

STREETSPORT

Street Sport

Manual of games and Instructions



Street sport
Copyright Cross Cultures Project Association (CCPA)
2006

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This book of games and code of conduct supports the psycho-social project Street sport

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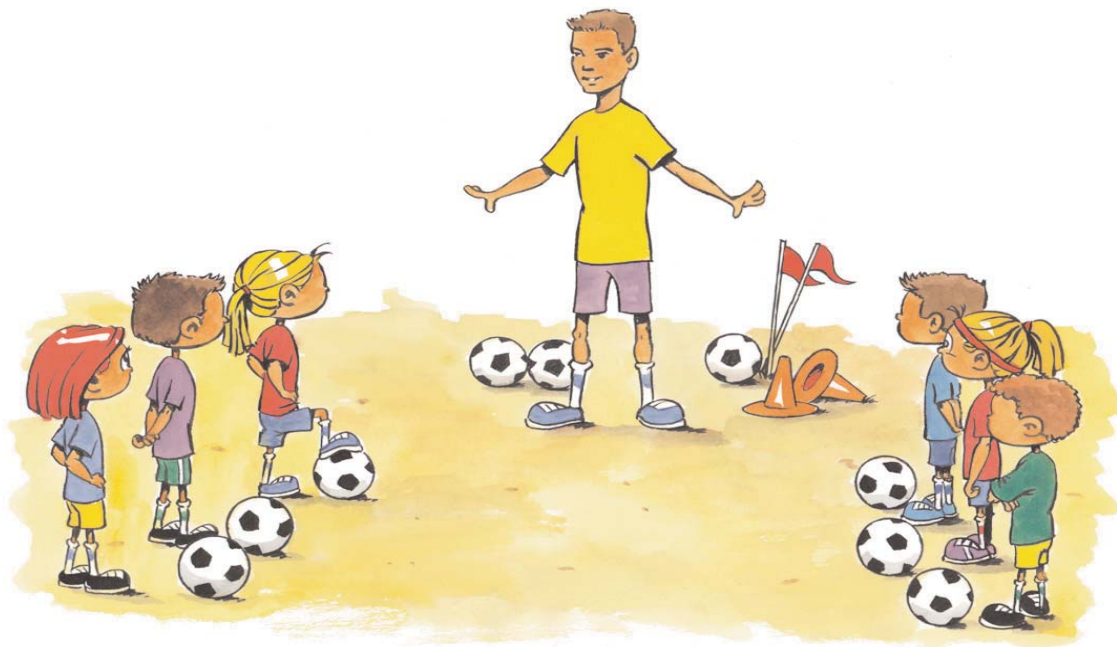
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STREETSPORT



STREET SPORT

How do you set up a football arena without a rectangular playing field? How do you organize various street sports in a colourful and efficient way? What things are required before you can play? What is the role of the Streetmaster? This manual provides you some of the answers to questions like these.



STREET SPORT is a project organized by the Cross Cultures Project Association (CCPA), Copenhagen. Since 1998 CCPA is working to promote and develop grassroots sports, which is characterized by its strong local focus, egalitarian principles, voluntarism, parent support and the basic principles of "Sports for all". We also implement the trans-national project **Open Fun Football Schools**.

This initiative is motivated by the needs among children and youth when whole communities have been driven from their homes and daily lives thrown into turmoil due to war or conflict. Their new existence on mattresses supplied by emergency aid organizations, the endless waiting, the daily worries and the unsettling sense of an uncertain future are stressful to all. Projects are needed that set up games and activities, especially for children and young people, as an alternative to the pervasive insecurity and restlessness. Games and spaces where children and adolescents and adults alike can reclaim control and take charge of their own lives.

It is important that such projects also benefit the local communities, for two reasons. One is that emergency aid is mostly channelled to those immediately affected by war and conflict - while the local host community may be strongly impacted by the situation as well. The other is that frequently refugees, those displaced or returnees alike often occupy public areas like gyms and sport arenas, which means that the local people cannot play sports as they used to.

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It is our hope that the Street Sport project will help children, young people and adults to play and have fun together so as to provide meeting places and a tool that may help counter some of the disintegrative forces owing to displacement and war.

We try to do this by recruiting, training and organizing what we call *Streetmasters*, each of whom receives a bag with a complete sports and games kit. The kit also includes this Street Sport manual that shows how small sports arenas can be set up and how the equipment provided may be used to organize games in new and entertaining ways.

Street sport is a magic recipe for do-it-yourself kids of all ages: anyone can play, anywhere, anytime. Street Sport is also Fair Play. The participants agree to the game and the rules, and they respect each other regardless of ability, gender, size, social standing and faith.

Street Sport and this manual are not intended exclusively for those whose daily life has been uprooted in the world's trouble spots. It may be used by anyone who likes to play games.

What is street sport?



Dreaming and playing

Sometimes, grown-ups dream about the days in their childhood when they played games and tossed a ball on their own, not limited by rules and formal playing fields and physical education teachers. When we were kids, we would dream and lose ourselves in the game and get totally absorbed in its details.

Children today also love to dream and get absorbed by sports, if they are allowed to. Street sport can serve to lift kids out of the everyday routines and into a world of imagination, where they are the masters of their lives and handle the toughest challenges. What a thrill is to dribble like Zinedine Zidane and slip past that cardboard box, and what a pleasure it is to slam dunk like Michael Jordan, even if the basket is that box on the ground.

STREET SPORT



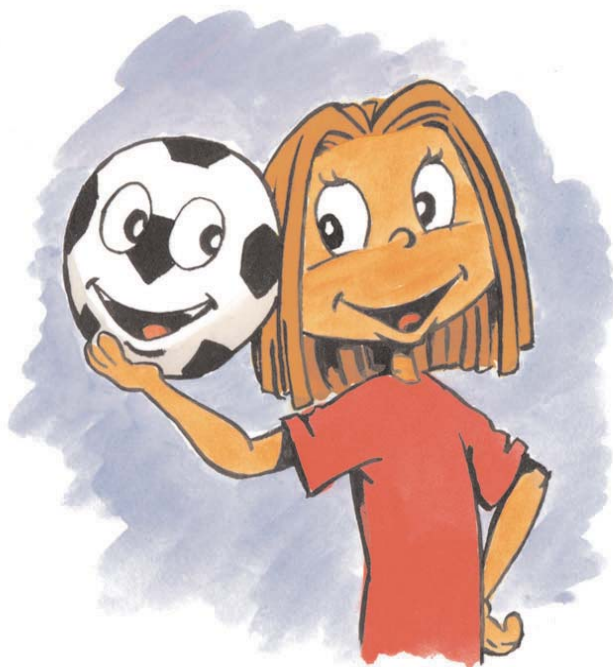
The play-learn-be spaces

In Street Sport, the street, the parking lot, the driveway and the free space between the buildings turn into play-learn-be areas, where the deepest sport ambitions express themselves.

Good street sport has easy-to-learn rules and a simple philosophy. This means that a game can be played over and over again, in so many ways, producing ever-new results.

