

DIFFERENT WAYS TO PLAY KAN JAM IN SCHOOL

We love hearing from Phys-Ed teachers across the country who are finding new ways to use Kan Jam and keep their students involved in class. From Relay Kan Jam to Ultimate Kan Jam, we have heard about some very creative new Kan Jam games. Below, you'll find 4 new ways to play Kan Jam that we think your students will absolutely love!

Kan Jam Switch –

- Kan Jam Switch is played with similar rules to original Kan Jam with a simple twist.

How to Play Kan Jam Switch

- After each team has a turn throwing and deflecting the disc, the teammates sprint to the opposite goal for their next turn.
- While running to the opposite goal, if a player makes contact or disrupts the other team, this results in a loss of turn.
- The game continues in this manner until one team scores exactly 21 points or throws an "Instant Win"

Kan Jam Relay

- To play Kan Jam Relay, set up 2 Kan Jam courts next to each other and create two teams with at least 3 throwers lined up behind one goal, and one deflector set up at the other.

How to Play Kan Jam Relay

- After each throw and deflect, the player who threw the disc sprints to the other goal and becomes the new deflector
- The deflector then grabs the disc and sprints to the thrower line, hands off the disc to the next player and goes to the back of the line and waits their turn to throw
- Game-play continues in this way until one team scores exactly 21 points or throws an "Instant Win"

Ultimate Kan Jam –

Ultimate Kan Jam is very similar to Ultimate Frisbee, but with a Kan Jam twist. To play, goals are created approximately 30 yards apart with a designated 10 foot scoring zone, where only the deflector can enter. Many teachers will use a 30-foot rope to establish the 10-foot scoring zone around the goal.

How to Play Ultimate Kan Jam

- Create teams of at least 4 students apiece
- Teams pass the Kan Jam disc to each other without taking more than 3-steps while in possession of the disc
- As the team advances toward scoring zone, the opposing team can play NO CONTACT defense
- The defensive team can intercept or deflect passes, as long as they do not enter the opposing team's scoring zone
- Any time the disc hits the ground on offense, possession changes to the other team
- The game is played up to 21 points with the team on offense scoring by throwing the disc toward the goal where the 1 deflector is in the scoring zone
- Anytime an offensive player, besides the deflector, enters the scoring zone, possession changes to the other team and any points scored on that shot are nullified
- Anytime a defensive player enters the scoring zone, that team receives an automatic 2-point penalty

Kan Jam Stack

- To play Kan Jam Stack, 4 Kan Jam goals are set-up in a diamond shape, with at least two courts being created. A throwing line about 40-feet away from the goals is marked. The same scoring rules as Original Kan Jam apply.

How to Play Kan Jam Stack

- Teams of 4-5 players are created with one player becoming the first deflector, and the rest of the team lining up to throw.
- After each throw and deflect, the thrower runs over to the goals and becomes the new deflector, while the previous deflector takes the disc and runs back to the throwing line. The deflector then hands

the disc off to the next thrower and goes to the back of the line to wait their turn

- To score points, the disc must be deflected into one of the 4 goals
- Once a disc is deflected into a goal, that goal is removed from the game and the team then chooses a new way to align the remaining goals (as long as each one is touching at least one other goal.)
- Once the disc has been deflected into all 4 goals the team yells “Kan Jam”
- The first team to yell “Kan Jam” is the winner
- There are no “Instant Win” shots in Kan Jam Stack