



# INTERNATIONAL GAMES



SELWYN  
SPORTSTRUST

# Cztery katy

(Four Corners)



**Aim of the game:** To change places from one corner to another as fast as possible and without being caught by the chaser.

**Set up:** Draw an area of play from 5 x 5 m up to 8 x 8 m in any indoor or outdoor free space. Mark the four corners of the area and the stove.

## Rules:

Four players stand in the corners and at the same time one – the chaser – stands at the stove. The game starts when the chaser says: *four corners and the stove*. After hearing this saying, all players from the corners have to change their places/corners as fast as possible not to allow the chaser to reach one of the corners. If the chaser is faster than one of the 'corner' players they change places and from this point on the corner player becomes a chaser. This is an inclusive, contact game which can be played by boys and girls in all seasons on any available surface. It has no limit of duration.



[https://youtu.be/lFgaHXDFp\\_U](https://youtu.be/lFgaHXDFp_U)

**Equipment and Materials:** 5 cones, cones or poles (to mark the four 'corners' and 'the stove'). If the game is played by more players bibs or sashes are necessary.

**Age:**  
6+

**Number of players:**  
5 - 15

**Duration:**  
Unlimited

# Čuvari ognjišta

(Guardians of the fireplace)



**Aim of the game:** To knock over the opponent's "fireplace" with the ball and thereby collect a total of 12 points during two halves.

**Set up:** Any indoor or outdoor area with a hard surface that allows participants to play freely. The dimension of the field is not defined

## Rules:

The playing field has two "fireplaces", each centered in 3 m diameter "fireplace circle" that is at 5 m distance from one another. The "fireplace" is made out of 3 sticks forming a pyramid-like shape.

The game consists of 2 halves in which two teams of equal number of players attempt to score a total of 12 points.

The game starts from the midpoint of the field, with teams being on their respective ends. The attack starts by throwing the ball from the midpoint of the field to one of the team members.

After 3 steps, the player must throw the ball or pass it to his teammate. Players can pass the ball to each other a number of times to find the best place to hit the opponent's "fireplace". If they manage to knock it over, they score one point.

Attack action can be done from all sides of the field. It is important to note that the attacking team cannot enter the "fireplace circle" of the opposing team, while the defending team can be placed either inside or outside of it. After the first half, teams swap their ends of the field.



<https://youtu.be/6HVOQaCExB8>

## Equipment and Materials:

Ball, 6 sticks, rope/chock or tape to mark a place.

**Age:**  
5+

**Number of players:**  
4- 8 in two teams

**Duration:**  
2 sets of 6 points



# Suomen Polttopalloliitto

(Finnish Dodgeball)



**Aim of the game:** To avoid getting hit by a thrower throwing a ball

**Set up:** Select a free area. Draw a circle on the pitch, big enough to allow all players to fit inside it and dodge.

## Rules:

All players stand in the drawn circle, apart from one participant who is designated as the thrower and stands outside of the circle.

The thrower tries to throw the ball and hit the players inside the circle, while they try to dodge it. The ball must be aimed to hit below the shoulders. When a player is hit, he / she is eliminated and must get out of the circle. The last player remaining inside the circle without getting hit is the winner.

<https://youtu.be/truniHBWfQo>



**Equipment and Materials:**  
Soft ball the size of a volleyball (sponge ball if available)

**Age:**  
5+

**Number of players:**  
5 - 20

**Duration:**  
10 minutes

# Balders bål

(Vikings' Fire)



**Aim of the game:** Players have to pull an opponent into the center of a circle ("the fire") and thus avoid ending up there themselves.

**Set up:** Indoor or outdoor free space (e.g. park, school backyard, gym) with friendly, soft surface.

## Rules:

The participants hold hands and form a circle.

In the circle a rope forms another circle called the Vikings' Fire.

Players must keep hands held and try to throw others into the circle.

The one who is thrown into the fire goes out of the circle, and the game continues until only one is left.

Every time one is out, the fire is made a little smaller.

If in the heat of the battle one loses hold of a neighbor's hand, the offender goes out.

## Warning:

Put rings, bracelets and watches away as they might cause injuries.

The game should be played in any indoor or outdoor area that allows the players to move within a formed circle.



**Equipment and Materials:** One rope between 5 and 10 meters long

**Age:**  
10+

**Number of players:**  
6 - 30 per team

**Duration:**  
10 - 30 min.





Players should use a variety of skills such as kicking, heading, shouldering, kneeing and tipping with a toe. All parts of the body can be used except the hands and arms.

A player may not step outside the 4m circle or into the 1m circle.

- Ankles protected by socks or stockings and sports shoes.

<https://youtu.be/MWmrLoJpWnw>



# Faustball

(Fistball)



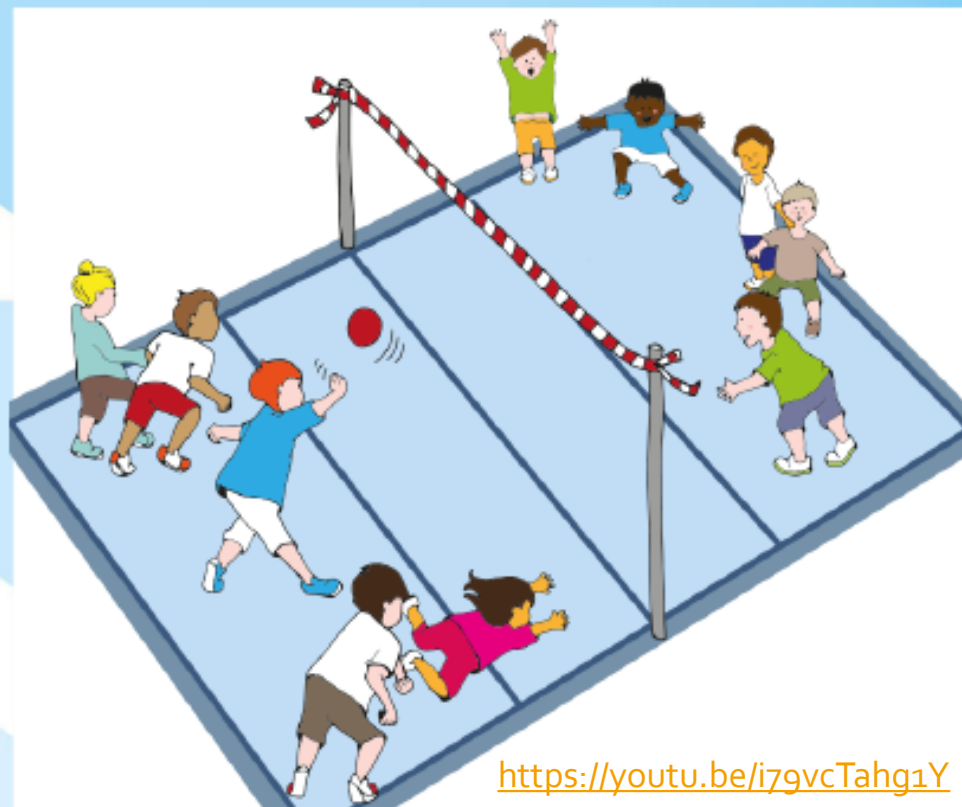
**Aim of the game:** To hit the ball with a closed fist or forearm over the net into the opponents' half so they are unable to return it without committing a fault.

**Set up:** Outdoor grass field: 50m x 20m. Indoor: 40m x 20m. Divide the field in two halves by a central line. On each side, mark 2 parallel service lines at a distance of 3m to the central line.

## Rules:

The ball can only be touched three times by the attacking team before passing it over the net - with a bounce being permissible before each contact, but no repeated hits by any individual player within the three attempts. The team that loses the last point or commits the last error makes the next service. A set ends when one team scores 11 points and is at least 2 points in the lead (i.e. at least 11:9). If the score reaches 10:10, the game is automatically extended, until one of the teams takes the lead by 2, or the first team reaches 15 points.

Points are scored when: a team cannot return the ball; the ball or a player touches the net or post; the ball touches the ground outside the court; the ball touches the ground twice in a row without any contact by a player in between; the ball is played on the side of the post past or below the net into the opponent's box; more than three players on a team touch the ball during a game turn; a player touches the ball a second time within a turn; the ball touches a part of the body other than the upper or forearm or fist (i.e., the ball cannot touch the head, foot, or open hand); a player's first grounding foot lands over the service line on a serve.