Street sport has some simple can-may-must agreements that must be appreciated by all participants in the right spirit of fair play. This shared understanding means there is no need to consult thick volumes of regulations.

Joining street sport requires that you are ready to suspend the old rules. Everyone, regardless age and gender, must be ready to chip in when a new game is being developed. Only this way the participants will find it worthwhile to take part whatever difficult conditions they may find themselves.



The love of sport

The deeper motivation of street sport is the fascination of being absorbed in a game and mastering its intricacies. The love of the game, the good time spent with seniors and friends and the thrill of mastery are far more important than medals and trophies, which are quiet irrelevant when the game is on.

Streetwise

In the street sport it pays off to be playful, spontaneous and resourceful. The participants must use their intuition and experience creatively. For example, if you are stuck with the "wrong" equipment and an area that is not normally used for physical exercise, then is your imagination strong enough that you can transform this into usable street sport arenas and organize a game?

The ability to make novel use of your physical surroundings is a required competence if you aspire to the title "street sport-wise". This creativity and resourcefulness will lead a street sport-wise person to make hockey sticks out of a newspaper and turn miserable level surfaces into exciting playing fields. The street sport-wise person needs the support and interest of likeminded people but does not require very specific physical surroundings or resources.



Get started!

Wherever you are, find out if conditions are right for street sport in your neighbourhood. Consult some seniors and discuss possibilities. If you are in a former war zone, mind unexploded munitions, mines and other dangerous remnants of war that may still litter an area. *NEVER do street sport near a mine field and in areas that may be suspected of holding leftover munitions.*

Over the next few pages you will probably be surprised to see how little space is needed to establish a street sport arena and how little it takes to get a game going in the street.

One thing more: Regardless of how useful this book may seem, keep in mind that Street Sport is about open minds and not a collection of fixed rules. If you have left this manual at home, don't let it stop you from organizing a good game of any kind. It's your initiative that counts!

STREETSPORT

The STREETMASTER

As a Streetmaster, you are recognizable by your uniform, the logo on your equipment, the whistle and your drive and ideas. You are a unique person who combines personal qualities normally found only in several people put together:

THE STREETMASTER

Is positive and optimistic

Is not afraid of risking failure

Sees and seizes opportunities unseen by others

Is creative and enjoys breaking old patterns

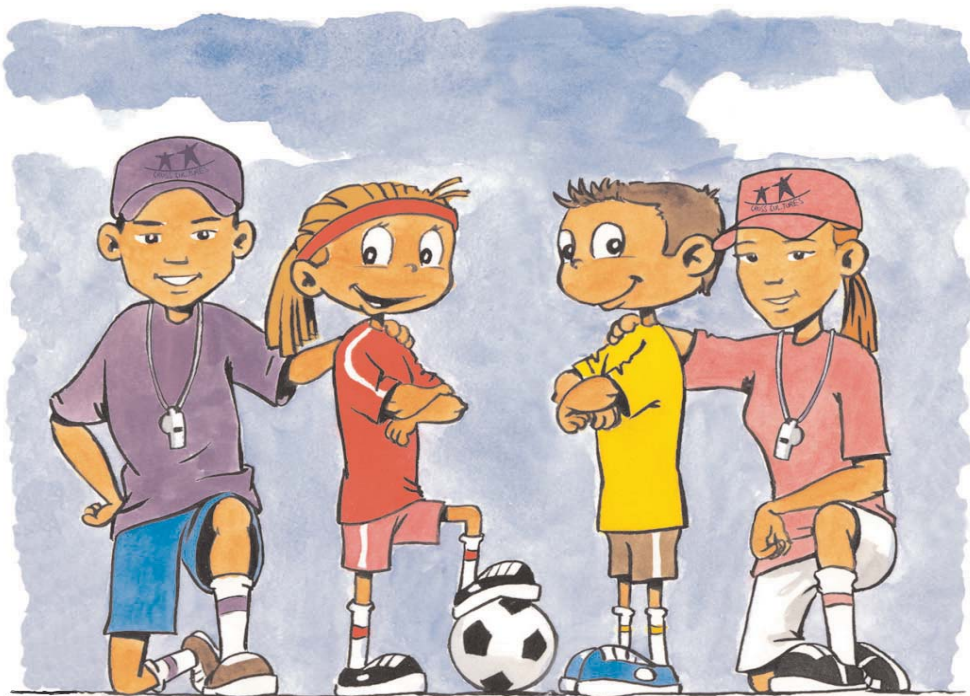
Is a little crazy and likes to walk the thin line between order and chaos

Is a responsible role model with considerable tacit knowledge

Inspires a positive attitude in the participants

Faces problems openly and tries to tackle them

Helps the kids do their best - so as to be active and creative and respect
each other



Spaces for Street Sport

Spaces for street sport can be found everywhere: in the parking lot, between buildings, near a wall, in driveways, in the school yard, on a hilltop, in a park, in the city square, on a sidewalk, in a sandbox etc.

As a Streetmaster, you'll have an eye for the surroundings you happen to be in. Wherever you go you'll ask yourself: How may this area be used for sport? Are there any props or tools we can use for a game? This way of looking is what it takes to generate new ideas and turn dull cityscapes and barren land into playful open spaces.

Pay attention, however, to the players' safety. Everyone must be able to participate and be secure, at all times. In war zones, and areas where fighting has taken place, street sport must never be played next to a mine field or in areas not declared free of unexploded ordnance from previous armed conflict. Playing on unknown ground may pose a risk to the safety of everybody - so you never take street sport to unknown ground.

Children are often inexperienced or less observant when it comes to moving in public spaces. Watch out for cars and other traffic. When small children take part in the activities make sure that the area is enclosed by fences, hedges or other distinct boundaries. The ground or surface must be suitable for the game. For example, vigorous games may require a fall-friendly surface.

Remember to be considerate of others nearby. Happy children are often noisy, and the monotonous thumping of a ball against a wall may eventually bother neighbours. Windows and street lamps may be shattered by an uncontrolled ball. Animals and vegetation should not suffer because of street sport. And remember to clean up after the game and leave the area as you found it, or cleaner!

The message is clear: Find a secure place for the street sport arena, where the games will bother as few as possible, while still suitable as a play area.

