



Co-funded by
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DISCOVERY



EU

MANUAL FOR THE INTERACTIVE
ONLINE MAP OF SPORTS AND
GAMES



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Introduction

Discovery EU, is a Small-scale partnership in the field of Sport, that aims at increasing the feeling of belonging to the EU among young people through sport, including vulnerable groups, enhancing opportunities to try and discover different sports and raising awareness of the importance of physical activity, also through the use of digital, in formal and non-formal education settings.

Promoting sport as an effective means to spread social inclusion, equal opportunities and health-enhancing physical activity to everyone in Europe, regardless of age, race, ethnicity, social class or gender

Facing the decrease of Euroscepticism among youth, increasing the knowledge of Europe and its peculiar sports, games and values

Increasing mutual skills, experiences and capabilities of trainers and their organizations in Europe to promote a wider range of sport opportunities, also in relation to the recovery after Covid19, to organize inclusive sport events in their local communities with the aim to attract the wider diversity of citizens of Europe

Support institutions and communities involved in the organization of European sport events, with a special focus on EU Week of Sport, to create inclusive sport events, including sport actors under-represented and less engaged as active players in sport

Empowering coaches, teachers, educators, volunteers and sports activists to implement technology-driven educational programs promoting the map as a tool for education

The project will produce 5 main outputs, disseminated through 4 national and 4 transnational events, involving 4 EU countries, impacting on young people as well as trainers, teachers, educators and sports activists.

Discovery EU wants to be relevant to the guiding objectives of the European Union Work Plan for Sport (2021-2024) and primarily to the priority area "Protecting Integrity and Values in Sport", supporting the key action "Sport and Education". As a matter of fact we believe that strengthening the educational dimension in the new generations through sport and play, is a fundamental key to operating in a challenging socio-cultural context regarding the sense of belonging and common European citizenship, made even more fragile by the social isolation imposed by the pandemic COVID-19. Therefore, we consider of crucial importance to create new spaces for sharing, learning and exchange, where sport represents the ideal framework for the development of personal and social competences, encouraging learning moments aimed at the promotion of tolerance, solidarity, inclusion as well as sport and EU values.

Discovery EU is also designed to contribute to the specific priorities in the sport field of "encouraging participation in sport and physical activity" and to promote active and environmentally friendly lifestyles, social cohesion and active citizenship, through a mix of off-line and on-line inclusive sport and educational activities, involving grassroots sport organisations, schools and non-formal learning and play spaces. Moreover, through the implementation of specific grassroots educational sport activities, involving the close collaboration of all the stakeholders, the partnership wants to address the Erasmus+ Programme priority "inclusion and diversity", considered highly relevant for the Programme, by reaching young people with fewer opportunities, people from different cultural, social and economic backgrounds, people with disabilities and migrants, as well as people living in remote areas. Partners, who normally work with these targets in their daily activities, will benefit from a win-win approach that will enhance the skills of the professionals involved, thus promoting equal opportunities and equal access, inclusion, diversity and equity in all its actions encouraging young people, to engage and participate in civil society, raising awareness of the common values of the European Union. As the Programme underlines, "European citizens need to be better equipped with the knowledge, skills and competences needed in a dynamically changing society that is increasingly mobile, multicultural and digital": the project addresses all these topics, proposing an intercultural learning through a multi-professional and multidimensional approach, combining sports with EU cultures, histories and geographic features that will improve these knowledge, skills and competences among youth.



GEA Coop Sociale:

GEA is a non-profit social cooperative, founded in Padova in 2004. The main mission of the cooperative is the promotion and the implementation of activities and programmes aimed at facilitating integration and active citizenship of migrant people, families, communities, with specific attention to women, youth and vulnerable groups. GEA has developed experiences and skills in the field of health protection, integration and intercultural education and training, active citizenship, and anti-discrimination.

IWA-Sport :

IWA-Sport is a branch of the Irish Wheelchair Association, a charity founded back in 1960 with the aim of supporting people with physical disabilities to live active, equal and independent lives. IWA Sports mission is to develop and promote sport, physical and recreational opportunities for people with a physical disability to reach their full potential. Our vision is for everyone with a physical disability to enjoy sport, physical and recreational activities on a fully inclusive basis in any environment.

KOM18 :

“Club for Youth Empowerment 018” was established in 2007 and registered in 2008. A non-profit, non-governmental and non-party organisation. The aims of the organization are capacity building of youth, promotion of intercultural values, education, democracy, human rights, with the special focus on children and women rights, as well as rights of youth, non-formal education, mobility, EU integrations, culture with specific focus on street art, inclusion of minority and marginalized groups in the society, economical empowerment of youth, healthy life styles and environment protection, as well as the active participation of young people on all levels of social life.

ADCS Carvalhais - Sport, Cultural and Social Association

ADCS was established on the 16th of February 1991, the ADCS Carvalhais was born from the initiative of local inhabitants, whose main aim was to promote sportive, cultural and social activities. With the support of the local council authorities and the strong school community, several activities were quickly planned and developed for the community. Since then, various activities were carried out and many people took part in them, for example football and paintball tournaments, mountain biking, local festivities and traditions.

Digital Map Instructions

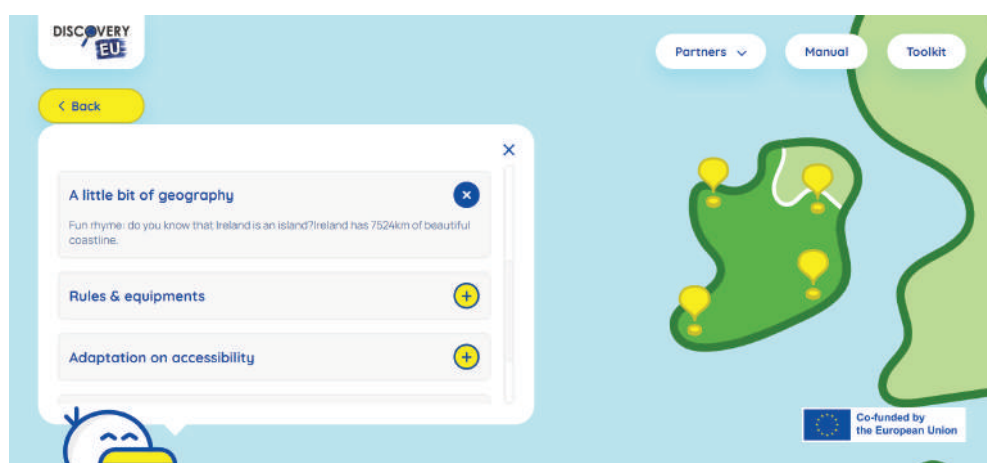
1. To access the digital map, type in “discovery-eu.geacoop.org” and you will be redirected to the home page.
2. Once on the page, you will see the pelican, which will provide instructions and guidance on how to navigate through the digital map.
3. When scrolling through the digital map, the name of each country will appear as your cursor passes over it.
4. On the top right hand side of the digital map, you can find more information on the partner organisations, a downloadable copy of the manual, and a copy of the toolkit.



5. To learn more about a country, click on a yellow balloon and the pelican will give you more information about the country and show the mapped sports and games.
6. You have the option to zoom back out using the “back” button, located on the left-hand side of the map.



7. Once you have chosen a sport or game, a drop-down list will appear with different sections, including facts on local geography and history, contact details for experts, rules, equipment, and other details.





Italia (Italy)



Morra

Detailed description on the historical, geographical, civic and social meaning:

The first news that we have of the game of the morra date back to a tomb in ancient Egypt, and then continue through the centuries with the Greeks.

However, in Roman times, one has the clearest even written manifestations. The Romans called it "micatio", from the Latin word "micare" which means "to dart", about the fast movement of the fingers at the base of the game. It may surprise you but the morra was also one of the few entertainments that the Italian soldiers had in the cold nights in the trenches of the First World War.