<https://youtu.be/i79vcTahg1Y>

## Equipment and Materials:

Fistball, 3 – 6 cm wide net/ribbon or string, posts

**Age:**  
12+

**Number of players:**  
5 in each team

**Duration:**  
Best of 3 or 5 sets



# Fehér-fekete

(White & Black)



**Aim of the game:** To capture all the opponents (each opponent scores one point), or by the end of the game collect as many points as possible

**Set up:** Indoor or outdoor area (20x40 m) with a baseline, in the middle two parallel lines (centre lines) two meters from each other and two border lines (2 meters towards the center lines from the baseline)

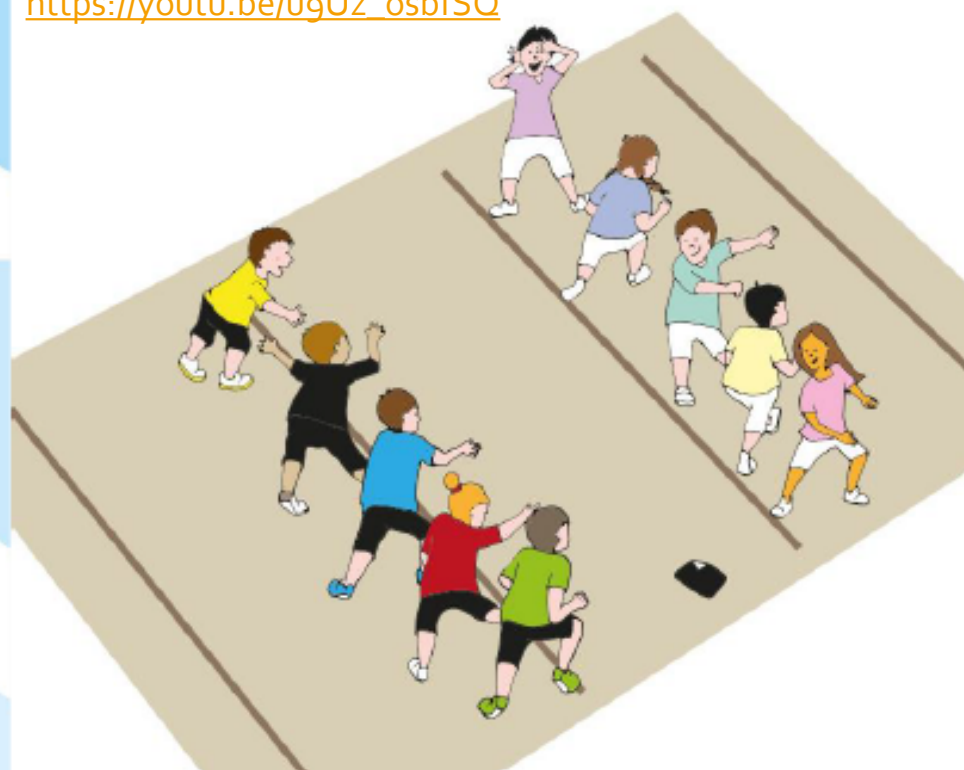
## Rules:

To start the game a paper (or board) is needed that shows colours of black on one side, white on the other. If this is not available, the leader of the game can call out the colours. The players in the colour called out will be chasers.

Players are divided into two teams in equal numbers and lined up behind the centre lines, facing each other (one white and one black line). The leader stands at the end of the two centre lines, spins and throws the paper in the air and finally allows paper to reach the ground in the middle of the 2 centre lines showing one colour. If the black side shows the black team becomes chasers, the white escapers. The white team has to escape all the way back to the baseline. Once they reach their border line, they are safe and cannot be caught. But those whites caught by hand before the 2 m border line will become members of the black.

The winner is the team which captures all the opponents or that has the most points at the end of the game (each opponent caught equals one point)

[https://youtu.be/ugUz\\_osbfSQ](https://youtu.be/ugUz_osbfSQ)



**Equipment and Materials:**  
Paper or board with two sides: black and white

**Age:**  
5 - 18

**Number of players:**  
12 - 30

**Duration:**  
5-10 minutes



# Futó méta

(Running rounders)



**Aim of the game:** To score more runs as the opponent and to maintain the inning as long as possible.

**Set up:** Indoor or outdoor field (20m x 40m) which has sidelines, a baseline and a home base. Home base is where you start from and finish to.

## Rules:

Two teams compete against each other (6-12 person/team).

The team that is playing the inning tries to score as many runs as possible. The team that is playing out on the field is playing defensively; they prevent the opposing team from scoring runs by catching the ball and aiming/throwing it to the opponent.

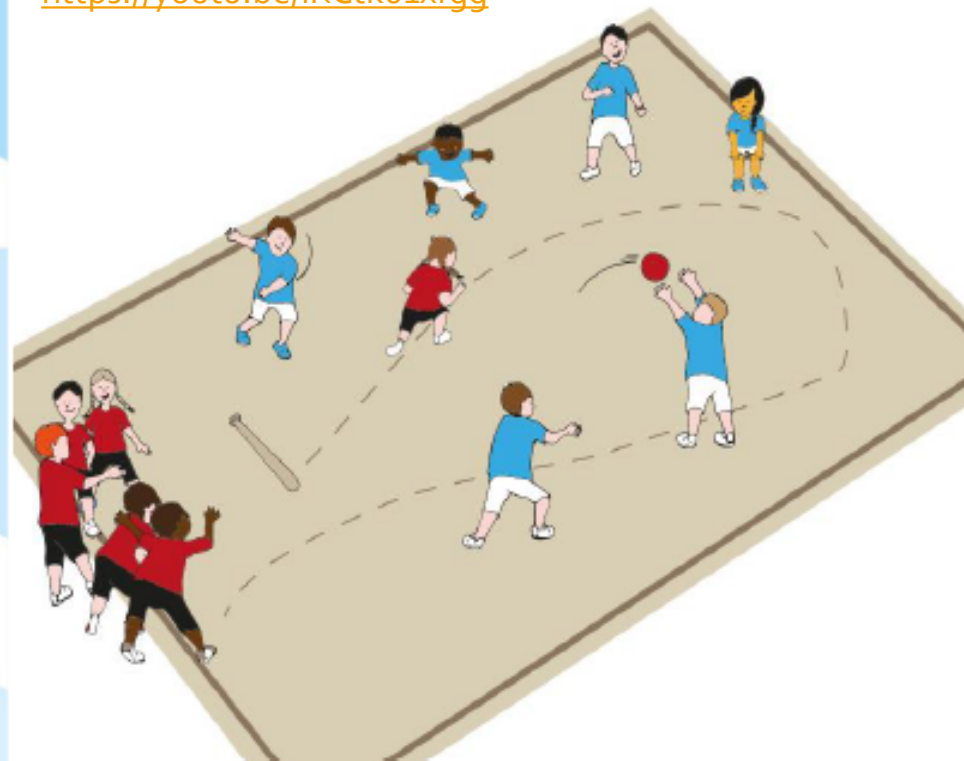
All players from the inning team stand up behind the home base. They hit the ball in turns and try to reach baseline and home base before the defensive players have the chance to throw the ball at them (like in dodgeball games).

In case the player from the inning team reaches baseline legally and arrives back to the home base before the ball hits him, the team playing the inning scores a run. In this case the next player from the same inning team hits the ball.

When the defensive team plays the ball to the player running between the bases (and the ball hits his body) the runner is out and has to return to the home base. No score is added.

When there are three outs a change of inning occurs and the defensive team moves to the home base. The team that scores the most runs in one period wins. The team that scores the most period points wins the game.

<https://youtu.be/lKCtko1xfgg>



**Equipment and Materials:**  
80cm-1m long flat bat and a soft tennis ball or smaller plastic ball

**Age:**  
7+

**Number of players:**  
12 – 24

**Duration:**  
30 minutes

# GAA Go Games Football



**Aim of the game:** To score more points and goals than the opponents

**Set up:** Outdoor playing area/court (usually 90m x 45 m), with goalposts at either end, as shown in illustration

## Rules:

All participants play the full game.

The game is started when the ball is thrown up between 1 player from each team on the halfway line.

Players are permitted to lift the football directly off the ground.

Players are permitted to kick the ball from the hand.

Players may carry the football for 4 steps before bouncing the ball off the ground or tapping the ball with the toe.

Players may fist pass (closed hand) or hand pass (open hand) the ball.

