



# Mapping European Traditional Sports and Games

D1.5



Co-funded by  
the European Union

Game name: PLJOČKANJE  
(PLOČKANJE, PRAHĆANJE)

Geographical region: Croatia – Dalmatia, Istria, Croatian Littoral

Type of infrastructure – practice venue: An outdoor space, a meadow

Requirements for the game: Pljočke, bulin

Historical background:

*Pljočkanje*, as well as other games of precision, can be traced back to our ancient ancestors of the distant past. <sup>1</sup> Homer himself tells how, in this game, his mythical heroes measured their strength with flat stone slabs, testifying to the presence of the game among the Ancient Greeks. Henri Veyrier, author of the *Dictionnaire des Jeux*, states that Homer mentions such competition in *Iliad* in honor of the fallen Patroclus. <sup>4</sup>

Gameplay outline:

*Pljočkanje* (*pločkanje*, *prahćanje*), is a traditional folk game of shooting with a stone tablet, which shepherds, mostly children, used to pass the time while tending to livestock. It got its name from the main prop - the *pljočka* - originally a flat stone the size of a palm carved from thicker slate, from 2 to 4 cm thick.

Along with the *pljočka*, the game also requires one fist-sized stone called a *pljočkaš*, *bulin*, or *balin*. The game requires at least two players. It can be played individually (singles: each player has three pieces),

in pairs (doubles: each player has two pieces), in threes, or in fours; in which case, each player has only one piece. "*Pljočkanje* starts with an odd-even finger game (even-odd) or an agreement to determine who would throw first. A *bulin* was thrown onto the field, and then the shooting distance (from a starting line) was determined. If the players were small children, then the distance was set at 5 to 6 steps: for the older ones, 7 to 8 steps. The object of the game is to throw the *pljočka* as close as possible to the *bulin* and win a point, *punat*. The closer the *pljočka* lands to the *bulin*, the higher the score. The individual or team that won 11 or 13 points first was considered the winner of the match (*partida*)."<sup>3</sup> In order to precisely determine who won the toss (i.e., *punat*), the distance between the *pljočka* and the *bulin* was measured with either foot placement measurement or with a wooden stick. In addition to throwing the *pljočka* as close as possible to the *bulin*, one tried to knock the opponent's *pljočka* as far away as possible, by smashing into it and driving it as far away as possible from the *bulin*. The shot could move the opponent's *pljočka* off to the side or hit it right in the head (when it lands directly in the middle of the opponent's piece).

Sustainability and environmental friendliness:

Flat stones can be found in the natural environment. There is no need to purchase plastic play props, aids, or equipment.

Bibliography:

<sup>1</sup> Claude Carret et al., *Les jeux de palets*, Rennes: Musee de Bretagne, 1983.

<sup>2</sup> Pierino Dudry, *Palet*, FIGEST, 2025. Accessed: 4/25/2025. <<https://figest.it/specialita-2/palet/>>.

<sup>3</sup> Mirjana Margetić, *Pljočkanje: od pastirske igre do sporta*, (Pljočkanje: from a shepherd's game to a sport) 2025. Accessed: 4/25/2025. <<https://hrcak.srce.hr/168194>>

<sup>4</sup> Henri Veyrier, *Dictionnaire des Jeux*, Relié, 1970.

Game name: PRASIČKANJE  
(KRMAČKANJE, GICANJE, PRAHĆANJE)

Geographical region: Croatia – Dalmatia, Istria, Croatian Littoral

Type of infrastructure – practice venue: An outdoor space, a meadow

Requirements for the game: Prasac/krmača/bulin, a bent wooden bat for each player

Historical background:

Games in which a curved stick is used to hit an object of various shapes have been known since ancient times. The tradition of stick and ball (stone) games can be traced back approximately 4,000 years, and wall paintings found in the tombs of Beni-Hasan, in the Nile Valley, depict such competitions. Other archeological sources show that the Arabs, Greeks, ancient Romans, Persians and Aztecs also played a version of this game, which in the time of Gaius Julius Caesar was called *paganica*. The goal of the game is to push a leather ball into a hole in the ground with a stick. In the Middle Ages in France, it was called *hoquet*. Etymologically, the Old French word *hocquet* means a shepherd's staff, a hooked staff, and the diminutive of this word, *hok*, represented something curved.<sup>1</sup>

Gameplay outline:

Prasičkanje is a traditional children's outdoor game, similar to today's field hockey, which is based on pushing an elliptical, oblong (sometimes round) stone or wooden tile (in more recent times, old cans) into a hole in the ground, aided by a wooden stick. The game requires at least three players and can accommodate up to ten. Each of them has a *bačuka* (a wooden stick with a thickened lower part, the "head") that he uses to push a stone or

wooden object, a puck, which is historically called a *prasac*, *krmača*, *svinja*, or *bulin*. It is played on a pasture or field, where a central hole (the "pen") is made. Historically, it is also called a *tor* (also *štala*, *hliv* or *polje/poje*). In a circle around the goal, at an equal distance of a few meters, several smaller holes, *škulja/škuja* (also *graba*, *pičina*), are dug, one less than the number of players who are participating. The game begins by choosing the player who will be the first to remain in the field without his *škuja*. This is determined by having all the players line up in a row and throw their sticks towards the pen. According to another version, after gathering around the central hole, they pick up the stick with one hand and place it on the front of their foot and throw it as far as they can with a sudden swinging jolt of their leg. The one who threw the stick the shortest is the first to drive the *prasac* and is a threat to the others because he has to fight to score while defending his pen. The other players try to push the *prasac* into the pen, while protecting their hole from the player who does not have his pen, by throwing the *prasac* as far as possible, to make it as difficult as possible for the *prasac* to lead. Suppose the player defending the pen manages to drive the *prasac* into someone else's hole. In that case, he switches places with the owner of that hole: the former owner then takes over the defense of the pen, and the previous defender of the central hole takes over the other player's *škuja*.<sup>2</sup>

Sustainability and environmental friendliness: Curved sticks and playing stones can be found in the natural environment. It is not necessary to purchase plastic props, aids, or equipment for the game.

Bibliography:

<sup>1</sup> Lea Lozančić, *Podrijetlo engleskog nazivlja iz zimskih sportova i njegove poveznice s drugim europskim jezicima*, (The origin of English winter sports terminology and its links to other European languages), 2001, Faculty of Kinesiology, University of Zagreb.

<sup>2</sup> Mirjana Margetić, *Prasičkanje (Pigletting)*, 2025. Accessed: 04/25/2025.

<https://www.istrapedia.hr/hr/natuknice/4574/prasickanje>

Game name: IGRA PALE I PIRIZA  
(PIRUZANJE, PIRIZANJE)

Geographical region: Croatia – Dalmatian  
Hinterland, Continental Croatia

Type of infrastructure – practice venue: An outdoor  
space, a meadow

Requirements for the game: Pala, piriz

Historical background:

Games in which objects of various shapes are struck with a stick in an attempt to hit a target have been known since ancient times. Traditional stick games (especially shepherd's games in which the stick is the basic prop for the game) go back to antiquity.

Gameplay outline:

Place a marker (a vertical stick stuck in the ground) on the playing area to which you must throw a *piriz* (a shorter stick 15 cm long) and bounce it with a *pala* (a longer stick 50 cm) from a distance of at least 10 meters. The player who successfully aims

and hits the target (target marker) or comes closest to it (measured in feet, steps, or the *pala*) is the winner of the game *Pala i Piriz*<sup>1</sup>.

