



CULTURAL SPORTS DAY

101089488-ERASMUS-SPORT-2022-SSCP

HANDBOOK OF TRADITIONAL EUROPEAN GAMES/SPORTS FOR YOUNG CHILDREN



Co-funded by
the European Union

THE EUROPEAN COMMISSION'S SUPPORT FOR THE PRODUCTION OF THIS PUBLICATION DOES NOT CONSTITUTE AN ENDORSEMENT OF THE CONTENTS, WHICH REFLECT THE VIEWS ONLY OF THE AUTHORS, AND THE COMMISSION CANNOT BE HELD RESPONSIBLE FOR ANY USE WHICH MAY BE MADE OF THE INFORMATION CONTAINED THEREIN.

Contents

ABOUT THE PROJECT

OUR TEAM

**HANDBOOK OF TRADITIONAL EUROPEAN
GAMES/SPORTS: A GLIMPSE INTO
EUROPE'S SPORTING LEGACY**

**TOWARDS A BRIGHTER, HEALTHIER
FUTURE: THE INNOVATIVENESS AND
NECESSITY OF THE HANDBOOK**

**TRADITIONAL GAMES/SPORTS PER
COUNTRY**

About the project

The primary aim of this project is to enhance the participation of children in primary schools in physical activities. It seeks to achieve this by introducing them to traditional European sports and games, thereby fostering a heightened enthusiasm for engaging in sports. Additionally, the project will serve as a platform for the promotion of European values and cultural heritage, facilitating the exchange of valuable knowledge among participating nations.

The project encourages social inclusion and equal opportunities in sport to increase the level of physical activity of children in primary education (6 to 13 years of age).

This project stems from a comprehensive needs analysis conducted specifically targeting young children in the primary education bracket (ages 6 to 13). It relies on the collaborative efforts of all project partners, drawing upon their individual expertise, prior experiences, and extensive research on the subjects of sports, health, and health recommendations for young children. The principal objective of this initiative is to tackle the pressing issue of insufficient physical activity among children in primary education. To combat this, we will develop a tailored program centered around traditional sports, strategically designed to ignite their enthusiasm for engaging in physical activities.

OUR TEAM

TP



Handbook of Traditional European Games/Sports: A Glimpse into Europe's Sporting Legacy

While the project as a whole carries the torch for promoting sport, at its heart lies this comprehensive handbook. As a curated compilation, it paints a vivid picture of traditional European games and sports, each meticulously sourced from our partner countries. Designed with teachers, trainers, volunteers, youth workers, and parents in mind, the handbook serves as a bridge between Europe's sporting past and today's children, our future.

Why is this handbook indispensable? At a basic level, it's a reservoir of information, detailing five traditional games from each partner country, complete with instructions, historical contexts, and cultural significance. However, its true essence lies in its innovative approach, which, far from being just a historical record, aims to reignite the passion for physical activity among children. Leveraging the combined expertise of sport professionals, stakeholders, and the rich experiences of our project partners, this handbook doesn't just describe games; it provides a roadmap for infusing these activities into today's educational and recreational landscapes.

Survey regarding children's attitudes and participation in physical activity and sports.

The survey aimed to provide a comprehensive understanding of the attitudes, challenges, activity levels, and solutions related to children's participation in sports in primary education across partner countries. While the results indicated several positive aspects aligning with WHO recommendations, they also highlighted significant barriers hindering participation. Only 39% of children were active more than three times a week, and 13% were rarely or never active. Additionally, findings showed that 41% of children had low or very low levels of physical activity, emphasizing the urgent need to enhance participation in regular weekly sports activities. Notably, the survey revealed that 40% of the children were not members of sport clubs, underlining the critical role of local sports clubs in fostering children's engagement in sports. Overcoming the obstacles, such as inadequate facilities and limited access to free sports programs and events, requires community engagement and collaborative efforts between local organizations, schools, and youth centers. Therefore, the policy recommendations were designed to encourage the involvement of national and local stakeholders in improving children's sports participation in primary education.

Towards a Brighter, Healthier Future: The Innovativeness and Necessity of the Handbook