Players who kick the ball over the crossbar of the goalpost score 1 point and under the cross bar is 3 points.

After a score or a miss, the goalkeeper restarts the game by kicking the ball out. All other players must remain 10m away until the ball has been kicked into play.

<https://youtu.be/i-nAyb3FUP4>



**Equipment and Materials:**  
Modified Gaelic Football (Size 3). A Volleyball may also be used.

**Age:**  
9+

**Number of players:**  
11 per team

**Duration:**  
40 min.



# Catch the stick



**Aim of the game:** To catch the next stick on your right before it falls down

**Set up:** Nominate a game leader. Other players form a large circle, with about 5 paces between each of them, each one of them holding their sticks upright in front of them with one end touching the ground.

## Rules:

- The leader calls out the word 'Change'. Everyone lets go of their stick with it remaining balanced. They run to the next stick on their right and try to catch it before it falls to the ground
- If a player fails to catch his/her neighbour's stick before it falls to the ground, s/he is out of the game and take the stick with him/her.
- The winner is the player who is left after everyone else's sticks have fallen



**Equipment and Materials:** 1 stick per player (about 1.5 meters / 5 feet long)

**Age:**  
8+

**Number of players:**  
3+

**Duration:**  
Infinite



# Jokgu

(Korean Football)



**Aim of the game:** A two-sided ball game with a net, where players use their head and feet to pass the ball to the other side, out of the opponent's reach, to score a point

**Set up:** Any indoor or outdoor area with a solid surface that allows the ball to bounce, such as a volleyball court or school. Draw the side lines - usually the pitch measures 14 x 6 meters. Set the net, like in tennis.

## Rules:

### Teams

- A team consists of 4 players (5 players is also fine).
- A game consists of three sets (of 15 points each) maximum: the first team to win two sets wins the match. If at the end of a set the score equals 14-14, the set continues until one of the two teams reaches a two points lead, or one of them scores the 19th point.

### The game

- The serve is carried out from behind the baseline, within 5 seconds after the referee signal
- Players can hit the ball with their heads or under the knees
- Players must throw the ball to the opponent's side within 3 touches
- Each team should throw the ball into their opponent's side
- Bounces are allowed between touches
- If a player touches the net, his team loses a point
- A player's body crossing over the net ("Overnet") is allowed as long as the player touches the ball before it passes over the net completely
- Blocking the ball is considered one "touch".
- Players are allowed to move freely

### Points are scored

- When the ball is passed to the opponent's half and the opponent does not manage to return it within three touches
- When the opponent makes a fault - i.e. he returns the ball into the net or outside the fields' boundaries. Please note that the side - and baseline are considered being part of the court. If a teammate manages to save a ball that has touched the net before it bounces, the game continues on

<https://youtu.be/kowSnKOvpzE>



**Equipment and Materials:** A ball and a net

**Age:**  
10+

**Number of players:**  
8 – 10

**Duration:**  
Infinite

# GAA Recreational Rounders



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**Aim of the game:** To score more runs than the opponent over three innings

**Set up:** Outdoor court (usually 55 x 55 m) with 4 bases including home base, T Zone and field of play delineated by cones, as shown in illustration

## Rules:

There are three innings per game where each team bats and fields.

To start the game, the batting team strikes the ball off the Batting Tee out of the T Zone and run to 1<sup>st</sup> base.

Navigate through the bases and return to Home Base in order to score a run for the Batting team.

Each member of the Batting team has 3 attempts, in rotation, per inning at striking the ball i.e. maximum number of shots is 21.

However, if a player on the Fielding team catches the ball OR tags the batting player before reaching the base OR touches the Base, while in possession of the ball, that player is out.

If the Fielding team gets 3 Batting players declared out before the maximum 21 shots has been reached, then the play switches over.

Once this happens i.e. 3 out OR 21 shots reached, it is the Batting team's chance to cover the bases and field of play and become the Fielding team.

After three innings, if one team score more runs than the other team, then that team is the winner



## Equipment and Materials:

Bat, Rounders Ball, 4 Base Markers, Batting Tee, Cones

**Age:**  
12+

**Number of players:**  
7 – 9 per team

**Duration:**  
30 min.



# Poules, Renards, Vipères

(Chicken, Fox, Viper)



**Aim of the game:** The foxes must catch the chicken, the chicken must catch the vipers and the vipers must catch the foxes.

**Set up:** Any indoor or outdoor free space. Mark three home bases in an area 3 x 3 m or bigger depending on the size of the group. Each base includes a safe area for the home team and prison for the opponents

## Rules:

Create three teams with an equal number of players. One team are the chickens, the second team are the vipers and the third team are the foxes. Each team is given a particular color for their lashes or scarves, with each team member getting their own lash or scarf.

At the beginning of the game, each team stays in its safe area. When the instructor gives the signal, they all leave the safe area and the chickens try to tag the vipers, the vipers try to tag the foxes, and the foxes try to tag the chicken. When someone is tagged, it is brought to prison by its tagger. Teammates can try to free imprisoned players by running to the prison – when they tag one of the prisoners, all prisoners can get out.

A player that brings one to prison cannot be tagged during the "journey".

Players are allowed to go to their safe area, where they cannot be tagged, whenever they like.

<https://youtu.be/ifLyHMid1hl>



## Equipment and Materials:

Lashes or scarves of three different colors

**Age:**  
3+

**Number of players:**  
12+ (at least 4 per team)

**Duration:**  
Unlimited





# Touch tag

A tagging game played mainly in the UK and other commonwealth countries.

**Age:** 11+

**Players:** At least two and as many as you like.

**Pitch:** A large indoor or outdoor playing space. A 'home' area is marked at either end with a line across the width of the playing space.

**Time:** Unlimited.

**Rules:** One or two players are identified as the 'taggers'.

The taggers stand in the middle of the playing space and shout 'Tag' to begin the game.

All remaining players stand at one end of the playing space – 'home' base.

The aim of the game is to run from one end of the playing space to the other without being 'tagged' by the tagger(s).

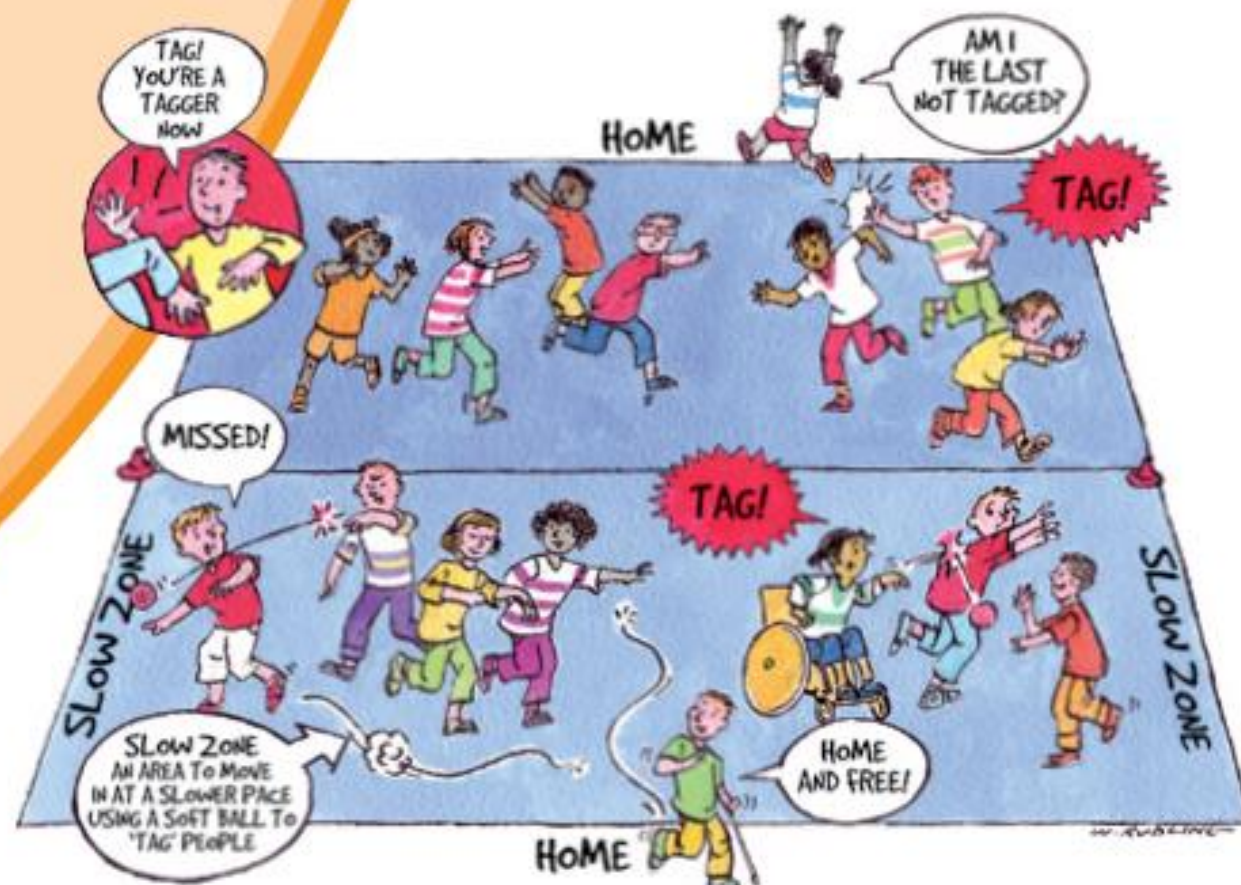
When a player is caught they become a tagger.