Rules:

The game consists of identifying the sum of the numbers that are shown with the fingers by the players.

Simultaneously, the two players stretch their arm by either showing their fist or by extending a number of fingers of their choice. At the same time, they declare a number from 2 to 10 (morra).

The player who has declared the number corresponding to the sum of the fingers extended by both players wins the point.

The game is won by whoever first reach the previously established number of points (usually 16 or 21).

The tournament can be played individually or in pairs, playing while seated in front of a table by batting on the tabletop itself.

When batting, the palm or back of the hands must touch the table, so striking with the hand perpendicular to the table is not permitted.

The hands must be clearly visible to the players and referees and absolutely no change of score is permitted once the hands have been laid down.

Generally, there's a referee which carefully follow the match, don't cheat!

The game consist of 3 rounds: match, rematch and "la bella". For the first two are counted 16 points for the victory, for the bella instead 21 points.



Organization that promotes the sport/game:

A.S.D. Associazione Marchigiana
"Amici della Morra"

Other stakeholders involved in the organization of the sport/game:

<https://www.fentvda.it/associazioni-sportive/moura/>

<http://www.giocodellamorra.it/>

<https://www.coni.it/it/discipline-associate/federazione-italiana-giochi-e-sport-tradizionali-figest.html>

Requirements:

1. Number of participants needed: It is played mainly in two, one against the other, but there is also the variant that includes two pairs.
2. Equipment needed: None
3. Facility/playing surface: A table



Adaptations to make Morra accessible:

For individuals with a disability affecting their hands and upper limbs, an online version can be played here:
(<https://www.samurra.it/>)

Main challenges / difficulties related to the sport/game?

The game involves different cognitive and motor processes, requires a high ability to calculate in a very short time, requires attention even in front of disjunct stimuli, and a trained ear for musicality and rhythm.

Level of participation of the sport / game:

In Italy, Morra is played at the international level.

Contact person(s):

info@giocodellamorra.it

<http://www.giocodellamorra.it/>



Fiolet

Detailed description on the historical, geographical, civic and social meaning:

Once upon a time, there was fiolet, and this is an all-Aosta Valley story.

At the end of the 19th century, among the meadows and woods of the Valle d'Aosta, one could already see the first companies of friends and playmates challenging each other to the tossing of an ovoid ball, made to jump on a stone and hit with dexterity with wooden sticks.

The history tells of a game loved by all, nobles, young people, old people, and women.

Rules:

The player places the fiolet on the stone, hits it lightly on the "beak" to make it splash in the air, then hits it on the fly and throws it as far as possible.

The distance from the stone to the end point of the fiolet determines the score. Each team consists of five players, who take it in turns to throw; their victory or defeat is determined by the sum of the scores achieved by each athlete, who has thirty throws.



Requirements:

1. Number of participants needed: both individually and in teams of 5.
2. Equipment needed: a smooth, rounded stone (the pyre), an ovoid ball (the fiolet) and a stick called (eima) with an enlarged end (maciocca) to better hit the fiolet.
3. Facility/playing surface: The playing field is at least 150 metres long. On the ground, starting from the stone from which the fiolet is thrown, concentric semicircles are drawn with a rope, 15 metres apart; the poles, i.e., the rods marked with progressive numbers from 1 to 13, allow the points obtained after each throw to be counted.

Organization that promotes the sport/game:

<http://www.fentvda.it/associazioni-sportive/fiolet/?fbclid=I-wAR0qbsjikdhavwuPDVCFmyQ-2Va3ISxrz0E3Zg2RNixIO5Dj4LbuvvQg6Q>



Other stakeholders involved in the organization of the sport/game:

https://www.figest.it/page/2/?wordfence_logHuman=1&hid=75209C3DB3568EBA95DFA9666A0283EF

Adaptations to make Fiolet accessible:

The ball can be placed on a higher platform, allowing wheelchair users to play.

Main challenges / difficulties related to the sport/game?

There is no possibility to buy the equipment in official retailers so to speak, and not even to rent them. The only possibility is that the equipment is lent by the practitioner.

Furthermore Fiolet can mostly be played in spring and summer when the grass in the field is not so high and when the ground is mostly dry.

Level of participation of the sport / game:

In Italy, Fiolet is played at the regional level.



Website / Links:

TUTORIAL VIDEO ITA SUB EN: <https://youtu.be/ApiUn6yACEM>

<https://www.fentvda.it/associazioni-sportive/fiolet/>

<https://www.facebook.com/fioletvda>

Contact person(s):

F.E.N.T. Valle d'Aosta

Fédérachon Esport de Nohtra Téra

Loc. Les Iles, 1 - 11020 Brisogne, Aosta (Italy)

Telefono: 329 38 14 128

Mail: fentvda@gmail.com



Adaptations to make Monoski accessible:

1. Dual Ski
2. Bass Board
3. Ski Sitting



Main challenges / difficulties related to the sport/game?

In order to be transported to the top, a mono-ski user must face certain difficulties:

Use of the ski lift: at knee height, there is a strap into which the ski lift plate is threaded; on reaching the top, it can be unhooked either from the left or right side;

Use of the chairlift: the seat can be raised so that the chairlift can fit under the shell; reaching the top the skier descends with a firm movement

Use of the cabin: the only time where the use of the mono-ski is a little complicated, because in this case the skier unhooks the ski with external help, and they put it in the cabin; arriving at the top, one has to ask again for external help to get out and hook the ski

Level of participation of the sport / game:

In Italy, Monoski is played at the international level.

Website / Links:

<https://www.sciedipassione.com/4all/>

VIDEO (Italian / sub EN):

<https://www.youtube.com/watch?v=h9NhsLPWTKU>



Contact person(s):

info@sciedipassione.com

+39 346-0033926 - WhatsApp

Follow us on social channels @sciedipassione Facebook and Instagram

Scie di Passione promotes inclusion through sport not only with Winter Sports but also with other mountain sports! Check their page for further info!



Calcio A 5

Detailed description on the historical, geographical, civic and social meaning:

It is said that the idea of "Calcio a 5" came after seeing a group of boys in school class playing football with a paper ball on a hockey field, using the benches as doors.

From the fusion of fútbol/futebol ("football") and sala/salón/salão ("salon", understood as indoor sports facility) it became FUTSAL.

The primitive 5-a-side football began to spread like wildfire throughout South America, especially in Brazil, where there was the encoding of what would have been the official rules of the game.



Rules:

The rules are like those of football: the game is possible with all parts of the body, excluding the upper limbs.

The point is called goal and is made by pushing the ball over the area bounded by the poles and the crossbar.

The main difference is that there is no offside, the side remittances are made with the feet, and you can operate an unlimited number of replacements.

A game lasts 40 minutes and is played in two stages of 20 minutes each. In each of the two game times each team may require a time-out of one minute.

Each match takes place under the control of two referees.

In Futsal every physical contact is considered a foul and the fifth team foul for each half time is punished with a penalty attributed to the opposing team.



Requirements:

1. Number of participants needed: five players per team
2. Equipment needed: a balloon, a field and two doors of 3 meters in width and 2 meters height
3. Facility/playing surface: a rectangular field of minimum 25 meters in length and 15 meters in width whose surface must be flat and smooth, concrete or tar bottoms for example are not allowed.

Organization that promotes the sport/game (include any relevant links):

A.S.D Quadrato Meticcio in Padua, Italy
<https://asdquadratometiccio.it/sport-popolare/>

Adaptations to make Calcio A 5 accessible:

Among the Paralympic disciplines, there is the 5-a-side football for the visually impaired, in which a ball emits a sound clearly audible by the players and the goalkeeper must not suffer from total blindness.



Main challenges / difficulties related to the sport/game?

1. Find and train teachers/instructors

Level of participation of the sport / game:

In Italy, Calcio A 5 is played at the European and international level.

