



Dis+Abled

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



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

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



HISTORY

Kwik Cricket was created in the late 1980s in the United Kingdom by the England and Wales Cricket Board (ECB). It was developed as a simplified version of cricket to introduce children to the sport in a more accessible and enjoyable way. The aim was to provide a fun and inclusive cricket experience for young players.

DESCRIPTION OF THE GAME

Kwik Cricket, or Kanga Cricket, is a dynamic and adaptable version of cricket designed for maximum participation and fun, particularly for children. It uses lightweight equipment and flexible rules to suit various group sizes and time constraints.

RULES

I. Equipment

- Bat: Lightweight plastic bat (for safety).
- Ball: Lightweight plastic ball (for safety).
- Wickets: (Implied, as batters run between them and their width can change).
- Cones: Plastic cones to mark the maximum width of a legally bowled ball (for "wides").

II. Setup

- Teams: The game involves two teams. An 8-a-side format is recommended for good participant involvement.
- Playing Field: A cricket pitch or open area.
 - The physical dimensions are highly adaptable (e.g., changing wicket width, distance between wickets, crease size, boundary).
 - Needs enough space for players to run between bases (wickets).
- Fielding Positions (for 8-a-side): The fielding side can typically have a bowler, a wicket-keeper, and three fielders per side of the pitch.



III. Gameplay Objective

- To score more runs than the opposing team within the allotted batting turns.

IV. Core Rules

1. Batting Pairs:
 - Batters bat in pairs.
 - Each pair receives a predetermined number of overs or deliveries (e.g., two or four overs) regardless of how many times they are "out." This ensures all batters get a turn.
 - No Fours or Sixes: Batters must keep running between the wickets to add to their score. There are no automatic boundary scores.
2. Bowling:
 - Each bowler can only bowl a certain number of overs, ensuring everyone gets a chance to bowl.
 - An over consists of six balls.
 - The ball can bounce more than once before reaching the batter.
 - Wides and No Balls are NOT re-bowled (they still count as a delivery in the over, but typically award a run to the batting team).
3. Dismissals ("Outs"):
 - If a player from the fielding team catches the ball before it hits the ground, the batter is out.
 - No Leg Before Wicket (LBW) dismissals.
 - When a batter is out, they change ends (switch sides with their partner), unless it is the last ball of the over.
 - Being "out" does not mean a batter leaves the game; their team simply incurs an "out" penalty in the scoring calculation.
4. Scorekeeping: A scorekeeper manages the score and time, and has the final decision on "outs" at the end of a batting round.

V. Scoring System (Generic)

Points are awarded to either the batting or fielding (catching) team:

- Batting Team Scores:
 - Home Run (Frivarv/Helrunda): 6 points (a complete circuit of the bases).
 - Player Passing Fourth Base (Varvning): 1 point (for each base successfully run between hitting the ball and being "out" or the ball returned).
- Fielding Team Scores:
 - Team Caught Out (Utbränd): 5 points (when the batting side finishes their allotted overs/deliveries and incurs a score penalty based on their outs).
 - Caught Out (Bränd): 1 point (for each individual batter dismissal).
 - 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. Determining the Winner

- When one side has finished batting (completed their allotted overs/deliveries), their total number of runs is divided by the number of times they've been given out to calculate their final team score.
- The team with the highest calculated team score is the winner.

VII. Penalty System

- 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.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

VIII. Game Flexibility

- The rules can be widely modified to accommodate different numbers of players, varying field sizes, or to adjust difficulty.
- The main goal is always to have fun and enjoy the game. An 8-a-side game typically allows batters to face five or six overs per pair within a 60-minute game.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting the Equipment