The winner is the last player or players still 'free'.

A game consists of a number of rounds with different taggers each time.

## Safety

- Enough space for the players to move with ease.
- 'Tag' between shoulder and waist.



# Völkerball

(Dodgeball)



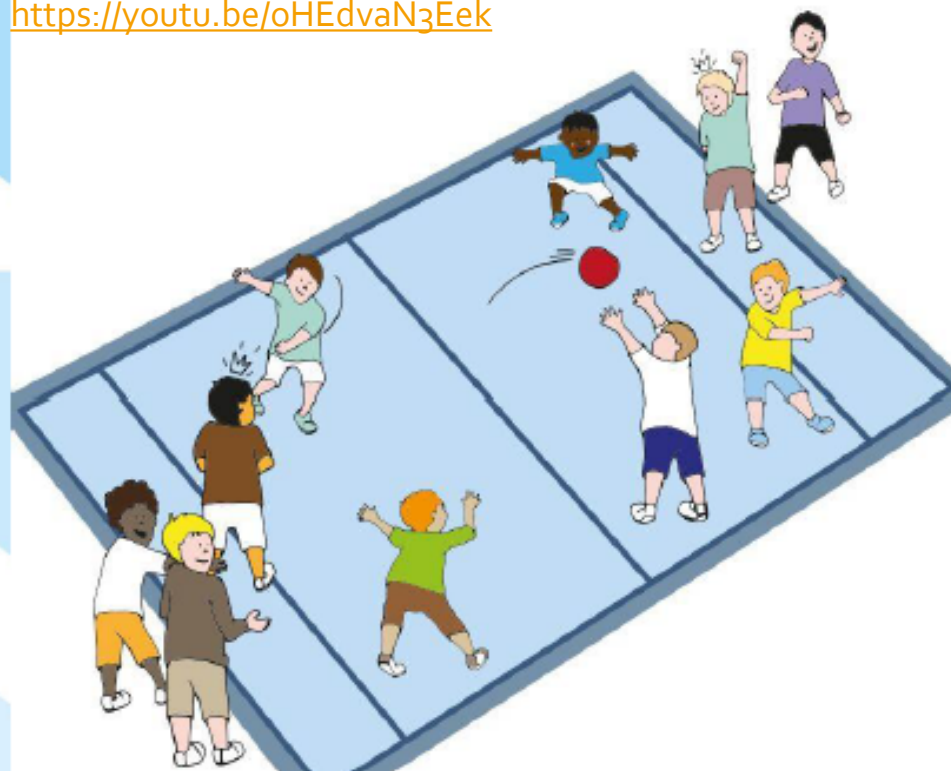
**Aim of the game:** Players try to hit other players on the opposing team with a ball while avoiding being hit themselves

**Set up:** Any indoor or outdoor place which allows children to run freely with the safe surface. Volleyball court/school play area is sufficient.

## Rules:

The playing field is divided into two parts. Each team takes place in his own part of the field, the "King" takes place at the bench area of the opposite team. At the beginning of a game, the ball is lined up on the central dividing line. The players then rush towards the center line and try to grab the ball and throw or roll it backwards to their teammate. The players throw the ball at members of the opposing team trying to eliminate these players by hitting them. When a player has been hit, he has been eliminated and must move to his team's designated bench area. The same rules apply if a player tries to catch the ball but drops it. If a player from the bench area hits a member of the other team with the ball, he is allowed to return it into his own field. When all the players of one team are hit out of their field and on the bench area, the "King" enters his own field. He has got three "lives", that means, the match is finished when the "King" is hit the third time.

<https://youtu.be/oHEdvaN3Eek>



## Equipment and Materials:

Soft ball (made of sponge or soft rubber), bibs or sashes

**Age:**  
5+

**Number of players:**  
6 - 40

**Duration:**  
Depends on size of team





# Shake

A tagging game of uncertain origin  
played widely by children in Tanzania.



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**Age:** 5+

**Players:** Two teams of six.

**Pitch:** A grid (i.e. boxes with corridors) drawn on the ground the approximate size of a volleyball court.

**Time:** Unlimited.

**Rules:** Two teams of six players.

A grid (ie boxes with corridors) drawn on the ground the approximate size of a volleyball court.

The defending team's players position themselves along any corridors within the grid.

The attacking players position themselves outside the grid at one end.

On a signal, the attacking team moves from box to box in an

attempt to get to the opposite end of the grid.

The defending team aims to tag the attackers whenever they pass through a corridor space.

## Scoring

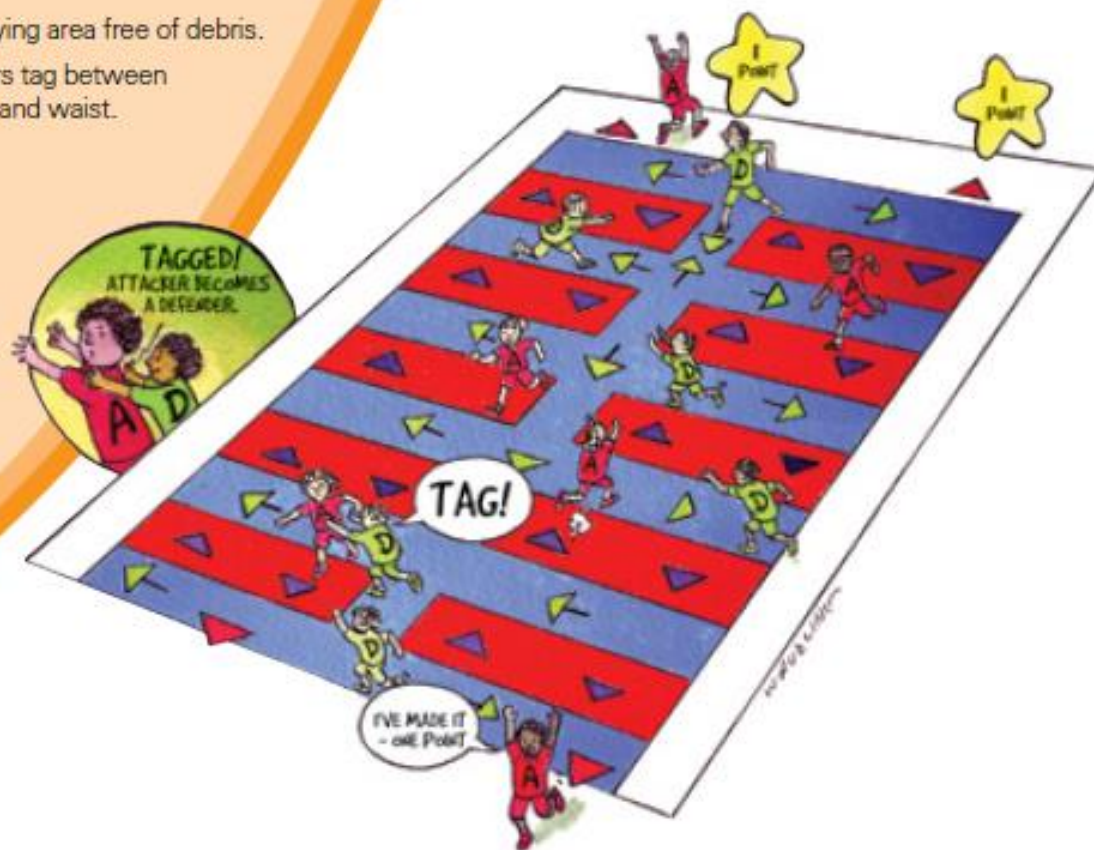
- Each member of the attacking team who reaches the opposite end of the grid without being tagged scores one point.
- The attacking team repeats the activity back to the starting line scoring in the same way.
- When an attacker is tagged in a corridor he or she becomes a member of the defending team.
- When the attacking team has had two attempts to score points the teams change over.

