

# KURLING AWARDS SCHEME

Developing proficiency and skills in  
New Age Kurling

Devised by Fiona Hall (Federation of Disability Sports Organisations)  
and Steve Greatorex (Wakefield Able2)



Approved and endorsed by



disability sports organisations

Text and illustrations © Federation of Disability Sports Organisations (FDSO)  
Unit 9 Milner Way  
Ossett  
Wakefield  
WF5 9JN

Tel: 01924 279305  
Minicom: 01924 275070  
Fax: 01924 280232

All rights reserved. Apart from any use permitted under UK law, no part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage and retrieval system, without permission in writing from FDSO.

First published April, 2010.

Photographs by Tanya Peace

## CONTENTS

About New Age Kurling	page	2
Guide to using the Kurling Awards Scheme	page	3
Skill 1. Accuracy: Delivering Stones	page	4
Skill 2. Accuracy: Delivering Between	page	5
Skill 3. Power: Moving Stones	page	6
Skill 4. Power: Skittles	page	7
Skill 5. Tactics: The Nudge	page	8
Skill 6. Tactics: Shot Selection	page	9
Skill 7. Game Play: Competitive Kurling (OPTIONAL)	page	10
Skill 8. Game Play: Umpiring (OPTIONAL)	page	10
Ways of delivering stones	page	11
Possible modifications for ramp players	page	12
Kurling equipment	page	13
Using the pusher stick	page	13
Recording sheet – Participant / Emerging Levels	page	15
Recording sheet – Established Level	page	16
Recording sheet – Excellent Level	page	17
Sample Award Certificates	pages	18-21
Useful web links	page	22
Acknowledgements	page	23

## ABOUT NEW AGE KURLING

New Age Kurling was created by John Bennett. His disabled son, a stroke victim, asked him to invent something that he and other disabled people could all enjoy. It was while watching the ice Curling World Championships on television in 2000 that John came up with the idea of New Age Kurling, an ice-free version of curling. He designed a rubber discus with a handle and stainless steel ball bearings on the underside so it could slide along the ground on smooth flooring, such as sports halls and dance floors. John also invented pushers and ramps (sometimes called chutes) to make the game inclusive to people of all abilities.

The object of the game is to get as many of your stones closer to the centre of the target (a vinyl mat) than your opponent's stones.

New Age Kurling has quickly become a popular sport as disabled people can play with or against non-disabled people on an equal level. The sport is played all over the world, with national and international competitions.

As its popularity has grown, variations of the game have been created, including Kurling Kroquet, Kurling Kounters and Kurling Golf.

New Age Kurling has been used as part of rehabilitation therapy in hospitals because it can be played without physical fitness. Kurling is great fun for disabled people and non-disabled people of all ages - social clubs, schools and the whole family can enjoy playing.

In the UK, the game is run by Kurling's National Governing Body, the Great Britain Kurling Association (GBKA).

## GUIDE TO USING THE KURLING AWARDS SCHEME

*Welcome to the first edition of the Kurling Skills Awards, designed and trialed by volunteers from Wakefield Able2 Club. These awards have been made possible using funding from Awards for All, as part of Disport's Profound & Multiple Learning Disability Project. We are delighted that after considerable hard work, by all parties, we have a scheme that will offer a good basis for players to develop the key skill elements of the game of Kurling. In designing this scheme we have tried hard to give teachers and coaches everything they need to set up the awards, and work with people of all abilities at their own levels.*

*I would like to thank Steve Greatorex for his expert help in writing the scheme, and Steve Peace for his design work. Thanks also to everyone at Wakefield Able2 Club for their input into this awards scheme.*

- Fiona Hall, Regional Development Officer, Federation of Disability Sports Organisations

*The National Executive Committee agree that the awards scheme is a great idea and a really useful teaching tool. Great Britain Kurling Association is happy to approve and endorse the Kurling Skills Awards.*

- Nick Gibbs, Secretary, Great Britain Kurling Association

*I like the Kurling Skills Awards. It helps me to play Kurling better. I like to knock down the skittles!*

- Oliver Peace, Able2 Pontefract Special Olympics

This scheme has been created as an incentive to encourage participation by setting achievable challenges thus developing proficiency and skills that can be used in game play. It is hoped that players' achievements are rewarded by the presentation of certificates with medals or trophies.

