**New Age Kurling**

**This is a SEN competition or for inactive young people**

**Format:**
Each team will consist of 4 players 2 boys and 2 girls from any age group
Each game consists of four ends. An end is completed when all eight stones have been played.

**Rules:**

Each player delivers stones corresponding to their team colour, red or blue, towards the target at the opposite end of the court.

Stones can be propelled using any part of the body or using a pusher, providing
that the player is behind the delivery line on releasing the stone.

Individuals/teams take it in turns to deliver the first stone of an end. The
individual/team going first in the first end being determined by a toss of a coin.

Each game consists of four ends. An end is completed when all eight stones have been played.

A team scores one point for each stone that is closer to the centre than any opposition stone.

At the completion of four ends, the points scored on each end are added
together. The individual / team with the highest total score wins.