## Equipment

- A playing area the size of a volleyball court marked with grids and corridors.

## Safety

- A flat playing area free of debris.
- Defenders tag between shoulder and waist.







# Sal out

For generations, this game has been enjoyed by children in Guyana, from the remotest regions to busy urban areas.



**Age:** 6+

**Players:** Two equal teams of at least four players.

**Pitch:** The pitch is drawn using chalk or a stone (if playing on earth). It consists of a vertical bar, crossed by three long, horizontal bars at the top, middle and bottom. At one end of the vertical bar is a circle.

**Time:** Unlimited.

**Rules:** There is an attacking team and a defending team. At least one player from the defending team stands in each of the bars.

The attacking team assembles in the circle. The game begins when one of the defenders tags one of the attackers in the circle. The attacker then become 'salman', and has to run to the end bar and back without being tagged by a defender. If salman is tagged, they are out.

Once salman passes the end bar and is on their way back, another attacking player becomes salman too, and begins their run of the length of the pitch. If the new salman is caught, they are out. Each attacking player takes a turn at being salman.

The teams swap over once every attacking player has been salman.

## Scoring

- The defending team scores one point for each salman they tag.
- The attacking team scores one point for each clear run a salman makes.

## Safety

- Players should warm up before the game starts.
- The playing area must be clear of any obstructions.



# Brennball

(Burning Ball)



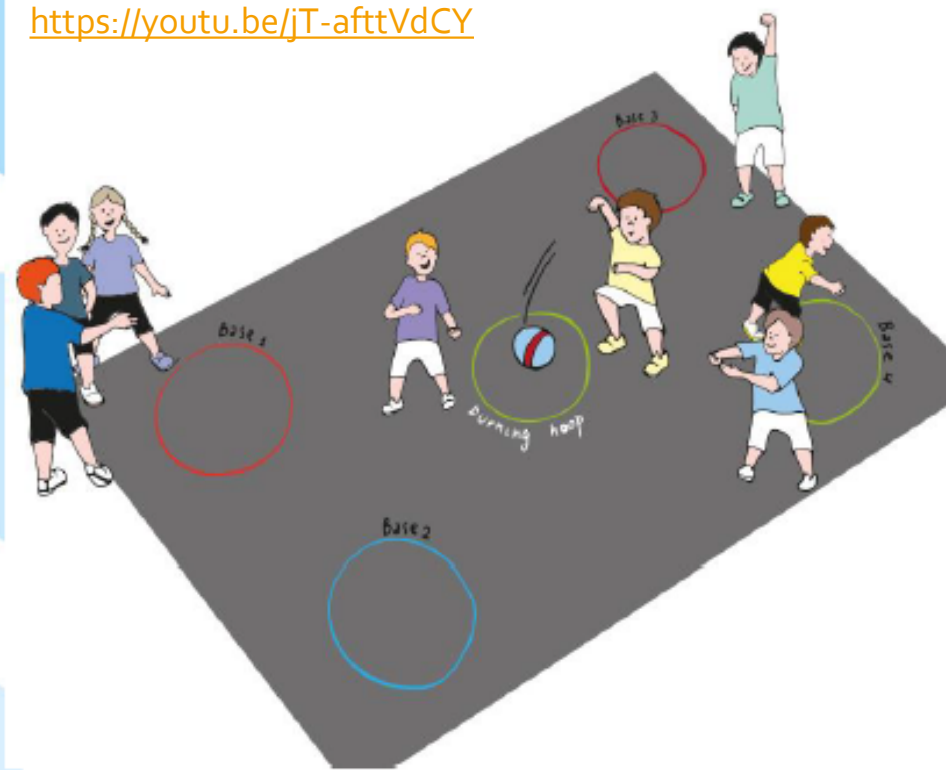
**Aim of the game:** Try to do as many runs as possible

**Set up:** 20m x 20m field (handball field, school yard or a park)

## Rules:

The defending team A is in the in-field, the team captains stand next to the „burning hoop“. The offensive team B stands in a queue at the first base. A player of team B throws the ball as far as possible. Afterwards he runs as fast and far as possible. At the same time team A tries to catch the ball and passes it to the captain as fast as possible. The captain throws the ball into the hoop and screams „burnt“. If a player of team B manages to run around the in-field completely and get back to Base 1, he gets 4 points (homerun). In the case he doesn't manage to run around the in-field but stops on one of the hoops, he is safe and continues running when the next player of his team throws the ball. For reaching the home base with stops, the player gets 1 point. If he is in between two hoops during the captain's scream, he's burnt and has to go back to base 1 (no points). Change roles after a certain time (10 minutes) or after each offensive player had thrown the ball once.

<https://youtu.be/jT-afttVdCY>



**Equipment and Materials:**  
Ball, 4/5 hoops, gym mats

**Age:**  
10+

**Number of players:**  
2 teams

**Duration:**  
2 x 8 minutes.



# Polskie ringo

(Polish ringo)



**Aim of the game:** To win 2 or 3 sets of 15 points each by throwing the 'ringo' over the net to the opponent's side.

**Set up:** Indoor or outdoor volleyball court (18 x 9 meters) with any surface. Place the tape string/net 2.24 meters high

## Rules:

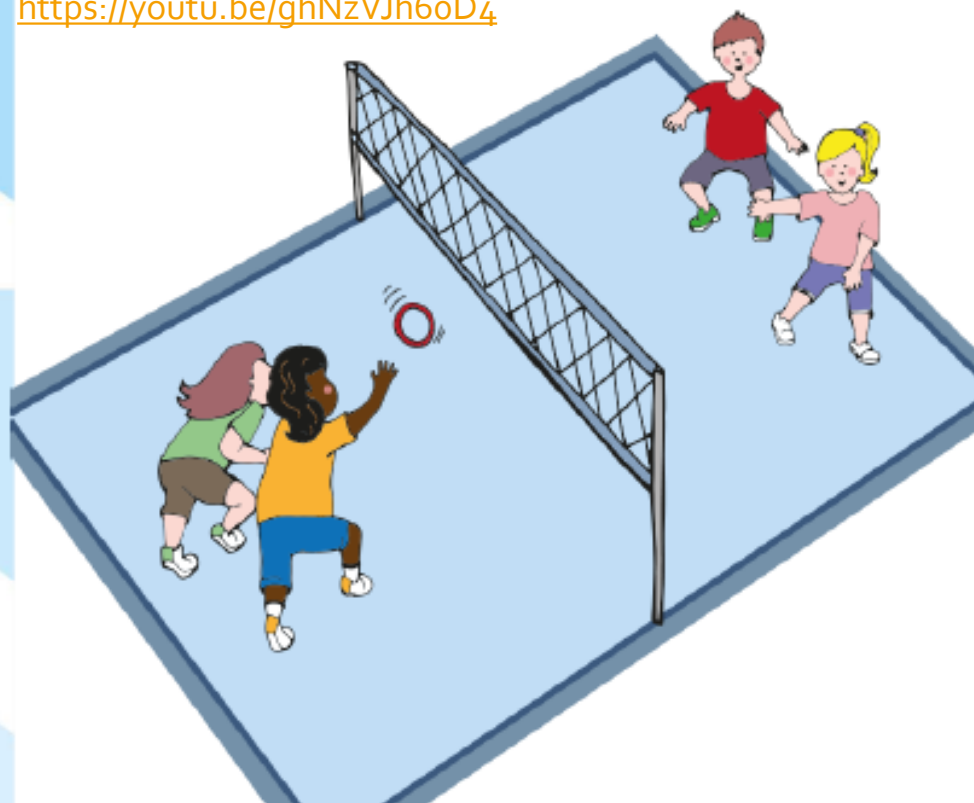
In an individual game the serving player starts with a service (throwing the ring over the net to the opponent's side) from behind the end line, while the opponent is awaiting the ring on his half of the court. When he grabs the ring he cannot move with it but only throw it over the net to try to score a point. The game continues until one of the players makes a mistake or doesn't manage to catch the ring.

