



Indigenous Games rule book



sport & recreation

Department:
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REPUBLIC OF SOUTH AFRICA

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1. DIBEKE / DIWIKI / SNUKA / SKULULU / UMABHORISHA

A running ball game

EQUIPMENT

- One size 3 leather ball for seniors.
- One size 1 leather ball for juniors.
- Two stopwatches.
- Two scoreboards with numbers 1 to 20 shown on each of them.
- A score-sheet to record points and the final score.
- A 30-metre measuring tape.
- Lime to mark the playing field with.
- A whistle for the match facilitator.
- One red card and one yellow card.
- Two hand flags for linespersons.

Each player should have their letters clearly printed on the front of their shirt.

THE PLAY AREA

The pitch is an open grassy area of approximately 60m long and 40m wide. The borders are marked with a white line. An area of 10m around the borders should be left open as an extended play area.

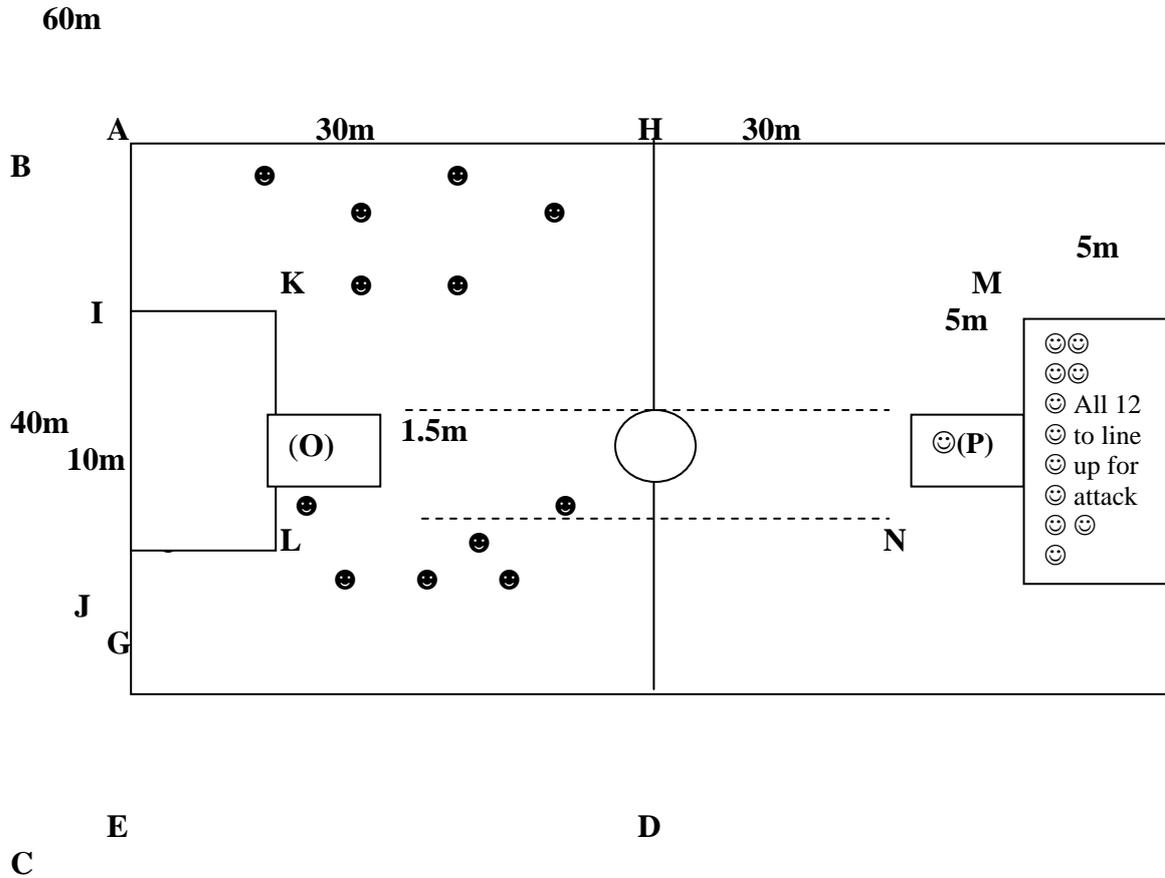
The white centre line divides the length of the pitch into two equal rectangles of 40m x 30m. The centre circle has a radius of 1.5m. It is marked with a white line and is divided into two equal semi-circles by a centre line.

There are two **attackers' boxes** (10m x 5m). Each team chooses a 'home' box. The box stretches from the back line towards the centre line; its side borders are 15m from the side borders of the area of play. The attackers' boxes are shown by white lines at both ends of the playing area.

The **kicker's box** is a rectangle of 1.5m x 5m, stretching towards the centre line. The rolling area is between the kicker's box and centre circle. The side borders are marked with a broken white line.

The **defenders' area**, in which the defending team is spread out, is behind the median (midline). The players stand behind the roller of the ball (from the defending team) who takes up his or her position in the centre circle (**roller's box**) (see Diagram 1.1). The attackers are positioned in a straight line. One attacking player is called to enter the kicker's box. He or she kicks the ball from the kicker's box across the median line in the defenders' area (see Diagram 1.1).

Diagram 1.1 THE FIELD



POINTS OF REFERENCE	MEASUREMENTS
From A to E and B to C (back lines)	40m
From A to B and E to C (side lines)	60m
From E to D, D to C and A to H, H to B (halfway lines)	30m
From I to J, K to L and F to G, M to N (length of home box or attack box)	10m
From I to K, J to L and M to F, N to G (width of home or attack box)	5m
(O) or (P) (kicker's box)	1.5m x 5m
Centre circle	1.5m diameter

Table 1.1 DIBEKE SPORT SCORE SHEET

		TEAM A																			
		ROUND																			
		No/Alphabet			RUNS																
		RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS		
1	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
2	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
3	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
4	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
5	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
6	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
7	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
8	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
9	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
10	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
11	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
12	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

NB: AT INSTANCE OF SUBSTITUTION THE MF AND SK ARE INFORMED, AND THEY ADJUST THE PLAYER ID ACCORDINGLY TO ENSURE RUNS CONTINUITY.ADD FINAL SCORE FOR TEAM A AND B.

TOTAL TEAM A:SADA – DIBEKE SPORT SCORE SHEET

		TEAM B																			
		ROUND																			
		No/Alphabet			RUNS																
		RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS	RUNS		
1	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
2	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
3	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
4	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
5	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
6	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
7	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
8	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
9	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
10	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
11	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
12	PLAYER ID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

NB: AT INSTANCE OF SUBSTITUTION THE MACTH FACILITATOR (MF) AND SCORE KEEPER (SK) ARE INFORMED, AND THEY ADJUST THE PLAYER ID ACCORDINGLY TO ENSURE RUNS CONTINUITY.

ADD FINAL SCORE FOR TEAM A AND B.

TOTAL TEAM B...

TEAM COMPOSITION AND ROLES

There are two teams of 12 players per team, made up of 6 males and 6 females. A full squad for competitions should consist of 12 players for each team of equal gender representation.

Each team chooses a **captain**. The captains of both teams liaise with the match facilitator during the match.

