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*Gender Inclusiveness on sports is one of the most important debates nowadays. Here, we are going to talk about three different sports and their rules, adding some changes to improve it and make those sports more equal.*



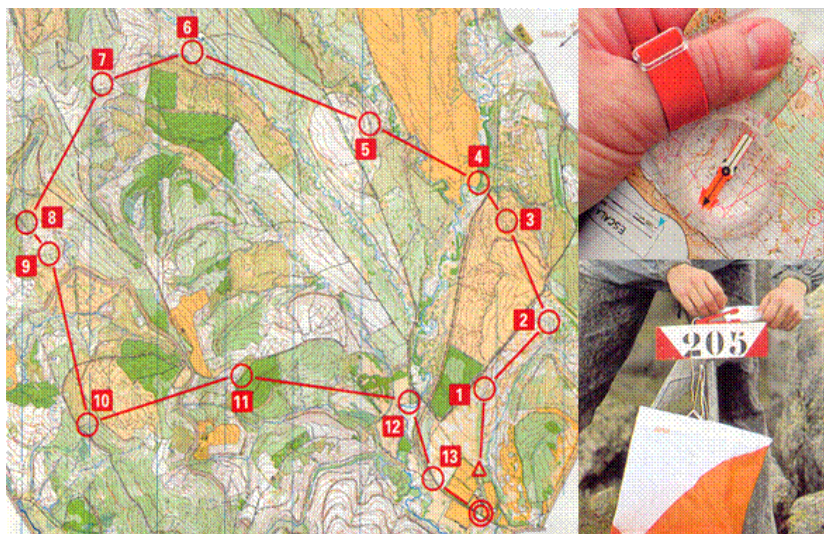
### KORFBALL

Even though Korfball is one of the most inclusive popular sports already, we thought that the best way to improve it to be more a little more equal is to put the basket lower so the girls, which are usually shorter, have more possibilities to score and be more relevant in the game. Also we have thought about playing and defending girls with boys and boys with girls so it will be more inclusive because we are all at the same level. Another change could be to include two referees, a boy and a girl because the decisions made by two people are usually more accurate. This will make the sport more fluent, easy and equal for both genders.



## ORIENTEERING

Now, talking about orienteering, the best ideas we had is to change the interval starting time between the runners because they usually catch up and follow each other. Another way to make orienteering more inclusive is to make a category where the teams are mixed pairs, of one boy and one girl, so the boy have to go always with the girl (that is supposed to run slower). Also we can change the starter points between participants so they can not see their rivals. The last idea we had is that the race must be less dangerous than now because there are a lot of injuries.





## **PADDLE TENNIS**

Paddle is a really inclusive sport, as men and women play very similarly . but we think it would be better if in the championships you could play against anyone of the opposite gender because we think that everybody has more or less the same capacities in this sport. Also if the players are beginners they have the option to play with two bounces instead of only one.



## **ULTIMATE FRISBEE**

Ultimate Frisbee was really good fun but some of the boys were a bit rough so it would definitely be good to have a rule that says no contact allowed between players. You have to be really fit for the sport so if one team is losing then they should be allowed more substitutes near the end of the match who will be players who are not so tired. This would make it fairer. Also boys can usually throw it further so there should be a rule that you cannot throw more than half the length of the pitch in one go. Then players would have to be more skilful and strength would not matter so much.

## **CRICKET**

Cricket can be a bit complicated and dangerous if you play with a real cricket ball (which is really hard). So the rules would not allow hard cricket balls at least until all the players have played quite a lot. The bats are heavy too so it could be a good idea to make the strongest players have the heavy bats while other players could have light bats which are easier to use. This would make more people want to play cricket, both boys and girls. Bowling is difficult because you're not supposed to bend your arm so we would allow people to bend their arm to make it more inclusive.