The pass criteria are generally the minimum standard required to have mastered a particular skill. However, the standards in this publication are suggestions: examiners will need to take into account information about an individual applicant's abilities e.g. from their coach. Informed decisions can then be made as to the suitability of the tasks set. Where appropriate, modifications or omissions can be made to ensure inclusion for persons with a physical disability.

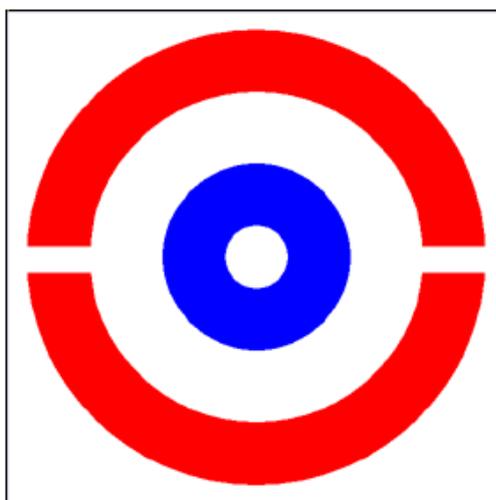
The scheme has four tiers of achievement: Participant Level, Emerging Level, Established Level and Excellent Level. In the Established and Excellent Levels, players should be encouraged to deliver their stones from the optimum position in the hack box – e.g. playing across the court from the left side of the hack box to the right side of the target, rather than just delivering stones straight down the centre of the court.

For consistency of a skill to be acknowledged in a player, in the Established and Excellent Levels, it is suggested that the player demonstrates a pass in each of the skills on three separate occasions (see sample Recording Sheets, pages 15-17). Where clubs choose to make the 'grading' a formal occasion with a visiting examiner, it may be useful for the club to have recorded successes on two occasions prior to the 'grade' testing. Whilst competition and umpiring are optional elements of the Established and Excellent Levels, these experiences should be offered where practical.

The Kurling Awards Scheme was devised by Fiona Hall (FDSO) and Steve Greatorex (Wakefield Able2), developed by Nick Gibbs (GBKA) and Steve Peace (Able2 Pontefract Special Olympics) and trialed by athletes from Yorkshire & Humberside Special Olympics.

## Skill 1. Accuracy: Delivering Stones

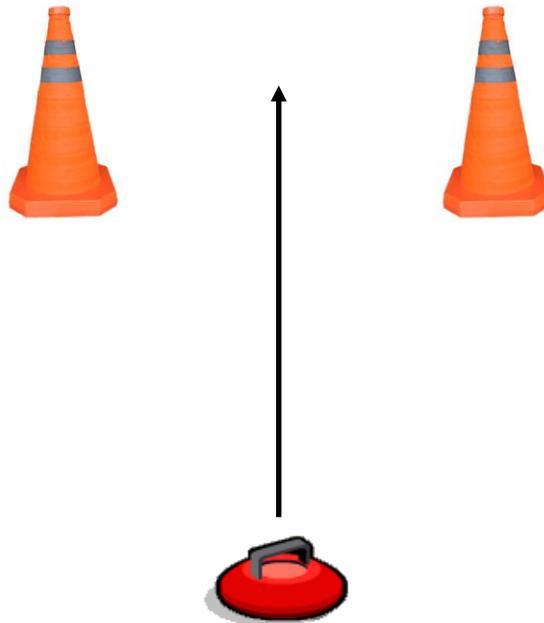
Delivering stones towards or onto the target