Pay due attention to

the players' safety

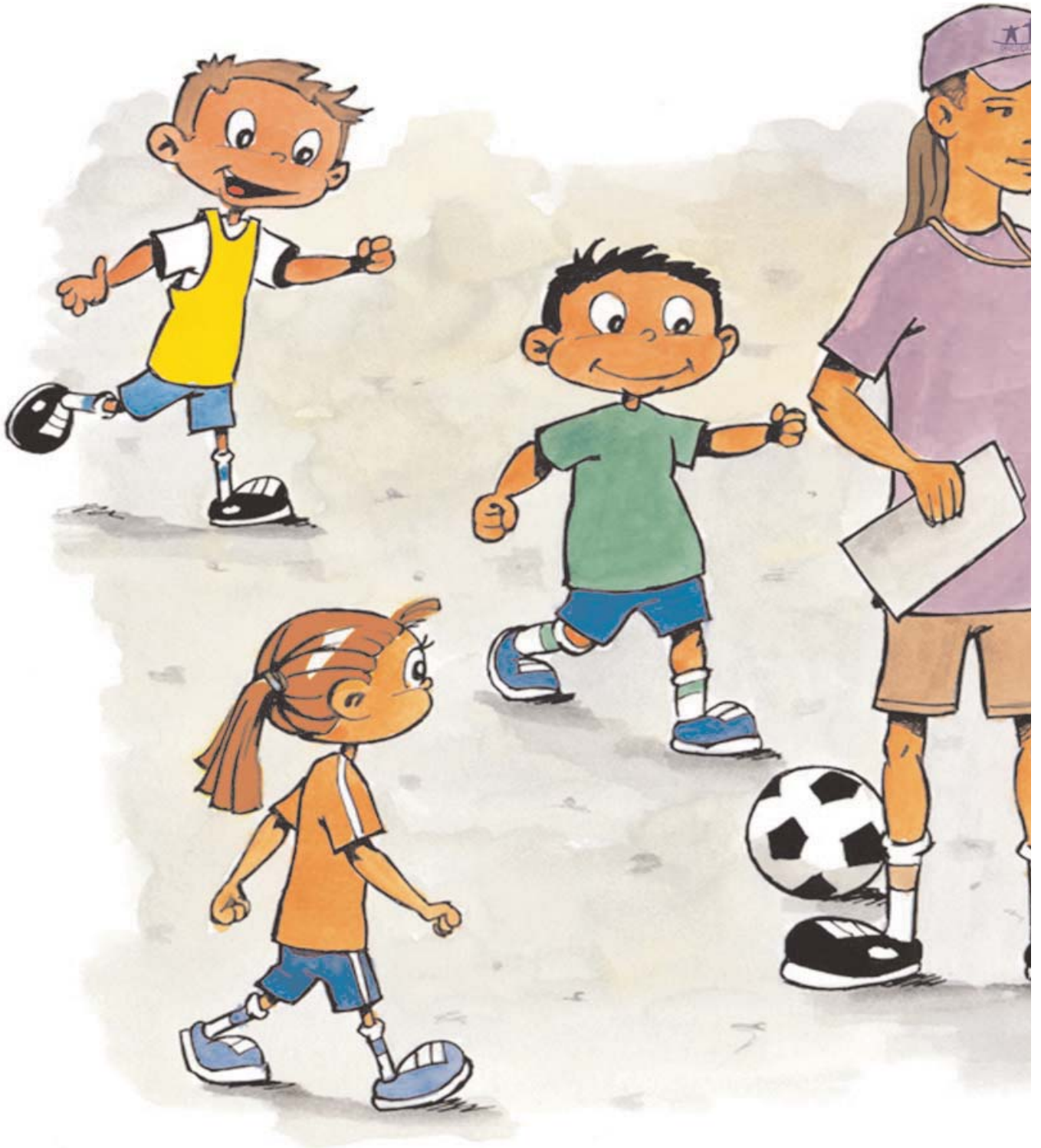
the playing surface

the surroundings

STREET SPORT

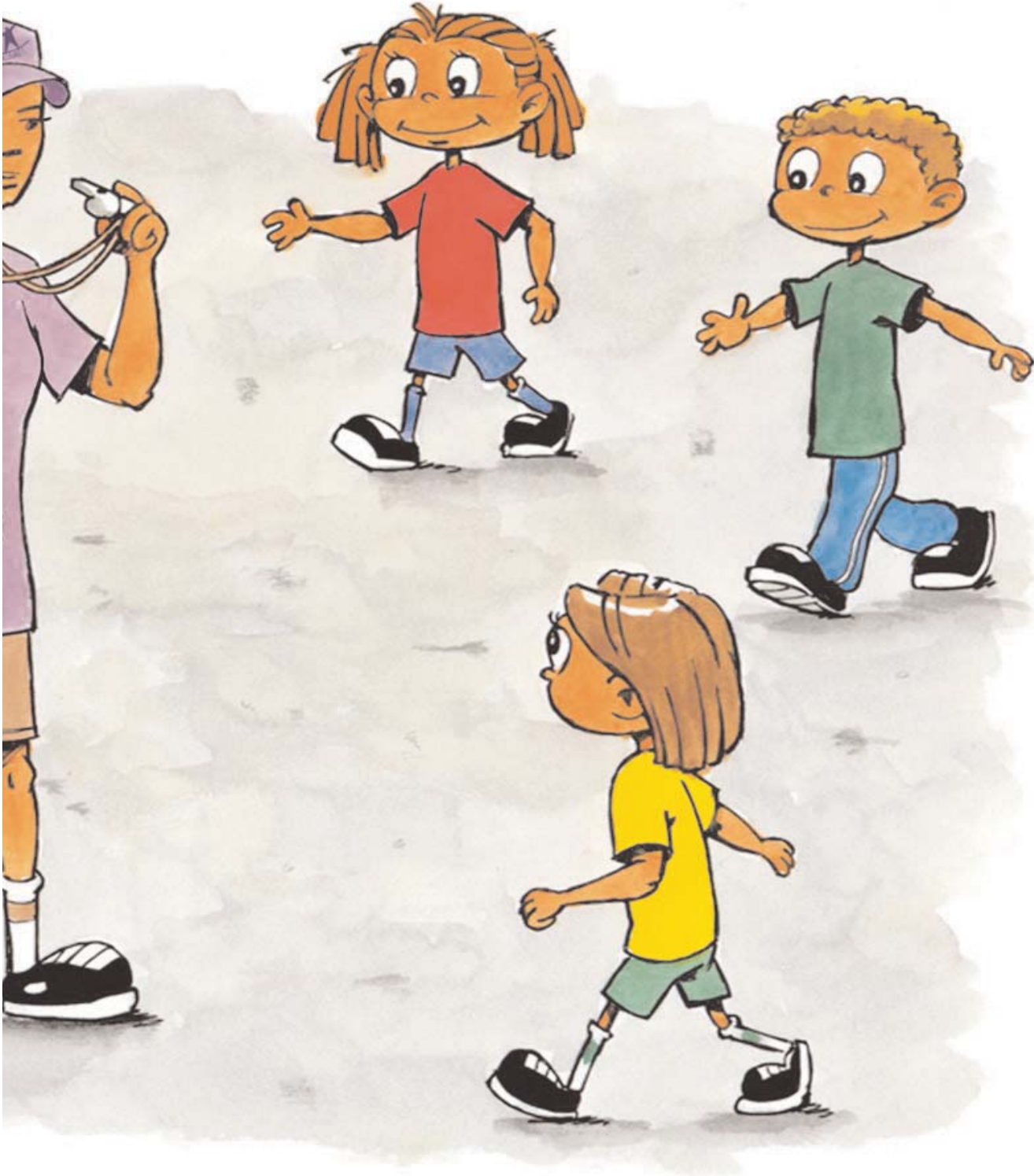
The players

The first rule of street sport is that anyone can join: big and small, boys and girls, fit and not-so-fit, kids of all shades of life As a Streetmaster, when you blow your whistle to attract players you might have a game in mind, but you don't know who is going to turn up or how many or what are their ages, skills or expectations.