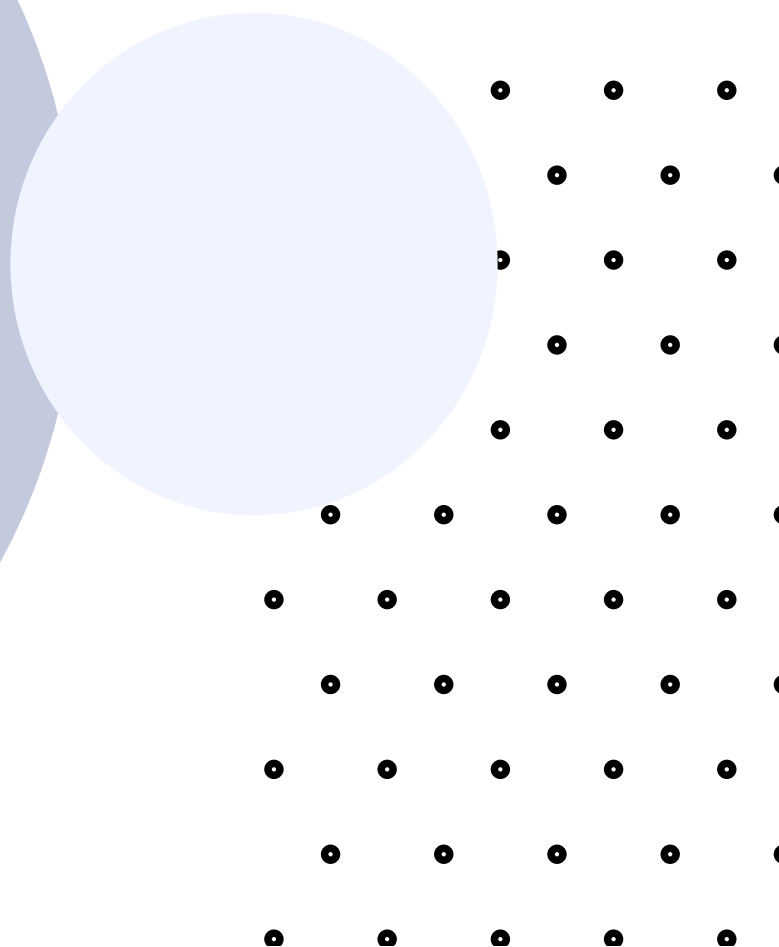
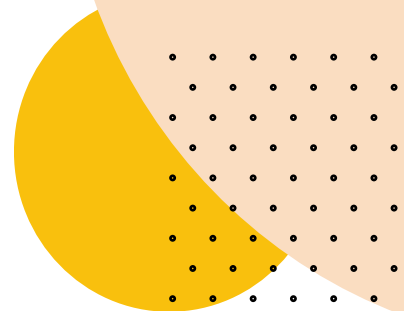
In the world of sports, innovation isn't just about inventing new games; **it's about reintroducing and repurposing the old in ways that resonate with the present generation.** This handbook exemplifies this approach. By bringing traditional games to the forefront, it **encourages children not only to move and play but also to understand and appreciate the cultural heritage behind these games.**

Additionally, with its focus on inclusion, the handbook becomes a beacon for those children who, due to various reasons, have found themselves on the fringes, be they children with special needs or migrant children. Through the lens of sport, they are **reintroduced to a world of inclusion, camaraderie, and mutual respect.**

Collaboration has been a cornerstone of the "Cultural Sport Days" project. Our ties with sport organizations, fitness communities, and various sport clubs have fortified our commitment to ensuring that the games and sports detailed in this handbook aren't just words on paper but are **actively practiced, enjoyed, and celebrated.**

As you delve into the pages of this handbook, you aren't just reading about games; you're stepping into a movement that champions health, heritage, and unity.

TRADITIONAL GAMES/SPORTS PER COUNTRY





SLOVENIA

01 Rotten Egg

Description

First, all but one player sit in a large circle. That player then starts walking around the circle with a crumpled piece of paper (or a tissue) in his hand. The paper represents a rotten egg. He then secretly places this "rotten egg" behind the back of one of his teammates. If this player doesn't figure it out before the first player passes him again, he becomes the "rotten egg", which means he has to sit in the middle of the circle. What if he finds the paper in time? Then he must get up as quickly as possible and catch the player who put the "rotten egg" behind his back. If he succeeds, the player that was caught is the next rotten egg, if not, the one who was chasing has to carry the "egg" again.

The goal of the game is to teach children to concentrate, be alert and quick.

Number of participants

At least six players

The only rule is that the players who sit in a circle must not turn their heads when the one that is carrying the "rotten egg" is going around the circle. They have to put their hands behind their backs in order to find out if the player put the "rotten egg" behind their backs.

01 Rotten Egg

Equipment needed

A tissue, a piece of paper, a small ball.

The game can be played inside (gym) or outside (playground, grass).

Origins of the game

It is a folk game, dating back many generations. It was (is) mostly played during breaks or in sports class (younger children).

By NIJZ (downloaded on the 8th of November)



 [CLICK HERE](#)

02 Colours

Description

We define the roles: buyer (customer), seller, crayons. Crayons decide what colour they will be. We define the area where the crayon can run. A customer comes into the store: "Hello, do you have any crayons?" Seller: "Good day. What colour would you like?" Customer: "I'd like _____!" If he chooses a colour that one of the children has that child tries to sneak out of the store. The buyer chases the crayon. If the crayon makes it back to the store before the buyer catches it, the crayon becomes the seller and the buyer becomes the crayon. But if the buyer catches the crayon, it goes back to the store.

The goal of the game is for children to practice their agility.

Equipment needed

Adequate shoes (running shoes, sneakers), a chalk to define where the players can move/run.

The game can be played inside (gym) or outside (playground).

02 Colours

Origins of the game

It is a folk game, dating back many generations. It was (is) played when children have some free time as a motivational game.

Number of participants

At least ten players

By POD ČAROBNIM DEŽNIKOM (downloaded on the 8th of November)



CLICK HERE

03 Wheelbarrow

Description

The players are divided into pairs. The first child lies on his stomach, puts his palms on the floor, pulls himself up and stretches his legs. His teammate grabs his legs. Wheelbarrows compete with each other to see which one is faster or chase each other.

The goal of the game is to develop strength, balance/coordination and quick reactions.

Number of participants

Adequate shoes (running shoes, sneakers), a chalk to define where the players can move/run.

The game can be played inside (gym) or outside (playground).

03 Wheelbarrow

Equipment needed

Adequate shoes (running shoes, sneakers) and clothing
The game can be played inside (gym) or outside (grass).

Origins of the game

It is a folk game, dating back many generations. It was (is) played when children have some free time as a motivational game.