Sustainability and environmental friendliness: Sticks for playing can be found in the natural environment. It is not necessary to purchase plastic props, aids, or equipment.

Bibliography:

<sup>1</sup> *Najpopularnije dječje igre starih generacija*. 2025. Accessed 5/1/2025. <<https://narodni.net/najpopularnije-djecje-igre-starih-generacija/>>



Game name: PIKUĆA  
(PIKUĆA I PALA, KLIS, KLISANJE, PANDOLO)

Geographical region: Croatia – Dalmatian Hinterland, Istria

Type of infrastructure – practice venue: An outdoor space, a meadow

Requirements for the game: Koza, pikuća

Historical background:

*Pikuća* (aka *Pandolo*) has its roots in an ancient sport, more than 2,500 years old, known as *gillidanda*, which originated in South Asia. It is played with two sticks: the larger one, called a *danda*, is used to hit the smaller one, called a *gilli*.<sup>1</sup> London's Petrie Museum of Egyptian Archaeology exhibits a collection of playing sticks from the 11th or 12th dynasty.<sup>2</sup> The spatial spread of the game is confirmed by its many names: *lippa*, *nizza*, *ghiarre* in Italy, *klis* in Bosnia and Herzegovina, *xiliki* in Greece, *tala* or *Pic i pala* (*El pico y pala*) in Spain, *bâtonnet* in France, *tip-cat* in England, and *chizhia* in Russia. Due to the danger caused by waving a piece of pointed wood, the game was prohibited from the 15th century, first, in the statute of Cres, and later, with the proclamation of the Venetian Republic from 1546<sup>3</sup>.

Gameplay outline:

*Pikuća* is an ancient pastime played with two sticks or branches: with a *koza*, (a *pala*), a straight stick 50 cm long, and a *pikuća*, a smaller stick 15 cm long, pointed at both ends like a pencil. *Pikuća* can be played one-on-one or in teams of two to three players. To begin, it is necessary to dig a shallow hole in the ground and place the *pikuća* perpendicular to the hole. The game begins with one player (the thrower) trying to throw the *pikuća* as far as possible with the *koza*. He does this by placing the *koza* at a 60-degree angle below the *pikuća*, and then suddenly lifting the *koza* forward, catapulting the *pikuća* in the direction of the catcher. The other players (catchers) try to catch the *pikuća* while it is still in mid-air. The catcher who manages to catch the *pikuća* replaces the thrower, while the thrower takes the place of the catcher. If no one manages to catch the *pikuća*, the catchers have another chance to replace the thrower.

Then, the catcher, who is closest to where the *koza* fell, takes the *koza* in his hand and tries to hit the *pikuća*, which the pitcher has placed vertically over the hole. If they still fail, the pitcher gets the chance to score points. The pitcher (thrower) then hits the pointed end of the *pikuća* with the *koza* to lift it into the air, serving it into the air with the intention of throwing it as far as possible. He is entitled to three hits. At this stage of the game, the catchers can again eliminate the pitcher by catching the *pikuća* while in mid-air. The number of punts that the pitcher scores depends on the distance from the hole to where the *pikuća* falls after the third hit. One *punat* corresponds to the length of ten *koza*. Measuring is the most fun part of the game: to avoid this, the pitcher first asks the catchers how many punts they are awarding him. If he is not satisfied with their assessment, he can use the *koza* as a measuring stick to measure the punts. The number of points is an important part of the game, as catchers often deliberately offer fewer points to spite the pitcher for a good score by teasing him along the way. The game ends when one of the teams reaches a pre-agreed number of points, such as fifty.<sup>1</sup> In *pandolo*, the pitcher first hits a pointed piece with a bat so that it bounces off the ground and into the air, tries to send it as far into the field as possible, where the fielders try to stop it and shorten its flight as much as possible.

<sup>3</sup> <sup>4</sup>

Sustainability and environmental friendliness: Sticks for playing can be found in the natural environment. It is not necessary to purchase plastic props, aids, or equipment.

Bibliography:

<sup>1</sup> *Pikuća*, 2025. <https://hr.wikipedia.org/wiki/Piku%C4%87a>

<sup>2</sup> *La lippa*, 2025. <https://www.giocopopolare.it/la-lippa.html>

<sup>3</sup> *Pandolo*, 2025. <https://www.pandolo.si/pandolo/>

<sup>4</sup> *Pandolo*. Istarska enciklopedija (2005), mrežno izdanje (Istrian Encyclopedia (2005), online edition). Leksikografski zavod (Lexigraph institute of) Miroslav Krleža, 2025. Accessed: 5/2/2025. <<https://istra.lzmk.hr/danak/2000>>.

<sup>5</sup> *Ciro dell'Aura, Lauro Decarli, Breve manuale di pandologia*, Trieste 1981.

<sup>6</sup> *Franko Hmeljak, Lauro Decarli, Pandolo*, Koper 1994.

Game name: BLIŠKA  
PITCHING PENNIES

Geographical region: Croatia – Dalmatian Hinterland

Type of infrastructure – practice venue: Outdoors, in a flat area

Requirements for the game: Sticks, coins

Historical background:

Numerous variations of games involving the throwing of coins at a static target have been present in various cultures for thousands of years. The ancient Greeks used bronze coins for the game, and the Israelites used apricot pits. The English writer Rudyard Kipling also mentions the widespread game of *pitch-and-toss* (*pitching pennies*) from the late 19th century in his poem "If"<sup>1</sup>.

Gameplay outline:

With a preset marker, such as a stick or line on the ground, *bliška* consists of tossing small coins from

a certain distance towards a target. Players take turns throwing coins towards the marker, and the winner is the one whose coin lands closest. That player wins all the coins used in the game. There are numerous variations of this game: instead of a stick, a vertical line can be marked on the ground, a stone can be placed as a marker, or a wall can be used, and instead of coins, pebbles can be thrown (as in *Arrime*, *Xapes a la paret* in Spain).<sup>1</sup>  
<sup>2</sup>

Sustainability and environmental friendliness: Sticks and stones for playing can be found in the natural environment. It is not necessary to purchase plastic props, aids, or equipment.

Bibliography:

<sup>1</sup> *Pitching pennies*, 2025. Accessed 04/25/2025. <[https://en.wikipedia.org/wiki/Pitching\\_pennies](https://en.wikipedia.org/wiki/Pitching_pennies)>

<sup>2</sup> *Najpopularnije dječje igre starih generacija*, 2025. Accessed 04/2025/2025. <<https://narodni.net/najpopularnije-djecije-igre-starih-generacija/>>

Game name: SKAKANJE U VREĆI  
(POTATO) SACK RACE, CORSA NEI SACCHI

Geographical region: Croatia, Italy

Type of infrastructure – practice venue: An outdoor space, a meadow

Requirements for the game: Sacks (or pillowcases)

Historical background:

The game likely originated from agricultural traditions, where farmers would race using readily available empty potato sacks to test speed, agility, balance and coordination, skills valuable in maneuvering across uneven farmland, harvesting, transporting crops and carrying heavy loads. The game was popularized in the early 1900s among farm workers, who would race while carrying sack of potatoes, and it has remained a fun pastime ever since.

Gameplay outline:

Have each player step into their sack and pull it up to their waist or upper legs height, holding the top with one or both hands. At a given mark, players hop forward inside the sack toward the finish line. Running or skipping is not allowed. If a participant falls, they must get back into the sack before continuing. The first person to cross the finish line while remaining inside the sack wins.