Each team nominates a **scorekeeper**. The two scorekeepers count the runs of each player and of the team during the match.

Each team has an opportunity to be '**attackers**' or '**defenders**'.

One of the defenders acts as the 'roller' of the ball. He or she will roll the ball and call out the letters of an attacker (shown on the jersey of the player), one of whom will be called to enter the 'kicker's box' and kick the ball into play. This player is then known as the 'kicker'.

GAME DESCRIPTION

The captains toss a coin to decide who will be the defenders and who the attackers.

The match facilitator blows the whistle twice for the attackers, the roller and the defenders to take up their respective positions on the pitch. This occurs at the start of the match, the start of each round, and every time play is resumed after the half-time break or an interruption (i.e. when the ball has gone 'dead').

At the start or re-start of play, the attackers stand next to each other in a single line in the attackers' box. The defenders position themselves in the defenders' area (on the centre half of the pitch opposite the attackers' half of the pitch). No defender may stand outside the pitch before the ball has been kicked.

The roller takes up position in the roller's semi-circle in the middle of the field.

When the match facilitator starts the game, the roller calls out the letter of an attacker (shown on the jersey of the player) and rolls the ball along the ground towards the attackers' area. The ball must remain on the ground and within the roller's area until it is kicked by the attacker. The ball is rolled under-arm. The speed of the ball is of no consequence.

The attacker whose letter was called immediately steps into the kicker's box and kicks the ball beyond the centre line. After kicking the ball, he or she must run to the attackers' box on the opposite end of the pitch. The kicker's team-mates may 'help' the kicker by running with him or her to the attackers' box on the opposite side of the pitch.

The defenders try to catch the ball or retrieve it as soon as possible. After retrieving the ball, the defenders 'eliminate' the players of the attacking team by throwing the ball at them – trying to hit them with the ball. If an attacker is hit, then he or she is 'out' for the rest of that round.

If the attackers arrive safely at the other end (in the attackers' box), then they are safe to continue to play until they are all out and the teams change around (attackers become defenders and vice versa). The attackers cannot be hit while they are in the attackers' box or in their home box.

RULES

- If a defender calls an incorrect ball (a letter of an attacker which is not correct), then we call this a dead ball.
- A dead ball can be brought back to the field of play by any player from either side.
- Technical officials will review the team's performance at the end of each day.
- If an attacker with one foot inside the box is hit, then that attacker is out. He or she is only safe with both feet inside the box.
- If a ball is caught midair by a defender, while members of the attacking team are still running to their box, then all of the players who are out of the box are caught out. Only those who are home are safe.
- There are two linespersons on the pitch. These linespersons use flags and ensure that no players run off the field of play during the game

CODE OF CONDUCT

- Abusive language may not be used on the pitch.
- Fighting is not allowed.
- A player will be sent off for threatening or fighting with officials or other players.
- A team will be disqualified if they miss a match.

SCORING

The attacking team scores when:

- an attacker reaches the opposite attacking box safely. This counts as 1 run.
- an attacking team member makes 20 runs. The attacking team is awarded 2 points and the eliminated attackers are set free to join the others in the home box to start play as attackers in the following round.

The defenders score when:

- all the players of the attacking team have been eliminated. In this case, the defending team scores 1 point. When all the attackers are out, the teams change around and the attackers become defenders, taking up position in the attackers' box, while the defenders position themselves in the defenders' area.

A run is scored each time an attacker has run from one attacker's box to the other one without being hit by the ball. Runs can be scored at any time while the ball is in play.

A short run is made when an attacker does not run the full length of the field. In this case, the match official will call one short run, indicating the letter of the attacker as soon as the ball is dead (any runs attempted or previously scored by the attacker, except for the last one, are cancelled).

A win

The team with the highest score at the end of the allotted playing time wins the match

Attacker(s) are eliminated (out) until the next round when a player / attacker:

- whose letter has been called fails to kick the ball beyond the centre line in the field of play.
- is hit by a defender's ball when he or she is outside any of the attackers' boxes after the ball has been kicked into play.
- who was previously dismissed is hit during his / her run back to the attackers' box after a round has been completed.
- runs outside the boundaries of the pitch at any stage of the play.
- kicks short of the defenders' area or misses the ball for the third consecutive attempt – only two misses are allowed.

The whole attacking team is eliminated (out) when:

- the ball of the kicker is caught in mid-air (caught out).
- all the attackers have been hit (one at a time) while they are outside either of the boxes.

SUBSTITUTION

- A team is allowed an unlimited but regulated number of substitutes during a match.
- No more than three substitutes will be allowed on the pitch at the same time during play.
- Substituting a player may not take place within three minutes of the last one.
- The match facilitator and scorekeepers will record all substitutions.

FOULS / PENALTIES

A player will receive a **red card** and be suspended for the duration of the game if he or she:

- incites other players or supporters to disrupt the game.
- assaults or insults another player's match official or supporter.
- displays a negative gender attitude towards a player of the opposite sex.

A player will receive a **yellow card** (warning) and be suspended for the round of the game in which the offence was committed if he or she:

- obstructs another player during play.
- challenges the authority of a match official (this does not apply to the captain, who may query a decision).
- delays throwing the ball while an attacker is running, or gives the attacker a chance to dodge a possible hit with the ball.

The following general fouls will also be penalised:

- Any player of the attacking team who makes a short run will forfeit all runs he or she has accumulated, except for the last run.
- Any roller will be replaced when he or she rolls the ball outside the rolling area or in the air for the third consecutive attempt.

DURATION

An official game is 80 minutes divided into two equal halves of 40 minutes each, with a half-time break of no more than 10 minutes.

However, if informally played, the players may decide beforehand how long they want to play for, as long as both teams agree and are treated fairly concerning the duration and rest periods of the game.

