

Project: “START – activating and integrating people with disabilities through adapted traditional sports and games”

Step free Route



START - activating and integrating people with disabilities through adapted traditional sports and games

Co-funded by the Erasmus+ Programme of the European Union





BULGARIA

Bulgarian Traditional Sport Game
“Holes – Yamichki”



Description made by: Partners Kyustendil Association –
Slokoshtitza, Bulgaria with the assistance of Academician
Yordan Ivanov Regional History Museum – Kyustendil,
Bulgaria

History: The game originates from the remote past. Its original is an archeological finding from the village of Slatino, Kyustendil district (Bulgaria) dated back to the Early Eneolithic (1st half of the V Millennium BC). It is a clay board game with 16 holes on it, arranged in four rows (ranks) each with four columns. Its form resembles a cube having a quadratic surface (Fig. 1). It could be played with seeds, small stones or small ceramic balls (frequently found in the archeological site), whose number should be divisible by 4.

This clay prehistoric leisure game is adapted to a sport game for people with disabilities using its 16 holes surface for a playground with 16 circles and applying one of the simple rules of a popular today board game called Mancala.



Fig. 1 The original item of the game, ceramic, dated back to the Eneolithic (Fifth Millennium BC)

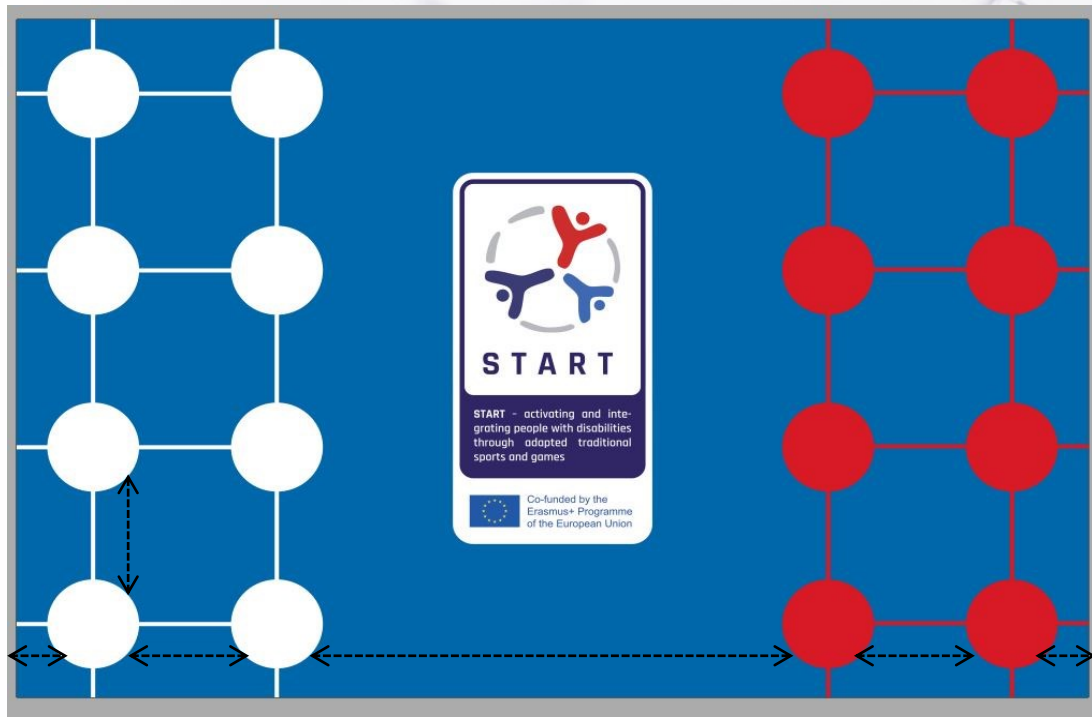
Number of players:

2 teams, one or two player/s on each side.

Ground :

a mat or other suitable for wheelchair users flat surface having the size of 3.50 m (3.00 m) x 2.30 m and 16 circles drawn (Fig. 2) each with a diameter of 30 cm placed on a distance between each other of 30 cm in a side and 10 cm from the outer playground lines. There are two sides – one consisting of two ranks each with four circles. The distance between the sides is 1/1.50 m/ for a wheelchair to pass and turn.