Sustainability and environmental friendliness: Easily reusable sacks of jute or cotton.

Bibliography:

<sup>1</sup> *Socialita'*, 2025. Accessed 04/05/2025. <[https://www.sportesalute.eu/images/corretti-stili/allegati/corretti\\_stili\\_di\\_vita\\_socialita.pdf](https://www.sportesalute.eu/images/corretti-stili/allegati/corretti_stili_di_vita_socialita.pdf)>

Game name: BACANJE POTKOVE  
TOSSING HORSESHOES  
TIR DE FERRADURA, TIRO DE HERRADURA

Geographical region: Croatia, Spain

Type of infrastructure – practice venue: A flat and clean geographical space, i.e., an outdoor field

Requirements for the game: Horseshoes, spikes

Historical background:

The game of horseshoes is thought to have originated from the game of *quoits* (throwing metal, rope, or rubber rings from a distance, usually to land on or near a spike), popular among Roman soldiers during the British occupation in the 1st to 5th centuries. While the officers played *quoits* using metal rings, ordinary soldiers, lacking access to them, used discarded horseshoes from their horses, tossing and throwing them at a spike driven into the ground.

During the Middle Ages, the game spread among peasants in England. In the 14th century, English rulers banned it because it distracted men from military training, especially archery. Nevertheless, the game survived and was brought to North America with European settlers.

During the American Civil War (1861–1865), soldiers often entertained themselves by playing the game in their free time. After the war, the game spread across the country, resulting in makeshift courts in backyards and parks.

Gameplay outline:

Place two spikes in the center of a 1.8 m<sup>2</sup> square, about 12 meters apart (the standard distance for adult players). The distance needs to be adjusted for children or beginners. The first extends 36 cm from the surface of the ground and is inclined 8 cm towards the second one. 12 m away (alternatively, 9 m for women and juniors).

In the individual category, two players compete, each with two horseshoes, while in the team category, four players, each with a single horseshoe, take turns throwing towards the stake.

In the individual game, players from the same square take turns throwing their horseshoes towards the opposite stake. In team competitions, props are thrown by pairs, each from the opposite square.

The horseshoe should be thrown with a low throw from the hand so that it lands as close as possible to the stake, or ideally, to enclose the stake in a "ringer". After all players have finished throwing, the points are added up, and then the game continues on the opposite side from the original throw. In a doubles game, one of the pairs is at one end and the other pair is at the other end. After the throw is completed, each of the sides rotates. The game is played to 21 (informal games) or 50 points.

The closer horseshoe brings 1 point, provided that it is within 15 cm of the stake. If the props of both opponents or teams are at an equal distance from the stake, each player or team gets 1 point. A horseshoe leaning against the stake brings 2 points while leaning against the stake without touching the opponent's horseshoe brings 2 points. A horseshoe leaning against another one means nothing. A horseshoe stuck on a stake earns 3 points, and only when its tip is at least aligned with the spike. A horseshoe hanging on a stake brings 6 points. A knocked down or knocked out cancels previous points. A horseshoe that, due to its placement, was earning 3 points ceases to do so when another horseshoe knocks down either the horseshoe or the spike out of its place.

Sustainability and environmental friendliness:

Rubber or plastic horseshoes can be used instead of metal horseshoes to make the game easier and safer. Stakes can be made from wood or plastic and placed at a shorter distance (5–7 m) for younger participants. The game can also be played indoors using plastic cones as targets.

Bibliography:

<sup>1</sup> *Horseshoe pitching*, 2025. Accessed: 04/14/2025. <[Encyclopedia Britannica: Horseshoe pitching history](#)>

<sup>2</sup> *Horseshoes*, 2025. Accessed 04/14/2025.

<[New World Encyclopedia: Horseshoes](#)>

<sup>3</sup> *Horseshoe Toss Game*, 2025. Accessed: 04/14, 2025. <[Horseshoe Toss Game / How to Play Horseshoe Toss](#)>

Game name: BOĆANJE  
BOCCE, BOCCE BOULES, BOCCE BALL

Geographical region: Croatia

Type of infrastructure – practice venue: A flat area, i.e., a meadow, playground, or a court

Requirements for the game: Bocce boules, a *bulin*

Historical background:

The origins of bocce are indeterminable, as there is no conclusive knowledge about it. In the excavations of the Turkish city of Çatal Höyük (which existed 7000 years BC), the English archaeologist James Mellaart found round objects that could have been used for the game. In Egypt, where it was among the games played 2500 years BC, family wall frescoes with a fanciful *bocce* theme were found in the city of Luxor. Evidence of the game has also been established in ancient Greece. Hippocrates, the famous physician who lived from 460 to 377 BC, advises playing bocce in his medical writings. The Romans then characteristically adopted this game from the Greeks. Only then, in Roman times, did the game of bocce, approximately similar to today's form, emerge, as evidenced by the fact that bocce and a smaller ball (a *bulin*) were found during excavations of the city of Pompeii (79 BC). As a legacy, Roman legionaries left this game behind for scores of future generations after they vacated the regions they conquered, such as Gaul, in the area of present-day Marseille, which is today recognized as a *bocce mecca*. Bocce then spread to other Mediterranean countries.

Gameplay outline:

*Bocce ball* is a traditional sport in which players try to throw their *bocce* as close as possible to a smaller target ball, called a *bulin* (or *jack/pallino*). It can be played individually or as a team. The goal of the game is for players or teams to throw their bocce as close to the *bulin* as possible.

At the beginning, a throwing line is marked that must not be crossed when approaching. Turns are

determined by drawing lots or by agreement. In a team game, a player from the starting team (Team A) throws the jack at a distance of 8–12 m. The same player then throws the first *bocce*, trying to place it as close to the *bulin* as possible. The opposing team (Team B) then throws its *bocce*, trying to take away the opponent's punt, or until it has played all its bocce. If Team B (before playing all the bocce) has managed to take away the punt from Team A, then Team A plays again, each team alternating, until all the *boules* have been played. The individual or team that wins the points/round assumes the right to roll first the jack in the next round of play.

The *bocce* can be approached precisely or rolled gently to bring the bocce as close as possible to the *bulin* or thrown parabolically through the air with the aim of knocking the opponent's bocce out of a favorable position. The distance of the bocce from the *bulin* can be measured more precisely using a string or a wooden measuring stick.

After all the bocce have been played, the team that lands closest to the *bulin* wins the points. One point is awarded for each boule closer to the *bulin* than the closest opponent's boule. The game continues until an agreed number of points is reached (usually 13). The first player or team to attain the agreed-upon number of points wins.

Sustainability and environmental friendliness:

Synthetic, plastic, or rubber bocce balls or balls similar in size to the bocce ball may be used. A smaller ball can be used for a *bulin* (e.g., balls used for table tennis). The playground can be a meadow, asphalt, or a flat surface in the hall. The rules may be adapted so that children throw a ball from 5 - 8 m.

Bibliography:

<sup>1</sup> Damir Škarpa, Eduard Hemar, *Zlatna knjiga hrvatskog boćanja*. Zagreb: Hrvatski boćarski savez, 2012.

<sup>2</sup> Sandro Gulja, *Boćanje – igra znanja i vještine*. Zagreb: Hrvatska olimpijska akademija, 2010.

<sup>3</sup> Orlando Rivetti, Valentina Prokić, *Dinkove zlatne boće*. Rijeka, 2012.

