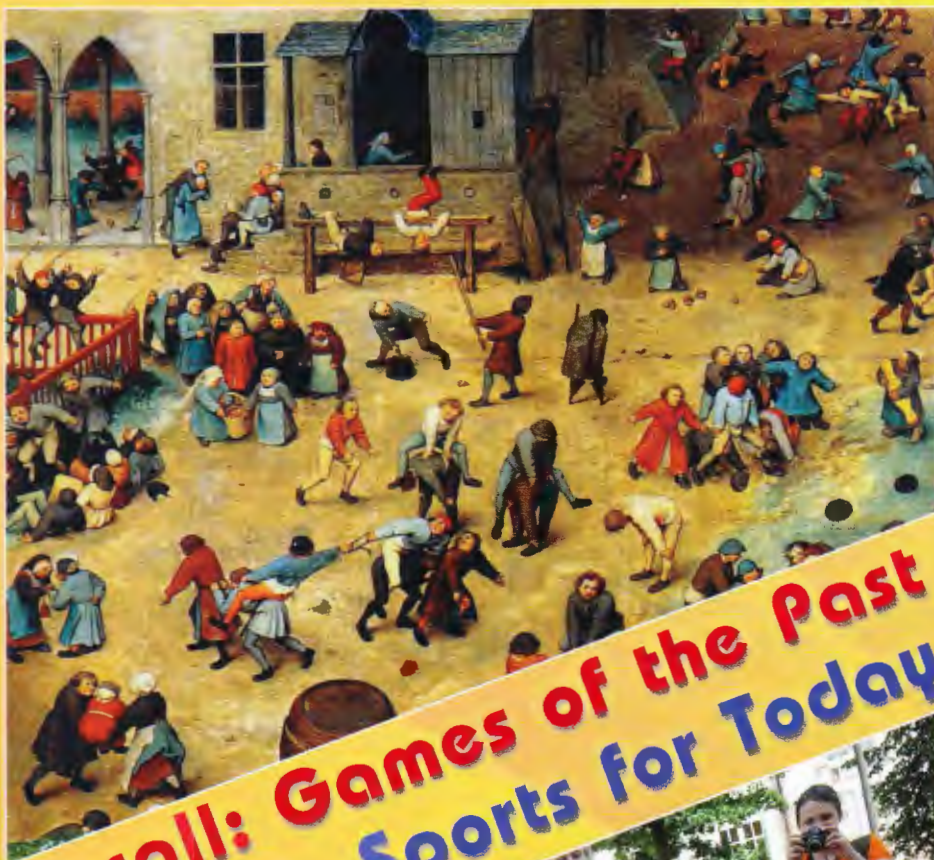


A European Traditional Sports and Games Collection



Recall: Games of the Past
- Sports for Today



Edited by Małgorzata Bronikowska and Jean-francois Laurent



TAFISA
RECALL



Co-funded by
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Commission



TAFISA
The Association for Traditional Sports and Games

Champion of:



Pesäpallo

(Engl. Finnish Baseball)