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After you have blown your whistle you must get a sense of the situation: who, how many, what, how? You and the participants must find one or more street games that will accommodate everyone regardless of level or age. It goes without saying that you cannot plan your program in advance like a football coach who knows exactly who he is dealing with: namely, players of the same size and skill level.



STREET SPORT

The wall

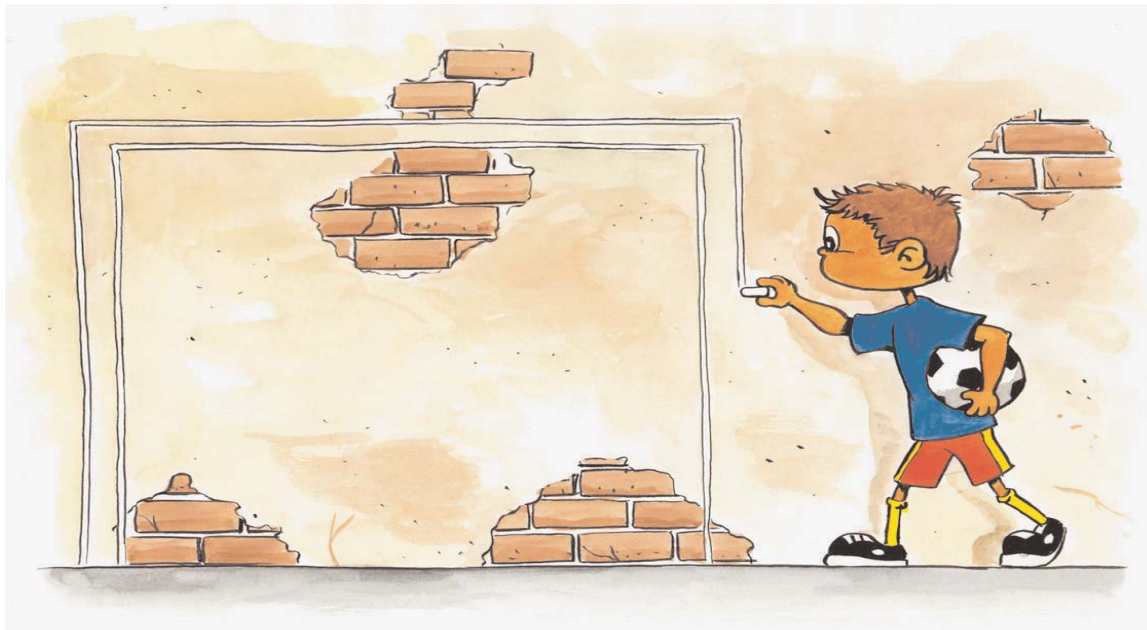
The wall is always ready to play when you are.

The wall is the silent team mate or opponent that always returns the ball with the same power. In the ball games the wall is an invaluable partner in any player's attempts to achieve sublime technical skill.

All the great masters of most ball sports speak of the wall with veneration. This was where they spent hours and hours trying to perfect their volley with the racket or the hard and precise pass over 30 meters - only to wake up a fraction of a second later when the wall returned the ball, requiring action again. The wall is a place for concentration and intense activity - and a fine venue for street sport.

Equipment: Balls of any kind. Chalk for marking. Sticks to indicate the perimeter of the playing area.





Against the wall, alone

Kick or hit the ball against the wall, and kick or hit it back before it hits the ground. Or allow it to hit the ground just once. Do a particular movement before it returns, such as turning around.

The net, one on one

Kick the ball up over a net you've drawn on the wall. The other players must return the ball before or after it has hit the ground, or catch it. There are many possible variations. You can keep a score if you want.

Classical wall, one on one, or several players

Kick the ball against the wall. The opponent must return it before it stops moving. With many players, form two lines and take turns.

The score-box wall, several players

Draw different areas on the wall with chalk. Assign a different number of points to each. Kick or throw the ball from various distances against the wall. Keep a score. Or hit as many different areas as possible using "x" attempts.

The jingle wall

Play with tennis balls while rattling off long strings of words (girls' names or 10-20-30-wham, 40-50-60-wham,) or singing jingles. Do particular movements between throws, like clapping or jumping.

The goals on the wall

Two teams draw a goal for each on the wall, a few meters apart. You play a regular game of football in front of the wall. The goals may be drawn at different heights above the ground.

The back against the wall

The participants stand with their backs against the wall. A player tries to hit them with a ball from a certain distance. If one of them catches the ball, he or she now becomes the one to throw it. Each hitter has "x" attempts.

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Make your own games. Combine as you please, one from each column:

#	Space	Objective	Form	Movement	Function	Equipment	Imagination
1	The alley	Winning circle	Sitting	Tagging	Avoid being tagged	Various balls	Stories
2	The wall	Following	Square	Running	2 teams	Newspapers	Monkeys
3	Parking lot	Balancing	2 opposite lines	Hopping	Several teams	Clothes	Television
4	School yard	Throwing	Chain	Hopping on 1 leg	One on one	Ball	Charlie Chaplin
5	The park	Receiving	Bases	Crawling	2 on 2, 3 on 3	Skipping rope	Michael Jordan
6	City square	Eliminating	Combat zone	Carrying	Liberators	Net	Song
7	The path	Avenging	Hiding	Pushing groups	Destroying	Football	Adventure heroes
8	The sand box	Gathering points	Triangle	Rolling	Goalkeepers	Bat	Colors
9	The sandwalk	Participating	Polygon	Sneaking		Handball	Countries
10	Playing with	4 squares	Going between	Balancing		Volleyball	Amusement park
11		Playing against	See-sawing	Fair Play		Tennis ball	The sea
12		Playing					

13	Being wild	All the senses	Rubber bands	Rhythm
14	Turning pin		Tin cans	Feelings
15	Catching		Plastic containers	Pirates
16				Indians

Example: You have chosen:

# Space	Objective	Form	Movement	Function	Equipment	Imagination
Sand box (9)	Winning (1)	Balancing (11)	Two on two (5)	Tagging (1)	Newspaper (2)	Pirates (15)

Now make your own rules!

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The Coliseum

You must beat your competitor. Create an environment that makes kids want to compete spontaneously. All good fun, but in earnest, too: the participants must be encouraged to do their best in the duel. This gives them an opportunity to practice for themselves and thus advance their individual skills.

Whoever finds it hard to deal with the risk of defeat should not take part in this game. Likewise, the masters of the game must be conditioned to challenge only those somewhat stronger than themselves. Unevenly matched competitors only make the promise of boring duels. Nobody wants to watch children so pleased with their victories that they cannot lower their arms. Sooner or later, everyone will lose, and even the greatest heroes must learn to handle that.

Try to find games and arenas that may be turned into instant traditions, so that the participants start the games themselves out of sheer habit. The challenge: "You can't beat me!" "Hey I'll take you on!" must be enough to get a game started. Different pairs of players may agree to adjust the rules so as to suit them better.