Game name: ŠKOLICA  
HOPSCOTCH, LA CAMPANA

Geographical region: Croatia, Italy

Type of infrastructure – practice venue: A court, a sidewalk, or a street

Requirements for the game: A piece of chalk or a small stone

Historical background:

This game is mentioned in ancient Chinese texts dating back to 2357 BC, as well as in later Egyptian and Greek texts. In the Roman Empire, children imitated soldiers who, as part of their training, jumped on one leg across squares spread over a length of approximately 30 meters while fully equipped. Pliny mentions the game, and a drawing of a hopscotch diagram has been found in the Roman Forum, dating back to the Roman Empire. By the Middle Ages, the game had become widespread throughout Europe and was described in works of art and literature, such as Rabelais's novel "Gargantua and Pantagruel."

Game name: UTRKA NA TRI NOGE  
THREE-LEGGED RACE

Geographical region: Croatia

Type of infrastructure – practice venue: A flat and safe surface such as a meadow, a playground, or a schoolyard

Requirements for the game: A rope, scarf, or tape for binding two legs together

Historical background:

Popularized in the 19th century in Europe through games at fairs, later became part of school sports.

Gameplay outline:

Originally, a start and finish line were marked to allow the game to be played as a race. Pairs stand side by side, and their legs (one player's right and the other's left) are tied with a rope, scarf, or ribbon. At a signal, the pairs must walk, run, or

Gameplay outline:

First, draw squares on the ground with chalk and mark them with numbers from 1 to 10. Use a counter to determine who will start the game first. The first player throws a pebble into the first square. If the throw is successful (the pebble falls inside the square, not outside or on the line), the player jumps across all squares in one and then the other direction, with one foot on individual squares (1, 4, 7, 10) and with two feet, one in each square, on parallel squares (2-3, 5-6, 8-9). On square number 10, the player does an about-face, turns, and returns to square 1, where he bends down on one leg and picks up the pebble. He does the same with all the other squares. The goal of the game is to cross all the squares without making a mistake or stepping on the lines.

Sustainability and environmental friendliness: Masking tape to mark the field in an indoor court or hall may be used. Instead of pebbles, use a plastic stopper, a small soft object, or a sponge.

jump together towards the finish line. The key to success is the synchronization of movements and effective communication between players. If a pair of players stumbles or falls, they must quickly get up and continue the game. Players are not allowed to use their hands to untie the knot or to make walking easier. The first pair to reach the finish line without untying the knot wins. Many variations of this game are known: Relay race - pairs take turns carrying a particular object and handing it to the next pair; Blindfold race - one player in the pair is blindfolded, and the other must guide them with instructions; Obstacle course - cones, tires, or other obstacles are added that need to be bypassed or jumped over.

Sustainability and environmental friendliness:

Soft fabrics, old ties, ribbons, or elastic bands can be used as alternatives to a rope or scarf.

Game name: PRENOŠENJE JAJA  
EGG CARRYING RACE

Geographical region: Croatia

Type of infrastructure – practice venue: A flat surface such as a meadow, schoolyard, or playground

Requirements for the game: Spoons, eggs

Historical background:

It originated in rural Europe in the 19th century as an amusing game during fairs, competitions, and family gatherings.

Gameplay outline:

The Egg carrying race requires at least two players, but it is most interesting when teams compete. A start and finish line are marked to determine the distance that the players must cover. Each player is responsible for carrying their spoon and egg to the other side of the yard. If a real egg is used, it can be boiled (for an easier game) or raw (for an additional challenge). Players place the egg on a spoon that they hold in their hand (a simpler version) or in their mouth (a more complex version). On a signal, they try to cover a certain distance as quickly as possible without letting the egg fall off the spoon. The player must not hold the egg with their hand. In the event that the egg falls off, the player must return to the starting point, put

the egg back on the spoon and try again. In the relay version, players take turns passing the spoon with the egg to the next player in the line. The individual or team that crosses the finish line first without making a mistake is the winner.

Many variations of Egg carrying race are known: Relay, in which teams take turns carrying an egg to the finish line and back; Obstacle course, in which obstacles are placed on the way to the goal that players must cross or bypass; and Raw egg challenge, in which if a player drops an egg and breaks it, they must start all over again with a new egg.

Sustainability and environmental friendliness:

Small plastic or rubber balls (e.g., ping pong balls) can be used as substitutes for eggs. Plastic spoons, which are safer for children, can serve as an alternative to traditional metal spoons.

Bibliography:

<sup>1</sup> *Oxford English Dictionary V: Dvandva-Fallis*. Oxford University Press. 1989. p. 92.

<sup>2</sup> Alice Gom, *Traditional Games of England, Scotland and Ireland*

<sup>3</sup> Tamara Mataija, Kastav Museum Collection: *Aware Heritage - Games and Toys*. Kastav, 2011.

<sup>4</sup> *Three-legged race*, 2025. Accessed 04/28/2025. <[https://en.wikipedia.org/wiki/Three-legged\\_race](https://en.wikipedia.org/wiki/Three-legged_race)>

<sup>5</sup> *How to play three-legged race*, 2025. Accessed 04/28/2025. <<https://www.bazinga.training/how-to-play-3-legged-race>>

Game name: BIRLES  
(BOLOS)  
SKITTLES

Geographical region: Spain - Levante region, especially in the Valencian Community and Aragon

Type of infrastructure – practice venue: A flat obstacle-free surface

Requirements for the game: *Birles*, *birlots*

Historical background:

It is believed that *birles* were introduced to the Valencian lands by the Muslim community in the 12th century, although the game's origins trace back to the Roman Empire, which exported it to Ancient Egypt, where it was used as an oracle to make predictions.

Gameplay outline:

Skittles are played on the *carrer* (street), a 12 meter long and 2-meter-wide playing area. The length varies from 4 to 12 meters depending on the players' age and the game variation. At one end of the *carrer*, the throwing line is marked. At the other end, wooden skittles are placed (2 or 3 parallel rows of 3 skittles).

In the 6-skittle variation, 6 *birles* are placed in 2 rows of 3, with a gap between them of approximately the width of a mallet. Players stand between 4 and 8.7 meters away, depending on their age, and take turns to throw. Each player may throw up to three *birlots*, trying to “*fer bona*” (make good), which means knocking down all the skittles except one. “*Fer bona*” scores 1 point. Once the

first player finishes their turn, all skittles are reset, and the next player throws. This continues until all players have completed one round. Games can be played over 3, 6, or 9 rounds. The player who achieves the most “*fer bona*” wins.

In the 9-skittle variation, teams of 2 to 5 players are formed and throwing order agreed upon. One team begins throwing, while the other determines the throwing distance (between 9 and 12 meters). The number of points needed to win is agreed upon by both teams. Nine skittles are arranged in 3 rows of 3 to form a 70 to 90 cm square. Each team member throws 2 *birlots*, with the skittles reset between players. Points are tallied (each skittle = 1 point, except the center skittle = 2 points). Once all members of the first team have thrown, the second team takes their turn (1 round). The first team to reach the agreed point total wins. If neither team wins in the first round, additional rounds are played. The team with the most points in the previous round throws first.

Sustainability and environmental friendliness:

Traditionally, both skittles (*birles*) and mallets (*birlots*) are made of natural materials like wood. The playing area does not require any special installation - any flat ground where the skittles can stand upright is sufficient.