Contact person(s):

Paola.cosma@geacoop.org
asdquadratometiccio@gmail.com



Sitting Volley

Detailed description on the historical, geographical, civic and social meaning:

Sitting volley first appeared in as a sport adapted for the sport of people with disabilities.

It is interesting to think that the initial aim was to allow countless wounded or amputee soldiers from World War II to play sports. The thousands of war veterans needed to get out of their homes and socialize, although the cities were not very "accessible".



Rules:

Sitting volleyball follows the rules of conventional volleyball with some fundamental differences:

All players must be seated, with their buttocks or a part of the body from the buttocks to the shoulders in contact with the floor in order to touch the ball;

The position of the players on the court is identified by their seated position, setting up in two lines of three, with forward players closer to the net.

If two players simultaneously touch the ball over the net, causing a "blockage", a "double foul" is called and the point replayed.

However, a shot block is allowed when contact does not stop the continuity of the game.

Players are not allowed to stand, lift the body, or walk.

Requirements:

1. Number of participants needed: six players per team
2. Equipment needed: a volleyball, and a volleyball net
3. Facility/playing surface: The playing field has variable measures depending on the number of players, usually, it is 10x6 meters, divided in half by a high net on average of 1.15 m for the male category and 1.05 m for the female category.



Organization that promotes the sport/game (include any relevant links):

Polisportiva Tergola, Via Monte Cengio, Codiverno (PD)

Adaptations to make Sitting Volley accessible:

Sitting Volleyball has the characteristic of promoting the social integration of people with disabilities, since it can be practiced without distinction from different categories of different abilities (amputees, polio, paraplegics, cerebrole-sis, etc.) and at the same time also by able-bodied individuals, not requiring the use of specific tools such as wheel-chairs. Therefore, it can be considered an accessible sport, since in the same team can find space able-bodied subjects and people with disabilities.



Main challenges / difficulties related to the sport/game?

1. Find and train teachers/instructors
2. requires a playing surface allowing for fast sliding

Level of participation of the sport / game:

In Italy, Sitting Volley is played at the European and international level.

Website/Links:

<https://parrocchiamadonnadipompei.it/palestra-comunale-polisportiva-tergola-11148019210588565370/>

Facebook: Polisportiva Tergola

For more information: polisportivatergola2019@gmail.com

Contact person(s):

Emma Pagnin

polisportivatergola2019@gmail.com





Éire (Ireland)



Rounders

Detailed description on the historical, geographical, civic and social meaning:

Rounders is a bat and ball game, often credited as the precursor to baseball, that has been played in Ireland for over 150 years. GAA Rounders was included in the original GAA charter back in 1884, along with Gaelic Football, Hurling and Handball. There is a yearly primary school rounders championship, which is widely played in Northern counties, as well as nationwide Senior & Minor championships.

Rules:

Rounders is a limited contact sport it is perfect for both recreational and competitive play. It also draws on a different set of skills than the other Gaelic games and is very good for developing hand eye coordination.

The pitcher stands facing home base and delivers the ball underarm to the batter. The batter must strike the sliotar (ball) in a forward direction and into the field of play. Once the batter hits the ball he/she may run to first base. The fielding team attempt to gain possession of the ball and throw it to the base minder at first base or another base if there is a runner proceeding.

A batter is out if he/she fails to strike a third good ball, he/she strikes the last good ball into foul ground, he/she strikes a good ball but is caught by a fielder, or his or her base is tagged before he/she arrives at the base.

The aim of the game is for the batting side to score as many runs (a run is when a batter has proceeded through all 3 bases before touching home base) before the fielding team put three players out. There are twenty-five metres between each base and a total of 100m for a home run.



Requirements:

1. Number of participants needed: 9 per team (18 total)
2. Equipment needed: Ball, bat, bases, adequate playing surface (rules above)
3. Facility/playing surface: Traditionally played on a 70m x 70m pitch, outdoors on grass or dirt (see 2 link below for dimensions)



Adaptations to make Rounders accessible:

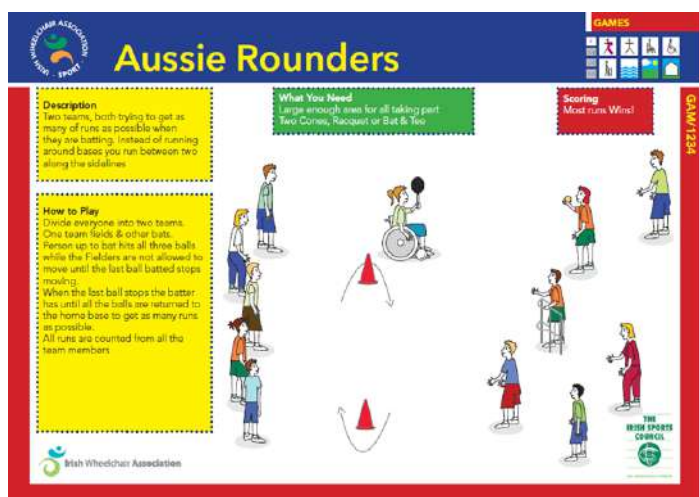
1. Can be played indoors with a smaller playing area
2. Can use a ball that makes noise for individuals with visual impairments
3. Can hit the ball off a batting tee, for individuals with physical impairments

Main challenges / difficulties related to the sport/game?

It can be difficult to recruit 18 people to play a full game, but the equipment needed is minimal and the playing surface/area can be adjusted.

Level of participation of the sport / game:

In Ireland, Rounders is played locally within school and groups of individuals at a recreational level, up to club level sport with competitions at local, regional and national level.



Aussie Rounders

Description
Two teams, both trying to get as many of runs as possible when they are batting. Instead of running around bases you run between two along the sidelines.

How to Play
Divide everyone into two teams. One team fields & other bats. Person up to bat hits all three balls while the Fielders are not allowed to move until the last ball batted stops moving. When the last ball stops the batter has until all the balls are returned to the home base to get as many runs as possible. All runs are counted from all the team members.

What You Need
Large enough area for all taking part
Two Cones, Racquet or Bat & Tee

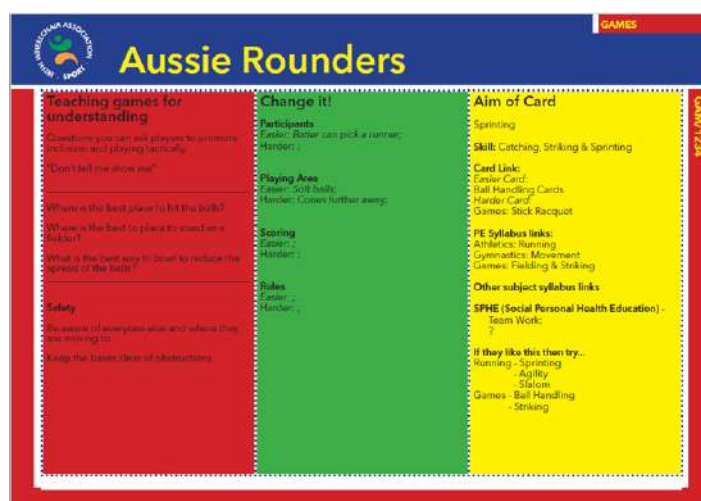
Scoring
Most runs Wins!

Irish Wheelchair Association

THE IRISH SPORTS COUNCIL

GAMES

GAAM/234



Aussie Rounders

Teaching games for understanding
Questions you can ask players to promote inclusion and playing tactically:
"Don't tell me slow me!"
"Where is the best place to hit the ball?"
"Where is the best place to place to stand as a fielder?"
"What is the best way to bowl to reduce the speed of the bats?"

Change it!
Participants
Easier: Batter can pick a runner.
Harder: .
Playing Area
Easier: Soft balls.
Harder: Cones further away.
Scoring
Easier: .
Harder: .
Rules
Easier: .
Harder: .
Safety
Be aware of everyone else and where they are moving to.
Keep the bases clear of obstructions.