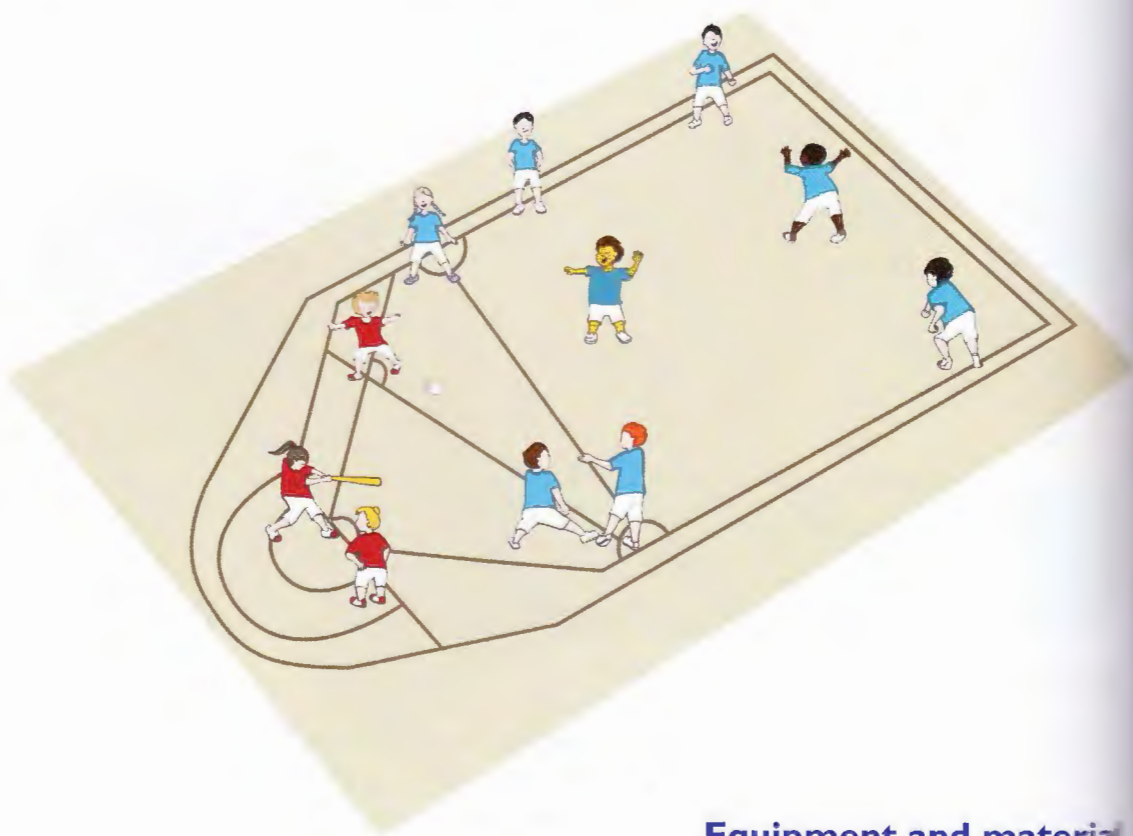


Finland

Game Basics



- Type of the game:** Bat and ball game
- Character of the game:** Competitive
- Aim of the game:** One team tries to score by hitting the ball, running through the bases and returning to home base. The other team defends by catching the ball and throwing it so that it arrives before the batter reaches the base. This puts the batter out
- Number of players:** Up to 10 players on each team, plus 5 referees, and one game official
- Age:** 5+
- Area of play:** An outdoor pitch the size of 50 m x 94 m



Equipment and material

- Bat, ball, and glove



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Motor skills

Strength,
Coordination,
Balance,
Endurance,
Speed,
Flexibility

Social skills

Cooperation,
Competition,
Communication,
Team building,
Decision-making,
Leadership

Cognitive skills

Strategy building,
Tactics,
Memory

How to play

Set up: This game takes place in a large outdoor area such as a football field with a plastic grass surface. This non-contact game lasts about 2-3 hours and is designed for both genders. This game is played from May to September. Five referees and one game official are required to officiate the game. The playing area has sidelines that players are not allowed to cross.

Rules: Team captains toss a coin to determine which team will start at bat. The play begins and ends at the home base. Players hit the ball in turns and try to advance from base to base before the defensive players have a chance to throw the ball to the baseman. In case a player runs through the bases legally and arrives to the home base before the ball, the team playing the inning scores a run. The team that scores the most runs wins the match.

When the defensive team delivers the ball to the base before the runner reaches home base or an intermediary base, she or he is out and has to return to the home base. Innings change when three offensive players are out or when two runs or more have not been scored during the 12 players' turns with batting. The team that scores the most runs in one period wins the period.

A Pesäpallo game is played in 2 sets of 4 complete innings. If the number of sets is equal, the game continues into a special extra inning, which decides the winner of the game. In a system called the scoring competition (Fin. *kotiutuskilpailu*), this "pesäpallo shootout" is played by having five runners, one at a time, placed at third base attempting to score on the hitting attempts of five different batters.

The officiating of a game is done by 5 umpires: a game umpire, a pitching umpire, a second and third base umpire and a back line umpire. The team batting order of 9 batters and their defensive positions is registered in the scorebook. In addition, the team has the possibility to use three joker batters or designated hitters (joker) in each turn at bat. The designated hitter can be used at any time during the team's batting time. In the men's Superpesis one batter's turn can be skipped if all the bases are unoccupied.

Players not involved in batting or running participate actively in the semi-circle behind home plate by helping the runners and indicating the location of pitches. Substitutions occur when a player is injured or in between innings. A player substituted from the batting order must play at least the next offensive or defensive half inning.

Pitching

The pitcher in Pesäpallo, pitches from either side of the home plate depending on the batter's hitting side preference. The pitcher also throws the ball to fielders to prevent a runner from getting on base. On occasion the pitcher will intentionally pitch off the plate to attempt to lure runners far from their base in order to pick them off.

The batter is allowed three chances to hit a legal pitch. A legal pitch is defined as a ball that drops to home plate that has been tossed into the air at least 1 m above the pitcher's head using a legal pitching motion. With the bases unoccupied, if the batter pitched a ball wrong on the first pitch, he may freely advance to first base, i.e. a walk. In situations with runners on base, a walk to the next base is awarded to the lead runner after two wrong pitches and on each wrong pitch thereafter.

Let's inclusivize TSG!