2. KHO-KHO
A running game

EQUIPMENT

A stick or a piece of chalk

Diagram 2.1

THE PLAY AREA

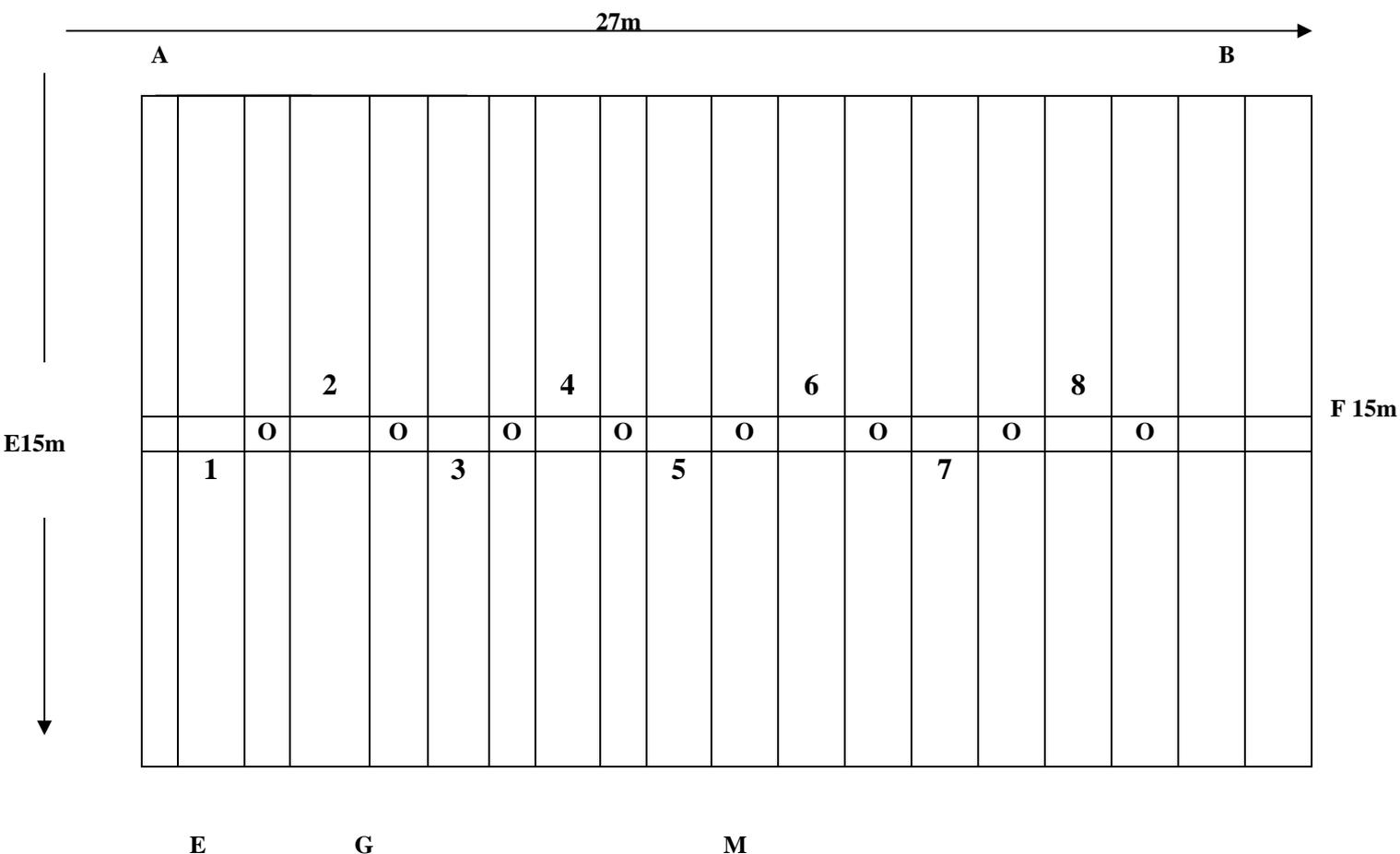


Table 2.1.

POINTS OF REFERENCE	MEASUREMENTS
From A to B (outside limits)	30m in length
From A to D (bigger rectangles)	15m in length
From F to G and G to M (lines of narrow rectangles)	15m in length and 30cm in width
Squares (O, in the middle of the court)	30 x 30 cm

TEAM COMPOSITION AND ROLES

- There are two teams of nine players each.
- One team is the running team (Team A) and the other is the chasing team (Team B).
- At the start of play, one player from the running team will be named the 'runner' (X) and one will be the 'chaser' (Y).

GAME DESCRIPTION

The players toss a coin to determine which will be the running team and which will be the chasing team in the first half.

All the members from Team A (the running team) take up their positions in the eight small 30 x 30cm squares (0) in the middle of the field (see numbers 1 to 8 in Diagram 2.1). Every alternate player faces in the same direction. For example, all odd-numbered players will face north, and all even-numbered players will face south.

Three players from Team B will be in the playing area. One of these players will be nominated to start the chase. He or she will start the game by chasing the runner from Team A. The runner will run away from the chaser alongside his or her team members positioned in the squares.

At any time, the 'runner' may shout 'Kho!' to one of his own team members who is facing in the same direction as he or she is running in. The runner (X) will change places with the player he or she called out to, and that player will take up the running (being chased by Y). The 'runner' (X) may move in any direction but must stay inside the playing area.

When the chaser wants to pursue a runner on the other side of the median line, then he or she must first run up to the pole at the end of the field in order to change direction.

The runner (X) is 'out' when:

- He or she is touched by the 'chaser'.
- He or she steps outside the playing area.

He or she enters the playing area late.

RULES

- Spiked shoes are not allowed on the field, but soccer boots with plastic studs will be considered.
- No substitutes are allowed during play (unless a player has been injured).
- Rough tackling is not allowed.
- Any player who makes a deliberate tackle will be sent off.
- Catchers are allowed to turn three times in seven minutes.
- The chaser may not cross the centre line.
- The chaser can change direction only when he or she reaches the pole at the end of the field.

SCORING

The score-keeper counts the number of catches and the number of fouls committed by the chasers. The fouls are subtracted from the catches to give the score. For example:

fouls = 7
catches = 21
score = 14

If there are more fouls than catches, then the chasing team will have scored minus points, for example:

fouls = 21
catches = 7
score = - 14

A win

The team with the most points at the end of the game is the winner.

DURATION

There are two halves of seven minutes each. After the first seven minutes of play, there is an interval of two minutes for the players to change over. Three players from Team A now become 'chasers' and the players from Team B take up their positions in the squares as 'runners'.

3. IINTONGA / MELAMU / IZINKUKU / UMGANGELA

A stick-fighting game

EQUIPMENT

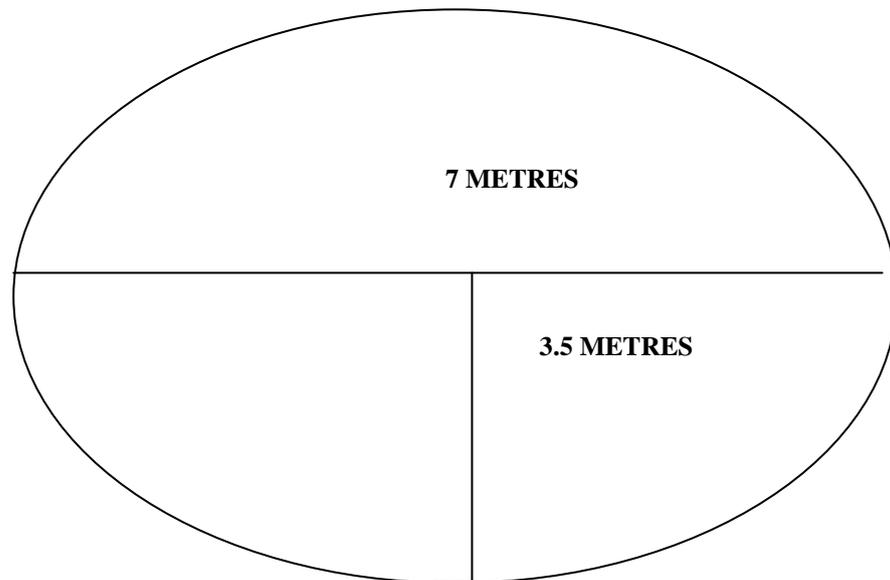
- Two sticks (called an lintonga set) are used. They include a long stick for attacking, and a shorter one for defending. The stick for defence has a protective shield on the outside to cover the top part of the hand. The player decides on the length of the stick according to his or her preference.
- Protective headgear may be worn to protect the players from injury.
- Plastic gloves may also be worn to protect the hands.
- A stopwatch.
- A First Aid kit.
- A score-sheet.
- A white stick to be used by the referee.