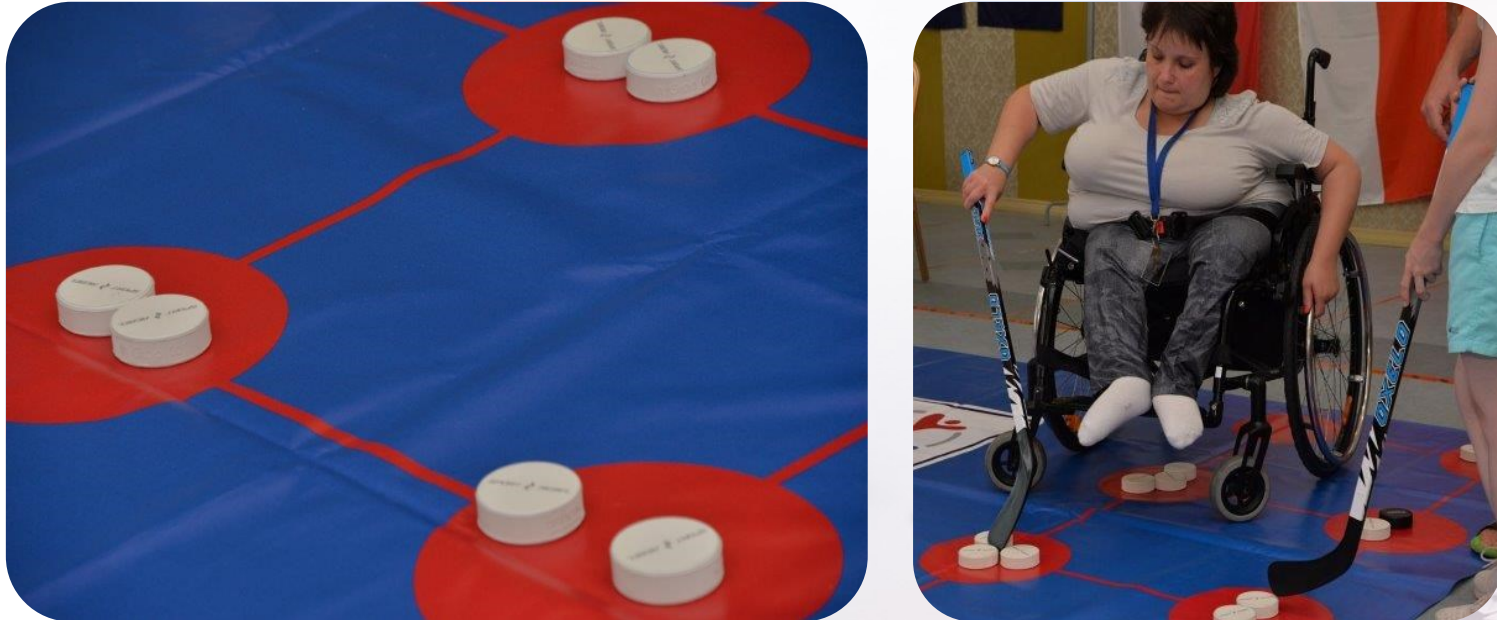
Rys. 2.



10 cm; 30 cm 150 cm/100 cm; (for wheelchair moving) 30 cm; 10 cm;
Vertical and horizontal

Equipment: pucks – 32 pcs (diameter: 5 cm; thickness: 2 cm), sticks (ice hockey type) for the players - 2 or 4 pcs.

Fig. 2.



Rules of playing: The Holes Game is played with 32 small pucks equally divided among the 16 circles. The four rows of circles are separated into two in the middle so that each of the sides of player/s has two rows. The pucks are preliminarily distributed into the circles – two pucks in each circle. The game is of multiple lap type. It means that a player may have more than one turn to play.