Teaching Style

- Provide clear and simple instructions
- Balance the ability level of the team
- Complete a walk through the playing area
- Practice games before introducing scoring
- Encourage players to establish basic hand communication
- Safety instructions to be tailored to the environment and participants playing the game

Equipment

- Range of balls can be used that vary in weight, size, speed, texture, density, etc.
- Range of bats that vary in weight, size and material can be used
- Audible equipment can be used (e.g. a bell or rattle ball, bases that have a buzzer)
- Brightly colored equipment can be used
- Players hold a rope between bases to allow the runner to follow the path

Rules

- Vary the way batters receive the ball (e.g. Hit ball from a tee; ball is rolled)
- Increase the number of times the defensive team can pass the ball amongst themselves before throwing the ball to base
- Increase/decrease the number of strikes available to batters
- Set up target zones to allow players gain bonus points
- Allow the batter to choose a runner from their team

Environment

- Increase/decrease the distance between each base
- Increase/decrease the boundaries of the game
- Increase/decrease pitching distance.
- Create 3-5 circles in the field from which the field players may only throw the ball at the runner
- Ensure the playing area has a smooth surface and is free of obstacles



Batting and Running the Bases

The batter has three attempts to hit the ball legally into the field and attempt to advance to first base. If the batter chooses not to run on either of the first two attempts, he or she must advance on the third attempt. If he or she does not, the batter is out and the runners attempting to advance must return to their bases. A fair batted ball is deemed by the first point of contact by the ball. If it is within the marked field of play, it is a fair ball. A ball that is hit in the air that lands outside the lines, even over the back line, is considered a foul ball. No base advance may be made on a foul ball. A ball touched by a fielder in the air before landing is a fair ball, as is a ball that strikes any defensive player. If a batter hits a ball and advances on his/her own accord to third base, it is considered a home run in Pesäpallo (Fin. *kunnari*) and not only does he or she score a run for the team, the runner may stay at third base to attempt to score an additional run. A runner becomes “wounded” or caught when he or she attempts to advance on a hit ball that is caught in flight by a fielder. The “wounded” runner must leave the field and return to the home base area to await another batting attempt. The number of “wounded” players is unlimited. As all outs made by the defense in Pesäpallo are forced outs, when the bases are loaded, it is crucial to force an out.

Background

This Finnish national game was designed in the 20s' of the 20th century by Lauri “Tahko” Pihkala in Finland. It has its own federation called Suomen Pesäpalloliitto with the website: www.pesis.fi. For a long time it has been the favorite game in schools, and is played in back yards as easily as in modern city stadiums filled with thousands of cheering spectators. Many of the current players in the top league of Pesäpallo, Superpesis, are some of the best skilled athletes in the country.

You will find similar games in several European and other continents countries like: Germany, Switzerland, Sweden, Australia, India.

Futó Méta

(Engl. Running Rounders)