THE PLAY AREA

The ring should be oval and 7 metres in diameter, measuring 3.5 metres from the centre (see Diagram 3.1). It may be an elevated ring, or a ring drawn on a flat surface to accommodate fighters in rural communities.

Diagram 3.1

RING



TEAM COMPOSITION

Age categories

People from the age of five upwards are eligible to participate in the game in the following categories:

- Players from 5 years to 20 years of age are grouped into compatible age categories:
 - 18-20 years (juniors)
 - 21-25 years (intermediaries)
 - 26 years and above (seniors)

GAME DESCRIPTION

Two fighters (combatants) take up position inside the ring. Each fighter carries two sticks, namely the attack and the defence stick. The referee blows a whistle to start the game and the fighters try to hit their opponent with their stick, while defending themselves with the defence stick.

Three judges judge the match and record points scored by each combatant. They also record deductible points where there are infringements of the rules. Points are awarded according to the number of blows that hit the opponent's body.

A referee controls the match and a timekeeper controls the rounds in each bout. A bout consists of three rounds of one minute each.

RULES AND SCORING

Penalty points are deducted for every transgression committed, while the judges have the power to disqualify players. The following constitutes a transgression:

- Hitting 'no hit areas', namely the pubic section below the waist (*kumhlaba wamadoda*, meaning 'the land of men') and behind the head.
- Hitting an opponent during a break.
- Hitting an opponent when he or she is down.
- Prodding or attacking the opponent with the defence stick.
- Poking the opponent.
- Hooking or grabbing with a stick.
- Using sharpened sticks.

Points are scored and recorded for every 'legal' strike made. All points are recorded on the score-sheet, which also reflects the following details:

- Name of participant.
- Strike per round.
- Total strikes.
- Position of strike(s).

No performance-enhancing or energy-enhancing drugs are allowed. The use of these substances is an infringement and may result in suspension, cancellation of a win and expulsion from the game.

A win

The player who has scored the most points at the end of the game is the winner, unless one of the players 'throws in the towel' (quits or gives up) before the end of the game.

DURATION

Every game will comprise the number of bouts agreed on before the game. A bout consists of three rounds of one minute each.

SAFETY MEASURES

- The referee will use plastic gloves.
- The referee will regulate the game by using a white stick to separate the players if there are illegal throws or strikes.
- There should always be a First Aid kit on site as well as a person who is qualified to use it.

4. JUKSKEI

A target game

EQUIPMENT

- Skeets may be made from wood, rubber, composite or synthetic materials. Skeets must be between 300mm and 460mm in length, and their diameter may not exceed 75mm. A skeet may not weigh more than 1.8kg (for seniors) or less than 1.1kg (for juniors).
- Two straight, round stakes are made of wood or synthetic materials and should be 510mm long, and 25mm to 30mm thick. One end of the stake must be tapered to a sharp point, which is planted 50mm deep into the sand. A screw, nail or similar object can be fixed to either side of the pitch with a string secured permanently to the one side. The other end of the string may bear a hook or a ring which can be hooked over the opposite screw or nail.
- A knot or other marking can indicate the exact centre of the cross-string. The stake is positioned exactly behind the knot or marking when the string is strung tightly across the pitch.
- The stake should be positioned in the pitch at a distance of at least 1.8m from the front, and 1.2m from each of the other three sides.
- A calliper is required for measuring purposes.
- A rake is required to smooth and level the sand after a round of play.
- A score-sheet is used to record the results or score.
- A round-robin or knock-out schedule applies.

THE PLAY AREA

The pitch

Different casting distances are allocated to boys / men and girls / women. See Table 4.1 below.

Table 4.1

Distances for categories of players

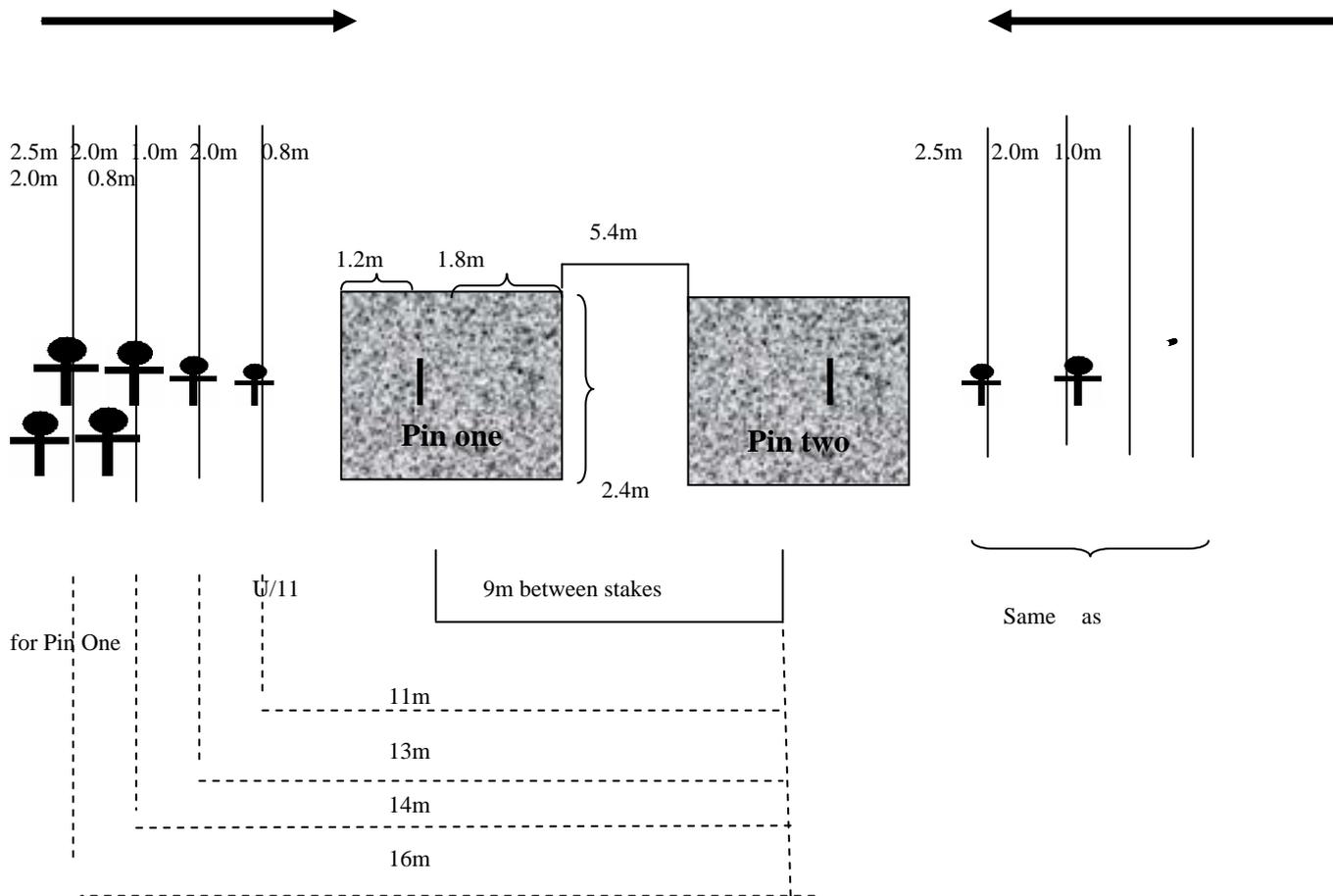
Categories	Age Group	Male (minimum distance)	Female (minimum distance)
1	11 years and younger	1 m further than age	1 m further than age
2	12-15 years	13m	12m
3	16-18 years (at school)	14m	13m
4	19-49 years	16m	14m
5	50-64 years	14m	12m
6	65 years and older	13m	11m

Players compete in age categories (ranging from 1-6) according to their age on 1 January of that year. A player will compete in a different category on the day of his or her 50th (category 5) or 65th (category 6) birthday.

