



Dis+Abled

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

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



HISTORY

The origins of Brännboll can be traced back to the early 20th century in Sweden. The game has evolved over time and has become a popular recreational activity for both children and adults.

The game is mostly played on fields, sports grounds, and in public parks, but it is also part of the PE curriculum in some areas. The name is derived from the act of catching a player between two bases at the end of a batting round, referred to as "burning" them (bränna), roughly equivalent to being run out in cricket or out in baseball.

DESCRIPTION OF THE GAME

Brännboll is a dynamic Swedish bat-and-ball game played on a field with four bases, combining elements of baseball and cricket but with unique rules emphasizing strategic hitting and fast fielding. The core objective is for the batting team to score runs by circling the bases, while the fielding team aims to get batters out and return the ball quickly.

RULES

I. Equipment

- Ball: A ball (type not specified, but typically a tennis ball or similar).
- Bat: A bat (can be a standard bat or a simple stick).
- Bases: Four bases (can be marked by cones, mats, etc.).

II. Setup

- Teams: Two teams compete, a batting team and a fielding team.
- Players: The number of players per team can vary based on preference and field size.
- Field:
 - A large open field with four bases arranged in a diamond or square shape.
 - The exact size can vary, but the distance between bases is typically 15-20 meters.
 - A pitcher's mound (or designated return area) is established within the fielding area.



III. Gameplay Objective

- Batting Team: To score runs by hitting the ball and running around all four bases and back to home base.
- Fielding Team: To get batters out by catching the ball or returning it quickly to the pitcher's mound, preventing the batting team from scoring.

IV. Basic Gameplay

1. Game Start: The game begins with the batting team at bat.
2. Hitting and Running:
 - A player from the batting team hits the ball.
 - Crucially, the batter is NOT forced to run after hitting the ball. They can wait until they get a hit they are satisfied with before attempting to run the bases.
 - Runners attempt to make it all the way around all four bases and back to home base to score a run.
3. Fielding:
 - The fielding team attempts to catch the ball after it is hit.
 - If a player from the fielding team catches the ball before it hits the ground (a fly ball), the batter is out.
 - The fielding team is NOT allowed to tag runners out. Instead, they must get the ball back to the pitcher's mound as quickly as possible.
4. Team Switch: Teams switch roles (batting becomes fielding, fielding becomes batting) after:
 - Every three outs are accumulated by the batting team.
 - Or, after a set number of turns at bat, depending on pre-determined rules.
5. Game Flow: The game continues for a set duration or until a certain score is reached (though specific game end conditions are often flexible).
6. Score Keeper: A scorekeeper manages the score and time. They also have the final say on calls, particularly regarding whether inner team players are "caught out" at the end of a batting round (implying a specific "inning" or "round" mechanism not fully detailed here).

V. Scoring System

Points are awarded to either the batting or catching (fielding) team based on specific actions:

- Batting Team Scores:
 - Home Run (Frivarv/Helrunda): 6 points (player makes it all the way around the bases and back to home base on one hit).
 - Player Passing Fourth Base (Varvning): 1 point (for each runner who successfully rounds the fourth base and is heading home or makes it home).
- Catching (Fielding) Team Scores:
 - Team Caught Out (Utbränd): 5 points (when the batting team accumulates enough outs to switch roles).
 - Caught Out (Bränd): 1 point (for each individual batter who is out, typically by the ball being returned to the mound before they reach a base safely or by a fly ball catch).
 - Fly Ball (Lyra): 1 point (catching the ball before it hits the ground).
 - Single-Hand Fly Ball: 2 points (catching a fly ball with one hand).

VI. Penalty System

Penalties are assessed for rule infringements, escalating with repeated offenses:

- First Offense: Warning.
- Second Offense: 5 penalty points awarded to the opposing team.
- Third Offense: 10 penalty points awarded to the opposing team.
- Fourth Offense: Disqualification, the opponent wins the match.