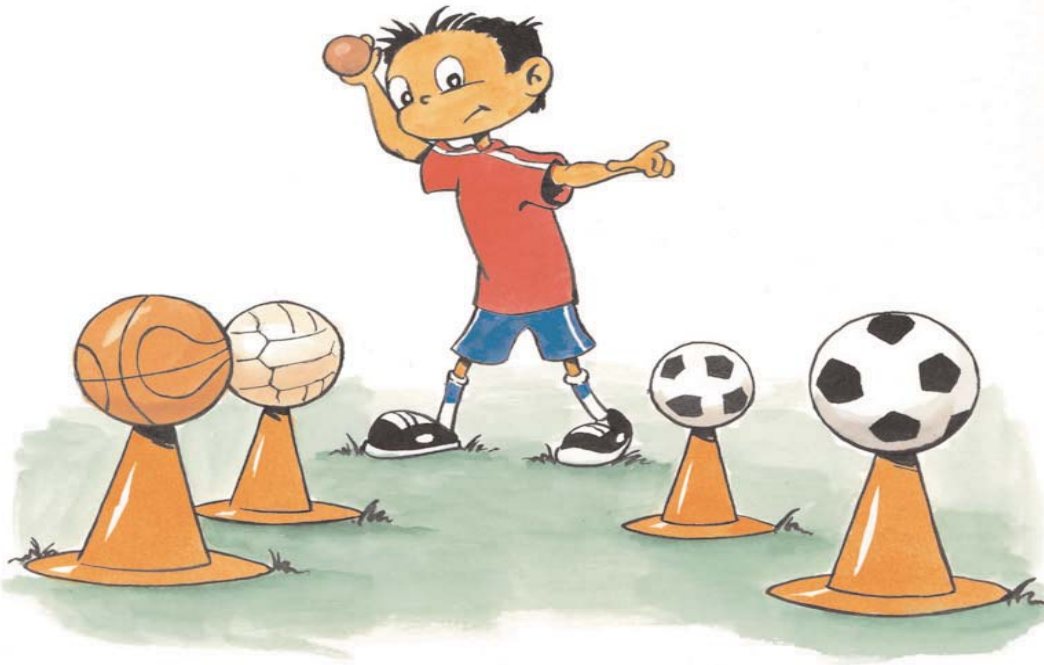
Build an arena that is intimate and exciting enough to attract many challengers. It must appeal to the imagination and help the participants visualize ways in which they can improve their skills during many kinds of duels.

Let the participants be precise, graceful and creative, and encourage self discipline and self training as a means of survival in the games.



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Games



Shooting gallery

The balls balance on the top of the cones and must be shot down like bottles in a Western movie. How many can you shoot down?

Classical duel

Stand with your backs against each other and with a ball in your hands. Walk five paces. Turn around and shoot! Who's hit?

The goal

Do exactly like me, some crazy detail or stunt.

The clay pigeon

Throw a cone into the air. Try to hit it by throwing a ball at it.

Fencing with paper swords

You must drive your opponent down behind the line. The arena is a path 10-12 meters long and 1-2 meters wide. Mark the boundaries with sticks, or use cones or wires.



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Cockfight

In a limited area, the participants hop on one leg and, using their shoulders, they try to push one or more opponents off balance.

Hook arms

Try to pull the other person off balance.

Juggle with a ball

How many times can you do it? Use specific parts of the body.

The race

Who covers a distance of 30 meters first? Ordinary running, crabwalk etc.



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The stadium

Make your own small stadium or ball park with stands on the lawn, in the park, the school yard, the parking lot, etc. A stadium can be used for all kinds of games, with or without a ball, and games you play with others and against others. Mark out a playing field using sticks, the cones, the rope or a chalk. Play tag games, rope games, play hopscotch etc.

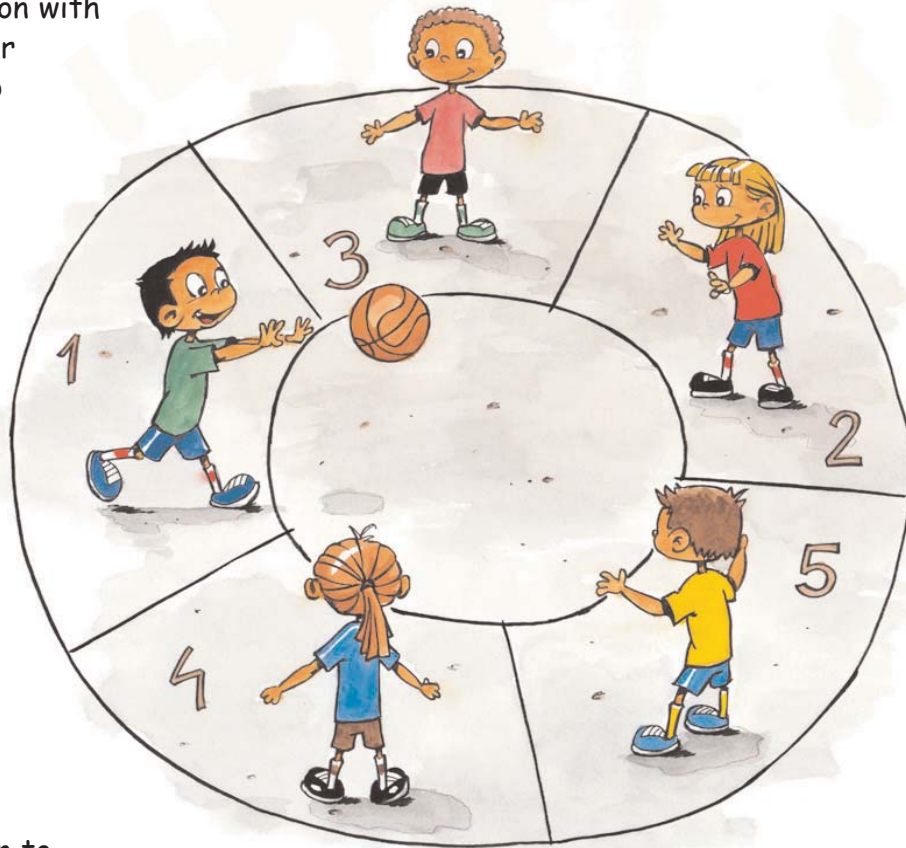
Cheese

Equipment: Chalk + 1 basketball

Arena: Draw a circle on the ground, diameter 3-4 meters. Draw an inner circle, diameter 1 meter. The outer ring has 4-8 sections, like an orange, as many as there are players. Number of the sections 1, 2, 3... Place a player in each section.

Objective: Try to get to stand in the section with the highest number.

Start the game by asking the player in the section with the highest number to lob the ball into the opposite section (such as 8 to 4). The player in that section tries to move the ball into a new section. If the ball hits the inner ring or outside the outer ring or if it is caught by the person receiving it, the other players yell "CHEESE!" The cheese moves down to section no. 1, and the others advance correspondingly.



