

Rule Book Scidils



**Go for Life
Games**

An Age & Opportunity **active** initiative



SPÓRT ÉIREANN
SPORT IRELAND

Singles Scidils

Playing area and equipment

The game is played

- ▶ across the width of a volleyball court (9 metres)
- ▶ using a 500g medi ball
- ▶ using the pins from the standard indoor 10-pin bowling set

Setting up

- ▶ Players play from opposite sides of the court facing each other
- ▶ Each player places one pin on the outside sideline of the court
- ▶ The players must roll the ball from outside the court lines



Step-by-step play

1. Team named first on playsheet plays first
2. To start the match Player 1 bowls the ball from outside the court area. The ball must first touch the floor outside the court (i.e. no throwing/pitching)
3. The aim is to knock down their opponent's pin - a point is awarded if they are successful, none if they miss
4. Player 2 re-positions the pin if it is knocked. (The pin must be standing on the target as a player bowls.) They now bowl the ball in the opposite direction. As before, the objective is to knock down their opponent's pin and again, a point is awarded if they are successful
5. Players bowl in turn - the match continues for 5 minutes. The winner of the match is the player that has accumulated most points



Pairs Scidils

Playing area and equipment

The game is played

- ▶ across the width of a volleyball court (9 metres)
- ▶ using a 500g medi ball
- ▶ using the pins from the standard indoor 10-pin bowling set



Setting up

- ▶ The game is played in opposing pairs
- ▶ Pairs play from opposite sides of the court facing each other
- ▶ Each pair places one pin on a target at the opposite side of the court (at a distance of 9 metres)
- ▶ The players must roll the ball from outside the court lines

Step-by-step play

1. The team named first on the playsheet plays first
2. To start the match, Player 1 from Team A (A1) bowls the ball from outside the court area. The ball must first touch the floor outside the court (i.e. no throwing/pitching). The aim is to knock down their opponent's pin - a point is awarded if they are successful, none if they miss
3. Player 1 from Team B (B1) re-positions the pin if it is knocked. (The pin must be standing on the target as a player bowls.) They now bowl the ball in the opposite direction. As before, the objective is to knock down their opponent's pin and again, a point is awarded if they are successful
4. Players bowl in the order A1, B1, A2, B2 play lasts for 7 minutes
5. The winner of the match is the team that has scored the most points

Team Scidils

Playing area and equipment

The game is played

- ▶ across the width of a volleyball court (9 metres)
- ▶ using the 500g medi ball
- ▶ using the pins from the standard indoor 10-pin bowling set

Setting up

- ▶ The game is played in teams of three
- ▶ Teams play from opposite sides of the court facing each other
- ▶ Each team places one pin on a target at the opposite side of the court (at a distance of 9 metres)
- ▶ The players must roll the ball from outside the court lines



Step-by-step play

1. The team named first in the playsheet plays first
2. To start the match, player 1 from Team A (A1) bowls the ball from outside the court area. The ball must first touch the floor outside the court (i.e no throwing/ pitching). The aim is to knock down the opponent's pin - a point is awarded if they are successful, none if they miss
3. Player 1 from Team B (B1) re-positions the pin if it is knocked. (The pin must be standing on the target as a player bowls.) The player now bowls the ball in the opposite direction. As before, the objective is to knock down the opponent's pin and again, a point is awarded if they are successful
4. Players bowl in the order A1, B1, A2, B2, A3, B3
5. The winning team plays first in the next game
6. The match continues for 7 minutes
7. The winner of the match is the team that has scored the most points