Aim of Card
Sprinting
Skill: Catching, Striking & Sprinting
Card Link:
Easier Card:
Ball Handling Cards
Harder Card:
Games: Stick Racquet
PE Syllabus links:
Athletics: Running
Gymnastics: Movement
Games: Fielding & Striking
Other subject syllabus links
SPHE (Social Personal Health Education) :
Team Work.
If they like this then try--
Running - Sprinting
Agility
Stalom
Games- Ball Handling
- Striking

Irish Wheelchair Association

THE IRISH SPORTS COUNCIL

GAMES

GAAM/234

Links:

- <https://www.gaarounders.ie/>
- https://www.gaarounders.ie/files/GAARoundersRULES_May_2021.pdf
- https://www.gaarounders.ie/files/RoundersManual_LowRes-coaching-manual.pdf

Contacts:

- Iain Cheyne- secretary.rounders@gaa.ie
- Daryll Dolan- development.rounders@gaa.ie



Bulldog

Detailed description on the historical, geographical, civic and social meaning:

Bulldog is a tag-based game commonly played in Commonwealth countries. In Ireland specifically, kids would grow up playing this at school with their friends as it would be commonly utilised by physical education instructors. From a sporting development perspective, kids would work on running in straight and curved lines, sprinting/developing physical fitness, working on reflexes, as well as reaching/dodging skills.

Rules:

Bulldog takes place on a large playing surface (sports hall, pitch, large empty area, etc.) with one person 'on', standing in the middle of the playing area.

All remaining players line up at one end of the playing surface, waiting for the person in the middle to call them over.

When ready, the person in the middle shouts '1, 2, 3, Bulldog!' and then all of the other participants need to run to the far side of the pitch.

The person in the middle has to tag as many individuals before they get to the other side—anyone caught remains in the middle and becomes 'on' as well. The game repeats until there is only one participant left, who is announced the winner



Requirements:

1. Number of participants needed: Minimum of 4, no maximum. Best when played with at least 12.
2. Equipment needed: None
3. Facility/playing surface: Sports hall, sports pitch, any large empty space



Adaptations to make Bulldog accessible:

1. Slow down the individuals in the middle, making it easier for people who need additional time to cross the playing surface (I.e. start on the ground, do 2 push-ups before chasing, form a train when catching people, etc)
2. Have people play in wheelchairs and running or all in wheelchairs
3. Change the playing area/playing surface

Organization that promotes the sport/game:

Bulldog is traditionally played in Irish schools among kids, but we use it regularly in IWA-Sport, at camps and club events

Level of participation of the sport / game:

In Ireland, Bulldog is played locally within school and groups of individuals at a recreational level.



Links:

[https://en.wikipedia.org/wiki/British_Bulldog_\(game\)](https://en.wikipedia.org/wiki/British_Bulldog_(game))

A version of the game being played with flags: <https://www.youtube.com/watch?v=HvaHhqsWr5w>

A version being played by the All-Blacks & Lions: <https://www.youtube.com/watch?v=A59DLf4J5ys&t=47s>

Contacts:

Sam Jablansky
sam.jablansky@iwa.ie



Rugby

Detailed description on the historical, geographical, civic and social meaning:

Rugby union in Ireland is a very popular team sport. Rugby union is organised on an all-Ireland basis with one national team, governing body and league for both the Republic of Ireland and Northern Ireland. Founded in 1879, the Irish Rugby Football Union is the third-oldest rugby union after England and Scotland, and was formed two years prior to the Welsh Rugby Union.

The Irish Rugby Football Union (IRFU) is the governing body for rugby union in Ireland. The IRFU is divided into five branches. The four main branches represent the four provinces of Ireland: Ulster, Munster, Leinster and Connacht. Each provincial branch organises the sport within its geographic area.

Initially, there were two unions both founded in 1874 - the Irish Football Union had jurisdiction over clubs in Leinster, Munster and parts of Ulster; the Northern Football Union of Ireland controlled the Belfast area. The IRFU was formed in 1879 as an amalgamation of these two organisations and branches of the new IRFU were formed in Leinster, Munster and Ulster. The Connacht Branch was formed in 1886.

Ireland had a strong tradition of folk football games long before the various forms of modern football such as rugby, association football, and Gaelic football were codified. The local varieties were often quite different from one another, and some bore more resemblance to certain modern codes than others:



Rules:

1. The ball must be pitched backwards to your teammates.
2. No forward passes.
3. There is no blocking to assist your runner.
4. You must be standing up to pick up the ball. You cannot dive on a loose ball.
5. The game will have 15 players from each team taking the field
6. When your teammate pitches the ball to you as you are running down the field, and you accidentally drop the ball, that is a penalty. It is called a knock on.

A detailed video explaining the rules of Rugby can be found here: <https://www.youtube.com/watch?v=FOJejnPI0p0>

Requirements:

1. Number of participants needed: 15 per team (30 total)
2. Equipment needed: Rugby ball
3. Facility/playing surface: Grass pitch



Organization that promotes the sport/game:

Irish Rugby (<https://www.irishrugby.ie/>)

Other stakeholders involved in the organization of the sport/game:

<https://www.irishrugby.ie/playing-the-game/age-grade/aldi-play-rugby-main/>
<https://www.irishrugby.ie/2022/09/08/energia-all-ire-land-league-womens-division-reduced-to-nine-teams-for-2022-23/>
<https://irfucharitabletrust.com/>

Adaptations to make Rugby accessible:

- 1. Please see link : Inclusive Rugby
- 2. Please see attached Wheelchair Rugby Map
- 3. Rugby 7's
- 4. Rugby League



Main challenges / difficulties related to the sport/game?

It can be difficult to recruit 18 people to play a full game, but the equipment needed is minimal and the playing surface/area can be adjusted.

Level of participation of the sport / game:

In Ireland, Rugby is played locally within school and groups of individuals at a recreational level, club level sport with competitions at local, regional and national level, professionally and internationally.

Links:

Inclusive Rugby

Contacts:

David.McKay@IRFU.ie



Wheelchair Rugby

Detailed description on the historical, geographical, civic and social meaning:

Wheelchair Rugby was introduced to Ireland back in 1997 thanks mainly to the efforts of Garrett Culliton. Garrett comes from a strong rugby background and after seeing the game being played while he was in the United States, was adamant that Ireland would have their own Wheelchair Rugby team.

Rules:

Wheelchair rugby is a full-contact game and chair contact is encouraged. Players cannot strike another player's wheelchair anywhere behind the axle of the rear wheel if it causes the chair to rotate horizontally or vertically. Physical body contact is also not permitted.

4 players play on each team at any given time and are classified between 0.5-3.5 points. Each team can have a maximum of 8 points together on the court at once.

The game consists of 4 periods of 8 minutes.

The ball can be passed, thrown, batted, rolled, dribbled or carried in any direction and players must dribble or pass the ball within 10 seconds. The ball must cross the center line within 12 seconds.

A more detailed explanation of the rules can be found here: <https://paralympics.ie/paralympic-sports/summer-sports/wheelchair-rugby/#:~:text=The%20match%20consists%20of%20four,Contact%20between%20wheelchairs%20is%20allowed.>



Requirements:

1. Number of participants needed: 4 per team (8 total)
2. Equipment needed: Wheelchair Rugby ball, wheelchairs rugby chairs
3. Facility/playing surface: Indoor court, typically 28m long, 15m wide



Stakeholders involved in the organization of the sport/game:

Irish Wheelchair Association
Irish Wheelchair Rugby
Irish Local Sports Partnerships
Irish Rugby Federation (IRFU)
Sport Ireland

Main challenges / difficulties related to the sport/game?

1. Travelling
2. Costs of running the event
3. Lack of woman taking part
4. Struggle to get Volunteers & Coaches (mainly family volunteer)
5. Not enough publicity

Level of participation of the sport / game:

In Ireland, Wheelchair Rugby is played at club level sport with a national league and internationally.



