

SPORTS FROM AROUND THE WORLD

(Kabaddi, Spikeball and Danish Longball)

KEY RULES

Game Basics: Sports from Around the World promote cultural awareness, teamwork, fitness, and tactical thinking. Kabaddi, Spikeball (also known as Roundnet), and Danish Longball develop a wide range of skills including agility, striking, throwing, dodging, communication, and strategy. All three games are highly inclusive, adaptable, and encourage fair play, leadership, and cooperative competition.

Kabaddi: Kabaddi is a fast-paced invasion and tagging sport originating from South Asia. Two teams take turns sending a raider into the opposing half to tag defenders and safely return without being tackled. While raiding, the player must continuously chant “kabaddi” to prove they are not breathing in. Defenders work together to stop the raider returning safely. Kabaddi develops speed, evasion, teamwork, decision-making, and controlled physical contact. In school settings, rules are adapted to ensure safety and accessibility for all pupils.

Spikeball: Spikeball is a net-based invasion striking game played around a small circular rebound net placed on the floor. Teams of two work to strike the ball onto the net so that the opposing team cannot return it within three touches. There is no fixed side, so players must move constantly, read the game, and communicate clearly. Spikeball develops reaction speed, spatial awareness, coordination, teamwork, and tactical shot placement. The emphasis is on continuous play, cooperation, and inclusive competition.

Danish Longball: Danish Longball is a striking and fielding game similar to rounders and baseball. A batter hits the ball and attempts to run between designated safe zones while the fielding team works together to stop the runners and return the ball to the base. Unlike rounders, there is no automatic out on a caught ball, making it highly inclusive and fast-moving. Danish Longball develops striking accuracy, running speed, teamwork, throwing skills, and tactical awareness. It is ideal for whole-class participation and cooperative play.

Fair Play and Respect: All global sports promote respect, honesty, teamwork, and cultural appreciation. Players follow agreed rules, respect officials’ decisions, and encourage one another regardless of outcome. Kabaddi requires controlled physical contact and trust, Spikeball depends on sporting honesty and communication, and Danish Longball emphasises cooperation and shared responsibility. The focus is on learning, enjoyment, and collective success rather than winning alone.

Safety and Support: Activities are delivered with a clear focus on safety, confidence, and inclusion. Kabaddi is taught using modified non-contact or semi-contact rules for schools. In Spikeball and Danish Longball, equipment is adapted for age and ability and throwing and striking zones are clearly defined. Clear signals, safe distances, warm-ups, and supervised play ensure pupils feel secure and supported at all times.

NATIONAL GOVERNING BODY (NGB)

Kabaddi England / England Kabaddi Association (EKA) – Governs and develops Kabaddi across England.

UK Kabaddi Federation – Promotes Kabaddi across the United Kingdom.

Roundnet England (formerly Spikeball UK) – Governing body for Spikeball/Roundnet in England

USEFUL LINKS

England Kabaddi Association: englandkabaddi.org

UK Kabaddi Federation: ukkabaddi.org

Roundnet England: roundnetengland.co.uk

Spikeball (International): spikeball.com