By POD ČAROBNIM DEŽNIKOM downloaded on the 8th of November)



04 Dodgeball

Description

The players are divided into two groups (each group consists of at least six children). They play on a playground that is divided into two equal halves. Each group determines a reserve who stands at the edge of the playground and passes the ball to his team on the opposite side, while at the same time tries to hit the players of the opposing team. The purpose of the game is to hit the opponents with the ball. If they catch the ball, they are not eliminated, but if it bounces off the ground when it hits them, it means that they are hit and they have to leave the field and help the "reserve" at the edge of the playground. When all players of one group have been hit, the "reserve" enters the game, fighting for survival alone. The reserve has three lives, meaning he/she has to be hit three times in order to lose the game. The team that first hits all players and the "reserve" of the opposing group wins. The game encourages cooperation between team members, which can lead them to a common goal- victory. It also promotes sporting values such as fair play. The game develops the children's motor skills.



04 Dodgeball

Number of participants

At least twelve players

The children must leave the playing field if hit and they must not cross the lines of their playing field.

Origins of the game

It is a folk game. It is played in sports class. Nowadays official competitions are held, where teams compete for a win.

Equipment needed

A ball (not too hard), adequate shoes (running shoes, sneakers) and clothing

The game can be played inside (gym) or outside (playground).

PRIMARY SCHOOL KORENA (school's archive)



05 Is the bridge solid

Number of participants

At least eight players

Equipment needed

Adequate shoes (running shoes, sneakers) and clothing

The game can be played inside (gym) or outside (playground, grass).

Origins of the game

It is a folk game, dating back many generations.

Description

We choose two that represent the bridge. They hold hands and step far enough apart that the army of other children can pass under the bridge. The two children representing the bridge agree on what one should be and what the other should be, for example, the first is an apple and the second is a pear. The army stops in front of the bridge and asks: "Is the bridge solid?" They answer: „Like a rock, like a bone! The army asks: „Can we pass?" Answer: „If you give us the last one!" replies the bridge. „The army: If you catch him!" The players holding the bridge raise their hands and the children march under the bridge. They try to catch the last one. If they succeed, they quietly ask him: What do you prefer - an apple or a pear? The captured player decides for one thing and stands behind the player who represents the chosen fruit.

When all the children are caught, those who were the bridge hold hands, while the others hold each other's waists. They start to pull everyone to their side. The side that pulls its opponents to itself wins.

The game encourages cooperation between the players and the children develop their strength.



CLICK HERE

05 Is the bridge solid

Number of participants

At least eight players

Equipment needed

Adequate shoes (running shoes, sneakers) and clothing

The game can be played inside (gym) or outside (playground, grass).

Origins of the game

It is a folk game, dating back many generations.

By NIJZ (downloaded on the 8th of November)



[CLICK HERE](#)

06 Jump rope

Description

For Jump Rope, you will need 4 or more players, a longer rope and a flat playing surface.

First, the children count and determine 2 players who will each hold the rope at their end and spin it. The other players stand between them and jump over the rope. They should be careful to jump in time and not get entangled in it. The player who jumps the longest wins.

When children are already somewhat familiar to the game, they can make it even more interesting and difficult in several different ways. The player who spins the rope can every now and then change the direction of rotation, increase the speed of rotation, determine that the children must jump with both feet, etc.

Equipment needed

One large rope



CLICK HERE



06 Jump rope

Number of participants

For Jump Rope, you will need minimum 4 players, a longer rope and a flat playing surface.

The rules are that first, the children count and determine 2 players who will each hold the rope at their end and spin it. The other players stand between them and jump over the rope. The player who jumps the longest wins.

Origins of the game

It is a traditional game, dating back many generations. One of many games that was played outdoors and didn't require any special equipment or toys.



[CLICK HERE](#)

07 Pepček

Description

Pepček is an old children's game that has brought many fond memories to many people. The instructions for it are quite simple and there is no doubt that your children will enjoy it as well. The game is mainly suitable for children from the age of 4, and you will need at least 3 players for it.

Pepček can be played by 3 or more players, but you will need a soft ball and a larger playing surface. First, let the children decide which of them will take on the role of "pepček". If there are many players, then they stand in a circle, but if there are only three, each of the players who were not chosen as "pepčka" stands on his side of the field. They should stand facing each other, and the "pepček" should be placed in the middle. The players then start passing the ball to each other, and the "pepček" tries to catch it. When he succeeds, he switches with the child who threw the ball.

Equipment needed

Just a ball



07 Pepček

Number of participants

Pepček can be played by 3 or more players, but you will need a soft ball and a larger playing surface. The rules are quite simple

first, let the children decide which of them will take on the role of "pepček". Players then stand in a circle and the player who was chosen as "pepčka" in the middle. They should stand facing each other, and the "pepček" should be placed in the middle. The players then start passing the ball to each other, and the "pepček" tries to catch it. When he succeeds, he switches with the child who threw the ball.

Origins of the game

It is a traditional game, dating back many generations.



[CLICK HERE](#)

08 Day and night

Description

Day and night game can be played by minimum 3 players. Players designate a leader and follow his/her instructions.

The game leader commands the players with the words DAY and NIGHT. They must stand when he says the word DAY, and when he says the word NIGHT, they have to sit on a chair's contrary to his orders. The players can also just squat down without the use of chairs.

The goal is to follow the instructions, when a player misses the correct move he is eliminated. The winner is the last player in the game.

Number of participants

Day and night game can be played by minimum 3 players. Use of chairs is optional.

The rules are that a game leader is designated. After this he commands the players with the words DAY and NIGHT. They must stand when he says the word DAY, and when he says the word NIGHT, they have to sit on a chair's contrary to his orders. The players can also just squat down without the use of chairs. When a player misses the correct move he is eliminated, winner is the last player in the game.