Links:

<http://iwcrugby.com/>
<https://www.iwa.ie/sport/our-sports/wheelchair-rugby/#:~:text=Irish%20wheelchair%20rugby%20welcomes%20both,try%20is%20worth%20one%20point.>
<https://www.irishrugby.ie/playing-the-game/spirit-of-rugby/disability-rugby/wheelchair-rugby/>
Murderball Documentary: <https://www.youtube.com/watch?v=AmvXbrrOAKU>

Contacts:

teresa.dineen@irishwheelchairrugby.com



Hurling

Detailed description on the historical, geographical, civic and social meaning:

Hurling is the fastest game on grass, the most skilful game in the world. Furthermore, it is also one of the oldest with its traditions set in the mists of ancient Irish history. The first written reference to hurling dates back to 1272 BC.

It is a stick and ball game, played by teams of 15 on a rectangular grass pitch with H-shaped goals at each end. The stick that we use is called a 'hurley', or a camán in the Irish language, while the ball is called a sliotar. It is over 3,000 years old and is said to be the world's fastest field game.

It combines skills from lacrosse, field hockey, and baseball in a hard-hitting, highly paced game. The sliotar can travel up to 180 kilometres per hour over the course of a game!

Rules:

A game or match usually consists of two halves of 25-35 minutes.

The sliotar (ball) cannot be picked up from the ground directly with the hand. The hurley must be used to roll, jab, lift or flick the sliotar into the hand.

The sliotar can be caught while in the air or bouncing along the ground and can be transferred to the hand at most twice. If the sliotar touches the ground, the count is reset.

The sliotar can be hit with the hurley on the ground or in the air, be kicked or hand passed, using one hand for the entire movement. The sliotar cannot be thrown.

The sliotar can be kept in the hand for at most 4 consecutive steps or the length of time to take 4 steps and can be balanced on the stick for an unlimited time.



Requirements:

1. Number of participants needed: 15 per team (30 total)– 1 Goalkeeper, 6 Defensive Players, 2 Mid-Field Players, 6 Offensive Players, 3 Players pair up with their opposite marks.
2. Equipment needed: Hurley, sliotar
3. Facility/playing surface: Sports hall, outdoor pitch, any large empty space



Adaptations to make Rounders accessible:

1. A full-sized Basketball Court is preferred
2. Sports chairs must have strapping for both the waist and ankles
3. Six versus six on the court at one time only- 1 Goal Keeper, 2 Defenders, 1 Midfielder and 2 Attackers.
4. Playing time total: 30 Minutes = 2 Periods of 9 Minutes (with Two 2 Minute Intervals) and a Third Period of 8 Minutes.
5. Three points are awarded when the Sliotar fully crosses over the Endline and passes under the crossbar.
6. One point will be awarded when the Sliotar fully passes the over the crossbar from a side line cut, only.

Organization that promotes the sport/game:

The Gaelic Athletic Association (GAA) is Ireland's largest sporting organisation. It is celebrated as one of the great amateur sporting associations in the world. It was founded on November 1 1884 at a meeting in Thurles, Co. Tipperary, by a group of spirited Irishmen who had the foresight to realise the importance of establishing a national organisation to make athletics more accessible to the masses and to revive and nurture traditional, indigenous sports and pastimes.

It is part of the Irish consciousness and plays an influential role in Irish society that extends far beyond the basic aim of promoting Gaelic games.



Level of participation of the sport / game:

In Ireland, Hurling is played locally within school and groups of individuals at a recreational level, up to club level sport with competitions at local, regional and national level.

Links:

<https://www.gaa.ie>
<https://www.gaa.ie/api/pdfs/image/upload/zfmrscqesghlmdxkolpv.pdf>
<https://www.gaa.ie/api/pdfs/image/upload/lg6oicluhqongw1qvvup.pdf>
<https://www.gaa.ie/api/pdfs/image/upload/fjl31l7123d1ctpdafxz.pdf>
<https://www.gaa.ie/features/feature/wheelchair-hurling-success-story/>
<https://youtu.be/QOWdOmJaMWI>
<https://youtu.be/I1Vw66Zs0dQ>

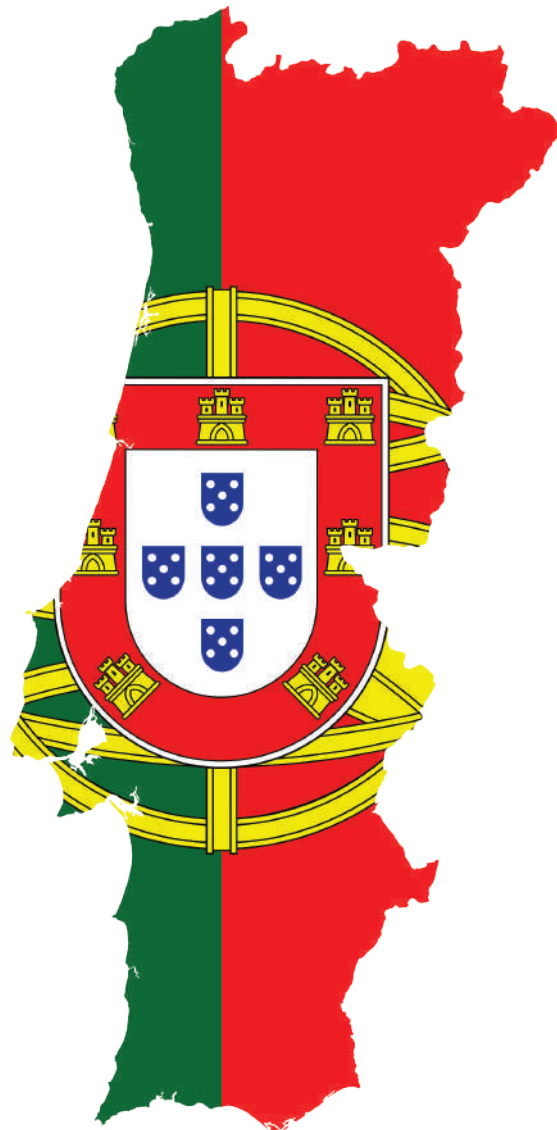
Contacts:

mail.support@gaa.ie





República Portuguesa (Portugal)



Galhofa

Detailed description on the historical, geographical, civic and social meaning:

This is a popular fighting game with origin in the Celtic tribes of the Iberian Peninsula, this type of fight it's older than Portugal. The preservation of this tradition of "Play Fighting" happened in the rural areas of the northeast region of Portugal where men and only men play this fight between them during traditional local celebrations from religious origin. This type of fighting game survived till today because of the isolation of the small villages in this region of Portugal. Today this fighting game it's already under the control of the Portuguese Wrestling Federation that is trying to develop it as an official sport.

Rules:

The rules are very simple, the two participants fight body to body without punching or kicking and hanging from the neck of the opponent.

The fight ends when one of the participants touches the ground with their back.



Requirements:

1. Number of participants needed: 2 participants from the same gender
2. Equipment needed: Trousers (jeans) and a t-shirt
3. Facility/playing surface: Tatami, soft surface or haystack in the most traditional way.

Adaptations to make Galhofa accessible:

At this moment there are no adaptations because this is a very traditional activity, but we believe that this activity could be adapted for some kinds of disability.



Main challenges / difficulties related to the sport/game?

