



New Age Kurling can be played by both able-bodied and disabled people of all ages alike.

**HISTORY**

In 2000, John Bennett was asked by his son to think up a sport that disabled people could all enjoy. It was while watching the Curling World Championships on television that John came up with the idea of New Age Kurling, an indoor version of the existing game.

He thought about using a discus with a handle and bearings so it could slide along the ground.

He invented pushers and ramps to allow people of all abilities to launch the kurling stones as well as vinyl mats as targets.

New Age Kurling has been used as part of rehabilitation programs in hospitals because the sport doesn't require any physical fitness to play, but exercises muscles you would not usually use. With the help of Disability Sport England and local authorities John wants to encourage more people to take up the sport as the benefits speak for themselves.

What started as a sporting idea for disabled people quickly became popular with able-bodied persons too, and for the first time disabled people can play with or

against able-bodied people on an equal level. As its popularity grew variations of the game were created, including Kurling Kroquet and Kurling Golf.

The sport is now played all over the world, with national and international competitions. By 2009 indoor curling will be enjoyed in 174 countries and John hopes for it to become a paralympic sport in 2012.

In October 2004 John was named the British Chamber of Commerce's regional Entrepreneur of the Year and short-listed for the national final.



New Age Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice.

Importantly, the game can be played by both able-bodied and disabled people of all ages alike. It has become so popular that it is recognised by most disabled unions in the United Kingdom and is fast becoming a mainstream sport in schools and after school clubs.

### Equipment

Competitions will be played with rubber Kurling stones and pushers, plus vinyl House/Curling style target. Each stone is marked with the stamp of the Kurling Club and an indelible number, which makes each Kurling stone unique. Only these marked Kurling stones can be used for competitions.

For the competition playing area, a Badminton court approx 13.4m long is used. The House/Curling style targets are laid with the top edge touching the top of the Badminton court using both lanes of the court so play is up to one target line of the Badminton court using both lanes of the court so play is up to one target and back down to the other.

The base line of the court is the starting line or Hack box this will be 4" wide 120cm x 120cm and in line with the target you are playing to.

There is a cross line marked on the court approx 4.70m from both ends, called the Hog line. All Kurling stones delivered must be over this line nearest to the target you are playing to, to be in play, if the stone rests or does not make the line the Kurling stone must be removed from play in that end.

Scoring is the nearest to the middle or Bulls Eye, if for example one red Kurling stone is nearer to the centre than any blue Kurling stone then that is one point to the reds, if four red Kurling stones are nearer the centre than any blue Kurling stone then that is four points to the reds.

When delivering a Kurling stone you are allowed to step over the Hack Box, delivery line but some part of your body must remain behind this line at all times. Failure to do so is called a fault and the Kurling stone being delivered is removed from play in that end. Continually faulting will lead to disqualification of the player or the whole team.



### Playing the game

The game must be played by the same number of players of any gender on both teams and can be played in the following format.

A toss of a coin, head or tails, the winner of the toss will select the colour of the Kurling stones they would like to use and also select if they are to go first or second in delivery.

Singles with 4 Kurling stones each with each player delivering their Kurling Stone, 1 red then 1 blue or visa versa following their opponent. Example 1st red followed by 1st blue, 2nd red followed by 2nd blue, 3rd red followed by 3rd blue, final red followed by final blue.

Doubles with 2 Kurling stones each, a skip must be appointed, the leads deliver their Kurling stones followed by the skips.

Triples with 2 Kurling stones each, a skip must be appointed, the leads deliver their Kurling stones followed by the number twos, followed by the skips.

Fours with 2 Kurling stones each, a skip must be appointed, the leads deliver their Kurling stones followed by the number twos, followed by the number threes, followed by the skips.

All Kurling stones have to be delivered to complete and end.

All disputes must be taken to the umpire; the umpire's decision is final.

Competition is played in three sets of 5 ends. The winner of more sets is the Victor.

### Disabled play

Friendly play can be over any distance chosen by the players or if playing in competitions you must use the rules and qualifications laid down by your National Disabled Authority.

For delivery of Kurling stones you can use Hands, Feet or pushing Sticks.

### Play to Numbered Targets

These are for friendly play only and enable you to count points, so it is possible to set a points



total and the first to achieve this total is the winner.

### League Team or Knockout Competition

Each team is made up of 7 players, these players will play 7 singles, 2 doubles and one triples, each win will gain one point for your team.

### The Kurling Club

All League scores should be posted or Emailed to the Kurling Club. Failure to do so may result in points being deducted. Both team captains should sign the scorecards.

The Kurling Club committee is committed to keeping and enforcing the rules while ensuring you enjoy the recreational sport of New Age Kurling.

Visits to schools or clubs can be carried out with a demonstration for children or members. It is guaranteed that this competitive sport will be well accepted and thoroughly enjoyed by all that play.

This new sport is now played in 47 countries around the world.

New Age Kurling falls into all the government guidelines for exercise and bringing sport into schools.



New Age Kurling Costs

**KURLING COMPETITION SET**

4 RED AND 4 BLUE STONES WITH CARRY CASE - COST: £199.00

**NUMBERED TARGETS - COST: £18.00 EACH**

**CURLING (HOUSE) TARGETS - COST: £18.00 EACH**

**2 PLASTIC PUSHER HEADS AND HANDLES - COST: £15.00 A PAIR**

**KURLING SHOOTS / RAMPS - COST: £68.00 EACH**

**KURLING KOUNTERS TARGET - COST: £25.00 EACH (tubed)**

**KURLING KILLER TARGET - COST: £20.00 EACH (tubed)**

**KURLING MAGNETIC SCOREBOARD - COST: £17.00 THE SET**

**KURLING GOLF TARGETS 1 TO 9 - COST: £30.00 THE SET (tubed)**

**KURLING KROQUET SET OF 9 HOOPS - COST: £49.00 THE SET**

**SCORE CARDS FOR ANY GAME**

IN PACKS OF 5 X 50 SHEETS. PLEASE NOMINATE THE GAME.

INCLUDING POSTAGE - COST: £8.00 PER PACK

**DELIVERY**

Orders over £200.00 - UK Mainland £9.00

Orders under £200.00 - UK Mainland £6.95

AREA CONTACT DETAILS

Postal Address:  
New Age Kurling  
5 Lower Sands  
Dymchurch  
Kent TN29 0NE

Telephone: 01303 873270

Fax: 01303 873271

Email: [info@kurling.com](mailto:info@kurling.com)