Equipment needed

Use of chairs is optional.

Origins of the game

It is a traditional game, dating back many generations.



[**CLICK HERE**](#)

08 Day and night

Equipment needed

Use of chairs is optional.

Origins of the game

It is a traditional game, dating back many generations.



[CLICK HERE](#)

09 Blind Mice

Description

The game Blind Mice is a very nostalgic game for many people in Slovenia. It ranks among the simplest children's games, but we guarantee that children can spend a wonderful afternoon playing it. Since it mainly consists of running, they will also do a lot for their movement skills. The blind mouse game is especially suitable for children aged 4 and up, and can be played by 3 or more players.

For Blind Mice, you need 3 or more players, a rug and a larger playing surface.

First, the children use a count game or just define the one who will be the "blind mouse" and tie a scarf around his eyes.

That's when the game begins: the players should rotate the "blind mouse" around its axis a few times, and then run away. The task of the "blind mouse" is to try to catch his teammates. They can call him/her, or gently, tap him/her on the shoulders, etc.

The game is over when the "blind mouse" catches one of the players. At that time, the one caught takes on the role of a "blind mouse", spins around and starts chasing his/her teammates.

Equipment needed

A rug



09 Blind Mice

Number of participants

For Blind Mice, you need 3 or more players, a rug and a larger playing surface.

The rules include just that the one player who is the “blind mice” must catch some other player. When he catches someone, then they become the “blind mice”.

Origins of the game

The history of the children's game "Blind Mice" goes back to the distant past. This game has been popular among children since ancient times and has survived through the generations. The original origin of the "Blind Mice" is not entirely known, but it is believed to have originated from children's chasing games played as far back as ancient civilizations.



[CLICK HERE](#)

10 Throwing stars

Description

Throwing Stars can be played by 4 or more players, all you need is a larger playing surface.

First, let the children count and determine the player who will "throw the stars". This player then determines the "star", one of the teammates, takes him by the hands and starts spinning him in a circle. Just before letting him go, have him call out, "Turn into an animal!" Instead of animals, he can also choose to have the children turn into trees, houses, ships, etc.

Then everyone gets into the pose that he has determined and when the player "throws the star" they stay in that position. The player looks at the poses and determines which one is the most interesting, funny, original, etc. The winner is then next in line to "throw stars".



[CLICK HERE](#)

10 Throwing stars

Number of participants

Throwing Stars can be played by 4 or more players, all you need is a larger playing surface.

Rules: children determine the player who will "throw the stars". This player then determines the "star", one of the teammates, takes him by the hands and starts spinning him in a circle. Just before letting him go, have him call out, "Turn into an animal!". Then everyone gets into the pose that he has determined and when the player "throws the star" they stay in that position. The player looks at the poses and determines which one is the most interesting, funny, original. The winner is then next in line to "throw stars".

Origins of the game

It is a traditional game, dating back many generations.



[CLICK HERE](#)



ITALY

01 Lupo delle Ore

Origins of the game

Italy

Equipment needed

Any kind of field

Number of participants

Minimum 3, Best with 7

Description

This game requires a minimum of 3 players, although groups of 7 players are ideal. One player is the "lupo" ("wolf"), and stands with his back to the others, who form a line at a designated distance from him. They players call out "Lupo che ore sono?" ("Wolf, what time is it?"), and the wolf answers with a number. The players can then take that many steps toward him, and ask again. If, instead of a number, the wolf responds with "Ho fame!" ("I'm hungry!"), he can turn around and try to tag as many of the children as he can before they make it safely back to the starting line.





02 Nascondino



Equipment needed

Anywhere

Number of participants

Minimum 3, maximum as many as you can

Description

Nascondino is a great classic, a simple game with a few simple rules. Basically, you need at least two players, but the more there are, the more fun the game is! One of these players is chosen to fare la conta -counting for 10 to 30 seconds-, with their eyes closed, standing against a wall or a tree. This player has the aim of seeking out the other players, who will have concealed themselves while the seeker was counting. Once the counting is over, he/she must find the others and, any time he/she finds any one, he/she has to go back to where he/she counted – once they get there, they have to say “Tana per ... [name of the player who was found]”. The game ends when all the hidden players have been found or when one of them, when found, runs faster than – and reaches the starting point before– the seeker and says “Tana libera tutti!”. By doing so, this player “saves” every other player that was found, and the game starts from the beginning.



02 Nascondino

Origins of the game

Now, there are a few things that have to be explained – let's start with easiest thing: the name of the game, because the name "nascondino" derives from the verb "nascondere" (to hide), whereas the English/American game is called "Hide-and-seek", referring both to the action of the seeker and the action of the other players.

Another thing that is important to define is what "tana" means in this context: in general, it means "burrow", and it's the starting point of the game – of course, because we are talking about a game, it can be translated as "home". What about the two key expressions? "Tana per..." means that a player has been found – it basically either means that the seeker found them or that they reached it before the seeker, depending on who says it. "Tana libera tutti" means reaching home and "freeing" everybody who has been found by the seeker.





03 Strega comanda colore



Equipment needed

It can be played anywhere

Number of participants

Minimum 3, best with 11

Description

This is an old playground game. One child is the witch and they shout out a color. The others who are playing must then run and touch something that is that color while the witch chases them. If nobody is caught before they touch something of the right color, then the same person remains the witch. On the other hand, if someone is caught, they become the witch.