Diagram 4.1

Direction of play to Pin One

Direction of play to Pin Two



A player must stand behind the designated pitching lines.

TEAM COMPOSITION AND ROLES

A team consists of four players, one of whom is the leader. The leader determines the order in which the team members cast.

If three people play against a team of four, then the leader of the team consisting of only three players indicates during each round when the absent player would have cast. The round then continues as though the absent player had already cast.

If a team begins a match with only three players, the absent player may join the team at any time during the match, provided this is done at the beginning of a round.

A team may be accompanied by a reserve, provided it is clear who the reserve player is, since he or she is the only player that will be allowed to take the place of a member of the team concerned. No reserve player may join the team after a match has started,

unless one of the team members has been injured, has taken ill or is otherwise unfit to continue playing.

Should fewer than three team members arrive, the match cannot be played, and the team concerned forfeits their points.

The players must stand the same distance from the stake at both ends.

GAME DESCRIPTION

Each player gets two skeets to cast.

Position of players

The two teams' players take up their positions behind the pitching line for their group. Players stand behind the pitching lines of Pin One when casting skeets to Pin Two. In the next round, they reverse the direction. At both ends, the players must stand the same distance away from the stake.

Players may not stand more than 1.8m to the right or left of a point directly behind the stake when they cast.

When casting a skeet, the player may step forward up to the pitching line, but may not step on or over the pitching line before the skeet is released from the hand.

Play

The skeet is gripped by the handle and the player casts it underhand past the leg, using a forward swinging motion of the arm. A skeet has been cast as soon as it leaves the hand of a player. Players can cast the skeet by rotating it either vertically or horizontally.

Unless decided otherwise by the team leaders, the team to throw first is determined as follows:

- Before play commences, the two team leaders (or a player from each team designated by the leader) throw a skeet over the fixed distance towards the stake.
- The two players, one from each team cast onto a clear pitch. The distance of the first player's skeet is measured. The skeet is then removed and the pitch restored, after which the player from the other team casts his / her skeet and the distance is measured. If there is a tie, the players cast again.
- The team whose skeet is closer to the stake can decide which team casts first.

The players from the two teams cast their two skeets in the following order.

- The first player from the team casting first casts his or her two skeets, followed by the first player from the other team. Then, it is the turn of the second player from the first team, the second player from the other team, and so on.
- The team leader has the right to alter the order in which his or her players cast their skeets. This may be done at any stage during the game.
- Players must cast both skeets, unless a set (23 points) is scored after the first cast, in which case the opposing team must try to cancel the points of that casting turn in the set.

- If a team has scored a set and a player from the team still has one skeet left to cast, then the leader of that team must decide whether the remaining skeet is to be cast, or the cast forfeited. This must be done before the team's other skeets are cast or forfeited.
- Should a player cast out of turn, then he or she must finish casting and continue play in the normal order, provided this does not happen at the beginning of a round.
- If the first player casts out of turn, then the skeets are returned to him or her, and no points are awarded. As soon as the first player from the opposing team has cast his or her first skeet, then the round is regarded as having commenced.
- If a set is scored during a casting turn, then players of the opposing team must keep casting until they cancel out the first team's points. The captain of the scoring team may decide that his or her team will cast skeets, but only after the opposing team has cast both skeets.

Rounds

- The team whose skeet lies nearest to the stake casts first during the next round.
- If no lies (1 point) or falls (3 points) are scored during a round, then the team that cast first in the previous round casts first again.
- If no skeets lie close enough (more than 440mm to 460mm) to the stake to score, but one of the teams has scored one or more falls (3 points), then that team casts first in the next round.
- If a set (23 points) is scored, then the leader of the scoring team has the right to determine the casting sequence for the following round.
- If there is a tie for a set, then the first team to lie closest to the stake casts first in the next round. If a team scores more than 23 points, it bursts, and should then start from scratch in the next round. A team that has burst may not cast first in the next round, unless that team has scored a lie.
- A player may change skeets at any time during the match, provided he or she is ready to play when it is his / her turn.
- A round is completed when:
 - all players have cast or forfeited their skeets and the score has been recorded.
 - a team has scored a set and the opposing team has no more skeets to cast.

RULES AND SCORING

A calliper is required for measuring. Only the area within a radius of 440mm to 400mm from the stake is considered for measuring purposes, and this section should therefore be clearly marked.

The distance between the skeet and the stake is measured from any part of the stake protruding above the surface of the sand to the nearest point or part of the skeet, either above or under the sand. For measuring purposes, skeets may be uncovered temporarily to determine their nearest point.

If a skeet is broken while in play, then the distance between the stake and the largest part of the broken skeet is measured.

The scores are recorded by team leaders after all 16 skeets have been either cast or forfeited. Leaders should check and confirm each other's scores.

Scoring a fall (3 points)

If a stake is knocked down by a skeet, then 3 points are awarded to the team whose player has hit the stake. This is known as a fall.

A fall is also scored if the stake falls over as a result of the shock caused by a falling skeet, or is knocked down by another skeet that shifted because of the throw. (For the purposes of a fall, both ends of the stake must be out of the sand.)

If the stake is hit but does not fall over because it is supported by a skeet, then the referee or team leader may carefully remove the skeet(s) concerned. If the stake does fall over, then the team hitting the stake is awarded 3 points. However:

- If a skeet is removed to determine whether the stake will fall over, that skeet must be repositioned (restored) as close as possible to its original position.
- No sand may be used to support a skeet; if the skeet rolls, then it should be allowed to do so.
- If a skeet belonging to a player from Team A is pushed against the stake by a skeet cast by a member from Team B and the stake falls over, then this counts as a fall (3 points) for Team B. The opposite also applies.
- If a player's skeet hits the stake, but the stake remains standing at an angle, the stake must be returned to its original position before the next skeet is cast.
- If both Team A and Team B score six falls, then the falls cancel one another out, and no points are recorded. In such cases, only the lies count, i.e. the skeet(s) lying nearest to the stake. Every fall of the stake, except those cancelled out by the opposing team, counts 3 points.

Scoring a lie (1 point)

Only skeets lying within a radius of 460mm of the stake are taken into account for scoring purposes. Each skeet in this area counts 1 point, subject to the following conditions:

- Only one team can score points with close lies in a round, i.e. only the skeet of the team lying nearest to the stake will count.
- If Team A's nearest skeet lies at exactly the same distance from the stake as the nearest skeet of Team B, then the skeets cancel out not only one another, but all the other skeets as well, and neither team scores any points with a close lie.
- If the stake is hit and the skeet comes to rest in the place where the stake should stand, then that skeet should be shifted in the direction requiring the least shifting (not only to the sides, but also forwards and backwards). If another skeet lies in such a position as to prevent the moving of the skeet to make room for the stake, then both skeets should be moved.