	<b>Task description:</b>	<b>Success criteria:</b>
<b>Participant Level</b>	Player can deliver a stone <u>onto</u> the playing surface (i.e. can release stone)	6 out of 8 stones
<b>Emerging Level</b>	Player can deliver the stone towards the target	6 out of 8 stones
<b>Established Level</b>	Player can deliver the stone onto the target circles (red/white/blue/ white) from within their range*	4 out of 8 stones (Remove stones between deliveries)
<b>Excellent Level</b>	Player can deliver the stone onto the central two circles (blue/white) from the hack box	5 out of 8 stones (Remove stones between deliveries)

\* range – A player's 'range' is the maximum distance they can deliver stones and will depend upon the playing surface (and ramp, if used). This should be determined prior to commencing the Kurling Skills Awards.

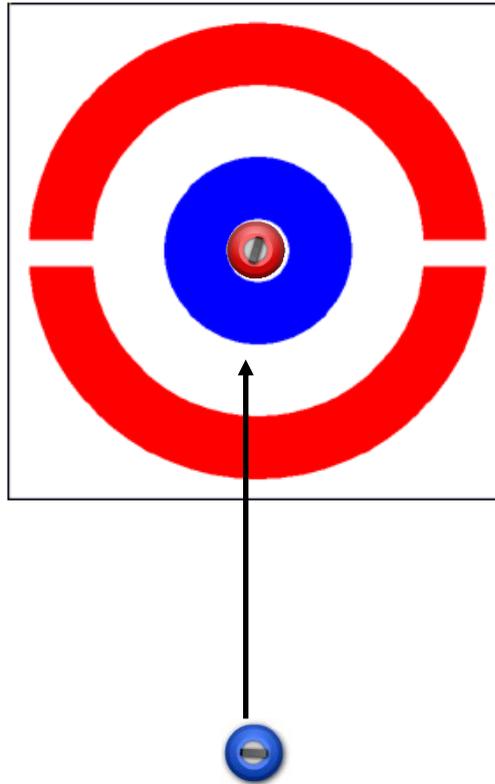
**Skill 2. Accuracy: Delivering Between**  
 Delivering stones with power, going through a 'gate'



	<b>Task description:</b>	<b>Success criteria:</b>
<b>Participant Level</b>	Player is able to deliver stone between two skittles/cones 120cm apart (width of target mat) placed at half way point of player's range*	4 out of 8 stones
<b>Emerging Level</b>	Player is able to deliver stone between two skittles/cones 120cm apart (width of target mat) placed at front of target mat	4 out of 8 stones
<b>Established Level</b>	Player is able to deliver stone between two skittles/cones 75cm apart (width of outer white circle) placed at front of target	4 out of 8 stones
<b>Excellent Level</b>	Player is able to deliver stone between skittles/cones 45cm apart (width of blue circle) placed at front of target	4 out of 8 stones

\* range – A player's 'range' is the maximum distance they can deliver stones and will depend upon the playing surface (and ramp, if used). This should be determined prior to commencing the Kurling Skills Awards.