This game requires a minimum of 3 players, although groups of 11 are ideal. One player is chosen as the "strega" ("witch"), who calls out a color. The others must touch an object of that color, whether it be an article of clothing or something in the surrounding environment, before the witch can catch them. The first child tagged becomes the next witch. If the current witch is unsuccessful, she must call out another color



03 Strega comanda colore

Origins of the game

This is one of the most fun games of this list, and it requires a small group of players too. Basically, the game is divided into three phases:

- First, one player must be chosen to lead the game - he or she will be "la strega"*.
- The game starts when la strega says: "Strega comanda color... [a color of their choice]".
- After having chosen a specific color, all players must touch an object of that color as fast as possible, to save themselves from "it" and avoid getting caught. The strega's job is to catch the players when they are running to save themselves. Whoever gets caught first will become "it"/the "strega" in the following round.

*Once again, this is a variant of the classic game, "tag" - in this version, the seeker -"it"- is called la strega, meaning "the witch". The name of this game mentions this player, the most important one, while also explaining the basic rule of the game: strega comanda colore means "[the] witch commands [the] color"!



[CLICK HERE](#)

04 Fazzoletto Peo, Peo

Equipment needed

Any kind of field or room,
handkerchief

Number of participants

Minimum 5, best with 11



Description

This game requires a minimum of 5 players, although groups of 14 are ideal. The players all sit in a circle except for one who walks around the outside of the circle carrying a handkerchief. The others chant:

"Fazzoletto Peo Peo se ti trovo ti dareo se ti trovo in un canton ti darei uno scupazon"

("Peo Peo Handkerchief If you find you give if you're in a corner I will give you a scupazon")

The outside child drops the handkerchief behind the back of one of the sitting children. This child then gets up, and he and the handkerchief-bearer race around the circle in opposite directions in attempt to be the first to sit down in the empty spot.



[CLICK HERE](#)

05 Regina Regina bella

Number of participants

Minimum 3, Best with 7

Equipment needed

Any kind of field, gym or room

Origins of the game

Queen, beautiful queen is a classic group recreational childhood game, mostly practiced spontaneously by children and often proposed by educators, due to the prevalence of the arbitrariness component, compared to the certainty of rules that characterizes other games, a characteristic in genre considered to be of educational value.

Description

This game requires a minimum of 4 players minimum, although groups of 10 are ideal. One player is chosen to be the "regina" ("queen"), who stands facing the others across the playground. The other children chant:

"Regina Regina bella, quanti passi devo fare per arrivare al tuo castello con la fede, con l'anello, con la punta del coltello?"

("Beautiful, beautiful Queen, how many steps do I have to take to get to your castle with the faith, with the ring, with the tip of the knife?")

The queen then calls out both a number and the name of an animal. The children must take that many steps toward her, walking in imitation of the animal named. The first child to reach the queen wins.



[CLICK HERE](#)

05 Regina Regina bella

Number of participants

Minimum 3, Best with 7

Equipment needed

Any kind of field, gym or room

Origins of the game

Queen, beautiful queen is a classic group recreational childhood game, mostly practiced spontaneously by children and often proposed by educators, due to the prevalence of the arbitrariness component, compared to the certainty of rules that characterizes other games, a characteristic in genre considered to be of educational value.



[CLICK HERE](#)



CROATIA

01 PICIGIN

Description

Picigin is a Croatian amateur sport (game) that is played with a small bouncy ball on a sandy beach, in the shallows. It is played by people of all ages. It is protected cultural goods of the Republic of Croatia.

Picigin is a game where there are no winners.

It is played in the shallows, on a sandy beach. Other variants (stone, gravel, etc.) are not desirable due to the possibility of injury. The most favorable depth is up to the ankle, due to the ease of running, and deep enough to cushion the fall, that is, the landing.

Equipment needed

Small bouncy ball

Alternative Equipment

Any kind of soft ball can be used.



Photo Source: <https://www.picigin.org/hr01.html>
<https://www.youtube.com/watch?v=lhy7BqZqHw8>



01 PICIGIN

Number of participants

Picigin is a game in which there are no winners, and therefore it is difficult to talk about strict rules. The basic rules are very simple: five players in the sea with a depth of ten to twenty centimeters (if the sea is deeper, it only slows down the game and reduces the attractiveness) arranged in a pentagon six to seven meters apart, they add a ball (balun) by hitting it with their palms, trying that the ball does not fall into the sea.

Picigin is not a rigid game, its goal is relaxation. The game usually starts slowly, with a warm-up, and when the players "get used to" the slowness, then the action starts. The ball is added so that the players are forced to perform acrobatics and sprints. The ball spins in a circle, and often the piciginas themselves change places when the game heats up.

Inexperienced players think that the situation accidentally "boils" with awkward rejections. Real players do not reject the ball "inconveniently", but in a planned manner and to that teammate who is properly positioned and ready to run and attractively catch the ball. Sometimes, due to additional charm and attractiveness, or due to a situation caused by the game, predictable passes are abandoned.

The ball should be hit with the palm of the hand, and it is preferable to use both hands equally in the game (the most common mistake of inexperienced players is to play only with the "stronger").

Even though Picigin is intended to play in water, it can be adjusted to play on the ground (i.e. park). The size of the ball can be also adjusted so that children with ID or mobility limitations can catch it. The idea is to increase motoric skills of children by preventing the ball to hit the ground.



01 PICIGIN

Origins of the game

Back in 1908, a full three years before football was brought to these parts, Croatian students from Prague brought an unusual game called water polo to the town's swimming pool. Since there is not enough deep sea on beach Bačvice, so it is possible, as some researchers think, that picigin developed from Split's peculiar water polo on dry land. Nevertheless, picigin has been played in Bačvice since the First World War according to the rules that have remained more or less unchanged to this day.

