

Factfile

Category
Throwing and Rolling

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To judge weighting a roll
with accuracy.

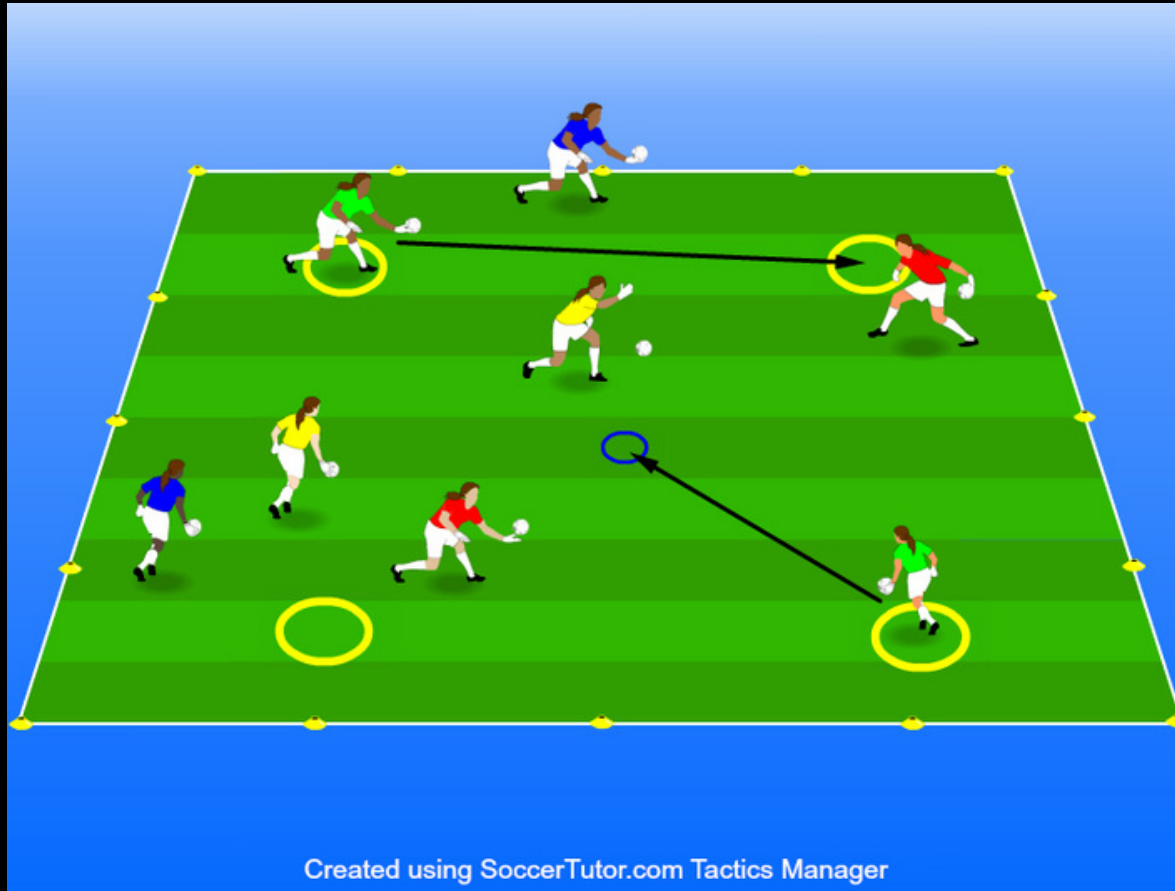
Equipment

- 16 Marker Cones
- 5 Hoops
- 8 Balls

Safety Tips

- Be aware of other players around you to avoid collision.
- Be careful not to stand on the hoops or other players' balls to prevent slipping.

20) Weighting Game



Tips For Success

- If your opponent intercepts your ball, go and collect their ball.
- Tell your opponent your score as you go to keep the challenge interesting.
- Follow through your roll to help weight the length of the roll.
- Bend a knee to get low when rolling.

Independent Personalisation

- Change 1v1 opponents regularly.
- Limit the hoops a player can aim for.
- Adapt the ball size to the individual.



Rules

- 1v1 competition. Each player starts with a ball, standing in a hoop. They aim to roll the ball to stop in another hoop to score 1 point or the middle hoop to score 3 points.
- Once a player rolls their ball, they must retrieve it or intercept their opponent's ball and roll towards another hoop. If they pick up their opponent's ball, they can roll into the same hoop their opponent aimed for.
- You can intercept your opponent's ball to stop them scoring, but if you touch their ball whilst it's in the hoop, they score.