**Skill 3. Power: Moving Stones**  
To remove an opponent's stone

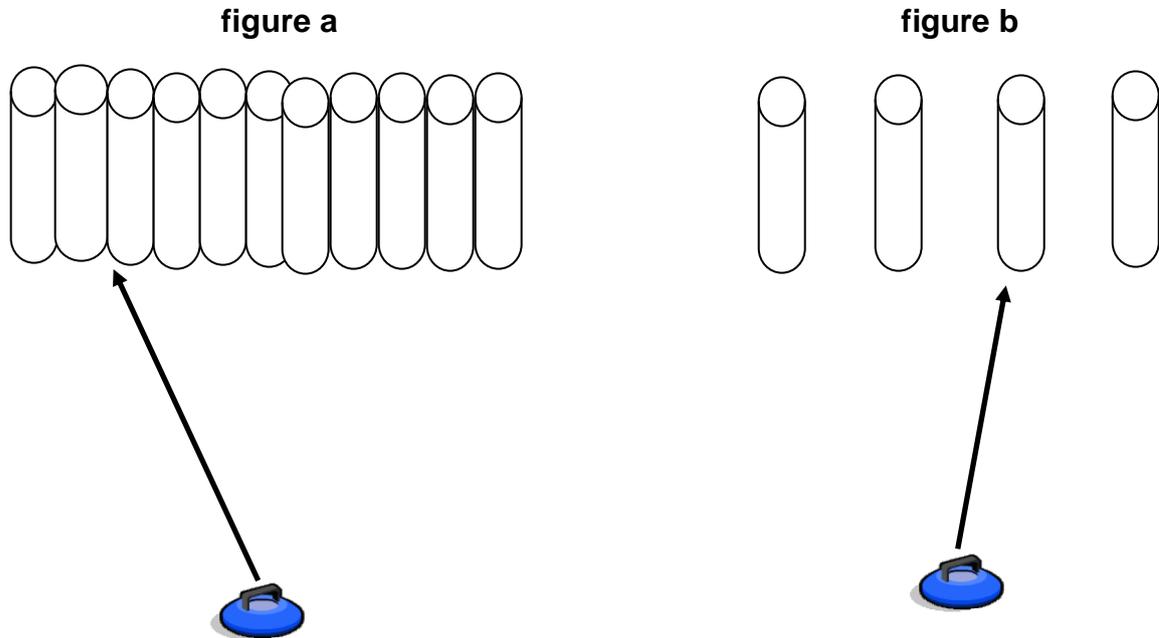


	<b>Task description:</b>	<b>Success criteria:</b>
<b>Participant Level</b>	Player is able to make contact with a stone placed 2m away from delivery line	1 out of 4 stones
<b>Emerging Level</b>	Player is able to move an opponent's stone, placed in the centre of the target, so that it is no longer in the inner white circle	1 out of 4 stones
<b>Established Level</b>	Player is able to move an opponent's stone, placed in the centre of the target, completely off the target mat	1 out of 4 stones
<b>Excellent Level</b>	Player is able to move an opponent's stone, placed in the centre of the target, completely off the target mat, whilst leaving own stone on the target mat	2 out of 4 stones

## Skill 4. Power: Skittles

### To knock down slalom skittles or similar

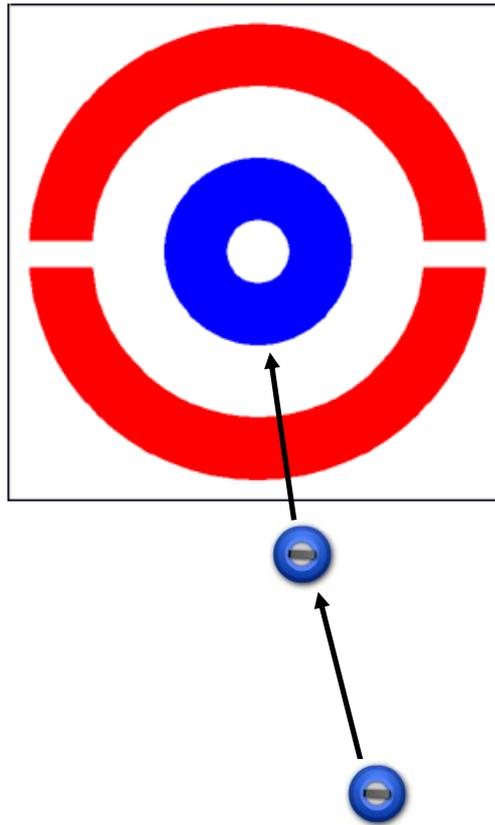
During this test, skittles that have been knocked over are removed before player delivers next stone.



