



# Bridge: A MindSport For All

## *Connects People, Challenges Minds*

### Background to BAMSA

In February 2019 the University of Stirling and Professor Samantha Punch launched the global *Bridge: A MindSport for All* (BAMSA) campaign to promote the benefits of bridge beyond the bridge world. One of BAMSA's aims is to develop a new academic field of Mindsport Studies which explores interactions within the mindsport, well-being, transferable life skills, mental health and social connection. Alongside this, BAMSA strives to enable the game of bridge to be taken seriously as a mindsport, both in academia and in wider society. BAMSA's approach is to highlight the multifaceted and complex nature of bridge, grounded in robust, empirical evidence and research.

Over the last four years [BAMSA's research](#) has begun to establish an academic presence for bridge with many of the published papers already achieving over 3K views/downloads. The recent [research animation](#) about international bridge has received 4.7K views so far via SciPod and BAMSA social media.

The new project, *Bridge, Youth and Mindsport Education*, will investigate the diverse aspects of teaching bridge as a mindsport in schools. Scientific evidence will help to transform the image of bridge away from assumptions that it is a gambling card game or a dull pastime for older people. The objective is to increase the numbers of youth players in schools and youth bridge clubs worldwide.

### Brief Biography of Professor Samantha Punch, Project Coordinator:



Professor of Sociology in the Faculty of Social Sciences at the University of Stirling, Sam has a proven track record of publishing from the academic research on bridge. BAMSA's publications include eleven peer-reviewed journal articles, one book, two book chapters and several reports. Her previous research interests are within the sociology of childhood/youth and the sociology of the family. She is author of *Get Set for Sociology* (2005, Edinburgh University Press) and co-editor of *Sociology: Making Sense of Society* (2013, Pearson), *Global Perspectives on Rural Childhood and Youth* (2007, Routledge), *Children's Food Practices in Families and Institutions* (2011, Routledge), *Children and Young People's Relationships* (2013, Routledge), and *Families, Intergenerationality and Peer Relations* (2018, Springer).

Twitter: @bridgemindsport @punch4s47 <https://bridgemindsport.org/>

### *Bridge: A MindSport for All* Publications

#### Peer-reviewed Journal Articles

Scott, D. and Punch, S. (2023) [The Physicality of Mindsports Through Elite Bridge Players' Sensorial Experiences: Presence, Confidence, and Bodies](#), *The Sociological Review*.

Punch, S. and Snellgrove, M.L. (2023) [Bridging Time: Negotiating Serious Leisure in Intimate Couple Relationships](#), *Annals of Leisure Research*.

Punch, S., Snellgrove, M., Graham, L., McPherson, C. and Cleary, J. (2023) [Exploring Neurosexism and Gendered Stereotypes in a MindSport](#), *Leisure/Loisir*.

- Punch, S. and Russell, Z. (2022) [Playing with Emotions: Emotional Complexity in the Social World of Elite Tournament Bridge](#), *Emotions and Society*, 4(2): 238-256.
- Russell, Z., Punch, S., McIntosh, I. (2022) [Blurring the Boundaries Between Leisure and Work: Professionals as Devotees in the MindSport Bridge](#), *International Journal of the Sociology of Leisure*, 5, 13-32.
- Rogers, A., Snellgrove, M.L. and Punch, S. (2022) [Between Equality and Discrimination: The Paradox of the Women's Game in the Mind-sport Bridge](#), *World Leisure Journal*, 64(4): 342-360.
- Punch, S. and Rogers, A. (2022) [Building, not Burning Bridges in Research: Insider/Outsider Dilemmas and Engaging with the Bridge Community](#), *Journal of Leisure Research*, 53(2): 272-289.
- Snellgrove, M. and Punch, S. (2022) [Negotiating Insider Research through Reactive Collaboration: Challenges, Issues and Failures](#), *Qualitative Research Journal*, 22(4): 548-558.
- Punch, S., Russell, Z. and Graham, E. (2021) [Serious Leisure Experience in a Dyadic Pursuit: Elite Player Motivations and Participation in Tournament Bridge](#) *Leisure Studies*, 41(1): 12-27.
- Punch, S. and Snellgrove, M. (2021) [Playing your Life: Developing Strategies and Managing Impressions in the Game of Bridge](#) *Sociological Research Online*, 26(3): 601-619. [This paper was nominated for the 2021 SAGE Prize for Innovation and Excellence for papers published in Sociological Research Online]
- Punch, S., Russell, Z. and Cairns, B. (2021) [\(Per\)forming Identity in the Mind-sport Bridge: Self, Partnership and Community](#) *International Review for the Sociology of Sport*, 56(6): 804-822.

## Book

Punch, S. (2021) *Bridge at the Top: Behind the Screens*, Toronto: Master Point Press.

## Book Chapters

MacLean, J., Punch, S. and Xu, M. (2023) 'Card Confessions: Digital forms of deviance in the mindsport bridge.' In: Lamond, I. (ed.) *Deviant Leisure and Events of Deviance*. Basingstoke: Palgrave Macmillan.

Snellgrove, M. and Punch, S. (2022) 'Bridge during a time of disruption: Pandemic playing, everyday habits and situated writing', in Sharp, B., Finkel, R. and Dashper, K. (Eds) *Leisure in the Pandemic: Re-imagining Interaction and Activity during Crisis*, London: Routledge.

## BAMSA Reports

Snellgrove, M., Punch, S. and Rees, T. (2021) 'Using Digital Leisure to Tackle Social Isolation', [Policy Briefing for the Scottish Government](#).

McDonnell, D., Punch, S. and Small, C. (2017) *Individual Wellbeing and Bridge: An Empirical Analysis*, Aylesbury: English Bridge Education & Development (EBED),

Snellgrove, M. and Punch, S. (2020) [Challenges, Issues and Solutions facing National Bridge Organisations in Europe](#), EBL NBO Seminar in Prague, Feb 2020, *BAMSA Report for the European Bridge League*.

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