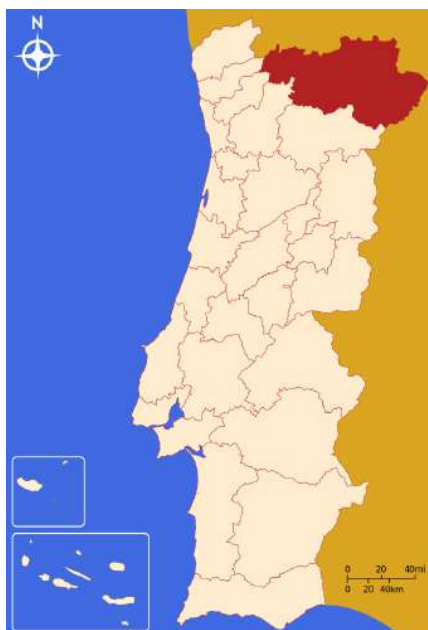
The main challenge is to make this traditional activity survive in a global world with so many influences from other dominate cultures. It's not easy for the organisations that are trying to develop this traditional game as a sport.

Level of participation of the sport / game:

In Portugal, Galhofa is played at the local and regional levels.

Organization that promotes the sport/game:

1. Portuguese Wrestling Federation: <https://www.portugal-wrestling.org>
2. Bragança Polytechnic Institute: <https://recortes.ipb.pt/?p=3377>
3. Samurai Sport Association: <https://associacaoportuguesaosamurai.jimdofree.com>



Links:

1. <https://recortes.ipb.pt/?p=3377>
2. <https://recortes.ipb.pt/?p=5286>
3. <https://www.youtube.com/watch?v=UGCc3eARobQ>
4. <https://youtu.be/HWW3Jg-eTol>

Contact:

Professor José Bragada, Bragança Polytechnic Institute jbragada@ipb.pt



Hóquei em Patins

Detailed description on the historical, geographical, civic and social meaning:

Field Hockey it's one of the oldest sports in the planet and his origins came from ancient times but its development has a sport happen in England after the industrial revolution. Rink Hockey it's an evolution from Field Hockey and it has a more recent origin, the first match was played in England around 1878.

Rink Hockey and Ice Hockey have the same origin but are different sports, this evolution or adaptation happen mainly because of the weather conditions. Ice Hockey was developed more in North America and Rink Hockey more in Europe, in the end Ice Hockey was adopted as a team sport more by countries where it's normal to have ice during a long period of the year and Rink Hockey was adopted more in countries where the weather it's warmer and doesn't have almost any natural conditions to have ice during big part of the year. It's the case of Portugal, Spain and Italy where this sport has a very good tradition and very good results at international competitions.

Portugal has great natural conditions to the development of this sport because during all year the weather it's warm and you can play outdoors almost all year long. These natural conditions helped in the development of this sport and today this is one of the most popular sports on the country, during many years, after Football, Rink Hockey was the most popular sport in the country. This popularity happened also because of the great international results that the Portuguese National team had in the European and World Competitions. Portugal had also produced some of the all-time best players of Rink Hockey in the History of this sport, one of them it was António Livramento, considered national and internationally an icon in this sport.

This huge relevance of the sport in the Portuguese culture also happened because the involvement of the historical Sport Clubs and Football Clubs of the country in this sport with the support and development of professional Rink Hockey Teams like FC Porto, Sporting CP and SL Benfica.



Rules:

The rules can be viewed here: <https://www.youtube.com/watch?v=Pph-k9NztqA>

Requirements:

1. Number of participants needed: 5 per team (10 total)
2. Equipment needed: ball, sticks, roller skates, gloves, protection pads, helmet and body armour for the goalkeeper.
3. Facility/playing surface: Hockey Rink in hardwood or plastic surface, it can be played in a more recreational way in a cement surface.



Adaptations to make Hóquei em Patins accessible:

Wheelchair Hockey it's an adaptation.

Main challenges / difficulties related to the sport/game?

This sport it's losing some relevance in the country because other sports, like futsal, became more famous at national level because of the recent international success of the Portuguese National Teams.

Level of participation of the sport / game:

In Portugal, Hóquei em Patins is played at national and international levels.

Organization that promotes the sport/game:

1. Portuguese Skating Federation: <https://fpp.pt>
2. European Rink Hockey Federation: <https://www.wseurope-rinkhockey.org>
3. World Rink Hockey Federation: <http://www.worldskate.org/rink-hockey>

Other stakeholders involved in the organisation of the sport/game:

Bragança Academic Club: <https://www.academicobraganca.pt>
Porto Skating Association: <http://www.apporto.pt>



Links:

1. <https://recortes.ipb.pt/?p=3377>
2. <https://recortes.ipb.pt/?p=5286>
3. <https://www.youtube.com/watch?v=UGCc3eARobQ>
4. <https://youtu.be/HWW3Jg-eToI>

Contact:

Professor Pedro Rodrigues, Former International and European Champion for Portugal National Team.
pedror@ipb.pt



Bilharða

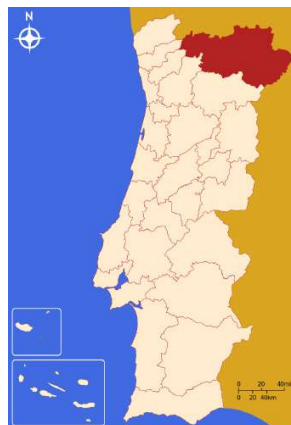
Detailed description on the historical, geographical, civic and social meaning:

This popular game is played by a group of players that can go from 3 to 6 or more at the same time. There are some different adaptations even inside of the same region but generally the goal of the game is to hit a small stick of wood with a bigger stick and throw the smaller stick as far as you can. All players are in a circle and have a circular restricted area where they must stay, and they must protect if they are not in a good position to hit the small stick. One of the players is selected to throw the small stick into the central area of the playing zone, the players in better position try to hit the small stick. If they hit the stick and throw it far away, the thrower must run to pick the small stick. When the thrower runs to pick the small stick, the other players try to dig a hole in his restricted area. If the small stick fits the hole the thrower has a punishment, if the thrower runs fast and is able to put the small stick inside of the restricted area of another player, this player will become the next thrower. If a player misses the hit, he will become the thrower. The winner will be the player that has the small hole in this restricted area.

This is a game played by children and young people in the northeast region of Portugal, mainly from rural areas because the playing ground must be soil/dirt. The origin of the game is very old and maybe it comes from the Celtiberian tribes. This is a very funny game and it's very entertaining, almost all children in the past had the opportunity to play this game.

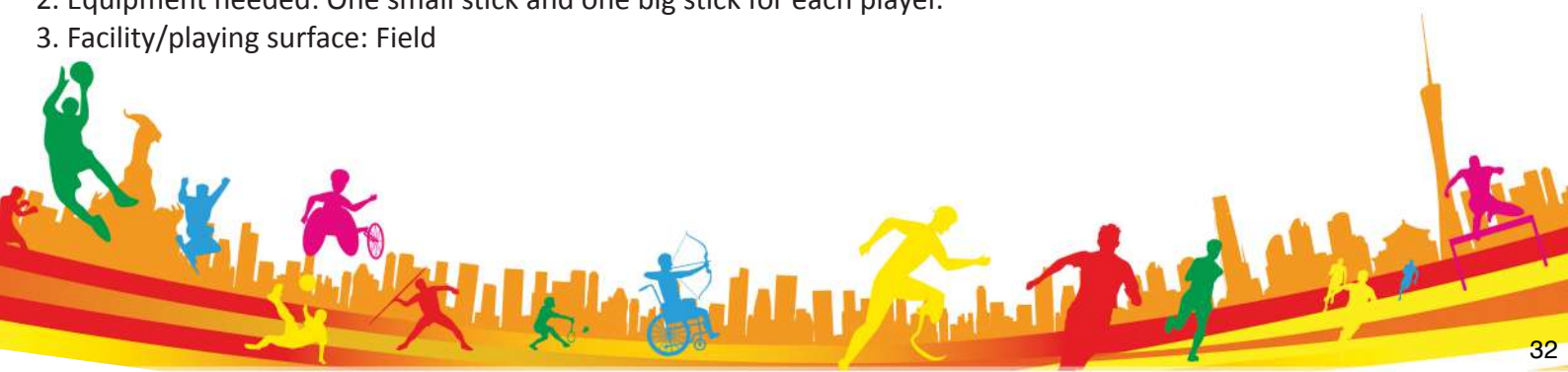
Rules:

The rules are simple, one of the players throws the small stick into the central area of the playing zone, the players in better position try to hit the small stick if they hit the stick and throw it far away the thrower must run to pick the small stick. When the thrower runs to pick the small stick, the other players try to dig a hole in his restricted area. If the small stick fits the hole the thrower has a punishment, if the thrower runs fast and is able to put the small stick inside of the restricted area of another player, this player will become the next thrower. If a player misses the hit, he or she will become the thrower. The winner will be the player that has the small hole in this restricted area.