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Chain tag

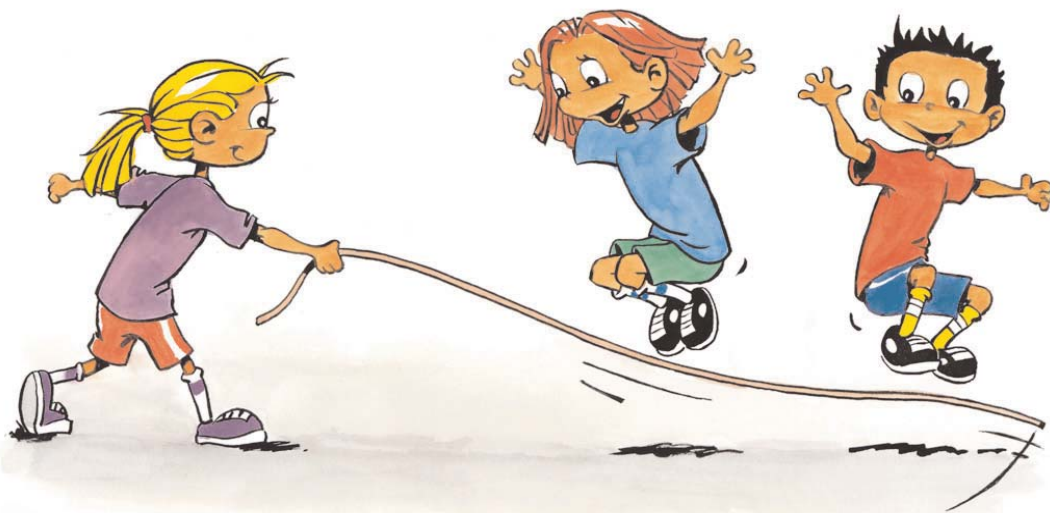
Arena: An arena with boundaries

Objective: Try to be the last one to get caught

Start the game: One person tries to catch a mate. When he or she does, they form a chain by holding hands. They must now catch another one, who is added to the chain, and so on. Only the ends of the chain can catch people. Make a very long chain, or split up into 2-3 person chains.

The skipping rope

The 5-meter long rope has many uses as a plaything and as a means of marking areas.



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Tug of war

Two teams try to pull each other across the centre line.

The coffee is hot

A person swings the rope around in a circle, just above the ground. The others jump over it every time it approaches. Whoever is hit by the rope leaves the game or becomes the new rope-swinger.

Bull

The players are holding the rope in the form of a circle. One of the players is inside the circle. His task is to touch one of the players that are holding the rope. The holders are trying to avoid the touch by letting go the rope when the inner player approaches. They have to be careful that the rope doesn't fall down. The player that is being touched changes place with the player who is inside the circle.



Big rope in a circle

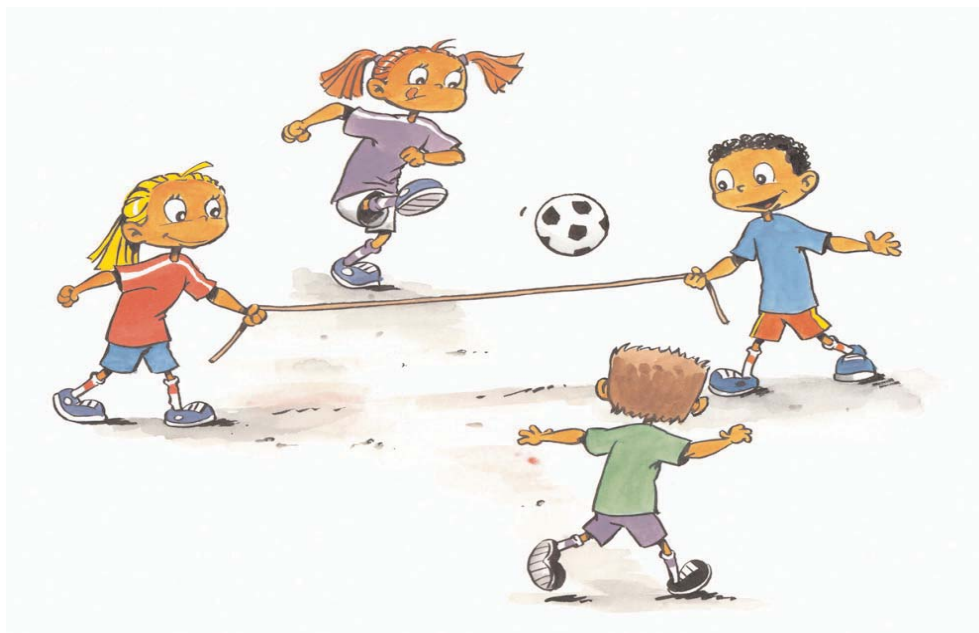
1. 6 - 8 players are holding the rope in the form of a circle, 1 meter above the ground. The other players have a ball and are leading it around the circle with different leading techniques. On the sign of the Streetmaster, they make a fast entry into the circle together with the ball, and on a second sign they get out of the circle. The last one to get out changes place with one of the ropeholders.

2. In the middle of the circle there are balls placed. There is one ball less than there are players around the circle. On a sign of the Streetmaster they get into the circle and grab a ball. The one that stays without a ball is out of the game. He/she may also change role with one of the ropeholders.

STREET SPORT

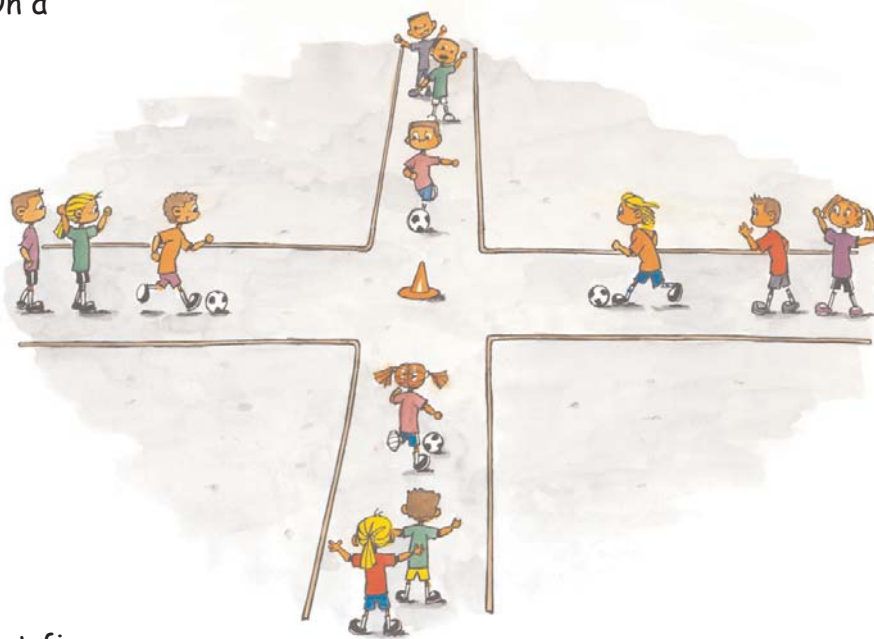
Crazy foot-tennis

Two players are holding the rope 30-40 cm. above the ground, and are moving right and left. The other two players are playing foot-tennis using the rope as a net. After a certain score made the roles are changed.



