

# Kanga Study Guide

## History of the Activity

Kanga is an Australian developmental game for Cricket. Cricket is most popular in Australasia, England, the Indian subcontinent, the West Indies and Southern Africa. This particular version was brought to Gateway Middle School by former fitness instructor, Dan Montzingo.

## Objective of the Activity (Scoring system)

The objective is to score more points than the opposing team(s) before the end of the class period. Some forms of the game use overs (kind of like an inning in baseball) to measure the length of the game. Every time batters exchange ends and place their respective bats in the pot, a single run is scored for the team/pair. Batters continue to score as many runs as possible before acquiring 3 outs. After 3 outs have been earned, teams switch positions. Pitchers -> Batters -> Fielder1 -> Fielder2 -> back to Pitchers.

## Equipment/Playing surface

Each game requires two bats, one soft ball, 4 pins, and 2 poly spots (pots). Because this game is adapted for gym space, the pins are placed 30' apart on the volleyball sidelines. The pins are placed one shoe width apart. The poly spot (pot) is placed one shoe length towards the other set of pins. The entire gym is in play. Multiple games are differentiated by the color of the equipment.

## Players/Positions/Skills

Games may be played with 2-4 pairs; each pair is a separate team. Two batters are on offense trying to score runs. Another pair alternates being pitcher and catcher without changing ends. The objective for the pitching partners is to knock down pins to obtain outs. The remaining pair(s) play defense in the field of play. Fielders catch fly balls and throw everything else back to the pitchers.

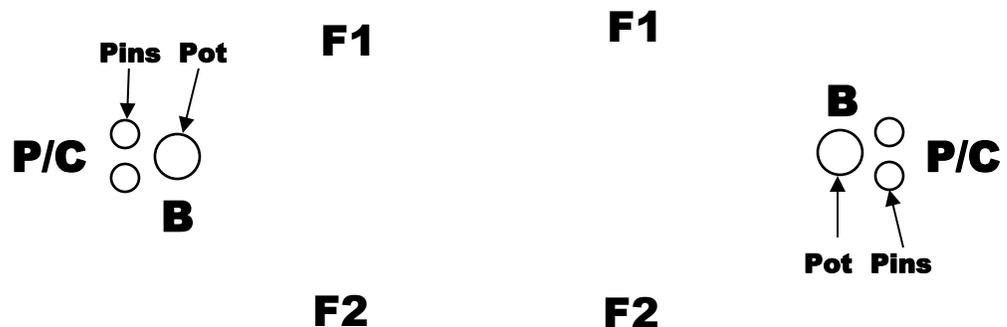
### KEY

**B = Batters**

**P/C = Pitchers and catchers**

**F1 = Fielding team #1**

**F2 = Fielding team #2**



## **Rules/Faults**

Batters guard the “pot of gold” by keeping the bat in contact with the poly spot unless they’re batting. If the batter swings and misses, they should put the bat back “in the pot.” If the batter hits the ball, the team needs to decide if they can switch ends carrying the bat to the opposite pot. If the batting team decides not to run it is considered a strike. The batting team may score multiple runs off one hit as long as they think they can be successful.

## **Outs**

- Three strikes equals one out.
- Any ball caught on the fly (hit into the air).
- When the pitcher delivers the ball from the opposite end, any pin knocked down (whether the bat is in the pot or not) records an out for each pin.
- When a pitcher knocks down a pin(s) at the opposite end while the batters are running between pots.
- Any pin knocked down by the batter at any time.
- When a catcher places the ball in the pot three outs are recorded.
- Blocking the pins with any body part to prevent the ball from hitting the pins.
- If the pitcher or catcher places the ball in the pot when the batter does not have their bat in the pot, three outs are recorded.

## **Etiquette**

Multiple games are happening simultaneously with colored coded equipment. Safety should be the primary factor when making decisions; otherwise different colored balls should be ignored. This prevents other games from gaining an advantage in the field.

## **Components of Fitness**

Cardiorespiratory endurance becomes necessary when this game is played at a competitive level.