The 2x2 and 3x3 games begin by having one participant from each side stand behind the end line and serve the 'ringo' at the same time. Serving changes every 3 points at each side. When one of the rings hits the ground the players don't stop the game but play on until the second ring falls down and touches the ground, then the referee counts the points scored by each team.

Points are scored when a player does not catch the ring properly (the ring should be caught with one hand only) or does not catch it at all, a participant changes the ring from one hand to another (he must throw it with the same hand he grabbed it), a ring hits the ground or the net or doesn't cross to the opposite half of the court, the throwing person loses contact with the ground (1 foot must be in contact with the floor at all times), the throwing person tries to fake a toss over the tape, the 'ringo' flies vertically, a player makes more than 1 step forward, a player holds the ring for longer than 5 sec.

A Ringo consists of 2 or 3 winning sets, each up to 15 points with sides swapping every 8 points. If at the end of a set the score equals 14 – 14, the set continues until one of the two teams reaches a two points lead, or the 17<sup>th</sup> point.

<https://youtu.be/ghNzVJh6oD4>



## Equipment and Materials:

Rubber ring(s) (1 for individual games; 2 for team games), 12m of tape/string equipped with colourful flags (can also be a net),

**Age:**  
9+

**Number of players:**  
1 - 3 per team

**Duration:**  
2 or 3 sets of 15 points



# Pétanque



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**Aim of the game:** To throw hollow metal boules as close as possible to a small wooden ball called a jack, while standing inside a starting circle with both feet on the ground.

**Set up:** Outdoor free dirt or clay field approximately 20m long and 2 to 4m wide. Draw a starting circle (or alternatively a baseline) on the dirt, sand or clay field.

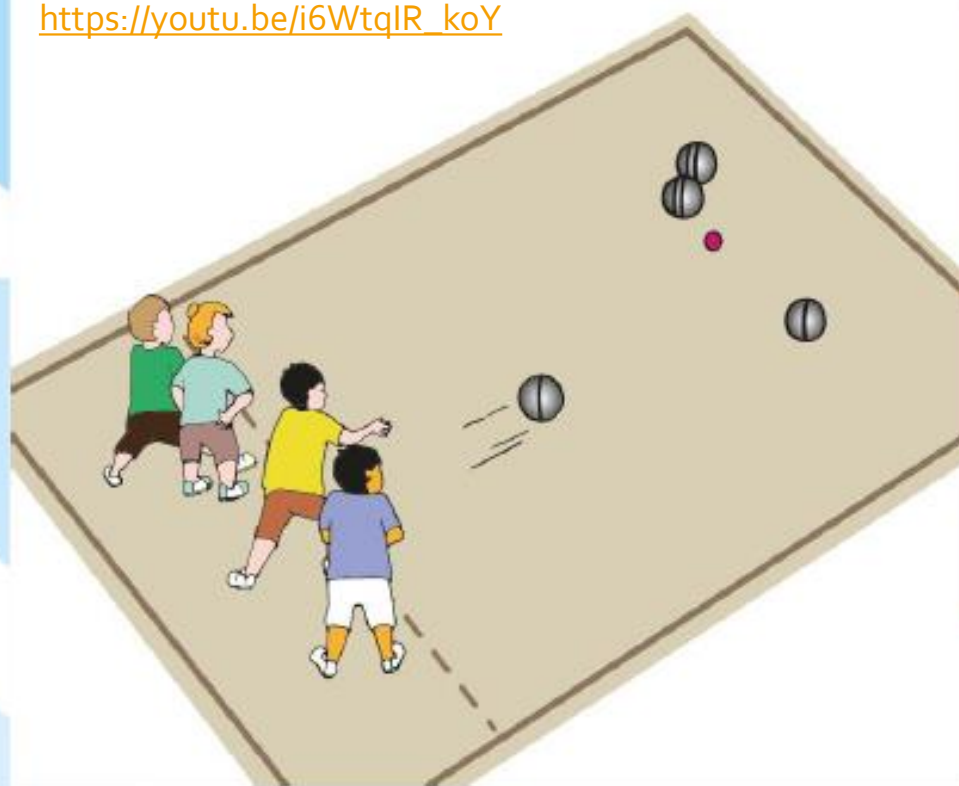
## Rules:

The players stand behind the circle baseline and first determine who starts the game by tossing a coin. The winner steps in the circle and throws the jack on the field, followed by a throw of the first boule, attempting to get as close as possible to the jack. It is then the second player's turn to throw a first boule. The team or player whose first boule is the furthest to the jack takes the lead and throws next. The game continues with players and teams alternatively throwing their boules according to who is the furthest from the jack.

The game ends when a player or team has no more boules. A player or a team obtains points according to how close their boules are to the jack. Only the leading team scores, and points are given for each ball that is closest to the jack than the other team's nearest ball.

The winning team starts a new game, tossing the jack again. The game continues until one of the players or teams accumulates 13 points – it is the winner. If there is a tie (12:12), the game continues until one team manages to take a two points lead.

[https://youtu.be/i6WtqIR\\_koY](https://youtu.be/i6WtqIR_koY)



## Equipment and Materials:

Pétanque boules (balls), 2 per player, and a jack ball.

**Age:**  
6+

**Number of players:**  
2 - 6 (equal teams)

**Duration:**  
First team to 13 pts

# Slå Munk

(Hitting the Monk)



**Aim of the game:** To overturn the Monk and get back to safety without being caught by the monk's guardian.

**Set up:** Outdoors in a big area in a park or school backyard, playground etc.

## Rules:

Hitting the Monk is a mixture of a tag game and a skittle game.

All players are placed behind a starting line, each with their stick to throw. The participants throw their Stick one after the other trying to hit and overturn the Monk.

One of the participants is a Monk-guardian and is placed at a suitable distance from the Monk.

If the Monk is overturned, the participants have to run for a throwing Stick, and then run back to safety (behind the starting line) without being caught by the Monk-guardian.

The guardian must quickly put the Monk back in place (in the upright position) before trying to catch one of the participants.

Whoever is caught becomes the new Monk-guardian.

If all participants have thrown their sticks and the Monk is still not overturned, the guardian must snatch one of the throwing Sticks and hit the Monk overturned and run to safety. (behind the starting line)

All other must run out and get a Stick, the one that do not get a Stick becomes the new Monk's guardian and must hurry to put the Monk in place and then try to catch one of the others.

The game continues with the new guardian.



<https://youtu.be/HbUqcLL6cpl>

**Equipment and Materials:** One short Stick per participant (20-30 cm long), and one Monk (a piece of wood 40-60 cm high and diameter of 10 to 15 cm at the bottom). A starting line made of a rope on the ground or cones etc.

**Age:**  
6+

**Number of players:**  
8 – 35 per team

**Duration:**  
15 – 45 min.



# Kapela

(The Chapel)



**Aim of the game:** To throw a ball and try to knock down a kapela (a small pyramid made from stones) placed in the centre of a circle.

**Set up:** Draw a circle of 8 m diameter in any indoor or outdoor free space. Place a Kapela (stack of stones piled up from largest to smallest) in the middle

## Rules:

One of the players, wearing a hat, stands in the middle of the circle; his role is to guard the 'kapela'. The other players stand outside the circle, about 4m from the center, and one by one throw balls at the kapela. If a thrown or rolled ball hits and knocks down the kapela, the successful thrower must run to fetch the ball and go back outside the circle while the 'guardian of the chapel' tries to put the stack back up. If the 'guardian' rebuilds the stack before the thrower recovers his ball and gets safely outside the circle, he throws his hat at the running player. If the thrower is hit, he becomes the new 'guardian'. If the thrower is not hit the game continues with the same "guardian".

<https://youtu.be/-CmF3guANgo>



**Equipment and Materials:** A hat, 5 wooden stones (or blocks) ranging from big to small, and 10 wooden 8 cm balls. Wooden or plastic blocks, rubber rings or plastic balls can also be used.

**Age:**  
3+

**Number of players:**  
4 - 10

**Duration:**  
Unlimited

# Colin Maillard

(Blindman's buff)



**Aim of the game:** A blindfolded person tries to catch other players and guess who they are.

**Set up:** Any free indoor or outdoor area.

## Rules:

One player is chosen randomly to be "Colin Maillard" (the chaser) and is blindfolded with a scarf.