Bibliography:

<sup>1</sup> *Birles*, 2025. Accessed 04/28/2025. <<https://www.fjetv.com/federacion/birles>>

<sup>2</sup> *Il Trobada Jocs Populars*, 2025. Accessed 05/05/2025. <<https://www.castello.es/documents/35637/84992/IlTrobadajocsPopulars.pdf>>

<sup>3</sup> *Juegos Tradicionales Valencianos*, 2025. Accessed 05/05/2025. <<http://www.escalaicorda.blogspot.com/p/juegos-tradicionales-valencianos.html>>

Game name: BOLETES  
MARBLES

Geographical region: Spain

Type of infrastructure – practice venue: A firm, flat surface slightly sandy or earthy

Requirements for the game: *Boletes*

Historical background:

The origin of the game is uncertain. Clay marbles have been found in children's graves dating back to 3000 BC. Marble games were popular in classical cultures such as Rome, Crete, Egypt, and among pre-Columbian civilizations in the Americas.

Gameplay outline:

In the Gua variation, a fist-sized hole is dug in the ground. A throwing distance is agreed upon and a starting line is marked. To determine the throwing order, players stand at the hole and roll their marble toward the line; whoever gets closest starts. The first objective is to get the marble into the hole (*hacer gua*). To do this, the player flicks the marble using the index finger propelled by the thumb (or pinches it between the index and thumb and releases it with the index). Players take turns, making one throw at a time. Each throw is made from where the marble previously landed. When a player successfully makes *gua*, they may attempt to knock out others' marbles that have not yet

reached the hole by hitting them directly. The game ends when all players have either made *gua* or been eliminated. The winner is the player who eliminated the most marbles or, if no marbles were eliminated, the one who made *gua* first.

In the Triangle variation, a triangle is drawn in the sand with a line across its center. Each player places one or more marbles on that line (depending on what is agreed beforehand). A throwing line is drawn some distance away. The throwing order is decided in the same way as in the *Gua*. Players stand behind the line and try to knock marbles out of the triangle. If successful, they keep throwing. When a player fails to knock out a marble, the turn passes to the next player. This continues until no marbles remain in the triangle. The winner is the player who collects the most marbles. In case of a tie, the first to throw wins. As in *Gua*, marbles are flicked using the thumb or index finger as described.

Sustainability and environmental friendliness:

No installation is required. Suitable for outdoor settings with minimal equipment.

Bibliography:

<sup>1</sup> *Boletes*, 2025. Accessed 04/28/2025. <<https://www.fjetcv.com/federacion/boletes>>

<sup>2</sup> *II Trobada Jocs Populars*, 2025. Accessed 05/05/2025. <[https://www.castello.es/documents/35637/84992/II\\_Trobada\\_Jocs\\_Populars.pdf](https://www.castello.es/documents/35637/84992/II_Trobada_Jocs_Populars.pdf)>

<sup>3</sup> *Els Jocs Tradicionals a Vila-Real*, 2025. <[https://www.vila-real.es/portal/RecursosWeb/DOCUMENTOS/1/0\\_39751\\_1.pdf](https://www.vila-real.es/portal/RecursosWeb/DOCUMENTOS/1/0_39751_1.pdf)>

Game name: CANUT  
(GALINCHE, CALICHE, CARTUCHO, CALITX)

Geographical region: Spain – Valencia, Murcia, Teruel, Castilla-La Mancha

Type of infrastructure – practice venue: A firm, flat surface slightly sandy or earthy

Requirements for the game: A *canut*, bottle caps, *tejos*

Historical background:

The origin of the game is uncertain and not explicitly detailed in available sources. Although specific historical details about its development are unknown, some sources state that this traditional Spanish game originated as a form of low-stakes betting using small coins.

Gameplay outline:

The goal of the game is to knock down a small, 10 cm tall, cylindrical object (the *galinche* or *canut*) placed upright, often topped with a coin or cap. Players take turns throwing small discs, or shoe heels called *tejos*, *moneos*, or *tacons*, typically made of metal or clay. The playing field is usually a flat rectangle of earth, with distances ranging from 5 to 35 meters depending on local rules and disc size. In some areas, a circle marked with chalk defines how points or coins are scored: if the *galinche* falls inside or outside the circle, victories and coin collection differ. Games can involve simple points scored with tokens such as caps or bottle caps. Normally, 3 to 5 participants play, each having two discs per turn.

Regional variations exist: in Valencia, there is a circle for scoring; in Murcia, the distance is usually longer, and team play is common, with special side throws to determine turn order.

The throwing order is determined by *tejo*'s landing point: the player tossing it the farthest, i.e. closest to a 10-meter distant line starts the round.

In the first variation a throwing line is marked on the ground and the *canut* is placed 5 meters from it. One bottle cap per player is stacked on top of the *canut*. Players take turns throwing their *tejo* from the line, aiming to knock over the *canut*. If a successful, they win the caps that land closer to their *tejo* than to the *canut*. The *canut* is then placed upright and the remaining caps restacked for the next thrower. The game continues in turns until all caps have been collected.

In the second variation a circle of 25–30 cm in diameter is drawn on the ground, and the *canut* stacked with caps placed in the center. Players take turns by throwing their *tejo* from a 5-meter line, trying to knock the *canut* out of the circle. Points are awarded once the *canut* leaves the circle while one or more caps land inside it. Each cap inside the circle counts as 1 point. Two throws per round are assigned to each player. The player who has cumulatively earned the most points wins.

Sustainability and environmental friendliness:

The game requires minimum installation and environmentally friendly equipment made of natural materials (wood or cane for the *canut*) and reusable items (old heels and bottle caps).

Bibliography:

<sup>1</sup> *Canut*, 2025. Accessed 04/28/2025. <<https://www.fietv.com/federacion/canut>>

<sup>2</sup> *II Trobada Jocs Populars*, 2025. Accessed 05/05/2025. <[https://www.castello.es/documents/35637/84992/II\\_Trobada\\_Jocs\\_Populars.pdf](https://www.castello.es/documents/35637/84992/II_Trobada_Jocs_Populars.pdf)>

<sup>3</sup> *Els Jocs Tradicionals a Vila-Real*, 2025. Accessed 05/05/2025. <[https://www.vila-real.es/portal/RecursosWeb/DOCUMENTOS/1/0\\_39751\\_1.pdf](https://www.vila-real.es/portal/RecursosWeb/DOCUMENTOS/1/0_39751_1.pdf)>

<sup>4</sup> *Juegos Tradicionales Valencianos*, 2025. Accessed 05/05/2025.

<<http://www.escalaicorda.blogspot.com/p/juegos-tradicionales-valencianos.html>>

Game name: EL CAIXÓ  
(EL CAJÓN)

Geographical region: Spain

Type of infrastructure – practice venue: A flat, obstacle free surface

Requirements for the game: A caixó, bottle caps

Historical background:

The origin of the game is uncertain and not explicitly detailed in available sources. Although specific historical details about its development are unknown, some sources state that this traditional Spanish game, popular among agriculture workers, originated as a form of low-stakes betting. After irrigating orange groves and waiting for the soil to dry, workers would place a wooden crate used for orange transportation on a ridge and play, often wagering small coins.