The historical significance of Picigin lies in its cultural importance to the people of Split and its role in promoting physical activity and community bonding.

Traditional Sport: Picigin has been a beloved tradition in Split for decades. It reflects the city's coastal lifestyle and the importance of staying active and connected to the sea.

Cultural Heritage: Picigin is not just a sport but a cultural heritage. It's a symbol of local identity and pride, often played by generations of families and friends.

Historical References: There are historical references to Picigin dating back to 1923, as mentioned in the article from Total Croatia News. These references underline its enduring presence in Split's history.

Tourism: Picigin has also become a tourist attraction, with visitors experiencing this unique Croatian sport during their trips to Split. Tour operators like Be Original Tours offer Picigin experiences to tourists.

Promotion of Physical Activity: Picigin promotes physical activity and a healthy lifestyle. It's a fun and engaging way to stay active, especially during the summer months when the beaches are crowded.

02 BOĆANJE/ BOCCE

Description

Bocce is a traditional Mediterranean sport. In Croatia, bocce is also known as balote.

Because this game does not require strength and speed (except in speed disciplines), and injuries are very rare (except for careless observers, when a bocce or boule bounces and hits someone), it is widespread among all age groups, from 7 to 87.

Regarding the fact that you do not need to have a large or specially prepared surface (it can be played on all types of surfaces, except extremely muddy) to play this game, it is widespread in all environments, from rural and small-town environments (where it is most widespread) to urban environments. Despite the fact that the game was once disparaged in highly urbanized areas, where it was considered "immigrating" and "too small-town", the game began to spread to these strata as well.

Objective: The objective of Bocce is to score points by getting your team's bocce balls closer to the BULIN (a smaller target ball) than the opposing team's balls

Equipment needed

Balls are made of solid wood reinforced and fixed with nails (folk), plastic (filled with liquid or any other formable material) or metal (competitive playing). The balls are spherical in shape. The diameter is not constant, but it is usually made such that they can fit in the fist, that is, so that they can fill the fist.

Bulin or bula (pallino in Italian), the smallest object in the game, made of wood and usually painted red for classical disciplines, or white for technical disciplines, with a diameter of approx. 30 mm.

Alternative: Plastic balls



02 BOĆANJE/ BOCCE

Number of participants

Bowling court

It is played on a field (it is ideal if it is fenced, usually with boards 20 cm high) with a length of 10 (folk) to 20-30 meters (competitive). The width is from 2.5 to 4 meters.

Participants

You can play one against one, two against two, and you can also play with three against three players.

Game

Starting Play: A player from one team throws the bulin (or pallino) onto the court. Then, they throw their first bocce ball, trying to get it as close to the bulin as possible.

Alternate Throws: Teams take turns throwing their bocce balls. The team that is not closest to the bulin gets to throw until they are closest or run out of balls.

Scoring: Only one team can score in each frame. Points are awarded based on how many of their balls are closer to the bulin than the opponent's closest ball.

Winning: The game typically consists of multiple frames or rounds. The first team to reach a set number of points or complete a specified number of frames wins.

Fouls: Stepping over the court boundary or not throwing the bulin or bocce balls within a set distance can result in fouls.

Game Variations: There are various Bocce rule variations, including backyard rules that may differ slightly from official rules



02 BOĆANJE/ BOCCE

Origins of the game

Bocce, known by local Croatian names “boće” or “boćanje” or “balote” is a game of precision and strategy, deeply rooted in the culture and tradition of the Croatian coastal regions and its hinterlands. Originating from ancient civilizations, the game found its way to Croatia, where it evolved and was embraced by locals, ultimately becoming an integral part of social gatherings and local festivities.

Although sports historians have not determined the origin of bocce with certainty, we know that, based on finds in Turkey, Egypt, Greece and Ancient Rome, its origins are undoubtedly Mediterranean. The Venetian Republic was central to introducing bocce in our region, which can be inferred from the fact that the areas where bocce is extremely widespread are those that used to be under the Venetian rule and were influenced by its culture, customs and games.

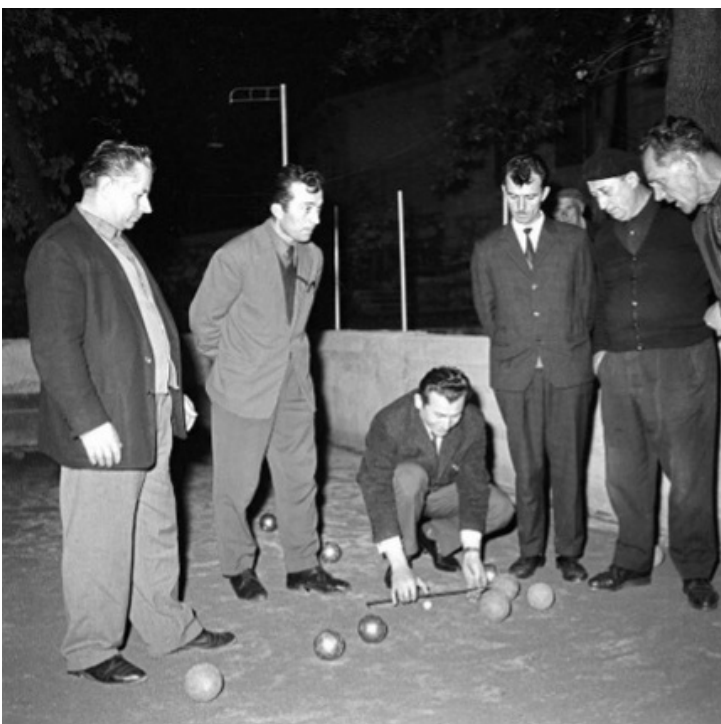
The correlation between traditional bocce and bocce as a sport discipline with all the rules that accompany it is fully explained in the following lines: “Since ancient times, playing bocce, at first with stone balls, and then by wooden ones, has been a favorite with Croatian people, primarily as a form of entertainment, rather than competition. (...) Over the centuries, the bocce playing sport changed; the customs, methods and viewpoints changed as well. Everything changed, but for the people, who remained loyal to this beautiful game of both the mind and strength.