"Colin Maillard" turns three times around while the other players spread on the area of play. Once "Colin Maillard" stands still, the other players start to provoke her/him either by moving, shouting, singing, or even tagging her/him (without pushing) to start a chase. They must, however, avoid being caught at the same time.

Colin Maillard must manage to catch a player and guess the identity of that player. The face of the player can be touched to help with recognition. If the identity is correctly guessed, the player who is revealed becomes the new "Colin Maillard" and the game starts again. If not, the player that was caught is released and Colin Maillard must start a new chase.

When the blindfolded Colin Maillard approaches an obstacle or moves too far out of the area of play, other players must provide a warning by shouting "Dare-devil!"

<https://youtu.be/EjyXb9OKkaE>



**Equipment and Materials:**  
A scarf

**Age:**  
5+

**Number of players:**  
3-15

**Duration:**  
Unlimited.



# Bolo Leonés



**Aim of the game:** In this game you must throw the semispherical wooden ball to knock down the skittles.

**Set up:** The field is 25-30 meters long and 9-10 meters wide. The skittles must be positioned as in the photograph.

## Rules:

**Objective** (for two players): To win the match you must get 40 points. You can get points by throwing the ball correctly. The throwing is correct:

- if you knock down any ninepin (except in the first throwing the one known as the "cincón" does not count).
- if the ball goes into the "castro" (main) area (1,40x1,40m) without leaving it crossing the final line where the three rearmost skittles are placed.

## How can you get points?

- If the ball goes into the "castro" area without knocking down any skittle: 6 points.
- If the ball knocks down one skittle (except the ones named "medio" or the "miche"): 6 points.
- From the second skittle onwards, every one knocked down gets 1 point.
- If you knock down the "medio" skittle, you get one point more than if you knock down any other.
- If you knock down the "miche", you get an extra 4 points.

If the ball goes over the "stop line" ("línea de parada"), you can "birlar", that means: you can throw the ball again from the place where the ball has stopped.

You can throw the ball twice in each turn.



<https://youtu.be/jt1xwVHKD8A>

**Equipment and Materials:** 9 skittles or ninepins ("bolos"), made of black poplar wood. 1 semispherical ball ("bola"), made of holm oak wood. 1 small skittle ("miche").

**Age:**  
6+

**Number of players:**  
1 against 1, 2/2, etc.

**Duration:**  
Unlimited



# Three tins

An aiming game that forms part of South Africa's heritage.

**Age:** 6+

**Players:** Two equal teams with a minimum of five people.

**Pitch:** 8m x 4m.

**Time:** Unlimited.

**Rules:** Three tins are placed on top of each other.

The first player has three attempts to knock the tins down.

The player throws the ball from outside the marked playing area.

If successful the player runs out, re-builds the tins, draws a square around the tins and hops over the tins three times.

If the ball misses or is thrown too far the players shout 'Thayma' until the ball is returned.

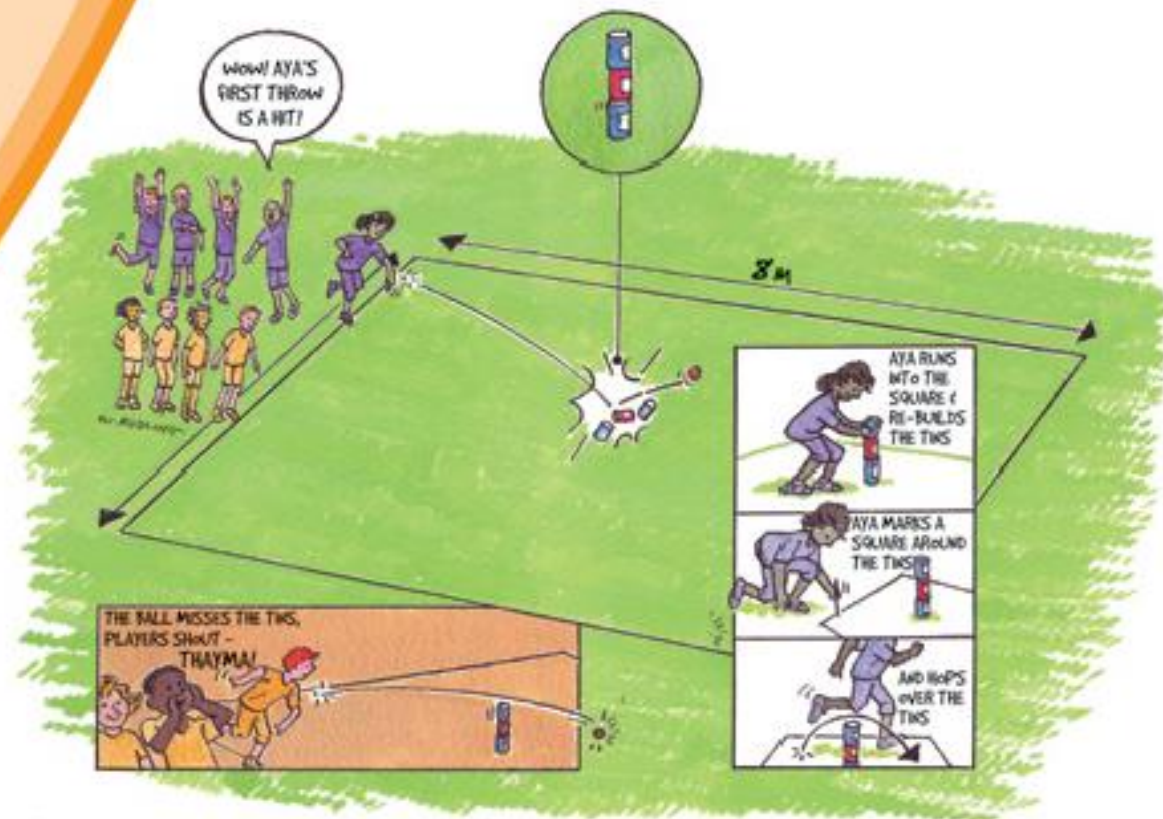
If after three throws the player has been unsuccessful, the first player from the opposing team becomes the thrower.

## Equipment

- Three tins, plastic blocks or other stacking objects.
- A small ball.

## Safety

- A flat playing area free of debris.





# La Tomate

(Tomato)



**Aim of the game:** To eliminate other players by hitting the ball under the opponent's spread apart legs

**Set up:** Any indoor or outdoor free space.

## Rules:

Players form a circle facing inwards, legs spread out with feet touching those of the player next to them. Players bend down and form a fist with their two hands that they place in front of the opening in their spread legs.

The ball is thrown into the circle by the instructor and the game starts. The players must use their fists to hit the ball and try to pass it under the legs of the other players. They must also defend themselves by using their fists to avoid having the ball pass under their own legs.

When the ball passes under a player's legs, that player must put one hand behind the back and continue playing with one hand only. If the ball passes a second time under the player's legs, he/she must turn around and face out of the circle. That player can use two hands formed in a fist to continue playing. The third time the ball passes through the player's legs, one hand must be put behind the back, and on the fourth time, the player is eliminated. The game continues until there are only two players left in the game. They are the winners.