Game name: LLANÇAMENT DE BOLA A BRAÇ  
(LANZAMIENTO DE BOLA A BRAZO)

Geographical region: Spain – Castilla (Alicante)

Type of infrastructure – practice venue: Any terrain

Requirements for the game: Iron balls weighing between 600 g and 1.23 kg

Historical background:

The origin of the game is uncertain and not explicitly detailed in available sources. Although specific historical details about its development are unknown, some sources state that this traditional Spanish game has been practiced in orchard areas of Castilla (Alicante) since the 16<sup>th</sup> century.

Gameplay outline: In the first version of the game, the objective is to reach a greater distance through five throwing attempts of an iron ball, advancing along the course. Each new throw starts where the previous one landed. Depending on the terrain, if a ball leaves the course, the throw is either repeated

Gameplay outline:

A fruit crate is placed perpendicularly on one of its sides, so that the side with wooden slats and gaps faces upward. Each player has the same number of caps (usually 3 to 5) and stands about 3, 4 meters from the crate. Players take turns tossing their caps, trying to land them on the crate without them falling through the slats. Once all caps have been tossed, the player with the maximum number of caps remaining on the crate wins the game.

Sustainability and environmental friendliness:

This game doesn't require large facilities and can be played both indoors and outdoors. Although it requires a specific table, one can be made of reused or recycled materials.

Bibliography:

<sup>1</sup> El Caixó, 2025. Accessed 04/28/2025. <<https://www.fjetcv.com/federacion/caixo>>

and subtracted, or the player disqualified.

In the second version, participants target the *pacte*, the end point of a course, throwing iron balls towards it, while advancing along the course. Each new throw starts where the previous one landed. The first player to reach the *pacte* with the fewest attempts wins.

Sustainability and environmental friendliness:

No installation is required. Suitable for outdoor settings with minimal equipment.

Bibliography:

<sup>1</sup> Llançament de bola a braç, 2025. <https://www.fjetcv.com/federacion/llancament-de-bola-a-brac>

<sup>2</sup> La bola a braç a Castalla, 2025. Accessed 05/05/2025. <<http://castallaenelrecord.es/la-bola-a-brac-a-castalla/>>

<sup>3</sup> Juegos Tradicionales Comunitat Valenciana, 2025. <<https://elmiradordebenidorm.es/juegos-tradicionales-comunitat-valenciana/>>

Game name: LA RANA  
(LA GRANOTA)  
THE FROG GAME

Geographical region: Europe - Spain, France  
Latin America - Chile, Peru, Uruguay, Ecuador,  
Bolivia, Argentina, and Colombia

Type of infrastructure – practice venue: A firm, flat  
surface free of obstacles

Requirements for the game: A *mesa de rana*, small  
metal discs

Historical background:

The earliest iterations of *La Rana* trace back thousands of years, with evidence suggesting similar games were played by the Ancient Egyptians, Greeks, and Romans, often referred to as the "Tone!" game, involving aiming stones into openings. In South America, particularly within Inca culture, frogs were considered magical creatures. During ceremonial holidays, gold objects were thrown into lakes; if a frog emerged and swallowed it a wish was granted. This practice, known as *Pukllay Sapu*, merged dexterity with festive celebration and is widely believed to be the precursor to the modern game.

*La Rana* made its way to Spain, particularly popular in Northern regions like Aragon, Navarre, Catalonia, and the Basque Country, where it was often played in taverns using iron coins aimed at a frog-shaped target on tables.

French versions, known as *Le Jeu de la Grenouille*, became part of the country's intangible cultural heritage, while similar games such as *Jogo do Sapo* in Portugal, *Tonspel* in Belgium and *Pitch Penny* or *Toad in the Hole* in England demonstrated the game's widespread adoption across Europe. European adaptations often incorporated various obstacles and scoring systems, reflecting local customs and enhancements over time.

In countries like Colombia, Peru, Argentina, and Chile, the game is widely referred to as *Rana* or *Sapo*. Traditional tables are made of wood or metal

and feature multiple holes, with a central frog or toad representing the highest score target. Players aim coins or metallic rings into these targets, with different holes awarding varying points, maintaining elements of precision and challenge.

Gameplay outline:

Classic gameplay involves small metal discs, rings or coins, designed to slide accurately toward the targets on the frog table such as bridges, tunnels or mills. Usually made of wood, the table features several holes and strategically placed obstacles, including a metallic frog's mouth at the center, considered the most challenging and highest-scoring target. Points are awarded based on where the projectile lands, with the central frog's mouth offering the maximum score (commonly 50 points). Having agreed on the target score and the tossing distance, players start targeting their 6 discs into different holes or the frog's mouth. Each hole or section has an assigned value, and the points are added up at the end of each round. Several fast-paced rounds are played. The player or team with the highest accumulated score over several rounds wins.

Sustainability and environmental friendliness:

Suitable for indoor and outdoor settings with minimal equipment. The specific frog table can be made from reused or recycled materials.

Bibliography:

<sup>1</sup> *El juego de la rana*, Museo del juego. Accessed 04/28/2025. [http://museodeljuego.org/wp-content/uploads/contenidos\\_0000000838\\_docu1.pdf](http://museodeljuego.org/wp-content/uploads/contenidos_0000000838_docu1.pdf)  
<sup>2</sup> *Historia del Juego de la rana*, 2026. Accessed 04/20/2026. <<https://trofeoscadenas.com/blog/historia-del-juego-de-la-rana-b41.html>>



Game name: SET I MIG  
(SIETE Y MEDIO)  
SEVEN AND A HALF

Geographical region: Spain

Type of infrastructure – practice venue: A firm, flat surface free of obstacles

Requirements for the game: A piece of chalk, an old shoe heel

Historical background:

The origin of the game is uncertain and not explicitly detailed in available sources. Although specific historical details about its development are unknown, some references suggest that this traditional Spanish game popular in agrarian areas originated as a form of low-stakes betting, often wagering small coins.

Gameplay outline:

An 80 x 80 cm grid with four 40 x 40 cm quadrants is drawn on the ground. In the center, a fifth 30 x 30 cm square is positioned at 45°.

Quadrants are numbered: peripheral count as 1, 2, 3, and 4 points, the central as 7.5 points. A prop that lands in a square adds to that score. If the prop touches the line, 0.5 points are added to the total. The objective is to score exactly 7.5 points with 3 attempts by tossing props from 3.5 meters (in case of adults) or 2 meters (in case of children). Scoring 7.5 with the fewest number of attempts or edging closer without exceeding it determines the winner.

Sustainability and environmental friendliness:

Suitable for outdoor settings with little or no equipment. Natural (e.g. stones, wooden sticks, rubble), reused or recycled (e.g. old shoe heels, bottle caps) elements can be used for playing.

Bibliography:

<sup>1</sup> *Llançament al set i mig*, 2025. Accessed 04/28/2025. <<https://www.fietcv.com/federacion/llançament-al-set-i-mig>>

<sup>2</sup> *II Trobada Jocs Populars*, 2025. Accessed 05/05/2025. <<https://www.castello.es/documents/35637/84992/IIITrobadajocsPopulars.pdf>>

<sup>3</sup> *Juegos Tradicionales Valencianos*, 2025. Accessed 05/05/2025. <<http://www.escalaicorda.blogspot.com/p/juegos-tradicionales-valencianos.html>>



Game name: MORT I PAM  
DEATH AND SPAN

Geographical region: Spain – Comunidad Valenciana

Type of infrastructure – practice venue: A flat, obstacle free surface

Requirements for the game: Old shoe heels

Historical background:

The origin of the game is uncertain and not explicitly detailed in available sources. Although specific historical details about its development are unknown, some sources state that this traditional Spanish game has been practiced by children who used to bet treasure like matchbox covers, highly valued post-war items due to their decorative style.