A set ('skof')

A set (or 'skof') comprises 23 points. The team that has scored 23 points at the end of the round wins the set. The winning team will be awarded 5 points. If both teams score a set during the same round, then each is awarded half the number of points (2.5 points). This does not, however, mean that casting is to cease as soon as both teams have scored a set during the same round. The teams should cast their remaining skeet(s) or, if they choose not to cast, may forfeit the skeet(s).

The set is shared only once all 16 skeets have been cast or forfeited. A skeet is forfeited when the team leader informs the opposing team that a skeet is

forfeited.

The leader is obliged to name the player who is forfeiting his or her skeet(s). The decision to forfeit a skeet cannot be changed. A team leader may not decide that the skeets of more than one player should be forfeited simultaneously.

If a player scores a set for both his or her own team and the opposing team with his or her first skeet, then that player may cast the second skeet or may demand that the next player from the opposing team must cast before he or she casts again. i.e. He or she will be allowed to hold back one skeet. If, however, a player scores the set with the second skeet, then a player from the opposing team may cast or forfeit his or her skeets before a player from the team concerned casts again.

Burst regulations

If a team scores more than 23 points, then it 'bursts', and should then start from scratch in the next round. If a team bursts, the game proceeds as usual.

A win

The team that scores three sets first wins the match. One 'set' or 'skof' counts for 5 points.

Duration

A game should not last longer than 75 minutes. It can be adapted to a shorter period (minimum 10 minutes). The team that is leading when the time is up is the winner.

If a match is stopped due to rain, then unplayed sets are divided equally between the two teams. Sets in progress are scored according to the score at the end of the last round.

The team leading the last round gets 3 points of the set and the opposing team gets 2 points. The unplayed sets are divided equally between the two teams, e.g. Team A scores 1 set and leads 18-13 in the second set. The score is calculated as follows:

Table 4.2

	Team A	Team B
Set 1 =	5 points	0 points
Set 2 =	3 points	2 points
Set 3 =	2½ points	2½ points
Totals =	10½ points	4½ points

(Max 15 points)

PENALTIES OR INFRINGEMENTS

- A player may not step on or over the pitching-line before the skeet has left his or her hand. In the event of an infringement, the referee decides whether or not the skeet should be removed, and whether or not the points scored by such skeet should count. If the skeet is removed, no points are scored, and the pitch should be restored to the condition it was in before the skeet was cast.

- When casting, players may not stand more than 1,8m to the left or right of a point directly behind the stake.
- Should a player influence the normal course of the game to the disadvantage of the opposing team, penalty points can be awarded against the infringing team.
- If a team arrives late, then the match will not be played and the match is awarded to the team arriving on time. (Unions may, however, make their own rules regarding latecomers.)
- If the referee instructs players to continue after a delay, but one of the teams refuses to cast, then that team forfeits the set.
- A player whose skeets do not comply with the regulations, is given a warning by the referee. Should that player use those skeets again, he or she may be banned from the game.

5. MORABARABA / MLABALABA / UMLABALABA

A board game

EQUIPMENT AND AREA

- A 'board' made of wood with 214 'junctions' (circles or holes). This could also be drawn on the ground or on paper.
- Each player has 12 tokens or stones, known as 'cows'. The tokens should be different shapes or colours.

Diagram 5.1. International version of the Morabaraba board

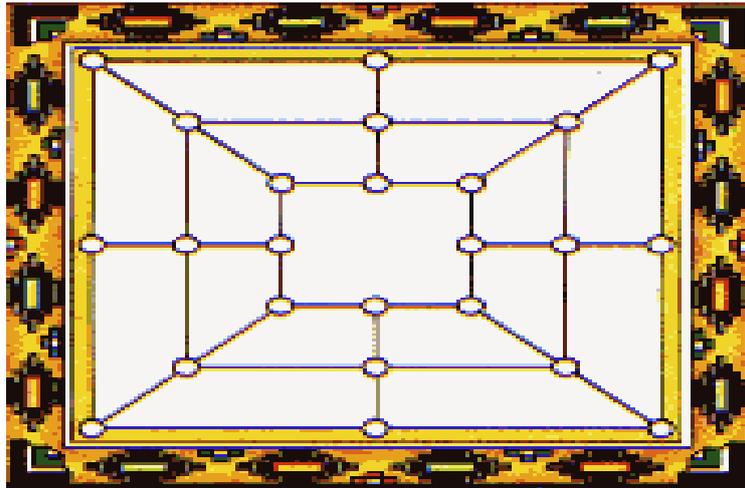
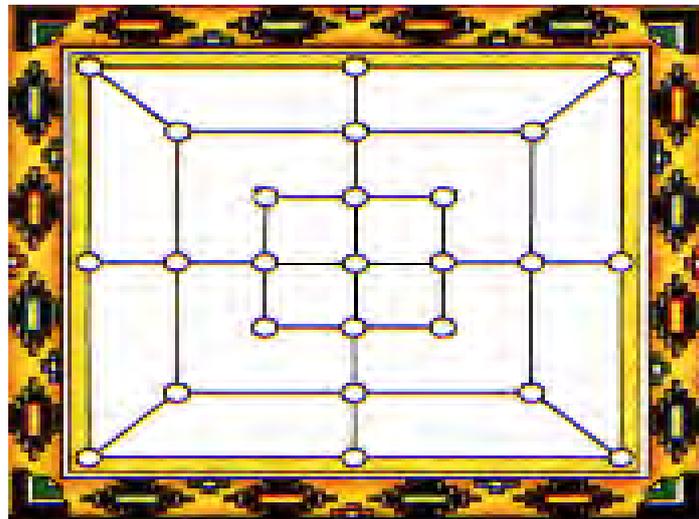


Diagram 5.2 Sesotho version of the Morabaraba board



TEAM COMPOSITION AND ROLES

Two players play against each other.

GAME DESCRIPTION

The game consists of three stages and is played as follows:

Stage one

Each player starts with 12 tokens, called 'cows' and a clear 'board'. Each player alternatively places one 'cow' at a time in a hole or on a circle ('junction').

The aim is to create rows of three tokens, being vertical, diagonal or horizontal. 'Cows' may only be placed on unoccupied 'junctions'. When a row of three tokens is achieved, then the player may remove ('shoot') one of the opponent's 'cows'. A machine gun is a move that entails moving a token vertically or horizontally to make a row of three tokens.

A player cannot 'shoot' an opponent's 'three-in-a-row' cows if there are other 'cows' on the 'board' left to 'shoot'. Only one of the opponent's 'cows' may be shot at a time, even if two (or more) lines of three-in-a-row are achieved with one move. Once a 'cow' has been shot, it cannot be used in play again.

Stage two

When each player's 12 'cows' have been placed on the 'board', they may be moved from one 'junction' to an unoccupied 'junction' adjacent to that 'junction'.