The game begins when a player starts his/her turn by passing the two pucks from a circle randomly chosen from his/her side and placing them one by one into the subsequent circles, again of his/her side. If the last puck is placed in a circle already containing one or more pucks, the contents of this circle are then pushed and the pucks distributed in the same way again. If this circle is directly opposite to a circle from the opponent's inner row, the player also collects the pucks from this opponent's circle and along with the other ones collected continues to distribute them to his/her subsequent circles one by one. A player's turn only comes to an end when the last puck of a 'lap' ends up in an empty circle. Then a turn is given to the opponent side. A player can only collect opponent's pucks from the inner row of circles. A winner is the player who is the first to collect the pucks placed into the four circles of the opponent's inner row.

During the turn the player can follow only one direction – clockwise or counterclockwise. The pucks are pushed and distributed to the subsequent circles by using a stick (Fig. 3). The players can play both from outer side of the playground and from the middle of it, between the two sets of rows.



Possible adaptations:

– for wheelchair users it may be played without a special adaptation. You only need to have a suitable, smooth surface to enable them to move without problems– for people with visual impairments bright colors for playground can be used– for people with intellectual disability no changes are needed – for people with severe disabilities it can be played as a board game (the original type, see Fig. 3). The board game is made of clay or plastic and is played with seeds, small stones or small ceramic balls instead of pucks. If needed, you can also: use smaller or lighter sticks

> use smaller or lighter pucks

> use guides' help for the blinds

> The game works exceptionally well in the case of wheelchair users.



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FYR of MACEDONIA



Description made by : Humanitarian Association for Help and Support of the People with Special Needs "Bravura Cooperativa" – Delcevo, Former Yugoslav Republic of Macedonia

History: The game Dzamlja is an old traditional game in the Republic of Macedonia, but it is also played in other countries in the region and is characteristic of the Balkans.



Number of players: The game is played by two teams (A and B). The game can be played with 3 or 5 players from each team, eg. **Team A** – 3 players (+ 2 assistants if necessary) vs **Team B** – 3 players (+ 2 assistants if necessary)

Referee:

For a proper course of the game it is necessary to have one referee.

Equipment:

The equipment needed for the game should be made of lightweight materials (wood, plaque, sponge, etc.):

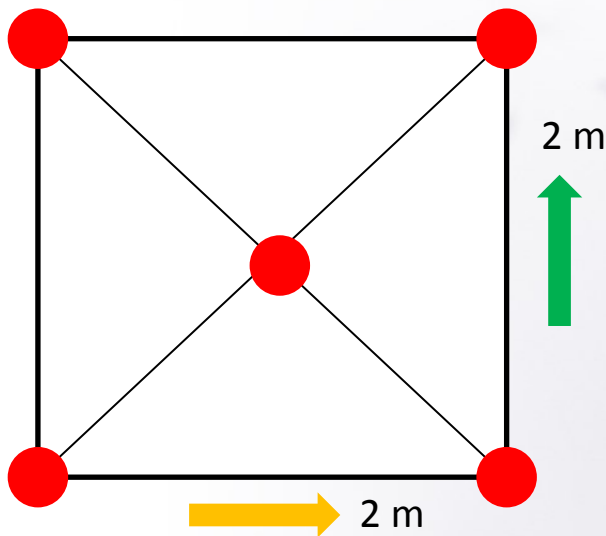
- 5 tiles, wooden or plastic cubes with dimensions: width from 5-7 centimeters and height of 15 -20 centimeters,
- ball size of 65-70 centimeters, made of rubber or leather weighing 400-500 grams,
- sports markers in two colors to designate the teams,



Ground: The playing field should be marked on a flat surface, which would facilitate the movement of people in wheelchairs. The surface may be asphalt, concrete and other flat surface. The pitch for the game can be marked with a school chalk, a sticky tape or other material that will clearly mark the dimensions of the playing field. A square is drawn on the ground (200cm x 200cm). The diagonals of the square are marked. In the middle of the square, 5 tiles (stones) are stacked together. Line at a distance of 2m from the square is drawn.