Requirements:

1. Number of participants needed: Minimum 3 and maximum 10
2. Equipment needed: One small stick and one big stick for each player.
3. Facility/playing surface: Field



Main challenges / difficulties related to the sport/game?

This is a popular game, we have a National Federation of Popular Games but in Portugal this activity it's mainly developed by local associations that are more closed to the community. Without these local associations the game will be extinct.

Level of participation of the sport / game:

In Portugal, Bilharda is played at local and regional level.

Organization that promotes the sport/game:

Associação de Jogos Tradicionais de Bragança

Other stakeholders involved in the organisation of the sport/game:

ADCS Carvalhais



Links:

1. <https://recortes.ipb.pt/?p=3377>
2. <https://recortes.ipb.pt/?p=5286>
3. <https://www.youtube.com/watch?v=UGCc3eARobQ>
4. <https://youtu.be/HWW3Jg-eTol>

Contact:

Rui Cortinhas, President of the Associação de Jogos Tradicionais de Bragança
Email: ajpdb@gmail.com Mobile: (+351) 93 85 400 74



Arranca Trigo

Detailed description on the historical, geographical, civic and social meaning:

This is a very popular game played by children across Portugal, but in some regions, it can have different names. Most of the time was played during the free time at school, it was played in the villages and in the cities too because it can be played almost everywhere and in any kind of place. This game was part of the childhood of many generations in our country.

Rules:

The game must be played by two teams, one team "stays" to carry in the back the opposing team. The teams choose an extra member to be the support against the wall or big tree, this extra participant will be the referee of the game.

The team that will carry the opponents will have to bend over and support each other making a line. The opposing team will jump on the back of the "staying" elements, if they hold the load for some time the referee gives the order for those who have jumped to return to the starting point with a limp foot down from one side of the line.

Before this order the "jumpers" may not laugh, show their teeth, or touch the ground, if they do it they will lose. If the team that "stays" does not support the load they will lose too, and the opponents have the possibility to jump again.



Requirements:

1. Number of participants needed: Minimum 3 and maximum 12
2. Equipment needed: None
3. Facility/playing surface: Outdoor or indoor near a wall



Main challenges / difficulties related to the sport/game?

This was a very popular game. We have a National Federation of Popular Games, but we think this game can be lost in the future because children today have other types of entertainment.

Level of participation of the sport / game:

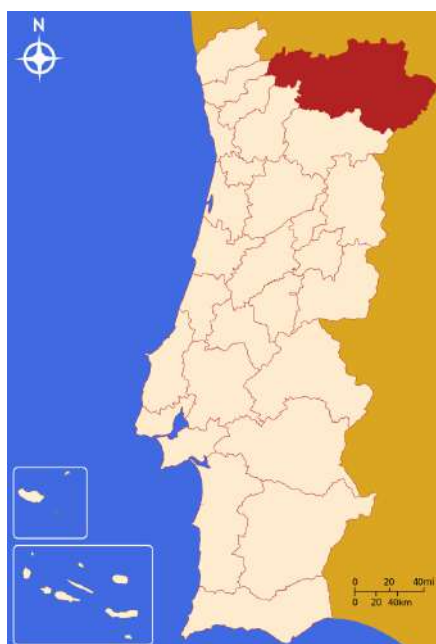
In Portugal, Arranca Trigo is played at local and regional level.

Organization that promotes the sport/game (include any relevant links):

Associação de Jogos Tradicionais de Bragança

Other stakeholders involved in the organisation of the sport/game:

ADCS Carvalhais



Links:

1. <https://recortes.ipb.pt/?p=3377>
2. <https://recortes.ipb.pt/?p=5286>
3. <https://www.youtube.com/watch?v=UGCc3eARobQ>
4. <https://youtu.be/HWW3Jg-eTol>

Contact:

Rui Cortinhas, President of the Associação de Jogos Tradicionais de Bragança
Email: ajpdb@gmail.com Mobile: (+351) 93 85 400 74





Srbija (Serbia)



ARJAČKINJE, BARJAČKINJE

Detailed description on the historical, geographical, civic and social meaning:

“ARJAČKINJE, BARJAČKINJE” is an old game that kids are playing on the breaks between the classes in schools in Serbia. This children's game became popular in all parts of Serbia in the 19th century and was performed under different names. The game requires a larger number of players to be divided in two equal teams and to stay at a distance of 20m, facing each other and forming the “human wall” by holding hands. The kids are usually playing it during spring, summer and fall months between residential districts or in the school yard. This game belongs to a group of mobility games. Mobility games are considered games with ready-made rules and are based on the performance of certain movements and actions with one's own body. This game promotes agility and fitness, but also teamwork and confidence.

Geographical and social facts:

Serbia is located on the Balkan Peninsula, Southeast Europe (about 79% of the territory) and in the Pannonian Plain, Central Europe (about 20% of the territory). However, geographically, and climatically, it is also part of the Mediterranean countries. The northern part of the country (Vojvodina) occupies fertile plains, while the central and southern parts are predominantly mountainous. Serbia abounds in natural beauty, of which preserved forests stand out. Serbia is also rich in water.



Rules:

Before the start of the game, the players should divide themselves into two groups that will be facing each other during the game, at a distance of approximately 20m. After division into groups, they should decide which group will be playing first.

During the game, the players should be holding hands with their teammates, creating the chain. The group that starts the game should ask the opposing team the question “Aryachkine, baryachkine, who do you want?”. The players of the other group should decide whose name they want to call and then call his/her name. The named player should run and break the chain between two players, that he/she holds the weakest of the opposing group, breaking it with his/her shoulder or upper arm. Should he/she succeed, he/she would be returning to his group with one player of the opposing team.

Shouldn't he/she succeed to break the chain, he/she would be staying in the opposing team and continue the game as their member. The same process is to be repeated until all the players become part of one team. The winner is the group that manages to “take” a bigger number of the players from the opposing team. After completion of the cycle, the players are divided into two teams again and repeat the whole game.



Requirements:

1. Number of participants needed: This game requires a larger number of the players- the more the better. (min 10 players)
2. Equipment needed: None
3. Facility/playing surface: Open space of larger dimensions. This game used to be played on a meadow and today is usually played in the school yard.

Adaptations to make ARJAČKINJE, BARJAČKINJE accessible:

If there is a wheelchair user playing the game, one of the team members can be an "assistant" by helping by pushing the wheelchair if needed. In this case game should be played on the flat surface on which wheelchair can run properly.

Main challenges / difficulties related to the sport/game?

During the game the safety of the kids should be a priority, since there is a lot of running and physical contact always watch after them and remind them to be careful.

Level of participation of the sport / game:

In Serbia, ARJAČKINJE, BARJAČKINJE is played at the local level.



Organization that promotes the sport/game

PAPIR BOJE MAKAZE - find out more about Serbian traditional games

Since this is a traditional game most of the school teachers are using it in their work with kids. There are no specific organizations which promotes this game exclusively

Links:

<https://youtu.be/5GSrp7mrn3s>



Blind Grannies

Detailed description on the historical, geographical, civic and social meaning:

The game of “blind grannies” is more than 80 years old, it was popular before the Second World War, and it is still played today. It is especially represented at children's birthdays.