Rope crossroad

Several ropes are placed on the ground to make a visual effect of a crossroad. The ropes are placed 1 - 1.5 metre apart. At the beginning of each street there are three players standing, and the first one has a ball. At the middle of the crossroad there is a cone marking the centre. On a sign of the Streetmaster the players with the ball are starting from all four sides. In the centre of the crossroad they are all turning to the street that is at their right hand. When they get to the end of the street they are returning to their own group using the most direct route, and pass the ball to the second player. When all the players have finished, the winning group is the one that finished first.



Note: Playing the crossroad there can be several relay games, where the players can lead the ball around the cone in the centre, etc.

STREET SPORT



Rope goal
Two of the players are holding the rope in the shape of a goal. The rest of the players are divided into two groups, standing 3-4 meters apart. The players who are holding the goal-shaped rope are standing 10 meters away from the other players. All the kickers have a ball. On the sign of the Streetmaster, the players with the goal are moving left and right, maintaining the goal shape of the

rope, and the two groups are shooting the ball from a spot marked with a cone. Every player takes care of his own ball. The group that scores the most goals is the winner.

Catchers

The game is played within a limited space, and the coach chooses the catcher (chaser). His/her task is to tag as many players within a certain period of time. When the catcher succeeds in tagging the first player on a certain part of the body the rest of the players have to touch that part of the body until the catcher tags another one, and when that happens all the players change the place of holding.



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Troll tag

One, two or three players are trolls. The trolls try to tag the other players who run around among one another. Tagged players must stand still with their arms and legs extended. They are freed when another player crawls between their legs. The trolls are replaced periodically. The game has many variations. Try them out.

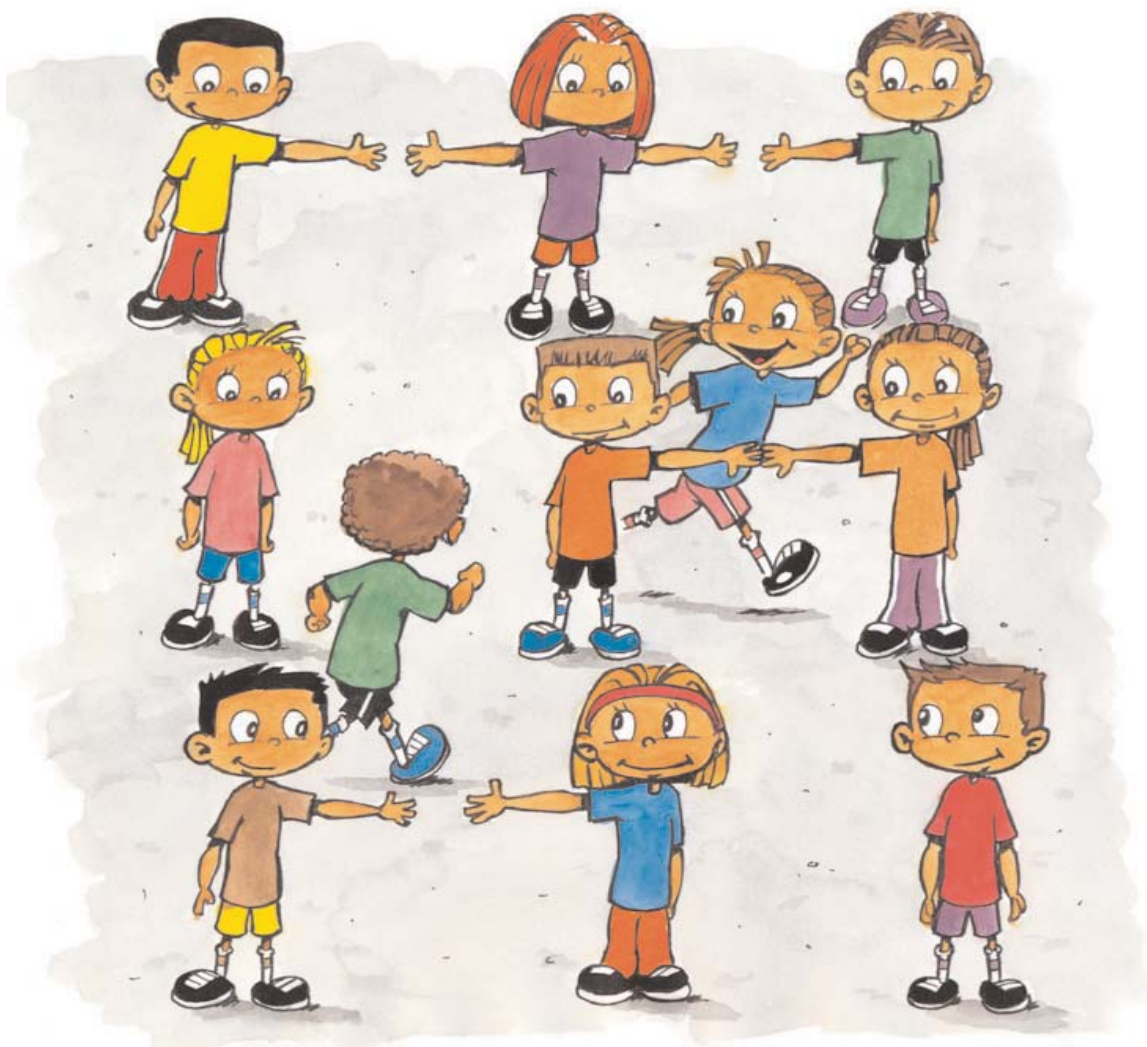
Triangle tag

The participants form groups of four. Three of them face each other and hold hands. The fourth is on the outside. She/he identifies one of the three as the one he/she wants to catch. The three players in the circle must try to prevent this person from being caught by dancing around.

The labyrinth

Form five lines with at least 4 players in each. The distance between the players must be no greater than they can hold hands by extending their arms, sideways between the lines as well as up and down each line.

The cat now tries to catch the mouse running up and down between the lines. By saying "squeak" the mouse can make the lines turn 90 degrees, so they now run in new directions, as there is no running under the extended arms. When the cat catches the mouse, or when 1 minute has elapsed, they change roles.



STREET SPORT

Small sided games with a ball



Football game on two goals

Players are divided in two teams, 2-2, 3-3, 4-4, etc.

The goals can be marked with cones, or whatever available at the moment.

The teams can be mixed, with boys and girls. They play in a specified timeline, determined by the Streetmaster. It's very important that the players respect their opponents and play in the spirit of Fair Play.

Football game in pairs (two goals)

2 pairs against 2, 3 - 3, etc. The pairs are holding hands during the game. The pairs can also be mixed (boy and girl).

Football game on four goals

It can be played with one or two balls. Two teams of 4 or 5 players (depending on the number of children participating).

The goals are marked with cones, and the two teams can score a goal on each of the 4 goals. The winner is the team that scores the most goals. FAIR PLAY!

Handball game on two goals

Two teams composed of 2, 3, 4 or 5 players. The ball is passed with a hand. When the player has the ball he is not allowed to make more than 3 steps. The goal can only be scored with a header. The game can be played with different kinds of balls.