Dimensions of the field: 10x10 meters

Circle in the middle of an inner square to a volume of 30-40 centimeters. The Start line is 2 meters away from the playing field



Rules of playing:

The game is played with a ball and 5 tiles of the same size. In the middle of the terrain there is a square with dimensions of 2 meters with an inscribed circle. In the middle of the square, a pile of flat stones or tiles are arranged on top of each other, forming a tower mosque. The tower is set on the ground. The attacking team throws the ball into the pile of rocks to knock it down. Once it falls, the other team catches the ball and tries to hit the striker with the ball. In the meantime, the attacker must rebuild the tower from the stones without being hit by the other team.

Draw a line at a distance of 2 m from the square. The players **from Team A** are placed outside the court arena behind the START line. From this line, they begin by rolling the ball trying to knock over the tiles. Players from **Team B** are placed inside the field behind the inner square in which the tiles are placed. After the tiles have been knocked over, they arrange the tiles around the square, 4 at the corners and 1 in the middle. Next, **Team A** attempts to arrange the tiles in the pattern that they were before being knocked over. While members of **Team A** attempt to place the tiles one on top of another again, **Team B** stands at a distance of 1 meter from the square (opposite of team A) and tries to prevent this from happening by throwing a ball at the Team A player who is attempting to restack the tiles. If the player from Team A is hit by the ball, she or he must leave the game. The tiles are left as is line and the other players from Team A continue to try to restack the tiles, while the players from Team B continue to throw a ball and to prevent Team A from stacking the tiles.

When team A succeeds in arranging the tiles, they shout "Dzamija .." and the referee gives a sign that the goal is achieved, Team A gets one point.

Team B wins if all members of Team A are hit by the ball and out of the game. Then the teams switch roles, and the game can be repeated up to 5 times.

Additional rules:

- The referee gives a sign for throwing the ball first
- The first throwing of the ball to the tiles can be repeated up to three times for each team
- Each player in a team can be a launcher
- If the team fails to break down, no tile loses one point and the other team is placed at the throwing point
- A broken tower of tiles is considered even if only one of the plates is dropped
- The team has the right to substitute a player before the start of any round (game, set)
- The game is played until 5 rounds are won (game, set)
- 1 point = 1 round (game, set)
- Each team is entitled to two assistants
- Assistant can participate in the game inside the playing field and help the disabled person only in facilitating his movement in the field without having the right to participate in the tile arrangement. The second assistant may participate in the game but outside the playing field and may add the ball to his player if he for any reason goes out of the playing field
- Assistant does not have the right to throw a kick on the ball in order to break the tiles
- Assistant does not have the right to participate in throwing or touching the ball to the opponent's player with a part to "throw" him out of the game
- The referee gives a sign for the end of the round and earned a point.



Possible adaptations:

The tiles or stones should be replaced with wooden cubes that are 4cm in height, so that they can more easily be handled

Ground should be suitable for wheelchairs

The size of the square may be drawn in accordance with the needs of the players.

The number of players can vary from 3-5 people in one team

The game can also be played with 7 tiles.

The game is applicable for people with disabilities and wheelchairs.



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TURKEY

Turkish Traditional Sport Game
“Marble game - Bilye/misket oyunu”



Foundation of Health Social and Education
in Soma – Soma, Turkey

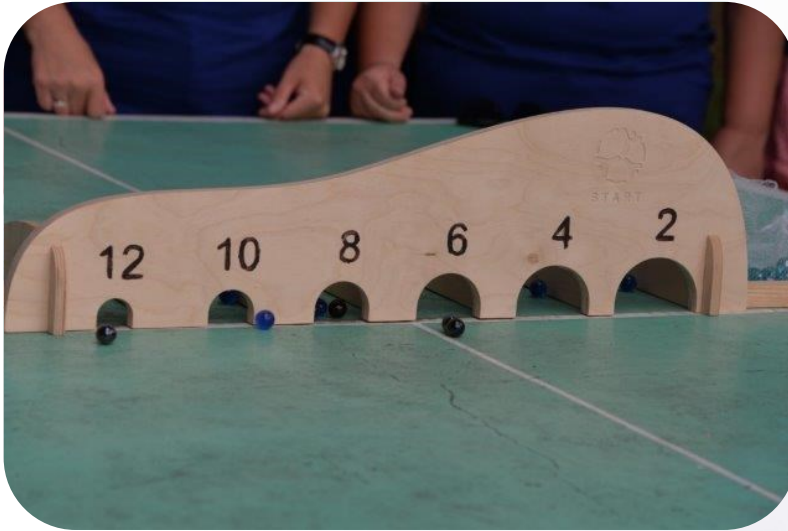
History: One of the oldest children's games. It is played on the ground with small, hard balls called marbles. It is known that the Roman Emperor Augustus Caesar also played this game in his childhood. In the past, round pebbles or fruit seeds were used as balls, marble balls were made in the 18th century. The names and rules of the ball games vary according to the country in which they are played. The colored glass balls "marbles" are called 'misket' in Turkey.