	<b>Task description:</b>	<b>Success criteria:</b>
<b>Participant Level</b>	With 10 skittles placed <u>in a line</u> at half way point of player's range* (figure a, skittles touching each other) player is able to knock skittles down	5 out of 10 skittles with 4 stones
<b>Emerging Level</b>	With 10 skittles placed <u>in a line</u> at target length (figure a, skittles touching each other) player is able to knock skittles down	5 out of 10 skittles with 4 stones
<b>Established Level</b>	With 4 skittles, placed a <u>skittle width apart</u> at target length player is able to knock skittles down	3 out of 4 skittles with 4 stones
<b>Excellent Level</b>	With 4 skittles, placed a <u>kurling stone width apart</u> at target length (figure b) player is able to knock skittles down	3 out of 4 skittles with 4 stones

\* range – A player's 'range' is the maximum distance they can deliver stones and will depend upon the playing surface (and ramp, if used). This should be determined prior to commencing the Kurling Skills Awards.

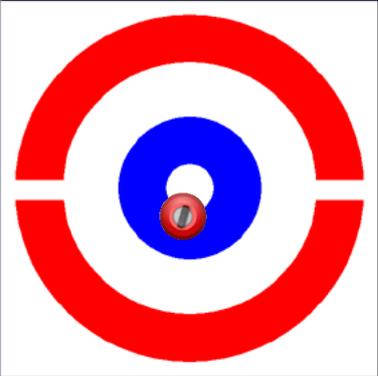
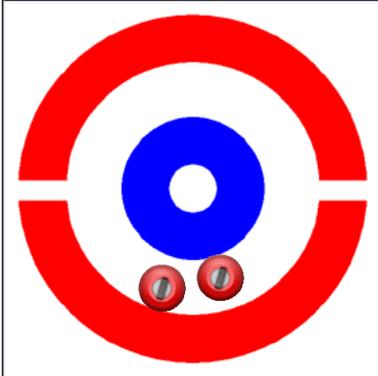
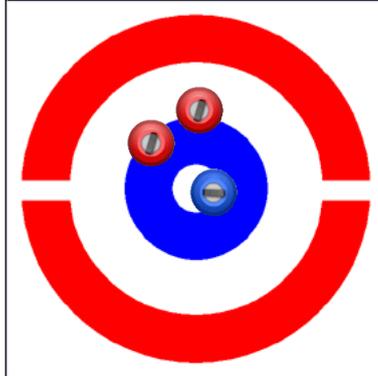
**Skill 5. Tactics: The Nudge**  
 To promote own stone or team stone



	<b>Task description:</b>	<b>Success criteria:</b>
Participant Level	n/a	n/a
Emerging Level	With a stone placed at front of the target mat, player can nudge this stone forward into a scoring position	1 out of 4 stones
Established Level	With a stone placed at front of the target mat, player can nudge this stone forward into a scoring position	2 out of 4 stones
Excellent Level	With a stone placed at front of the target mat, player can nudge this stone forward into a scoring position	3 out of 4 stones

## Skill 6. Tactics: Shot Selection

From the following set-up game situations, players must select and justify an appropriate shot. For the situations below, the candidate will be playing blue stones. See example answers (below).

6.1 Opponent's stone is in a winning position	6.2 Path to bull is blocked by opponent's stones	6.3 Blue to play from a winning position
		

Some shot decisions will be influenced by the match score and how many ends are left to play.

Skill 6.1 - Bump the red stone off and leave the blue stone on.

Skill 6.2 - If blue is delivering the last stone of the end, split the reds and carry through to centre of target. It doesn't matter if the red stones stay on the target.

If blue is not delivering the last stone, OR blue is trying to protect a lead in the match, the main objective would be to remove both red stones and not worry about where the blue ends up.

Skill 6.3 - Put in a blocker left of centre of the blue stone to protect it.