<https://youtu.be/RI2fH-iOqzo>



## Equipment and Materials:

A light plastic or sponge ball the size of a football

**Age:**  
3+

**Number of players:**  
5+

**Duration:**  
Unlimited

# Achi

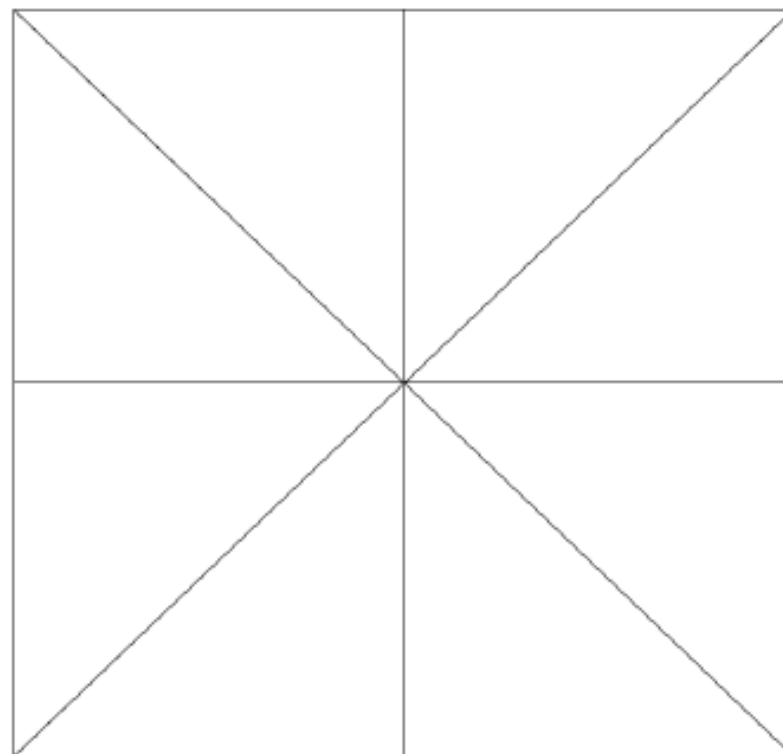


**Aim of the game:** To be the first player to get three counters (coins or tokens) in a row

**Set up:** Draw a board on a piece of paper or cardboard, or scratch in the dust with some pebbles.

## Rules:

- One player holds a black counter in one fist and a white counter in the other fist. The opposite player chooses one hand. Whoever gets the black counter uses that colour and starts first.
- Each player in turns put one counter on any of the nine points on the board. They should try to get three of their counters in a row (vertical, horizontal or diagonal), while preventing their opponent from doing the same.
- Once all eight counters are on the board (assuming no player got three in a row), there should be only one point vacant. Players take turns to move one of their counters adjacent to the vacant point along a line onto that point. Play continues until one player wins by getting three counters in a row.



[https://youtu.be/DU\\_j\\_ivkoaA](https://youtu.be/DU_j_ivkoaA)

**Equipment and Materials:** Board; eight counters (coins or tokens - four black and four white, or other colours)

**Age:**  
10+

**Number of players:**  
2

**Duration:**  
Infinite



# kai wed

'kai wed'



# koolchee

'kool-chee'

<https://youtu.be/kGSVfzgZ8Jk>



## Background

In this game from the Torres Strait Islands, a number of players stood in a circle and sang the kai wed (ball song) as they hit a ball up in the air with the palm of their hands. The game was often played using the thick, oval, deep-red fruit of the kai tree, which is quite light when dry. This game was apparently introduced by people from the South Sea Islands.

## Short description

This is a hand-hitting (volley) game in which players attempt to keep the ball in the air for as long as they can.

## Players

- Groups of four to six players

## Playing area

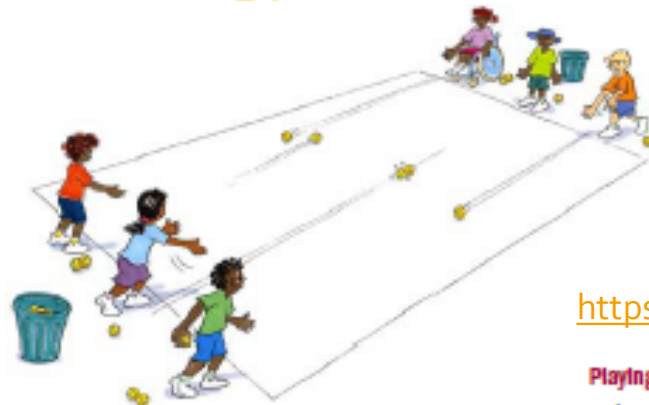
- A designated indoor or outdoor area suitable for the activity

## Equipment

- Light balls such as a small beach ball, sponge or gator skin ball

## Game play and basic rules

- Players use underhand and overhand one-hand and two-hand hitting/striking skills to keep a ball in the air. Groups count the number of hits they can make before the ball touches the ground. Start again and continue the count to a set number.



All school-age groups (K-12)

Post-school age

## Background

This ball-throwing and hitting game was played by the Dyeri people from near Lake Eyre in South Australia. The balls were called koolchee. The balls used were as round as possible and were usually about 8-10 centimetres in diameter. Gypsum, sandstone, mud, or almost any material that was easy to work was used to make the balls. The game was played for hours and usually until the balls left were too few to cause any excitement.

## Short description

The aim of the game is for players to roll a koolchee (ball) to hit a ball rolled by a player from a team at the other end of the playing area. Players stay out of the playing area in this game.

## Players

- Two opposing sides of equal numbers (usually between two and ten or more).



[https://youtu.be/4-8NYgK-u\\_U](https://youtu.be/4-8NYgK-u_U)

## Playing area

- An area about 20-30 metres long and 10-15 metres wide (badminton and volleyball courts are ideal)

## Equipment

- Tennis balls, Kanga cricket balls or larger balls as the koolchee (ball)

## Game play and basic rules

- Players are in teams at each end of the playing area. Each team rolls their koolchees underarm (roll along the ground) towards the opposing team. The game is a continuous activity. The idea of the game is to hit a koolchee rolled by a player from the other team. Each player has a number of koolchees and each team has a large central supply in a bin/basket. Players may only use one koolchee at a time. Hits made within 3 metres of the line marked at each end of the playing area do not count.
- When there are no koolchees left, the game is temporarily halted for players to collect koolchees so that the game can continue. No set scoring is used. There is to be no interference with balls on the playing area. Players cannot go into the playing area unless the game is stopped.

# Pecsenyeforgató

(Rotating [steak] roast)



**Aim of the game:** To catch the rotator

**Set up:** Indoor or outdoor area (approx. 10x20 m)

## Rules:

All but two players form a circle, one player facing inward (towards the center of circle), the other outward and so on (they are „the roasting steaks“). One player – the rotator – stands in the middle of the circle, another player – the catcher – stands outside of the circle. The rotator can move in and out the circle by rotating the roasts facing him by half turn holding both hands (depending which side he is positioned: inside or outside the circle). The goal for the catcher is to catch the rotator.

The rotator or the players shaping circle count how many times the steaks are rotated (up to ten). The catcher must be very quick to reach the rotator while rotating the roasts or while being outside the circle. When the rotator is caught two new players are selected. When the rotator spins ten, the catcher remains and the rotator changes with the player who was rotated last.

<https://youtu.be/kOkbXlgNM0A>



**Equipment and Materials:**  
None

**Age:**  
6 - 18

**Number of players:**  
9 – 19

**Duration:**  
10-25 minutes



# Sánta róka

(Limping fox)



**Aim of the game:** To catch all the rabbits.

**Set up:** Indoor or outdoor area (10m x 15m) that allows the players to move freely. Mark a big circle

## Rules:

One player is selected as 'the limping fox', the rest of the group pretend to be 'rabbits'. The fox stands in the circle. Rabbits are squatting at the border of the circle and taunting:

*"Limping fox come out here, you will better do over here!"*

The fox quickly speeds up and tries to catch the rabbits. However, outside the circle the fox is only allowed to hop (use only one foot to jump on). Rabbits can escape only by squatting, scrabbling or using duckwalk moves. When a rabbit gets caught (touched) it should move inside the circle.

If two escaping rabbits hold hands and jump in pair, they cannot be caught. When the hands are released or someone does not have a pair, the hunting is free. The game is played until each rabbit has been caught by the limping fox. Then another fox is selected and the game starts again.



**Equipment and Materials:**  
Chalk to draw the circle.

**Age:**  
5 - 18

**Number of players:**  
No limit

**Duration:**  
5 - 10 minutes

# Smække fluer

(Swatting flies)



**Aim of the game:** To touch the opponent and return to one's position as fast as possible to avoid being caught by the opposing team.

**Set up:** Indoor and outdoor free space (e.g. park, school backyard, gym)

## Rules:

Two teams stand behind their own "pax" or safety line.

In turn, each team sends a player to the opposing team, which is lined up, hands stretched out and palms faced upwards.

The "delegate" now passes up and down the line, pretending to strike somebody on the palm.

At some point, the "delegate" chooses an opponent and strikes its palms.

The delegate must then try to get back home to the safety line while the opponent tries to catch him.

The delegate that gets touched by the chaser must join the opposing team.

The game should be played in any indoor or outdoor area that allows the players to move freely.

## Variation:

1. Strike three times; 1, 2, - and first at strike 3 will make the opponent try to catch!
2. Each team can send a "delegate" at the same time.
3. Strike at the knees or feet of the opponent.



## Equipment and Materials:

None

**Age:**  
5+

**Number of players:**  
4 – 25 per team

**Duration:**  
10-30 min.