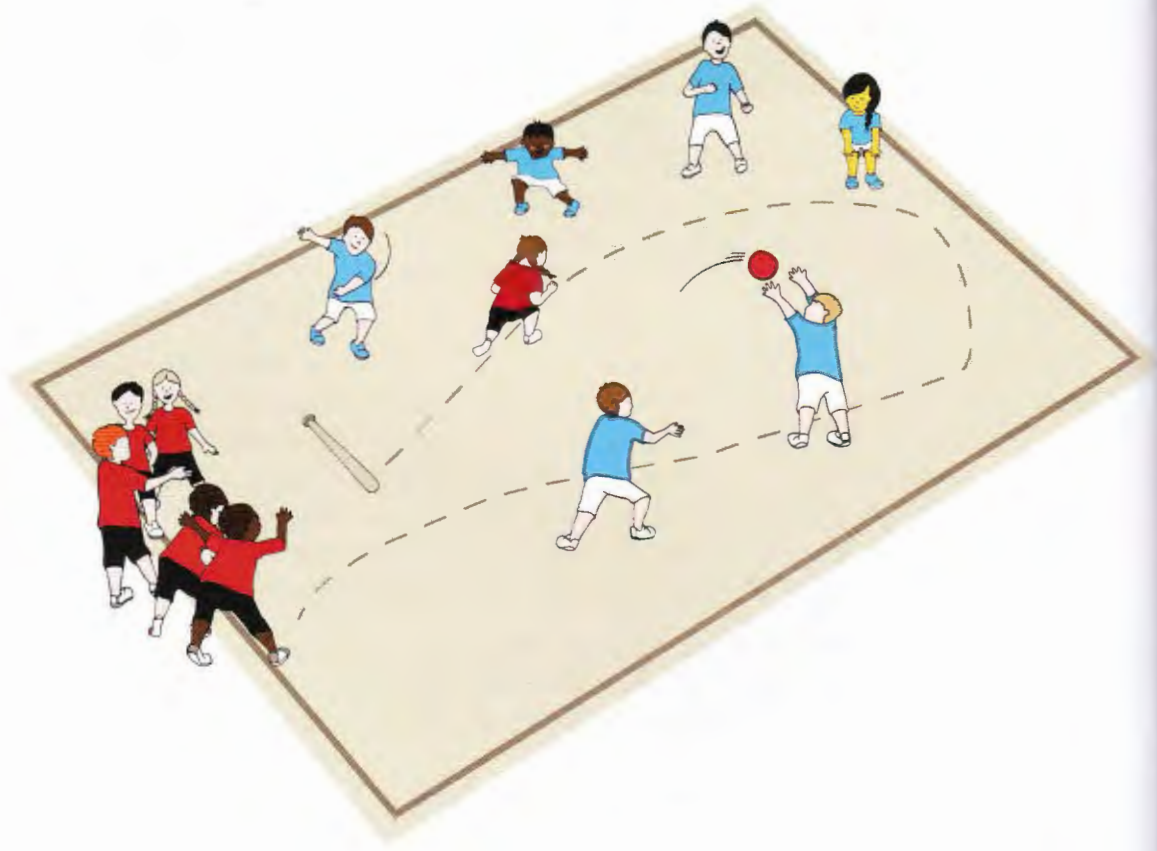


Hungary

Game Basics



Type of the game:	Bat and ball game
Character of the game:	Competitive
Aim of the game:	To score more runs than the opponent and maintain the inning for as long as possible
Number of players:	12-24 (6 to 12 on a team)
Age:	5+
Area of play:	Indoor or outdoor free space, the size depending on the number of players; usually 20 m x 40 m



Equipment and material

- Flat bat 80 cm to 100 cm long and a soft tennis ball or a smaller plastic ball



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Motor skills

Coordination,
Balance,
Speed

Social skills

Cooperation,
Competition,
Communication,
Team building,
Decision making

Cognitive skills

Strategy building,
Tactics

How to play

Set up: Select any indoor or outdoor area that allows the players to move freely within defined sidelines or borders delimited by cones or other equipment. Players batting are not allowed to cross the sidelines. The field has a baseline and a home base from where players start running, as well as a target (e.g. a line or wall) to reach before running back to home base in order to score. It is a game for both genders lasting 30 minutes where a referee is needed.

Rules: This inning and fielding game with no contact engages two teams that play against each other (6 to 12 people per team). The offensive or inning team tries to score as many runs as possible. The defensive or fielding team playing in the outfield prevents the offensive team from scoring runs by catching the ball and aiming/throwing it to the opponent below the knee.

All offensive players stand behind the home base. Taking turns, each player hits the ball with a bat and tries to reach baseline and home base, passing the target, before the other players have the chance to throw the ball at them, as in dodgeball games. If the player in the inning team reaches the baseline legally and arrives back to the home base before being hit, the team playing the inning scores a run. In this case the next player from the same inning team will hit the ball.

When the defensive team plays the ball to the player running between the home base and the target and the ball hits his body, the runner is out and has to return to the home base. No score is added.

When there are three outs, a chance of winning occurs and the defensive team moves to the home base for their inning. The team that scores the most runs in one period wins. The team that scores the most points wins the game.

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Teaching Style

- Provide clear and simple instructions
- Balance the ability level of the teams
- Practice games before introducing scoring
- Encourage players to establish basic hand communication
- Safety instructions to be tailored to the environment and participants playing the game

Equipment

- Range of balls can be used that vary in weight, size, speed, texture, density etc.
- Range of bats that vary in weight, size and material can be used
- Audible equipment can be used (e.g. bell or rattle ball, bases that have a buzzer)
- Brightly colored equipment can be used
- Players hold a rope between bases to allow the runner to follow the path
- Use cones to mark the boundaries on the field

Rules

- Vary the way the ball is pitched to the batter (e.g. the ball can be hit from a tee or rolled)
- The defensive team must pass the ball three times before throwing the ball at the runner
- Set up target zones to allow players gain bonus points

Environment

- Increase/decrease the distance between each base
- Increase/decrease the boundaries of the game
- Increase/decrease pitching distance
- Create 3-5 circles in the field from which the field players may throw the ball at the runner
- Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles



Background

Origin of the Game: The British Rounders game is known from the 16th century. It is a variation of the ancient Greek Rounders (Hajdu Gyula, 1971). The Hungarian variant of Rounders is adapted from the Greek-Roman era. It was played as a fortress/castle game. It was and is still more or less popular in Central European countries e.g. former Soviet Union republics and Yugoslavia (particularly in Serbia as Serbian Rounders), Poland (Palant, Kwadrant), Bulgaria and Romania (Oina). In the USA, the game is known as Baseball or Softball and in the UK, regular Rounders is usually played at school level. Different variations of that game are played in India, Sri Lanka, Finland (Pesapallo), China and Japan. Middle Ages was a blooming period of bat-and-ball games in Hungary (Budapest, Bratislava-SK, Fehérvár, Oradea-ROM, Pécs). There are parallels between the country's society and development and how the game is played.

