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

https://disabled-erasmus.org/

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SPORT PROJECT

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HISTORY

The game was invented by children with autism, who are users of a center in Split, Croatia. The children, seeking to pass the time and inspired by their surroundings, creatively invented this game using available objects. They discovered a fun and engaging way to combine simple items into a game that promotes physical activity, coordination, and social interaction. The game reflects their unique problem-solving skills, as they transformed everyday objects into tools for play. This game not only emerged from their creativity but also serves as a tool to foster inclusion and interaction among individuals with autism, allowing them to engage in a structured yet flexible environment.

DESCRIPTION OF THE GAME

Inkludo is a versatile target-throwing game where players aim to land objects into colored rings on the floor, scoring points based on the ring's color. It emphasizes accuracy, concentration, and adaptability for various settings.

RULES

I. Equipment
- Rings: Multiple rings of different colors (placed on the floor).
- Throwing Objects: Typically boccia balls, but any type of ball or suitable object (e.g., bean bags, soft plush toys, weighted bean bags, small bags of rice or sand) can be used.

II. Setup
1. Playing Area: A flat, open floor surface.
2. Ring Placement: Place the colored rings on the floor. The arrangement and distance of the rings can be varied to adjust difficulty.
3. Throwing Line: Establish a clear throwing line from which players will throw their objects. The distance from this line to the rings can be adjusted.
4. Scoring System: Before starting, clearly define the number of points associated with each color ring. This offers flexibility for different game objectives.
5. Players:
   - Most commonly played one-on-one.
   - Can also be adapted for teams.

III. Gameplay Objective
- The objective is to throw an object in such a way that it lands inside a ring and stays there, accumulating points based on the ring's color.

IV. How to Play
1. Turns: Players (or teams) take turns throwing their objects at the rings.
2. Scoring:
   - If a thrown object lands inside a ring and remains there, the player scores the points associated with that ring's color.
   - Objects that land outside the rings or bounce out do not score.
   - Objects that land on the edge of a ring (touching the line) might be considered in or out, depending on pre-agreed rules (often, if any part of the object is over the line and into the ring, it counts).
3. Game End: The game continues for a set number of rounds, a set time limit, or until a predetermined score is reached.
4. Winner: The player or team with the highest total score at the end of the game wins.

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V. Key Skills and Benefits
- Accuracy: Crucial for landing objects inside the rings.
- Concentration: Focus is needed to aim and execute throws.
- Hand-Eye Coordination: Essential for successful throwing.
- Social Interaction: Provides opportunities for friendly competition and engagement.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting the Equipment
- Throwing Objects: Variety of Weights and Textures: Offer a wide range of objects: very light (foam balls, soft plush toys), medium (bean bags, soft rubber balls), and slightly heavier (boccia balls, weighted bean bags). This allows players to choose what they can comfortably propel.
    - Different Sizes: Provide objects of various sizes – larger ones might be easier to grasp and release, smaller ones might offer more precision for those with fine motor control.
    - Adaptive Grips: For players with limited hand dexterity, consider bean bags with loops, balls with textured surfaces, or even objects designed to be held with an open palm or using a strap.
    - Auditory Cues: For players with visual impairments, use objects that make a sound so their trajectory can be tracked by sound.
    - High Contrast: Use brightly colored objects that contrast with the rings and the floor.
- Rings:
    - Material: Use non-slip rings. Heavy-duty rubber, flexible plastic, or even hula hoops work well.
    - Size: Offer rings of different diameters.
    - Visual Contrast: Ensure rings are brightly colored and contrast well with the floor for players with low vision.
    - Tactile/Auditory Rings: For visually impaired players, use rings that have a raised texture or place small, quiet bells near them so their presence can be sensed when approaching the throwing area.
    - No Rings (Alternative): For some, simply throwing into designated squares marked with tape or colored mats might be easier than aiming for a ring.

II. Adapting the Playing Environment
- Surface: The playing floor must be smooth, level, and fully accessible for all mobility devices (wheelchairs, walkers, crutches). Avoid uneven surfaces, carpet fringes, or obstacles.

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- Throwing Line:
  - Flexible Distance: Allow players to throw from any distance that is comfortable and challenging for their individual ability.
  - Seated or Standing: Clearly define that players can throw from a seated position or standing, whichever is best for them.
  - Defined Area: Mark the throwing area clearly with tape for visual cues.
- Ring Placement:
  - Varying Distances: Place rings at different distances from the throwing line to create easier and more challenging targets.
- Lighting: Ensure the playing area is well-lit for players with visual impairments.

III. Adapting Rules and Gameplay
- Throwing Method:
  - Allow Any Safe Propulsion: Players should be allowed to propel the object using any safe and comfortable method: underhand throw, overhand throw, rolling, pushing, kicking or using an assistive device (see below).
  - No "Style" Penalties: Focus on the outcome rather than the throwing technique.
- Assistive Devices:
  - Ramps/Chutes: For players with very limited arm mobility or strength use a Boccia ramp or a simple chute. A sport assistant can help position the ramp if needed, but the player makes the aiming decisions.
  - Pushers/Sticks: A long stick with a cup or pushing end can be used to propel the object from a standing or seated position.
- Scoring System:
  - Simpler Points: Start with a simpler scoring system.
  - Bonus Rounds: Introduce bonus rounds where specific challenges (e.g., throwing with a non-dominant hand, throwing from a new position) can earn extra points.
  - Negative Points (Optional): For more competitive play, introduce negative points if objects land outside all rings or in a "penalty" zone.
- Game Structure
  - Time Limits: Play for a set time rather than a set score, ensuring everyone participates for the same duration.
  - Rolling Turns: Allow players to take turns in a fluid, non-stressful manner.
- "Stays There" Rule: If an object just barely touches the ring and moves out, decide beforehand if it counts. For inclusion, being more lenient can increase success.
- Team Play:
  - Mixed Abilities: Create teams with mixed abilities so players can support each other, give advice, and celebrate together.

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