- Bat:
 - Varying Weights and Lengths: Offer bats that are lighter, shorter, or longer to suit different strengths, arm lengths, and ranges of motion.
 - Adaptive Grips: Provide bats with thicker, textured, or padded grips for players with limited grip strength or dexterity. Straps can also be used to secure the hand to the bat.
 - Tee Stand: For players who find it difficult to hit a bowled ball, use a batting tee (like in T-ball) to hold the ball stationary at an adjustable height.
 - Paddle Bats: A wider, flatter paddle-style bat can increase the hitting surface and make contact easier for beginners or those with coordination challenges.
- Ball:
 - Softer and Larger: Use larger, softer balls (e.g., foam, sponge, beach 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 so its movement can be tracked by sound.
 - High-Contrast Colors: Use brightly colored balls that stand out against the playing surface for players with low vision.
- Wickets/Bases:
 - Larger and Stable: Use wider, more stable wickets or larger cones/mats for bases to make them easier to hit or run to.
 - Auditory/Tactile: Place bells near wickets or use textured mats for bases to provide auditory or tactile cues for visually impaired players.
 - Adjustable Height Wickets: For bowling, if plastic stumps are too short for some, taller, more visible wickets can be used.
- Cones for Wides: Use brightly colored, highly visible cones.



II. Adapting the Playing Environment

- **Surface:** Ensure the entire playing area, especially the pitch and running paths, is smooth, flat, and fully accessible for wheelchairs, walkers, crutches, and other mobility aids. Avoid uneven grass, deep gravel, or obstacles.
- **Pitch Dimensions:**
 - **Reduced Distances:** Significantly reduce the distance between wickets to accommodate varying running/wheeling speeds and endurance levels. Start with very short distances (e.g., 5-10 meters) and adjust as needed.
 - **Wider Wicket Widths:** Widen the space between the wickets to make them easier for bowlers to hit.
 - **Smaller Boundaries:** Pull in the boundaries to make it easier for batters to score and fielders to retrieve the ball.
- **Clear Lanes:** Ensure clear, unobstructed paths between bases and within the fielding area. Use high-contrast markings for boundaries and running lanes.
- **Shaded Areas and Rest Spots:** Provide easily accessible shaded areas and designated rest spots for players to take breaks, particularly for those with conditions affecting temperature regulation or endurance.

III. Adapting Rules and Gameplay

- **Batting:**
 - **Any Propulsion:** Allow players to "hit" the ball using any method that is safe and effective for them: traditional swing, pushing the ball with the bat, using a ramp, or even kicking a larger ball if using a tee.
 - **No Fours/Sixes (already a rule):** This is excellent for inclusion as it emphasizes running/propelling between wickets rather than power hitting, making scoring more accessible.
- **Running Between Wickets:**
 - **Adapted "Running":** "Running" can include walking, jogging, wheeling a wheelchair, or being assisted by a runner.
 - **Modified "Run" Definition:** A "run" might be scored by crossing a line, touching a base..
 - **"Runner" Allowance:** Allow players with significant mobility impairments to have a non-disabled "runner" (a teammate or volunteer) who runs the bases for them after they've hit the ball.
 - **Scoring Based on Hit Distance (Alternative):** Instead of running, scores could be awarded based on how far the ball is hit into designated scoring zones (e.g., closer zone = 1 point, middle zone = 2 points, far zone = 3 points).
- **Bowling:**
 - **Underarm Bowling:** Explicitly encourage or require underarm bowling, which is safer and easier to control for many players.
 - **"Toss" or "Roll" Option:** For players with limited arm strength or control, allow them to toss or roll the ball to the batter.



- Reduced Overs: Reduce the number of balls in an over to keep the game moving.
- "Facilitator Bowl": If a player struggles with consistent bowling, a coach or facilitator can bowl for them.
- Fielding:
 - Catching Rules: Allow two-handed catches, or even "trapping" the ball against the body, to make catching easier.
 - "Catch after a Bounce": For some players, allow a catch to be valid even after one bounce (or two, as per some Kwik Cricket rules).
 - Designated Roles: Assign fielding positions based on individual strengths and mobility (e.g., a player in a wheelchair near the boundary if they can propel quickly, a player with strong throwing arm closer to the wickets).
- Scoring System (Adaptations):
 - Keep the overall scoring system, but emphasize the accumulation of runs from hitting and running, even if "outs" lead to deductions. The "runs divided by outs" calculation already accounts for varying success.
 - Positive Reinforcement: Focus on celebrating every successful hit, run, bowl, or catch, regardless of the final score.
- Team Composition:
 - Mixed Abilities: The 8-a-side format is great. Ensure teams are balanced in terms of diverse abilities to promote fair play and collaborative strategy.
 - Flexible Rotations: The rule that everyone gets a bowl and bats in pairs is fantastic for inclusion. Maintain strict adherence to these rotations.



Dis+Abled

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



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

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