Number of Players: individually or in teams.

Equipment: Marbles of 6 different colours – 10 to 20 for each player; target board (Bridge) with 6 archs different sized and numbered.

Powierzchnia gry: stół o wymiarach minimalnych 120x100cm

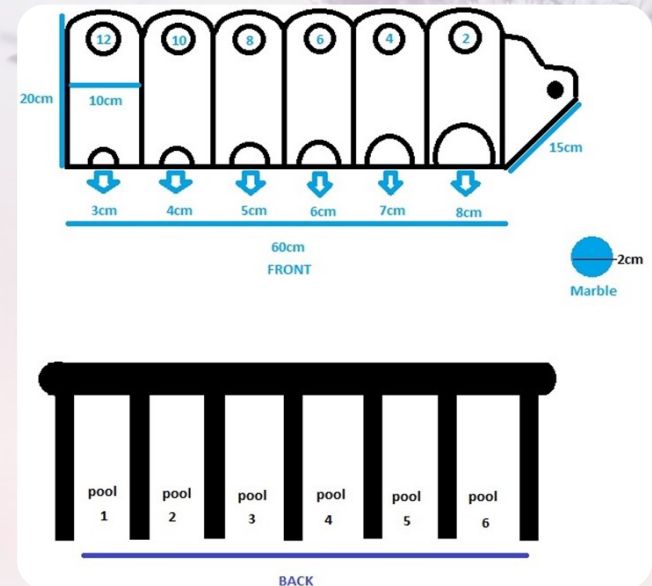


Ground:

a table having the size of 120x100 cm at the least

Graphics of the board game – the Bridge

Rysunek stojaka/tarczy



Rules of playing: The aim of the game is to gain points by passing the marble through the arches on the game board called the Bridge (Fig. 1) from a certain distance. Each player during his/her turn rolls from 10 to 20 marbles on the playground towards the target. When the player's marble passes through an arch on the Bridge, he/she gets the point marked above the arch. The number on each arch is different. The score gets higher as the arch gets smaller. At the end of the player's turn the score is calculated. The winner is the one that gets the highest score.



Possible adaptations:— for wheelchair users it may be played without a special adaptation,— depending on the level of disability it can be played on the ground as in the original type of the game,— the shooting distance to the target board can be shortened.



The game works exceptionally well in the case of intellectual disability, sensorimotor disorders.



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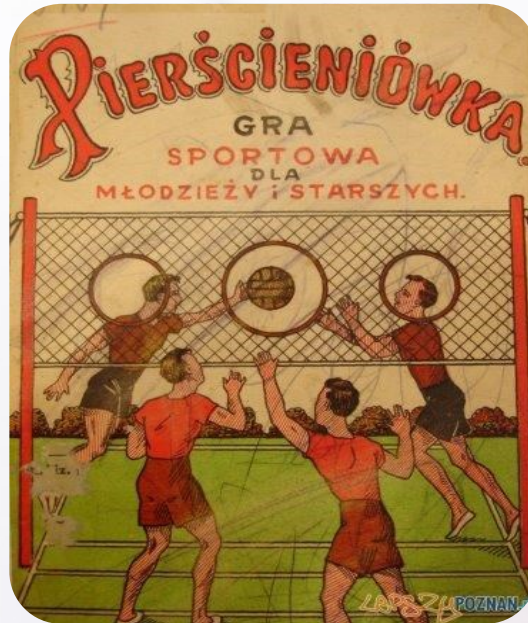


POLSKA



Sports Rehabilitation Association START
- Poznan Poland

History: Pierścieniówka derives from the observations made by Polish teacher who was watching fishermen throwing buoys through broken fishing nets.