History of the Game: At first Running Rounders was played among students and youth. Students in the same age and class formed the teams and the teams competed against each other. Some of these teams became very famous and competed against local university teams. This brought interest among local citizens, raised attention for the game, and more competitions were held. Those losing the game had a chance to play on another game against the winner, as it was important not to be remembered



as a “loser”. Games were put on schedules for spring Easter tournaments. It was important to win the game otherwise a loser team had to wait one year for a revenge that did not give good reflection on the position.

Due to the fact that many of these games ended up with fighting, even though referees were present, a certain number of spectators were prearranged to assist and maintain peace. Students active during vacation time organized their own teams in their own home place. In the countryside, the game was played with less aggression than in the cities, and the rules were adjusted accordingly. In rural areas it was mostly played just for fun. The game was particularly popular among men. Competition was between similar age groups. Women were not welcome but they were present at the competitions as spectators.

Cultural Significance: The author Lajos Porzsolt mentions the blooming of ball games in cities and among knights, lords and even kings in the era of King Matthias Ist and the Bathories (1458-1602). During the games young and old, rich and poor both appeared to play, or at least to watch the championship games. As the author notes, Rounders was later preserved by the lower class (Porzsolt Lajos, 1885) – it was kept among the peasants who did not have the time to play as much as the citizens (father played with son). Because they changed the rules, the original Rounders game disappeared but is since then played in many different ways.

Recreational Rounders



Ireland

Game Basics

Type of the game:

Bat and ball game

Character of the game:

Competitive

Aim of the game:

To score more runs than the opposition team

Number of players:

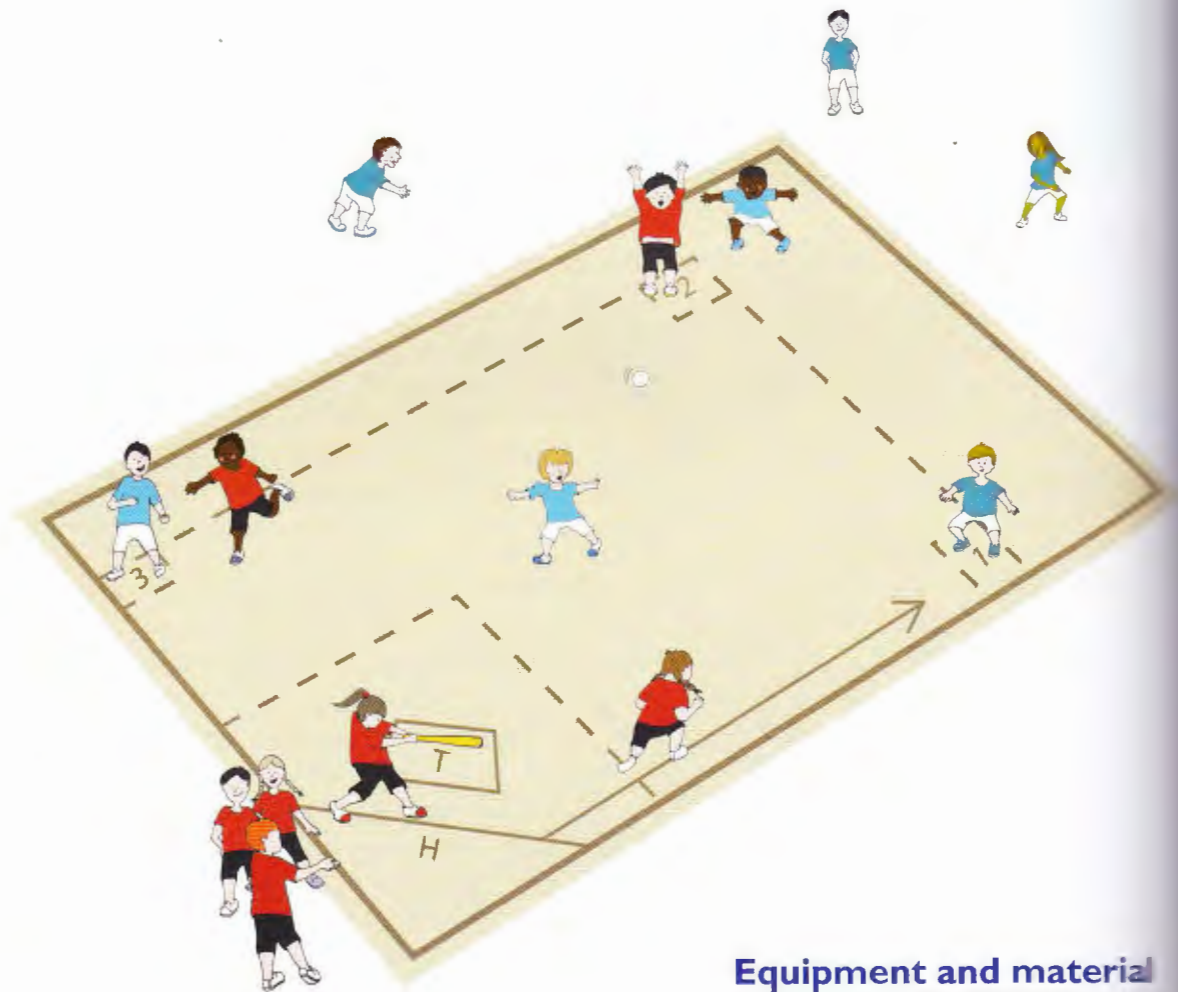
7 or 9 a side

Age:

12+

Area of play:

The recommended maximum playing field dimensions are as follows: 55 m x 55 m; infield area 20 m x 20 m; T Zone (within infield area) 10 m x 10 m; bases 64 cm



Equipment and material

○ Rounders bat, Rounders ball, T Ball Tee, base marker



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Motor skills

Coordination,
Running,
Catching

Social skills

Communication,
Cooperation,
Teamwork

Cognitive skills

Strategy building,
Tactics

How to play

Set up: Recreational Rounders should be played outdoors, preferably on a grassy surface matching the dimensions set out above. There are 4 bases used to complete a run namely home base (H), 1st base (1), 2nd base (2) and 3rd base (3). Extending out from home base there is an area known as the T zone. Within the T zone the T Ball Tee is placed within the T zone.

Rules: The batting team player strikes the ball off the T Ball Tee, out of the T zone, and runs to 1st base, eventually navigating through the bases to return to home base and score a run for the batting team. Each batter has three attempts per inning to strike the ball and the team has 21 maximum number of tries. However, if a player on the fielding team catches the ball or tags the batting player, before he/she reaches the base or touches the base, that player is out. If the fielding team gets three batting team players declared out before the maximum 21 shots, then the play switches over. Once this happens, it is the batting's team chance to cover the bases and field of play and become the fielding team. After 3 innings, the team with the most runs is declared the winner.

Background

When the Gaelic Athletic Association (GAA) was founded in 1884, Rounders, along with Hurling, Gaelic Football, and Handball, were the core games. GAA Rounders caters to children and adults alike and is played all over the island of Ireland and further afield. GAA Rounders was popularised in America in line with the flow of Irish emigration and through this, it is believed that the roots of American Baseball can be traced back to GAA Rounders. Although an official set of playing rules has been in existence since the inception of the GAA in 1884, a limited amount of GAA Rounders was played in its formative years. From the late 1950's, GAA Rounders thrived up until the mid-1980's. From this point, it was noted that, due to a declining population in traditional Rounders heartlands, there was a decrease in playing numbers. However since 2008, the GAA Rounders Committee has invigorated the game of GAA Rounders and it is now growing in popularity.

Recreational GAA Rounders is a modern adaptation of the Rounders traditional game devised to cater for a diversified population based on traditional principles and ethos of participation opportunities for all. While Recreational Rounders has many common features with Rounders, the one significant difference is that it is played with a batting

tee (T Ball Tee). The playing guidelines reflect the social and recreational nature of Recreational Rounders. The underlying philosophy of Recreational Rounders is that Gaelic Games should be fun, enjoyable and accessible. Recreational Rounders is a new innovative approach to Gaelic Games and it is hoped that participants will gain maximum enjoyment and benefit from their involvement in Recreational Rounders and in the process, will experience an enhanced sense of esteem, health and wellbeing.

Let's inclusivize TSG!