VII. Game Flexibility

- Brännboll rules are highly adaptable. They can be modified to suit:
 - Different numbers of players.
 - Varying field sizes.
 - Players of different skill levels or abilities.
- The main goal is to have fun and enjoy the game.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting the Equipment

- Bat:
 - Varying Weights & Grips: Offer bats of different weights (lighter for less strength) and with various grip options (thicker handles, foam grips, or adaptive straps for better hold).
 - Tee Stand: For players who struggle with swinging at a moving ball, use a tee stand to hold the ball.
 - Larger Hitting Surface: Use a flatter, wider bat (like a cricket bat or a paddle-style bat) to increase the chance of making contact.
- Ball:
 - Softer/Larger Balls: Use larger, softer balls that are easier to hit, catch, and pose less risk of injury.
 - Auditory Balls: For players with visual impairments, use a beeper ball or a ball with bells inside.
 - Bright Colors: Use high-contrast, brightly colored balls for players with low vision.
- Bases:
 - Larger, Raised Bases: Use larger bases (e.g., mats, large squares of carpet tile) that are visible..
 - Tactile/Auditory Markers: For visually impaired players, use textured mats or bases that make a distinct sound when touched, or place small bells near them.
- Pitcher's Mound/Return Area:
 - Basket/Container: Instead of just a spot, use a large basket or container as the "pitcher's mound" target, making it easier for fielders to return the ball.
 - Auditory Target: Place a sound-emitting device inside or near the return container for visually impaired players.

II. Adapting the Playing Environment

- Surface: Ensure the entire playing field, including paths between bases, is smooth, flat, and accessible for all mobility devices (wheelchairs, walkers, crutches). Avoid uneven grass, deep gravel, or obstacles.
- Field Size:
 - Reduced Distances: Significantly reduce the distance between bases and the overall field size based on the mobility and endurance of the players. Shorter distances mean less running.
 - Clearly Marked Paths: Use highly visible lines or cones to clearly mark the running paths between bases.
- Shaded Areas: Provide shaded areas for rest, especially important for players sensitive to heat or with conditions.



III. Adapting Rules and Gameplay

- **Batting:**
 - **Assisted Batting:** Allow players to have a helper set the ball on the tee, or guide their swing if needed.
 - **Overhand/Underhand Roll:** If swinging a bat is not possible, allow players to roll a large ball with their hand or foot from the batting zone.
 - **"Pitcher" for Batter:** A teammate or facilitator can act as a "pitcher" to roll or toss the ball gently for the batter to hit.
- **Base Running/Propulsion:**
 - **Any Propulsion Method:** Players can "run" using any method comfortable for them: walking, running, wheeling a wheelchair, using crutches, or even being pushed in a chair if mobility is severely limited.
- **Reduced "Outs" for Switch:** Instead of 3 outs, switch teams after 1 or 2 outs.
- **Modified "Out" Rule:**
- **No "Bränd":** Eliminate the "Bränd" (ball to pitcher's mound) out for runners, or modify it so that the runner is only out if they don't reach the next base before the ball is returned. This encourages movement without being overly punitive.
- **Assisted Running:** Allow a helper to assist a player around the bases if needed, as long as the helper doesn't interfere with the fielding team.
- **Fielding:**
 - **Allow catches with two hands, or even "trapping" the ball against the body, to make catching easier.**
 - **Throwing to Mound:** Allow fielders to return the ball to the pitcher's mound by throwing, rolling, or even passing it to a teammate closer to the mound.
 - **Designated Roles:** Assign specific fielding positions or roles to players based on their strengths (e.g., a player with a strong arm for returning the ball, a player with good mobility for retrieving ground balls).
 - **Since tagging is already prohibited, focus on positioning to intercept the ball.**
- **Scoring System:**
 - **Focus on Participation:** While the traditional scoring is good, emphasize the joy of hitting and moving.
- **Referee/Facilitator:** A dedicated referee/facilitator is crucial to manage adaptations, ensure fair play, and provide encouragement. They can explain rules clearly and help mediate any disputes.



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