



## Kerby, An Innovative Ball Game for All Ages, special needs and/or skills

Kerby is not just for fun but also develops motorical skills people aged 6 to 99, offers numerous health benefits and can be played both indoors and outdoors. Kerby is inclusive, allowing visually impaired and physically disabled individuals to participate.

### How Does the Game Work?

Players throw the ball at the opponent's Kerby. Points are scored if the ball hits the edge and rolls or bounces back to your side. The first player to reach 15 points with at least a 2-point lead, wins the game. The maximum game time is 8 minutes. If neither player has reached 15 points after 8 minutes, the player with the most points wins. This dynamic mix of running, aiming, throwing, and strategy creates a game fun to play.

### Scoring System

Catching the ball, after a successful throw against the Kerby, earns you two points. If the ball rolls back after hitting, you get one point. You can throw again from where you caught the ball. You can discuss with each other how you wish to play the game and how you determine who the winner is.

### Basic Game Setup

To organise a Kerby match, you need:

- ball
- Kerbys
- participants



- A safe playing area

The distance between the Kerbys is approximately 4 meters.

### Why Kerby is a Great Addition

**Health** Encourages movement and various throwing techniques.

**Accessibility** Easily adjustable to the players' abilities.

**Social Interaction** Promotes friendships and team spirit through cooperation and competition.

### Health Benefits

**Cardiovascular Fitness** Throwing the ball above the heart level improves blood circulation and strengthens arm and shoulder muscles.

**Varied Throwing Techniques** Underhand, overhand, backward through the legs, or over the shoulder throws for variation and challenge, helping develop diverse motor skills.

**Hand-Eye Coordination** Hitting the Kerby and catching the ball requires precise coordination, enhancing agility.

**Speed and Agility** Players must react quickly to catch the ball, improving start speed and agility.

**Bending and Picking Up** Strengthens back and leg muscles through game movements.

**Risk-Taking** Players learn to think strategically and take risks to avoid being knocked out.

**Fun and Excitement** Provides an enjoyable and thrilling experience for all ages.

*“When you have to make an effort for something, the reward for your brain is greater”.*

*Quote Neuroscientist, Professor E.J.A. Scherder*

### Game Elements

**Competition and Fun** The competitive nature combined with the fun of throwing and aiming makes Kerby a hit with all ages.

**Social and Connecting** Kerby fosters cooperation and friendships as players work and strategise together.



**Accessibility** By adjusting the distance between the Kerbys, the difficulty level can be easily increased or decreased.

### Game Variants

**Classic Kerby** Players aim to throw the ball against the front of the opponent's Kerby. If the ball returns through the air, they try to catch it and throw again until they miss or win. If they miss, it's the other player's turn.

**Kerby in a Circle** Place eight Kerbys in a large circle. Each player keeps one hand on their Kerby and tries to hit the front of the opponents' Kerbys with the other hand. If hit, the player is out.

**Kerby in Two Rows** Set up two rows of six Kerbys opposite each other. Players stand behind their Kerbys and try to hit the opponents'. If you hit an opponent's Kerby, you capture it. The player who loses their Kerby continues with the remaining teammates to capture the opponents' Kerbys.

### Extra Game Variants

**Increasing Distance** Raise the difficulty by increasing the distance between the Kerbys.

**Different Throwing Techniques** Try underhand, overhand, backward, or through the legs throws.

**Blind Play** Play with a blindfold for extra challenge.

**Knockout or Not** Decide if knocking out is part of the game.

**Target Play** Set the Kerby upright as a target and play a precision game.

### Product Features

**Cheerful Colours** Kerby is available in blue, pink, lime green, and orange, making the game extra appealing.



**Lightweight and Stackable** The plastic Kerbys are easy to carry and store.



**Suitable for All Surfaces** Whether you play on sand, grass, in the gym, or on the playground, Kerby adapts to any environment.



Dutch Kerby Championship