Combined game on two goals

There are two teams; the ball is passed like in handball, volleyball, basketball and football (only volley - not allowed to pass it on the ground). The player that holds the ball can't make more than three steps. Goal is scored with header and volley kick.

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Relay games

1. Two teams of 4, 5 or 6 players. The players are juggling from point A to point B, on a 10 meter line. When they reach point B they take the ball in hand and run back to the next player in their team, until the whole group has finished the juggling.

The juggling can be performed with a leg, with the head, or combined.

They can also juggle in pairs.

2. Two teams that work in pairs. The players in the pair are facing each other and hold the ball between themselves with their heads, or chest. They are moving with the ball from point A to point B on a 15 meter line.

Hunter

Each of the players has a ball and the whole group dribbles within a given area. A hunter without a ball has the task to push the ball outside the area. The dribblers are trying to keep the ball as long as possible, and the hunter tries to push as many balls as possible.

The hunter(s) chases the balls until the last one has been pushed outside the area. The last dribbler remaining is the best dribbler, and the hunter who pushed out the balls fastest is the best hunter.

Game on two goals

Two teams play on two goals. The leading, the passing and the scoring are only done by hand and on the ground.



STREET SPORT

Street Cup

Make your own street cup. Play basket, handball, football, volley, or whatever. This tournament is organized such that all players are active pretty much all the time. Waiting is boring, and it is not fair if only the best can play.

The league

Organization

Make an arena with four playing fields. The size of the fields and the goals are adjusted to suit the number of players on each team.

The players are divided into 8 teams that are assigned randomly to 4 divisions, 2 teams in each.

Example of a tournament

4 fields, each with two teams of 7 players = a total of 56 players

Each game lasts 7 minutes, no breaks.

Players do their own refereeing.

Agree on a number of rounds (games per team). 6 rounds take less than an hour. A victory promotes the team to the next higher division; a defeat demotes it. A tie promotes the team that scored the last goal and demotes the other team. At 0-0 victory is decided by drawing lots.

Comments

Experience shows that the players enjoy the League and find it to be an exciting and absorbing way to compete. Running the tournament is an easy task for the Streetmaster.

A defeat is soon forgotten; there is no time to brood between matches and a new game is under way quickly. Promotion is a hope that is always within reach. Try to vary the team size. Try to use the same model in other activities, street basket, volley, etc. If there are many players of it they vary a lot in age or skill level you may wish to set up several tournaments in separate areas.

Post Race

Children love a post race where a new task is performed at each post. It only takes little imagination to design a post race that will let the participants play with and against each other, individually or in teams.

Pentathlon

Form teams that compete in a pentathlon or decathlon. Make up your own disciplines, rules and scoring. Here are a couple of ideas to get you started.



STREET SPORT

1. Closest to the line

Two lines are drawn on the ground some 3 - 5 meters apart. Each participant collects 3 small stones and takes up position behind one of the lines. Now the participants in turn throw one stone - while trying to land it as close as possible to the other line. When all have thrown one stone each, the winner of the first round is the one whose stone fell closest to the line and he/she gets all the stones on the ground. This is repeated till the players have no more stones left. Now each participant counts his/her stones. And the winner of the game is the one who got the most.

2. Relay

Triangular course. Everyone takes turns running around it. Change by clapping one another's hands.



3. Javelin

9 circles are drawn on the ground in rows 3 x 3 and numbered. Two players from same team throw a javelin (stick) each, at the same time, trying to hit circles whose numbers add up to 10 (i.e. 9+1, 8+2, 7+3, 6+4 or 5+5). Three attempts per pair of throwers. 10 points for each 10.

4. Obstacle race

Make the course from whatever is available. Include slalom, hop on one leg and both legs, jump over bar, crawl underneath, through etc. All players must complete the whole course. Biggest players start, smallest finish.

Best team gets 100 points, number 2 gets 75 points (if 4 teams) or 90 points if 10 teams, etc.

5. The marathon puzzle

Two pages of same newspaper are torn into pieces, like two jigsaw puzzles. 15-20 stones are spread out in variable distances of some 20-40 meters from a central point. A piece from each puzzle is placed under each stone. Each team is given one piece of its designated puzzle to get the team started. Then the players take turns running to a stone of their own choosing where they collect the piece of paper under the stone. If the piece does not fit the piece(s) at the home base, the player returns it to the same stone. Next player runs to a stone and so forth, till the puzzle is complete. The first team to finish has won.

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Street Sport 10 things to remember

Street sport is for everyone

Show each other respect

Everyone has a say

Do it anywhere and anytime

Everyone is active

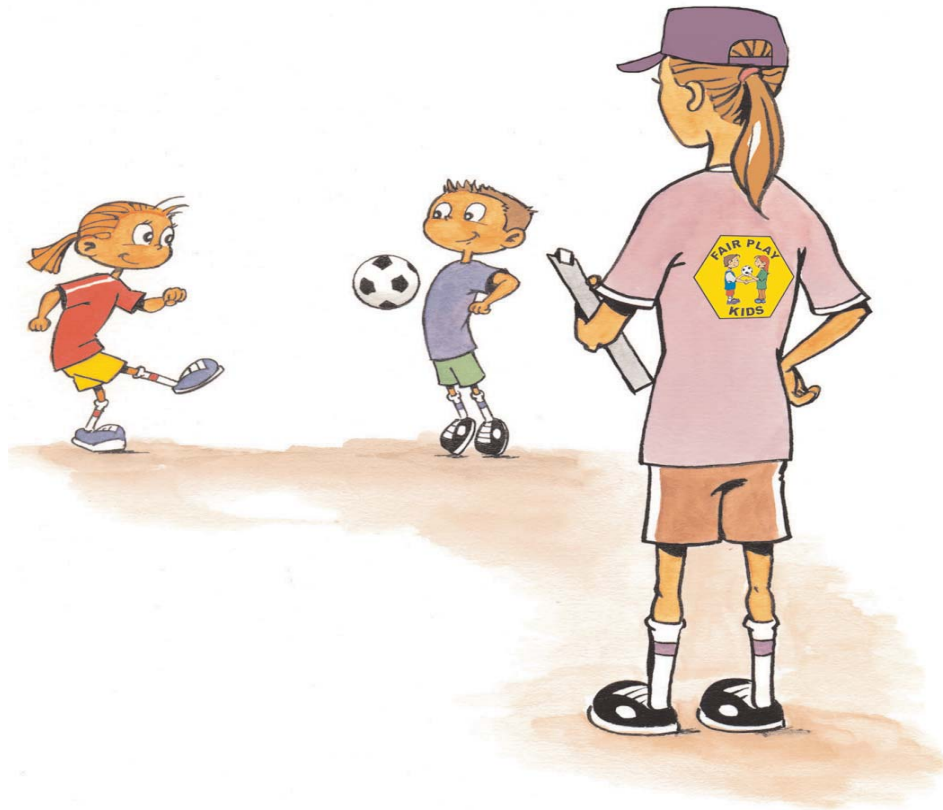
Easy to organize

Few and simple rules

Play, not training

Concentration

Imagination and adventure



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