

Gender Inclusiveness in sport.

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.



KORFBALL

When we played Korfball it was already very inclusive so we could not think of many ways to make it even more inclusive for everyone. One thing was that sometimes the boys were much taller than the girls that they were marking so it was very hard for the girl. So maybe it would be good to try to match up players by how tall they are so that it is fairer in that way.



ORIENTEERING

Orienteering was good fun but we did bump into other groups quite a lot so one idea is that there is a gap between each group. The gap could be by starting at different times or by starting at a different place. Or even teams could go in different directions around the course as long as the total distance was still the same for everyone. Also if one team is not very good at reading the map maybe they can get some help if they get really lost. Or even you could have teams with slower runners allowed more time so they start first while other teams have to wait a little bit.

