Win: An "Instant Win" is achieved by throwing the disc directly into the small slot in the front of the can (an extremely difficult throw). This results in an immediate victory regardless of the current score.



## INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

KanJam can be adapted for individuals with disabilities to ensure they can participate and enjoy the game. These adaptations may include: For individuals with mobility impairments, the game can be played while seated. This allows individuals who use wheelchairs or other mobility aids to participate. For those with coordination or grip difficulties, using a larger or softer disc can make the game more accessible.

The fact that this game can be played almost anywhere is ideal for people with different types of disabilities.

Players with upper limb disabilities can use an assistant to help them hand in and return the game disc.

People with visual impairments use the assistant to navigate the correct direction of the throw during the game.

The point system and the distance of the throw can be adapted to the physical capabilities of the player. Due to its variability, Kan Jam is suitable for recreational activities of sports clubs for people with disabilities.





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