Teaching Style

- Provide clear and simple instructions
- Balance the ability level of the teams
- Practice games before introducing scoring
- Encourage players to communicate throughout the game
- Safety instructions to be tailored to the environment and participants playing the game

Equipment

- Range of bats that vary in weight, size or material can be used, e.g. tennis rackets, table tennis rackets, hurleys, a baseball bat, etc.
- Range of balls can be used that vary in weight, size, speed, texture, density, etc.
- Audible equipment can be used, e.g. a bell or rattle balls and bases that have a buzzer or a player can be stationed at the bases calling or clapping so the batter knows where they are going.
- Bases are linked by rope to allow players to hold the rope and follow the rope to the next base

Rules

- Other players may also have a support person who shadows or guides them around the bases
- Certain players may nominate a "runner" who runs the bases after the ball has been hit from the tee
- Create a zone in the "in field" (in front of the tee). Fielders are not allowed into this area to field the ball and must wait until the ball stops or passes through the zone. This will allow more time for some players to reach first base
- Target zones can be set up for batters to gain bonus points. Zones for distance and accuracy can be used here and the size of these zones can be adjusted to suit skill level of the group
- Batters choose for a selection of bats to strike the ball

Environment

- Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles
- Increase/decrease the distance between the bases
- Increase/decrease the playing area for fielders to cover



Suomen Kyykkäliitto

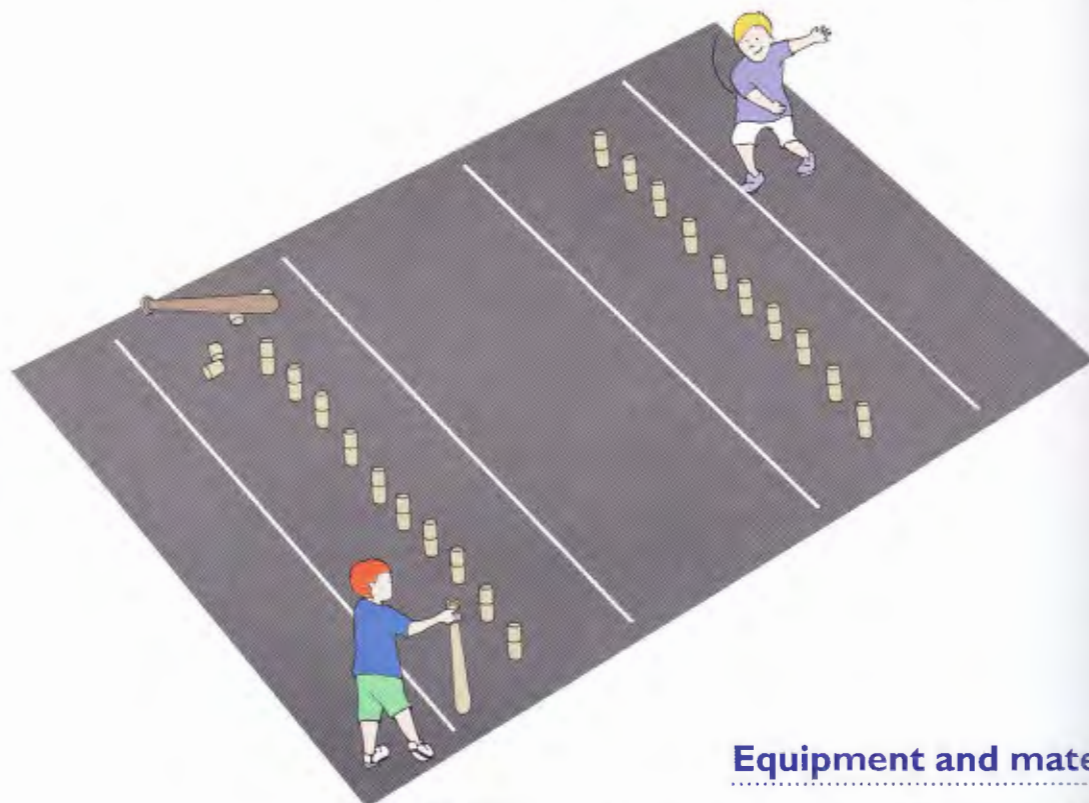
(Engl. Finnish Skittles)



Finland

Game Basics

Type of the game:	Throwing game
Character of the game:	Competitive
Aim of the game:	To knock out as many skittles as possible during two halves
Number of players:	1-4 per team
Age:	5+
Area of play:	The game occurs in an outdoor area with a gravel surface 7 m x 22 m. The field is divided into two "playing squares" squares 5 m x 5 m, which are 10 m apart from each other. The home team's throwing square is the playing square of the opponent. Children under 10 years old playing this game use smaller squares, perhaps 3 m x 3 m, and the distance between the squares is shorter – 6 m



Equipment and material

- Skittles and bats: team games use 20 skittles and 2 bats and individual games use 10 skittles and 4 bats



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Motor skills

Coordination,
Balance

Social skills

Cooperation,
Decision making

Cognitive skills

Tactics

How to play

Set up: The outdoor playing field has a gravel surface. Draw the pitch on the ground and place the skittles in the “playing squares” as described in “area of play” and shown in the illustration. It is a game for both genders with no contact and no referee needed.