Rest up against the left hand red to score 2.

Take out the two red stones by striking the left hand red first (and stay on the target to score 2).

If blue is delivering the last stone of the end, deliver a short or wide stone to avoid the target.

	<b>Task description:</b>	<b>Success criteria:</b>
Participant Level	n/a	n/a
Emerging Level	Player selects an appropriate shot	Some of the time (e.g. 2 out of 4 stones)
Established Level	Player selects an appropriate shot and explains why	Most of the time (e.g. 3 out of 4 times)
Excellent Level	Player selects an appropriate shot, displays tactical awareness and the ability to deliver the shot	Most of the time during a game (e.g. 3 out of 4 stones each end in a singles game or equivalent in a team game)

Note: For Skill 7 (Competitive Kurling) and Skill 8 (Umpiring) the National Governing Body (GBKA) publish rules, details of court dimensions, glossary of terms etc. These can be obtained from GBKA: [www.gbkcurling.co.uk](http://www.gbkcurling.co.uk) A useful resource for inclusive games is the TOP Sportsability cards available from [www.youthsporttrust.org](http://www.youthsporttrust.org)

### **Skill 7. Game Play: Competitive Kurling (OPTIONAL)**

To compete in a Kurling match

	<b>Task description:</b>	<b>Success criteria:</b>
Participant Level	n/a	n/a
Emerging Level	n/a	n/a
Established Level	Player competes in a Kurling match at own club	Has played as an individual or member of team, winning an end or not losing heavily
Excellent Level	Player competes in a Kurling competition at local level or above	Has played as an individual or member of team, winning a game or making play difficult for their opponent(s)

### **Skill 8. Game Play: Umpiring (OPTIONAL)**

To officiate in a Kurling game

An introduction to Umpiring; this may include responsibilities such as coin toss, scoring, measuring and spotting foot faults and dead stones.

	<b>Task description:</b>	<b>Success criteria:</b>
Participant Level	n/a	n/a
Emerging Level	n/a	n/a
Established Level	Player assists an Umpire during a match	Has assisted an Umpire and displayed some knowledge of competition rules
Excellent Level	Player takes a lead role officiating a Kurling match under the guidance of an Umpire	Has officiated a Kurling match under the guidance of an Umpire and displayed knowledge of competition rules

## WAYS OF DELIVERING STONES

In Kurling, players are free to deliver stones by any means. Possible ways include a bowling action, pushing using one or two hands, using a pusher stick, using a ramp or kicking the stone. Players can deliver stones whilst standing, sitting/kneeling on the floor, or seated in a chair/wheelchair.



standing bowling action



sitting two-handed push



wheelchair player with ramp



kneeling one-handed push



standing kick delivery



pusher stick delivery

## POSSIBLE MODIFICATIONS FOR RAMP PLAYERS

Kurling is an all-inclusive sport. The following methods of delivering stones are ways that could be used for players with severe restrictions in their upper body movement. Modifications to the ramp outlined below are sanctioned by GBKA and delivering stones by the methods described are perfectly legal in competitive Kurling.



### Using a string threaded through the handle of the stone

This method will require a small hole to be drilled in the side of the ramp.

The string forms a simple pulley, thus taking away some of the weight of the stone. It only needs one hand to deliver stones.

The player can lengthen or shorten the string with a slight movement of their hand to determine how far the stone will travel. When the player releases the string it will slide through the handle as the stone rolls away.

### Using the mouth to deliver a stone

This is an adaptation of the method above, but players do not need use of their hands.

A bead is tied onto the string for players to grip. By moving head or upper body, players can make adjustments to the length of the string to alter the distance their stones will travel.



### Using a circular holder at the top of the ramp

A horizontal shelf with an upturned flying disk (frisbee) is attached to the top of the ramp with hinges. Part of the lip of the disk is trimmed away to form a gap for the stone to go through.