Players may break their own lines of 'three-in-a-row' in order to make new lines, or to reposition their 'cows'. 'Cows' may be moved back and forth to the same two 'junctions' repeatedly, therefore, a 'three-in-a-row' may be 'shot'.

Stage three

When a player has lost all but three 'cows', he or she may move a 'cow' to any vacant 'junction' on the board with each subsequent move.

RULES

- Extended time delays are not allowed.
- If required, a player will be given one minute during play to decide on his or her next move.
- A clock is to be used to time the one-minute delay.
- If there is an extended delay, then the umpire can:
 - show a yellow card to the player delaying the match (as a warning).
 - show a red card to the offending player. In this case, the opponent is given the next move.
 - award the match to the opponent if the delay continues.

SCORING

- The game is over when one of the players cannot move any more 'cows', or has lost all but two 'cows' on the board.
- The game ends in a draw when a player is down to three 'cows' and neither player is able to 'shoot' an opponent's 'cow' within 10 moves.

A win

In this game, you acquire or 'shoot' your opponent's cows as you go along. The winner is the player who has 'shot' all but two of his or her opponent's 'cows'.

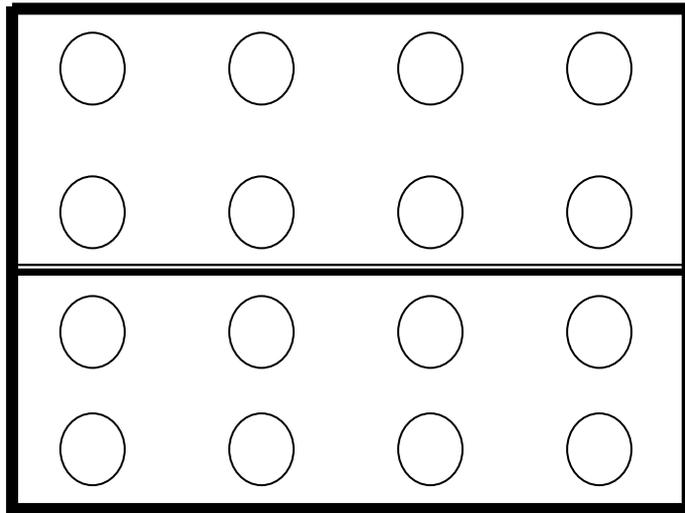
6. NCUVA / NTIJWA / TSORO / TSHIMAYA / MORUBA

A board game

EQUIPMENT AND AREA

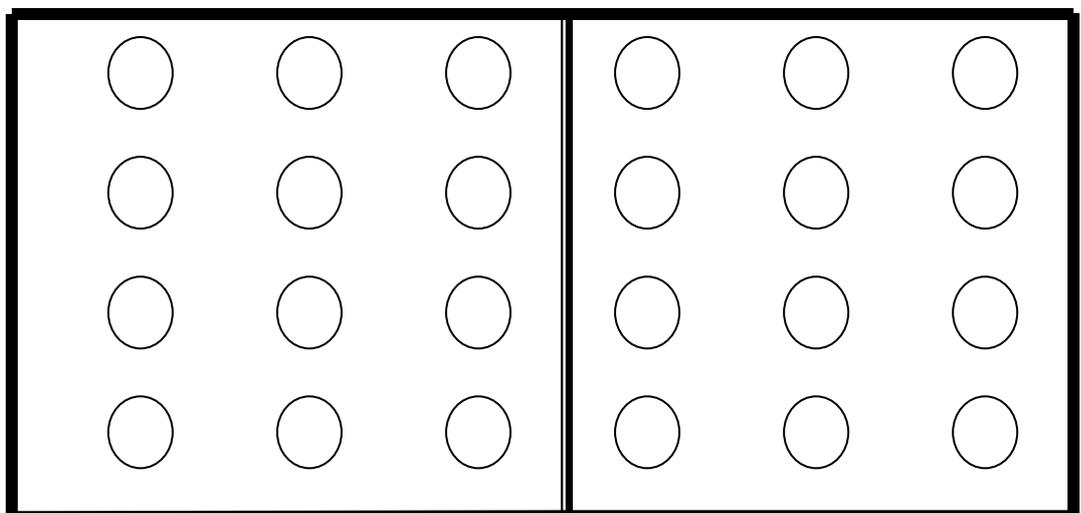
Four rows of four holes are dug in level ground (making a total of 16 holes). A line divides these rows, with two rows of holes on each side of the line (making a total of 8 holes on each side).

Diagram 6.1



The board can also be enlarged to fit six rows of four holes (making 24 holes) or 12 rows of four holes (48 holes) or even more. A line divides the rows with an equal number of rows on each side of the line, mirroring each other.

Diagram 6.2



Two stones or morula pips are placed in each hole, ranging from 32 stones or pips for each player on a board with eight holes, to 384 stones on a board with 192 holes. These stones or pips are also called 'cows' (*tinkhomo*).

TEAM COMPOSITION AND ROLES

The minimum number of players required to play the game is two, and up to six players can make up a side.

GAME DESCRIPTION

Assuming there are two players, i.e. Player A and Player B, the players will toss a coin to decide who will start the game. One player begins the game by removing any two stones from his or her holes and placing them one at a time in an anti-clockwise direction, in the next holes. When the second stone is put into the hole where there are still two stones, all the stones are taken out and placed in the next holes. Player A continues anti-clockwise until a 'cow' lands in an empty hole with the 'cows' (of the opponent) in the opposite holes. He or she then removes the 'cows' from the opposite holes (4 'cows' or stones from the two holes).

Player A may now take any two stones from any two rows on his or her side and continue the process until the last 'cow' is put into an empty hole. There are now no 'cows' left to continue with, and there are no 'cows' in the opponent's rows to remove or 'hit'. This means that Player A will now have to 'sleep' (*kulala*) and Player B will take his or her turn.

Player B starts by taking any two stones on his or her side and dropping them one-by-one into the holes in an anti-clockwise direction. Player B then continues in the same way as A, until there are no more 'cows' in the opponent's rows to remove or 'hit'.

If, during the game, a player only has one stone in the first row, then he or she must shift the stone to an adjacent hole in an anti-clockwise direction and may not remove it.

The game continues until one player has lost all his or her 'cows'.

RULES AND SCORING

- A player may not start with a single 'cow' if there are two 'cows' in another hole.
- A player is not allowed to remove two 'cows' if they are the only two left in the hole, however they may be removed by the opponent if his or her 'cow' lands directly opposite them.

A win

- The player who takes all his or her opponent's 'cows' is the winner.
- If both players still have singles (one 'cow') in some holes, then the winner is the player with the most 'cows' left.