Rules: This throwing and aiming game can be played with four-man teams, in pairs or as an individual game. In team and pair games, the players have two bats at their disposal. In individual games, four bats can be used per turn. Each player in his turn steps up into the throwing square and throws the bat, trying to knock the skittles out of the opponent’s playing square. Skittles thrown out of the playing square yield two points; unused bats yield one point; skittles remaining in the playing square yield two minus points and skittles remaining on the square lines yield one minus point. The first half ends when a team or player clears its playing square from skittles. The opponent may throw the same number of bats per half. After this, sides are changed, and the second half is played like the first one. The team with the highest total score is the winner. The winner is awarded two points for the victory. When the play ends in a tie, both teams receive one point. A defeat gives 0 points.

Let’s inclusivize TSG!

Teaching Style

- Provide clear and simple instructions
- Balance the ability level of the team
- Complete a walk through the playing area
- Practice games before introducing scoring
- Encourage players to communicate throughout the game
- Safety instructions to be tailored to the environment and participants playing the game

Equipment

- Range of balls can be used that vary in weight, size, speed, texture, density, etc.
- Range of skittles that vary in weight, size, and material can be used
- Audible equipment can be used (e.g. the skittles and bats have a buzzer)
- Brightly colored equipment can be used
- Use bowls and a ramp

Rules

- Remove negative scoring
- Adjust bonus point system according to ability level
- Introduce a time limit (e.g. the team that knocks the most skittles in 30 seconds wins)

Environment

- Increase/decrease the throwing distance.
- Increase/decrease the size of playing area
- Ensure the playing area has a smooth surface and is free of obstacles



In individual games, 20 bats per half may be used. The players alternatively throw four bats. When there are no skittles on the field, sides are changed and the second half is played like the first one. The final score of the player is the total result of both halves. The player or team with the highest total score wins.

Background

Origin of the game: In Finland (Karelia) this game was first mentioned in 1894 in the diaries of Finnish author and photographer I. K. Inha in his travel in White Karelia. He wrote about a game that was played around Lake Ladoga, Suojarvi and Salmi, but even there it was only played in remote villages. The game was also known in Karelian Isthmus and Ingria areas. After the kinship wars, people that had immigrated to Finland played skittles during Karelian summer festivals. In 1951 there was a movement to revitalize Finnish skittles with the approval of President Urho Kekkonen. A set of rules and a scoring system were created taking into account the traditional Karelian skittles terms and rules. The Karelian Skittles Association was registered in 1986 and the name was changed to Finnish Skittles Association in 1993. The Finnish Skittles Association is a member of the Finnish Sports Federation SLU (Suomen Liikunta ja Urheilu), a non-governmental sports federation for over one million Finns. The chairman of Finnish Skittles Association is the former 3000 m steeplechase world record holder Pentti Karvonen.

History of the game

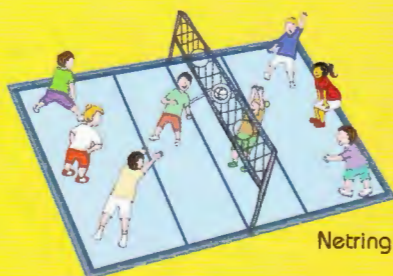
Men's team event was the first form of competitive skittles in Finland. During 1951-1960 the Finnish championships for the men's team event were held in Seurasaari, Helsinki. Since 1961 the games have been held together with the Karelian summer festivals around Finland. The men's individual event was added to the curriculum in 1954, but the first championship medals were given in 1964, when the sport was officially given a championship status. In 1971, the first Finnish championship medals for veterans were given at the individual event. At the end of the 1980s, a new form of play was introduced, as the first Finnish Championship for individual pentathlon was held. The latest addition in Finnish Skittles was the men's pairs event in 2005. The first individual championships for women were held in 1973 and women's pairs event in 1980.



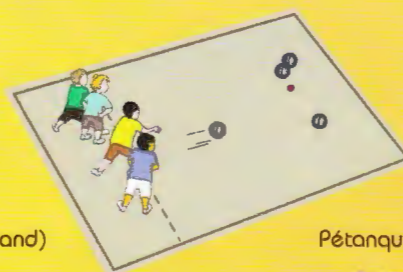
Recall: Games of the Past

– Sports for Today

Project "Recall: Games of the Past – Sports for Today" aims to reintroduce Traditional Sports and Games in the daily lives of children and youth. As one of its outputs, this book provides the reader with a carefully selected set of games to be played Europe-wide by children of all ages. Physical education teachers, coaches, parents, caretakers and instructors alike will benefit from the various tips given to play each game in an inclusive manner.



Netring ball (Poland)



Pétanque (France)



Pesäpallo (Finland)



Tårnbold (Denmark)

Co-Editors



Suomen Pesäpalloliitto ry



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