02 BOĆANJE/ BOCCE

...They cultivated it and passed it on to next generations; bocce struck deep roots. It then started to develop in the direction of an organized sport, and new forms were accepted. From a careless, free game, bocce became a sport; legislated, competitive, full of necessary rules and conventions. The game became somewhat restricted by legislative regulations, but these were necessary for the further prosperity of bocce as a sporting competition that was shaped in the post-World War II era."

The game's historical significance in Croatia lies in its role as a leisure activity that promotes social interaction and community bonding. Bocce has become a cultural treasure of the Adriatic region, providing entertainment and recreation for generations.



*Photo source: photographer: unknown
Rijeka, Bazovica, 1965. Hreljanović Archive*

<https://bocanje.ppmhp.hr/en/on-the-origin-and-rules/>

03 POTEZANJE KONOPA/TUG OF WAR

Description

Tug of war is a traditional sport of strength and team coordination in which two opposing teams compete with the goal of pulling their opponents a certain distance.

Number of participants

On the playing field, the main line separates the teams, and at a distance of two meters from each team there is a boundary line. The rope is laid perpendicular to the main line where the main sign is located. Competitors behind the boundary line raise the rope and tighten it, so that the main mark remains on the main line. At the referee's signal "pull", the team drags the opponent's team towards them. The winner is the team that moves the main sign over the boundary line on its side.

Equipment needed

Rope with a diameter of 4 cm and a length of 30 m.



03 POTEZANJE KONOPA/TUG OF WAR

Origins of the game

In the period from 1900 to 1920, the tug of war was an official sport at the Olympic Games, while today it is the most popular recreational sporting activity at various festivals. At the end of the seventies on the subject of this discipline in Croatia, the TV show on tug of war was filmed, which proves the popularity of this sport in Croatia.

It is not known exactly where this sport originated, but it was already recorded in ancient Egypt, ancient Greece and China. In China, it was considered an integral part of military training. The rope was up to 170 meters long, and even shorter ropes were tied to it. Up to 500 competitors could be found on each side.

The origin of Tug of War in Croatia is intertwined with its rich cultural and traditional heritage. While specific historical records may be limited, the sport has deep roots in Croatian culture, often associated with local festivals and traditions.



BACANJE POTKOVE/HORSESHOES PITCHING

Equipment needed

Throwing horseshoes is known as an old sports game in our country and in the world. The goal of the game is to throw the horseshoe on the peg or knock out the opponent's horseshoe.

Number of participants

The goal of this game is to throw horseshoes with a downward throw from the hand and land them on a stick 360 mm high. It is placed on the track at a slight angle so that the tip is 75 mm closer to the putter than the base.

This game is usually played by two players individually or four players in pairs on a flat, clean dirt surface. Two sticks are placed in square fields. Each player alternately throws two horseshoes from the drawn field at one end towards the post at the other end. The score is calculated and the players switch sides. In pairs, one partner is at each end. Games are played up to 21 or 50 points. A horseshoe that hits the post (called a hit) wins 3 points, but the player's score is nullified if the opponent subsequently also scores. A horseshoe resting on a stick is worth 2 points, and a horseshoe on the ground closest to the stick is worth 1 point, provided it is within 150 mm. If there are no hits or horseshoes resting on the stick, the two horseshoes that are closer to the stick compared to the opponent's horseshoes, score 2 points. The tactic of the game is to knock the opponent's horseshoes off the stick



BACANJE POTKOVE/HORSESHOES

04

PITCHING

Equipment needed

Horseshoes, stick/peg

Alternative Equipment

Replacement horseshoes (available at some sporting goods stores) are usually used.

Origins of the game

The game has ancient origins, with some suggesting it started in ancient Greece or Rome. Soldiers used to throw horseshoes at a stake for entertainment



Photo source: <https://medjimurje.hr/sport/ostalo/rekreativno-natjecanje-pokreni-se-odrzano-u-maloj-subotici-39569/>

<https://www.kako.hr/sport-rekreacija/igra-bacanja-potkove-kako-igrati-bacanja-potkove>

SKAKANJE U VREĆAMA/SACK JUMPING

Description

Sack jumping brings fun and competitive spirit among participants and spectators, and often attracts attention to cultural events and manifestations in Croatia. It can also be seen as a competitive event at sports days or sports events that promote traditional games.

Origins of the game

Although sack jumping is not necessarily a specifically Croatian game, it is part of the rich tradition of village and rural games throughout Europe and the world. In Croatia, it has been preserved as part of the cultural heritage and entertainment folklore and is still played today at various events and festivals throughout the country.

Number of participants

The competitor enters a sack that is tied around the belt with the upper part. At the referee's signal, the competitors from the starting line start jumping-running towards the finish line. This game involves contestants jumping while placed in jute sacks. The goal is to reach a certain goal as quickly as possible, jumping in the sack.