The stone is stored in the circular holder until the player is ready to deliver. The player can then push their stone with one or two hands.

Players without the use of their arms can jolt the ramp with a movement of the torso to send the stone down the ramp.

## KURLING EQUIPMENT

To participate in New Age Kurling you will need:

A set of kurling stones, 4 red and 4 blue

A kurling target (there are several different targets available)

A ramp for players with limited mobility

Pusher sticks

Scoreboard or scorecards

Kurling Lollipops (to indicate the score at the completion of an end)

Tape measure or bowls measure

Badminton court (this will make 2 kurling courts)

Kurling equipment can be purchased from [www.kurling.com](http://www.kurling.com) and educational sports equipment suppliers.

## USING THE PUSHER STICK

The pusher stick head has a short lip which fits into the handle of the stone and is used to pick up the stone. When delivering a stone, the pusher stick needs to be rotated so that its large flat surface makes contact with the stone's handle. Often, pusher sticks are height adjustable.



inserting the pusher head lip under the handle of the kurling stone



lifting the stone



correct position ready to deliver











# Kurling Skills Award

## PARTICIPANT LEVEL

Awarded to:

---



Date: \_\_\_\_\_ Signed: \_\_\_\_\_

Examiner



LOTTERY FUNDED





# Kurling Skills Award

## EMERGING LEVEL

Awarded to:

---



Date: \_\_\_\_\_ Signed: \_\_\_\_\_

Examiner



LOTTERY FUNDED





# Kurling Skills Award

## ESTABLISHED LEVEL

Awarded to:

---



Date: \_\_\_\_\_ Signed: \_\_\_\_\_

Examiner



LOTTERY FUNDED





# Kurling Skills Award

## EXCELLENT LEVEL

Awarded to:

---



Date: \_\_\_\_\_ Signed: \_\_\_\_\_  
Examiner



LOTTERY FUNDED



## Useful web links:

[www.gbcurling.co.uk](http://www.gbcurling.co.uk)  
Great Britain Curling Association (GBKA)  
Curling's National Governing Body for the UK  
Membership, coaching, umpiring, competitions, Curling rules and lesson plans

[www.kurling.com](http://www.kurling.com)  
New Age Curling  
Purchase of Curling equipment, information about Curling

[www.daviessports.co.uk](http://www.daviessports.co.uk)  
Davies Sports  
Educational sports equipment suppliers

[www.efds.co.uk](http://www.efds.co.uk)  
English Federation of Disability Sport (EFDS)  
The national body responsible for developing sport for disabled people in England. EFDS work closely with the National Disability Sports Organisations (NDSOs) recognised by Sport England to develop sporting opportunities for disabled people in England

[www.fdso.co.uk](http://www.fdso.co.uk)  
Federation of Disability Sports Organisations (FDSO)  
Providing sport and recreational opportunities for people with disabilities in the Yorkshire and Humberside regions

[www.runningsports.org](http://www.runningsports.org)  
runningsports skills and support for sports volunteers  
Advice, workshops and resources to help successfully run a sports club

[www.youthsporttrust.org/page/top-sportsability](http://www.youthsporttrust.org/page/top-sportsability)  
Specially designed resources and equipment promoting the integration of disabled and non-disabled young people through a variety of sporting challenges, TOP Sportsability resource cards

[www.runningimp.co.uk](http://www.runningimp.co.uk)  
Running Imp  
Suppliers of medals and trophies, bespoke awards, engraving

## ACKNOWLEDGEMENTS

This publication has been produced with the support of:

Fiona Hall  
Federation of Disability Sports Organisations (FDSO)

Steve Greatorex  
Wakefield Able2 Club

Nick Gibbs  
Great Britain Kurling Association (GBKA)

Steve Peace  
Able2 Pontefract Special Olympics

Awards For All

Athletes from Wakefield Able2 and Yorkshire & Humberside Special Olympics  
for testing the activities and appearing in the photographs