Geographical and social facts:

The Republic of Serbia borders eight countries, including Hungary, Romania, Bulgaria, Macedonia, Albania, Montenegro, Bosnia and Herzegovina, Croatia.

The current population of Serbia is 8,657,673.

The Danube is the longest river in Serbia, flowing through it for a length of 588 km out of its 2,857 km total course.

The Vrelo River is considered as one of the shortest rivers in Europe. The course of the river is as long as there are days in years (exactly 365 m)



Rules:

Players are choosing one player to be blindfolded (he/she becomes “blind granny”). Afterwards, the other players should spin “blind granny” on the axis, to lose a bit the sense of orientation. That should not last long. After that, “Blind granny” should be searching for the other players. While the players are spinning her, they are singing “I’m taking grandma to the market, to sell her for a cent, go grandma where you want, I don’t need you anymore”.

The players should be around the “blind granny” player and call him/her by name, pushing him/her, and when “granny” goes towards other players, they should be moving away from her.

If “granny” catches someone, him/her should guess whom she catches, without removing the blindfold. “Blind granny” has the right to touch the face and the body of the players with her hands and to try to make them say something.

If the “blind granny” guesses whom she catches, that person becomes a new “blind granny” in case that player doesn't want to continue his role as “blind granny”.

Other: In some areas, the teammates are saying: “Grandma, grandma, we are picking your grapes”, while ticking and laughing. Also, the teammates can hold hands, form the circle around “blind grandma” and spin in a circle while playing the song



Requirements:

1. Number of participants needed: minimum 3, but the game is more interesting with more players
2. Equipment needed: Scarf or similar to be used as a blindfold
3. Facility/playing surface: Open or close space (should be of larger dimensions to allow enough space for “blind grandma” to move around without risk of hitting the wall or some other obstacle

Organization that promotes the sport/game:

BEBAC – find out more about Serbian traditional games

Since this is a traditional game most of the school teachers are using it in their work with kids. There are no specific organizations which promotes this game exclusively

Adaptations to make Blind Grannies accessible:

Because of the simplicity, this game is very inclusive and easily adaptable for almost everyone.



Main challenges / difficulties related to the sport/game?

During the game the safety of the kids should be a priority, since there is a lot of running and physical contact always watch after them and remind them to be careful.

Level of participation of the sport / game:

In Serbia, Blind Grannies is played at the local level.

Links:

<https://youtu.be/LwqlrmS9yfM>



Colourful Eggs

Detailed description on the historical, geographical, civic and social meaning:

This is an old children's game that was traditionally played on Easter, but over time it has become very popular among children so that now children play it in everyday play with their peers.

Geographical and social facts:

Although Serbia does not have an official religion, Eastern Orthodox Christianity has a large and influential role in society. Regarding the total population, 84.6% identify as Eastern Orthodox, while 5% identify as Catholic, 3.1% identify as Muslim, 1.0% identify as Protestant. Of the remaining population, 0.8% identify with some other religion, 1.1% identify as atheist and 1.5% did not declare their religious affiliation.



Rules:

At the beginning, players must choose which one is going to be the "devil" (buyer), the seller and eggs. The next task is for the seller to tell the "egg" players which color they are by whispering in their ears, so the "devil" (buyer) player could not hear which color belongs to whom. The game is starting with the conversation between the "devil" (buyer) and seller which goes like this:

"Devil" (buyer): Knock, Knock!

Seller: Who is there?

"Devil" (buyer): Devil from heaven!

Seller: What do you need?

"Devil" (buyer): One egg!

Seller: Which color?

"Devil" (buyer): (saying the color)

If the devil doesn't guess the color he needs to guess again. If there is a color egg he/she chooses among the players, the player who is that color immediately gets up and runs away. The task for the devil is to catch him/her and when the devil catches him/her, then the caught player becomes the devil in the next round. If the "egg" player manages to run away and come back to his/her spot then the game starts from the beginning with the same player as the devil.



Requirements:

1. Number of participants needed: Minimum 5 (1 chaser, 4 runners)
2. Equipment needed: None
3. Facility/playing surface: The game should be played in a big open space and it can be performed both indoor and outdoor.

Organization that promotes the sport/game:

DETINJARIJE – find out more about Serbian traditional games

Since this is a traditional game most of the school teachers are using it in their work with kids. There are no specific organizations which promotes this game exclusively

Adaptations to make Colourful Eggs accessible:

This game can be played by everyone, in case of having wheelchair users playing, the game should be played on the flat surface on which wheelchair can run properly.



Main challenges / difficulties related to the sport/game?

During the game the safety of the kids should be a priority, since there is a lot of running and physical contact always watch after them and remind them to be careful.

Level of participation of the sport / game:

In Serbia, Colourful Eggs is played at the local level.



Icy Uncle

Detailed description on the historical, geographical, civic and social meaning:

This is a game similar to “tag” game, with the difference that one player chases the others all the time. When he touches someone and says: "Frozen!", that person must stay in place, while the Ice Uncle continues to chase the other players.

Geographical and social facts:

The city of Sjenica (also known as Serbian Siberia) holds the record as the coldest inhabited place in Europe with a recorded minimum temperature of as low as -39 degrees Celsius.

Serbia has about 360 sources of thermal and thermomineral water with temperatures up to 110 degrees, but only a small number of them are used for commercial purposes.

Vranjska Banja is a spa with the warmest mineral water in Europe. Water with a temperature of 94° to even 110°C, with a capacity of 140 liters per second, erupts on the surface of the earth from a dozen sources.

Rules:

At the beginning players must choose which one is going to be Icy Uncle. The task of the Icy Uncle is to chase the other players and try to touch them. When he touches someone and says: "Frozen!", that person must stay in place, while the Ice Uncle continues to chase the other players. Players who are still untouched can defrost those who are frozen, and in order for Icy Uncle to win the game, he/her must freeze all the participants.



Requirements:

1. Number of participants needed: Minimum 3
2. Equipment needed: None
3. Facility/playing surface: The game should be played in a big open space and it can be performed both indoor and outdoor.



Organization that promotes the sport/game:

VREMEPLOV - find out more about Serbian traditional games

Since this is a traditional game most of the school teachers are using it in their work with kids. There are no specific organizations which promotes this game exclusively

Adaptations to make Icy Uncle accessible:

This game can be played by everyone, in case of having wheelchair users playing, the game should be played on the flat surface on which wheelchair can run properly.



Main challenges / difficulties related to the sport/game?

During the game the safety of the kids should be a priority, since there is a lot of running and physical contact always watch after them and remind them to be careful.

Level of participation of the sport / game:

In Serbia, Icy Uncle is played at the local level.

Links:

<https://youtu.be/shi6FsDY1Ck>



Think Sustainability

Transportation

- Think sustainability! Consider walking, biking or public transportation where possible. This helps reduce air pollution and can be a great way to stay active
- Reduce your carbon footprint by organising sporting events in your local area and carpooling



Reusable materials

- Ditch the disposables! A proactive way to tackle your waste is to simply refuse to use take-away coffee cups, disposable paper plates, straws, and paper towels
- Bring reusable items such as water bottles when playing sport and games to reduce the amount of plastic in our environment
- Get creative! Make your sporting equipment by hand using recyclable materials



Equipment

- Make use of everyday items! Backpacks, jackets and shoes can be used as visible tools to mark areas on a sporting field
- Share equipment! Items such as bats and balls can be shared by multiple teammates, reducing the need to buy your own
- There's no need to buy excess equipment! Uniforms can be used for multiple seasons and many fun games don't require any specific items



Local events

- Leave no trace! Pick up all your rubbish and place in the bin or bring home to dispose of
- Always remember to pick up after yourself when you're done playing outside! This helps keep our parks and outdoor spaces clean and waste free
- Go local! Choose local, organic and seasonal food and drinks when hosting events
- Think seasonal! Take part in your sport when the weather allows. For example, only go skiing when there is natural snowfall