Number of players: 2 teams, 5 on each side + a maximum of 5 substitution players.

Equipment: A special Ringnetball net, a volleyball.

A net with three holes (one hole in the middle – 70cm in diameter and two side ones – 50cm in diameter each).



Ground:
a volleyball pitch (18m x 9m)
i



Rules of playing:

Ringnetball consists in passing/throwing the ball through one of the three rings in the net in such a way that the ball touches the ground within the other team's half. Each part of the body can be used to do this.

Two teams play – a maximum number of players on the pitch can be 10 – 5 players on each side.

The rest of the players are substitution players. Each team consists of 5 players of which minimum 2 are people with disabilities in wheelchairs or playing in a sitting position.

The match does not have a time limit and consists of the sets. The winner is the team that wins 3 such sets. Each set is over after 15 points. If the score is 2-2, the so-called tie-break is played with the same rules.

Serving and hitting the ball in Ringnetball:



The game starts with a service over the net. Each serve has to be hit from the service zone (different for able-bodied and a “special zone” for people in wheelchairs).

Each team, when the ball reaches their side of the pitch after a service, has to catch it and then it has three passes to throw the ball (through one of the holes in the net) back at the opposite half of the pitch. They are allowed to catch the ball, throw it and kick it. The part of the wheelchair is treated like an air (it means that if the ball touches the wheelchair is still valid until it touches the ground).

The ball must be thrown through one of the wholes in the net. If the ball touches the ground or goes out of bounds, the opposing team scores a point. After getting a point, the player of a winning team goes to the serving zone and serves the ball again.

There are different players' positions in Ringnetball:

3 players play **in the first line** – they are **strikers** (left, center and right) – theirs playing zone is marked minimum **1,5 meters from the net**.

2 other players play in the **defense zone (left and right)**.

All of them however can be both strikers and defenders – they have the right to throw the ball at the opposite side of the pitch through three holes and also to defend.

They are not allowed however to exceed the 1,5m zone from the net.

The game is started by the **right-winger of the second line** who serves the ball by hitting it, throwing or kicking (depending on the movement capabilities of each player) from the serving zone to the other side of the pitch over the net. A person in wheelchair can serve the ball from a “special serving zone”.

There is a rotation of serving player after each losing of point.

The task of each team is to throw the ball through one of the three holes in the net in such a way it touches the ground on the opposite side of the pitch. The team receives 1 point and has the right to serve another ball. Each team can pass the ball 1 to 3 times after which the ball has to be placed on the opposite side. If not, the opposite team gets a point and there is a change of serving team.

The players of the second line can make a maximum of three steps (or three hand-moves in wheelchair). They can however pass the ball to the other players and move without a ball to have the most suitable position in front of one of the rings (wholes) in the net to throw the ball. They can also directly throw the ball.

The playmaker: one of the player from the first, attacking line of each team plays close to the net and back to it. His or her role is to pass the ball to one of the three players of his team in the back area to enable their teammate to pass the ball through one of the three rings. The playmaker cannot throw the ball through the rings.

The pitch is surrounded by two side lines and two base lines. Around the pitch, you need to have at least two meters of additional free space. The pitch is divided into two halves by the net hung in the middle of it, parallel to the base line. The height of the net depends on the capabilities of the players.

The referee must pay attention to the points and to the fouls.

Ringnetball can be played by people with various types of disabilities:

- for people with visual impairments bright colors for ring borders in the grid and ball can be used,
- for people with intellectual disability no changes are needed.

Possible adaptations:

- > increase or decrease the level of net,
- > decrease the size of a playground,
- > use a bigger, a smaller, a heavier or a lighter ball,
- > use a softer ball,
- > use audible equipment (e.g. bells, nets with a buzzer),
- > place students in wheelchairs closer to the net,
- > server can be closer to the net,
- > ball can bounce once or more,
- > people in wheelchairs can just stand instead of running after the ball.

The game works exceptionally well in the case of wheelchair users, intellectual disability.



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<http://www.start.org.pl/start-erasmusport-project/>
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