Gameplay outline:

In the point-based version of the game, a player tosses the prop in the chosen direction and at a chosen distance. To score points, the next player may: i. achieve *mort* (death) by hitting the first player's prop (1 point); ii. achieve *pam* (span) by throwing its own prop within one hand span of the first player's prop (1 point); iii. achieve *mort i pam* by hitting the first player's heel and have it land

within one hand span after the rebound; iv. make a regular throw far from the first player's prop (2 points). If there's a third player, they can try to make *mort*, *pam* or *mort i pam* with any of the previous props, until everyone has thrown. Then the second round begins, everybody throwing from the spot where their prop first landed. Every time a player scores *mort*, *pam*, or *mort i pam*, they get an extra throw. The first player to reach the agreed score first wins. In the prize version, stickers, marbles or coins may be won. The gameplay is similar to the point-based version, yet: i. *mort* or *pam* each win a prize; ii. a regular throw wins two prizes; iii. if a prop is hit, its holder must give away their prize. Players out of prizes get eliminated.

Sustainability and environmental friendliness:

Mostly suitable for outdoor settings with little or no equipment. Natural (e.g. flat stones), reused or recycled (e.g. old shoe heels, metal scraps) elements can be used for playing.

Bibliography:

<sup>1</sup> Juegos Tradicionales Valencianos, 2025. <<http://www.escalaicorda.blogspot.com/p/juegos-tradicionales-valencianos.html>>

Game name: I NUCIDDI CA FUSSETTA  
HAZELNUTS WITH DIMPLES

Geographical region: Italy – Sicily (Catania)

Type of infrastructure – practice venue: Any terrain

Requirements for the game: Hazelnuts

Historical background:

The origin of the game is uncertain and not explicitly detailed in available sources. Although specific historical details about its development are unknown, some references suggest that this traditional Sicilian game originated in agrarian areas due to the abundance of hazelnuts after the harvest.

Gameplay outline:

A fist-sized hole is dug in the ground, a throwing distance agreed upon, and a margin marked. To determine the throwing order, players toss their hazelnuts toward the margin; whoever gets closest starts. The goal is to get the hazelnuts into the hole. To do this, the player tosses two hazelnuts; those that remain on the margin may be flicked using the index finger propelled by the thumb. Players take turns, making one throw at a time. Each toss is made from where the hazelnut previously landed. The first player to reach the target wins and collects all the nuts from the hole.

Sustainability and environmental friendliness:

No installation or equipment required.

Game name: IL GIOCO DEL CERCHIO  
THE WHEEL

Geographical region: Italy – Sicily

Type of infrastructure – practice venue: A flat, firm surface free of obstacles

Requirements for the game: Hoop, stick

Historical background:

Wheel-and-stick games have a rich heritage, appearing independently in different civilizations and persisting for millennia. The game commonly known as hoop rolling or hoop trundling involves rolling (or striking) a hoop with the help of a stick to keep it upright.

The earliest records in Asia date back to Ancient China, around 1000 BC or earlier, while in Europe, evidence appears in Ancient Greece around the 5th century B.C. Hoops, also called *krikoi*, were probably made of bronze, iron, or copper, and were driven with a stick called the *elater*. The hoop was sized according to the player, as it had to come up to the level of the chest. Greek vases generally show the *elater* as a short, straight stick. The hoop thus held symbolic meanings in Greek myth and culture. Hoop driving is an attribute of Ganymede, often depicted on Greek vase paintings from the 5th century BCE. During the Roman Empire, the Romans adopted the Greek hoop, calling it the *trochus*, while the stick, which was referred to as *clavis* or *radius*, had the shape of a key, and was made of metal with a wooden handle. Ovid puts the sport in the same category as horsemanship, javelin throwing and weapon practice. According to Martial, Sarmatian boys, rolled their hoops on the frozen Danube River. The game was depicted by the Flemish painter Pieter Bruegel the Elder in his work *Children's Games* from 1560. In England, children are known to have played the game as early as the 15<sup>th</sup> century. By the late 18th century, boys driving hoops in the London streets had become a nuisance. Throughout the 1840s, a barrage of denunciations appeared in the papers against "The Hoop Nuisance", in which their iron hoops were blamed for inflicting severe injuries on pedestrians' shins. That campaign, however, seems to have failed.



By the early 19th century, the game was already part of the standard physical education of girls, together with jumping rope and dumbbells. In the mid-19th century, bent ash was favored as material for making wooden hoops. Later girls played with a wooden hoop driven with a wooden stick, while boys' hoops were made of metal and the sticks were key-shaped and made of metal. In some regions, wooden or metal wheels from carts or bicycles (rims) were used for races or obstacle challenges.

Gameplay outline:

In the first version of the game, players use a stick to roll a circular hoop along the ground. The objective is to keep the hoop rolling as far as possible or to race against other players. Among the games played with the hoops - besides simply trundling them, which is a matter of driving them forward while keeping them upright - are hoop races, as well as games of dexterity.

Sustainability and environmental friendliness:

No installation is required. Suitable for outdoor settings with minimal equipment. Environmentally friendly equipment such as old bicycle rims, wheels, wooden sticks, tree branches may be used for play.

Bibliography:

<sup>1</sup> *Hoop Rolling*, 2026. Accessed 04/23/2026.

<<https://www.thevintagenews.com/2017/04/03/hoop-rolling-a-popular-game-which-dates-back-to-the-5th-century-bc/>>

<sup>2</sup> *Tiro alla fune*, 2025. Accessed 04/28/2025.

<<https://www.giochidimenticati.eu/gioco-tiro-alla-fune/>>

<sup>3</sup> *La carriola*, 2025. Accessed 04/28/2025.

<<https://radiciculturali.it/cultural-assets/carriola>>

<sup>4</sup> *Giochi con la corda*, 2025. Accessed 04/28/2025.

<https://www.giocopolare.it/giochi-con-la-corda.html>

Game name: TIRO ALLA FUNE  
TUG OF WAR

Geographical region: Italy

Type of infrastructure – practice venue: A flat, level surface with good traction, preferably grass or similar soft ground

Requirements for the game: A long sturdy rope

Historical background:

Tug of war is an ancient sport with global origins practiced for centuries. In ancient Egypt, it appears in tomb paintings dating to around 2500 BCE, suggesting it was a popular pastime among Pharaohs and nobles. In Greece, the game served both as a competitive sport and training exercise to develop strength for battle. In China, military hook pulling exercises were recorded between the 8th and 5th centuries BCE used to train warriors. In Europe, tug of war became documented around 1000 AD, with stories of Viking warriors performing pulling contests for strength and endurance. By the 15th and 16th centuries, it was popular in French château gardens and later in Great Britain as a recreational and competitive activity. In the 19th century, seafarers and soldiers integrated tug of war exercises into training regimens, and the game began adopting

standardized rules in England, where it was sometimes referred to as "French and English". The sport was featured in both Ancient (500 BC) and Modern Olympic Games (1900 – 1920).

Gameplay outline:

Tug of war is a team-based game where two sides compete by pulling a rope until one team drags the other past a designated marker or line. First, mark the center point of the rope and additional lines on the ground to indicate winning positions or starting positions. Stand on opposite ends of the rope, with the center of the rope aligned over the central marker. The game begins with a referee's whistle, shout, or other agreed signal. Pull opposing team members and the marked portion of the rope across your side's winning line or marker, past the centerline to be declared the winner. Matches may be played as best-of-three rounds to determine overall victory.