7. UGQAPHU / KGATI / NTIMO

A rope-jumping game

EQUIPMENT

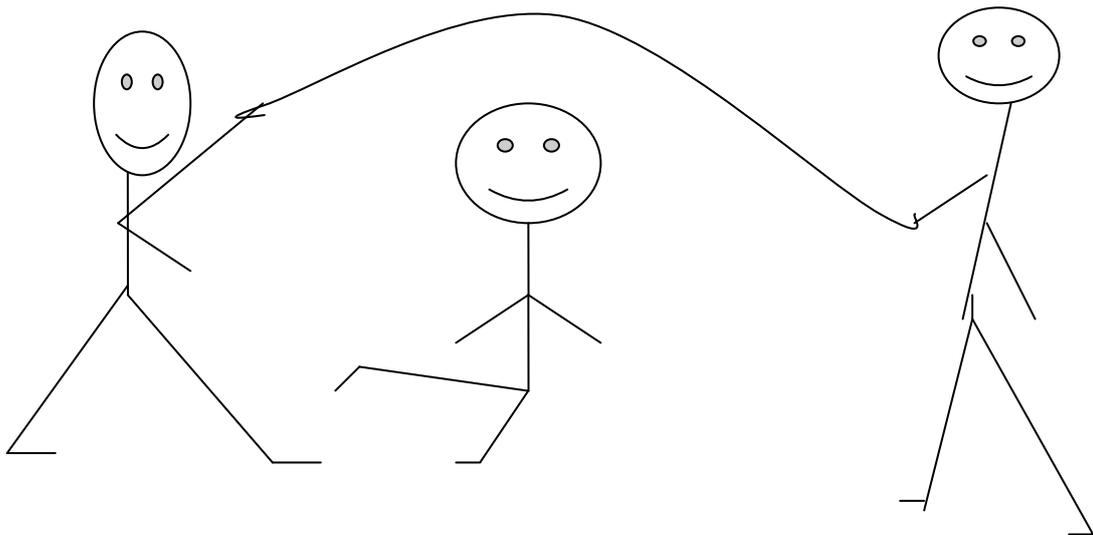
- A skipping rope, or different materials can be used to make a rope long enough for several girls to jump over, either one by one or simultaneously. In the absence of a rope, stockings or strips of cloth are tied together for rope-jumping.
- Rope size: 3-5 metres

THE PLAY AREA

A piece of open ground with an even, hard surface. The ground should not be covered with grass. The skipping rope should swing freely and the players should be able to jump over it with ease.

TEAM COMPOSITION AND ROLES

A minimum of three players is required, as two players will swing the rope while the third jumps over it. Any number of players can take part. Players can spontaneously join in the game, or one player may be selected to call out the names of the children who will then take turns to jump.



GAME DESCRIPTION

Two players can choose or be nominated to swing the rope. They take up position opposite each other. These players swing the rope to form a loop and swing it low across the surface of the ground (almost as though they are sweeping it). The other players jump over the rope when it reaches the lowest point.

During spontaneous play, the players can jump over the rope in any order. However, they can also nominate a specific order for jumping. They can also toss a coin to determine who will go first.

The game is played with rhythm and rhymes. The rhyme differs from area to area. One example is as follows:

Swing the rope around twice and say the rhyme as follows:

One, two *amashigogo shigogo* x 1

Pause

One, two *amashigogo shigogo* x 3

Pause

One, two *amashigogo shigogo* x 1

Pause

One, two *amashigogo shigogo* x 3

The players decide how many jumps will make up the competition. For instance, it can be decided that players must jump 100 times according to the following pattern:

- 100 times with legs together (landing together on both feet)
- 100 times with a single leg
- 100 times while alternating the legs
- 100 times on both hands and feet.

RULES

- No gymnastics movements are allowed
- Players must sing while swinging the rope and jumping
- Players should warm up before competing
- The field of play must be a hard, grass-free surface
- Dress code: preferably shorts; no tracksuits or long pants
- Cones should be used to demarcate the playing area

SCORING

Scoring is based on the following:

- Speed
- Co-ordination
- Fitness / flexibility of the players
- Extra points are scored for demonstration of creativity in the free style category

Players achieve a score out of 10 points, judged by two technical officials, e.g. judges, scorers, manager, coach.

If a player makes a mistake either with the number of jumps, the type of jumping or by tripping over the rope, then the game is over for that player. When one jumper goes out, then the next one will come in to have her turn. A specific order is followed until everyone has had a turn to jump. The participants swinging the rope should be

replaced and have a turn to jump. If there are two teams, once all the players on a team are out, the teams change around.

VARIATIONS

- When the name of a new player is called out, then the jumper runs out and the new jumper runs in.
- The swingers swing the rope in a figure of eight. The second player then chases the first one in a figure of eight around the players swinging the rope. If the second player catches the first one, then the first one is out. If, however, the second child fails to catch the first one, they continue until the second one is too tired to carry on and a volunteer takes the chaser's place.
- Players can also jump according to different patterns, for example, jumping three times, followed by ducking under the rope, which is swung over their heads on the fourth swing.

8. DIKETO / UPUCA / MAGAVA / JACKS / UKUGENDA

A co-ordination game

EQUIPMENT

- 10 small marbles or stones for each player
- A ghoen / taw or a big round stone (*mokêtô*) for each player
- A small hole in the ground (about 15 cm in diameter and 5 cm deep)

THE PLAY AREA

A soft soil surface in which players can dig a small hole.

TEAM COMPOSITION AND ROLES

Boys and girls of different ages can play this game. It is played by two players at a time, who compete against each other.

GAME DESCRIPTION

Round one

- Players toss a coin to decide who will start the game. The player who starts the game places all his or her stones in the hole. He or she throws the ghoen into the air and while it is in the air, scoops all the stones out of the hole with one hand, before catching the ghoen.
- If the player catches the ghoen, then one of the small stones is placed next to the player outside the circle or hole.
- With the next throw, the remaining nine stones are pushed back into the hole with the same hand.
- With the following throw, the nine stones will be scooped out again. The game continues in this way. Every time the ghoen is caught successfully, one more stone is placed outside the hole next to the player, until there is just one stone left.
- When all the stones have been successfully scooped out, all the stones will be put back into the hole and round two begins.
- If the player drops the ghoen, then it is the opponent's turn to play.

Round two

- Round two commences with all the stones back in the hole. If the player catches the ghoen after throwing it into the air, then TWO of the small stones are placed next to the player outside the circle or hole. With the next throw, the remaining eight stones are pushed back into the hole with the same hand.
- With the following throw, the eight stones will be scooped out again. The game continues in this way. Every time the ghoen is caught successfully, TWO more stones are placed outside the hole next to the player, until there are two stones left in the hole.
- When all the stones have been successfully scooped out, all the stones will be put back into the hole and round three begins.
- If the player drops the ghoen, then it is the opponent's turn to play.

Round three

- Round three commences with all the stones back in the hole. If the player catches the ghoen after throwing it into the air, then THREE of the small stones are placed

next to the player outside the circle or hole. With the next throw, the remaining seven stones are pushed back into the hole with the same hand.

- With the following throw, the seven stones will be scooped out again. The game continues in this way. Every time the large stone is caught successfully, **THREE** more stones are placed outside the hole next to the player, until there is one stone left in the hole.
- If the player drops the ghoen, then it is the opponent's turn to play.

RULES

- No coaching is allowed during play.
- Players are not allowed to shift position during play.
- All stones should be scooped out of the hole each time during the game.

SCORING

If a player drops the ghoen, or makes a mistake with the number of stones being moved in and out of the hole, then it is the other player's turn to play.

A win

The winner is the player who has advanced furthest in the game without making a mistake, i.e. who has thrown and caught the ghoen without dropping it, and who has moved the correct number of stones or marbles in and out of the hole in each round.