Equipment needed

Large Sacks



Vladimir Bratanović and Damir Zrinski, excellent bag players of the Old Sports Section from Podravske Sesvete



GREECE

Ta Mila

01

Description

Two players stand facing each other, while in the middle of this distance gather as many members as they have designated. The two players standing opposite and try to hit one of the children inside. If they do, they "burn" him and comes out of it. On the contrary, the child who manages to catch the ball without falling down wins "an apple" which will allow him, if at some point he "burns out" not to go out, but to stay in the game, or invite to the game again a friend who had previously lost!

When there is only one child left, the two players with it can only make ten attempts to hit it. If he misses them, he saves them again and the game starts over.

Origins of the game

Apples is a traditional game played in Greece. In many countries of the world there are different variations of the game.

Equipment needed

A soft ball in medium size.

Number of participants

2 participants "outside" and as many as participants they want "inside".



<https://blogs.sch.gr/ltsofop/2017/12/07/%CF%80%CF%8E%CF%82-%CF%80%CE%B1%CE%B9%CE%B6%CE%BF%CE%BD%CF%84%CE%B1%CE%B9-%CE%BC%CE%AE%CE%BB%CE%B1/>



[CLICK HERE](#)

02 Krifto

Description

The main objective of Hide and Seek is for one player (the "seeker") to find and tag the other players (the "hiders") who have hidden themselves. The seeker closes his eyes and counts in increments of 5 until he reaches 100. The rest of the children hide in a certain radius. The seeker, after finishing the count, shouts "I'm going out".

When he sees where a child is hidden, he must go back to the place he was counting and say "I found [and the child's name]" If a child reaches the counting point faster than the seeker they are safe and not in danger of being the seeker in the next round.

Number of participants

There is no exact number of participants, however they should be at least 4.

Equipment needed

No equipment needed.

02 Krifto



(retrieved from <https://earlyimpactlearning.com/15-hide-and-seek-variations-twists-on-the-classic-game/>)

Origins of the game

Hide and Seek has been played in different forms for centuries. In ancient Greece, a game called "Apodidraskinda" is believed to have similarities to Hide and Seek. The game was mentioned by the second-century Greek writer Julius Pollux in his work "Onomasticon," although it may not have been identical to the modern version.



[CLICK HERE](#)

[in Greek]

03 Tsouvalodromies

Description

We set a starting line and then the children line up along that line and they get themselves inside big sacks. They need to reach a designated finish line without falling or losing their sack!

Equipment needed

Sacks

Alternative Equipment

Big plastic bags can also be used.

Number of participants

More than 1 person. In case of high number of participants, you should also take into account the distance among them for safety reasons.

Origins of the game

Sack races, or similar activities involving racing while inside a sack or bag, have been enjoyed by people for centuries. The exact origin of sack races is unclear, but it is likely that they evolved from various forms of playful competitions and races.



[CLICK HERE](#)

04 Koroidio

Description

The game requires a ball. The participants create a circle and in the middle one child becomes the "clown" who has the intention of getting the ball. The rest of the children take positions around him and whichever child holds the ball throws it to another as soon as he gets close to them, loudly saying "clown". If the child catches the ball thrown by one of the other children, he takes the place of the one who threw it, and now he becomes the "clown" for the rest of the game.

Equipment needed

A soft ball in medium size.

Number of participants

It is played by at least three children.

Origins of the game

The exact origins of the game couldn't be found but until today remains one of the Greek traditional games.



((Photo retrieved from <https://www.talcmag.gr/paidi/paradosiaka-paixnidia-geitonias/>)

05 Kleftes kai Astynomoi

Description

It is a very exciting game and requires an open flat area. The children are divided into two groups. The first, with the most children, are the thieves and the second, with the fewest, are the policemen. The game plays like a chase between the members of the two teams, where the police chase the thieves. When thieves want to rest, they go to a specific place called a house. Police catch a thief if they touch his back. When this happens they take him to a place called a prison which is as far away from them as possible. An imprisoned thief is free if a companion touches his hand. If there are enough imprisoned thieves they can pull a trick. They join their hands in a row like a chain and stretch out as far outside the prison as they can. The free thief who touches the first prisoner frees all the others who are holding him. Police officers are prohibited from guarding prisoners. The game ends when all the thieves are imprisoned, which doesn't happen easily!



Origins of the game

The origins of the game are not well-documented, as it is a traditional and informal game played by children in various cultures. The translation of this game in english is *Cops and Robbers*

Equipment needed

No equipment is needed.

Number of participants

At least six children are needed for this game.



Photo retrieved from:

https://www.athensmagazine.gr/photos/w_800px/articles/201309a/b819dea5fe0df505a7add7ce53f05fac.jpg



Cultural Sport Days

HANDBOOK OF TRADITIONAL EUROPEAN GAMES/SPORTS FOR YOUNG CHILDREN

101089488-ERASMUS-SPORT-2022-SSCP

T



Co-funded by
the European Union

THE EUROPEAN COMMISSION'S SUPPORT FOR THE PRODUCTION OF THIS PUBLICATION DOES NOT CONSTITUTE AN ENDORSEMENT OF THE CONTENTS, WHICH REFLECT THE VIEWS ONLY OF THE AUTHORS, AND THE COMMISSION CANNOT BE HELD RESPONSIBLE FOR ANY USE WHICH MAY BE MADE OF THE INFORMATION CONTAINED THEREIN.