Sustainability and environmental friendliness:

No installation is required. Suitable for outdoor settings with minimal equipment.

Game name: A CARROZZELLA  
THE WHEELCHAIR

Geographical region: Italy, Croatia

Type of infrastructure – practice venue: A flat, firm and level surface free of obstacles

Requirements for the game: Self-constructed Ball Bearing Speedsters

Historical background:

The origin of the game is uncertain however Ball Bearing Speedsters were riding toys that used ball-bearing mechanisms for smooth chain-driven motion, popular in the 1950s and 1960s.

Gameplay outline:

Ball Bearing Speedsters (miniature ride-on vehicles designed for children) had to be assembled first. Ball bearings were attached to a flat wooden board and a sturdy rope, connected to the front wheels, acted as steering component ensuring smooth operation with minimal friction. Racing to a finish line guaranteed an exciting ride-on experience.

Sustainability and environmental friendliness:

No installation is required. Suitable for outdoor settings.

Game name: CORSA DELLE CARRIOLE  
WHEELBARROW RACE, LA CARIOLA, KARJOLA

Geographical region: Italy, Croatia

Type of infrastructure – practice venue: A flat, level surface, preferably grass or similar soft ground

Requirements for the game: Pairing of participants

Historical background:

Wheelbarrow race games in Europe have roots in both medieval utilitarian practices and 19th- to 20th-century recreational fads. The wheelbarrow itself appeared in Europe around the 12th to 13th century, likely inspired by earlier Chinese designs. While originally a tool for transporting goods in agriculture and construction, these early utilitarian uses laid the groundwork for later playful applications where people improvised games around pushing or balancing in wheelbarrows. Wheelbarrow activities gained recreational attention in the 19th century, particularly in Victorian England. The craze coincided with the popularity of pedestrianism reflecting a playful, competitive aspect of activity.

Game name: NASCONDINO  
(U PUMU RUSSU O MUCCIATEDDI)  
HIDE AND SEEK, SKRIVAČA, EL ESCONDITE

Geographical region: Italy, Croatia, Spain

Type of infrastructure – practice venue: Any terrain

Requirements for the game: A scarf (optional)

Historical background:

Hide and Seek is one of the oldest known games in the world, with origins dating back over 2,000 years to Ancient Greece, and it has evolved across cultures while maintaining its basic premise of hiding and seeking. The earliest documented form of Hide and Seek is a game called *Apodidraskinda*, mentioned by the 2nd-century Greek writer Julius Pollux. In this game, children would hide while one player, the seeker, attempted to find them. This early version involved similar counting and seeking

Gameplay outline:

Often associated with agricultural societies and physical education practices, wheelbarrow races involved one person holding another's legs while the second person "walked" on their hands, mimicking the motion of a wheelbarrow. After marking the start and the finish line (10 meters apart), pairs are formed with one child as the "wheelbarrow" (hands on the ground) and the other as the "pusher" (holding their partner's ankles). On a signal, pairs race to the finish line, keeping the wheelbarrow's hands on the ground. The first pair to cross the finish line following rules wins. Several variations exist: the Relay Race in which a pair races to a point, then tags another pair in a relay format; the Obstacle Course with soft barriers to navigate through; the Time Trial where participants race individually in short bursts, measuring time instead of direct competition.

Sustainability and environmental friendliness:

No installation is required. Suitable for outdoor settings. No equipment needed.

procedures as in the modern game. Archaeological evidence discovered at Herculaneum also depicts children engaging in the game during this period.

Gameplay outline:

Gather multiple players. Choose a seeker who will count while the others hide. After counting, the seeker tries to find all the hidden players. The first player found becomes the next seeker. In the Sicilian variant, a rhyme is voiced: ("Pumu Russu! Chi Vo Chi? Sa Cantari? Signor Si! Canta Un Po' Chicchirichi Nun Mi Piaci Cuccurucu Duna Un Pugno E Na Culata E Ti Ni Vai A La Mucciata") after which the seeker, blindfolded, attempts to find the hiders who try to come back without being seen.

Sustainability and environmental friendliness:

No installation or equipment required.

Game name: LA TRAVE LUNGA  
(U JOCU DU TRAVU LONGU O NTRI NTRI)  
THE LEAPFROG, LA CAVALLINA

Geographical region: Italy

Type of infrastructure – practice venue: A court, a sidewalk, or a street

Requirements for the game: Multiple participants

Historical background:

Leapfrog has been known by its name since at least the late 1500s in England, making it one of the oldest recorded children's games. The name "leapfrog" reflects the game's characteristic movement - players leap over each other in a way reminiscent of a frog's jump - and is derived from the Old English *hléapfróga*. Some historical scholars suggest that challenges similar to leapfrog existed even in ancient Rome as part of exercises promoting agility and physical skills.

Gameplay outline:

The basic gameplay remains relatively unchanged through the centuries. One player bends over, placing hands on the knees - called "giving a back" - while the next player leaps over them, and continues the process with subsequent participants. In the Sicilian variant, eight participants are needed as while leaping rhymes are pronounced: *Ntri Ntri Setti Fimmini E Un Tari; E Lu Tari È Strallucenti Setti Fimmini E Na Mula; E La Mula Yetta Cauci, Setti Fimmini E Na Fauci; E La Fauci È Curta E China; Setti Fimmini E Na Tina; E Na Tina È China D'acqua; Setti E Fimmini E Na Vacca; E La Vacca Avi Li Corna; Setti Fimmini E Na Donna; E La Donna Avi Li Trizzi; Setti Fimmini E Sette Biddizzi*. If successful, they may leap over in the next round. If not, they switch places with the "horse".

Sustainability and environmental friendliness:  
No installation or equipment is required.

Game name: CORSA DI SALTO ALLA CORDA  
SKIPPING ROPE RACE

Geographical region: Italy

Type of infrastructure – practice venue: A flat, open surface, preferably grass or similar soft ground

Requirements for the game: Skipping rope

Historical background:

Jumping rope can be traced back to ancient civilizations. The earliest recorded evidence dates to ancient Egypt as early as 1500 BCE. Around 1000 BCE in ancient China, during the Han Dynasty, children would play with ropes made of vines and hemp, jumping over them in a rhythmic motion. Similarly, in ancient Greece, Aristotle mentioned a game called *krousimos*, where players jumped over a rope swung by others. Even Homer mentioned it in his epic poem, "The Iliad."

Game outline:

In the standard game variant, the objective is to

race over a set distance or number of jumps, aiming to be the fastest while maintaining consistent rhythm and coordination. In the individual race each participant jumps their rope continuously from start to finish. The first to complete a designated number of jumps or reach the finish line wins. Common formats include races of 50–100 jumps or sprinting while continuously jumping a set distance. In the relay race teams take turns jumping a given number of rotations before passing the rope to the next teammate. The team completing all rotations first wins. Advanced versions involve multiple ropes turned by teammates, as the Double Dutch or the multi-rope race in which participants should jump without tripping. Errors may incur penalties or require restarting a segment.

Sustainability and environmental friendliness:  
No installation is required. Suitable for indoor and outdoor settings with minimal equipment.

# Mapping European Traditional Sports and Games

D1.5\_EN



**Co-funded by  
the European Union**

Funded by the European Union. Views and opinions expressed are those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.