



Western Cape
Government

Cultural Affairs and Sport

Indigenous Games Codes Playing Rules

Your grandparents probably enjoyed playing Iintonga, Kho-Kho or Jukskei when they were young. [Sport and Recreation Services](#) want to ensure that these Indigenous Games are not lost so that the current and future generations of children can enjoy playing them too.

[Sport and Recreation](#) trains volunteers as indigenous games leaders and hosts tournaments where these games are played and promoted.

More about indigenous games:

- [Dibeke/Skululu](#)
- [Diketo/ Magave/ Upuca](#)/Magara/ Magenda
- Drie-Stokkies/ Three-Sticks/ Izinti Ezintathu
- [Iintonga](#)/ Melamu / Izinduku (Stick Fighting display)
- [Jukskei](#)
- Kgati/ [Ntimo/ Uggaphu](#)/ Ingqathu
- [Kho-Kho](#)/ Cat & Mouse/ Impuku Nekati/ Kat en Muis
- Morabaraba/ Mulabalaba/ Mlabalaba
- [Ncuvu/Morula](#)

1. DIBEKE/ SKULULU

1.1. Meaning

DIBEKE is a multi-skill running ball game. According to oral history, the name Dibeke came after the game was already played, to describe the addictive nature of the sport to the youth, which played week-in week-out every day of the week. DIBEKE was and still is a product of sporting and recreational need, which affects the majority of the youth of our country and it turn out to be the dynamic expression of the creativity of the African youth.

1.2. The Game

DIBEKE is a competitive game, which demands physical prowess as well as intellectual wit from all players. What is more, it is a team sport that is gendered equal. Two (2) teams, of twelve players each, play in opposition to each other (see rules on the attackers and defenders).

1.3. Aims Of The Game

- a) To compete
- b) To win
- c) Team-work
- d) To score as many runs and points as possible
- e) To learn gender equality

- f) To have fun
- g) To socialise
- h) To build national pride, patriotism and unity

1.4. Skills Involved

- a) Running
- b) Dodging
- c) Speed
- d) Eye to hand coordination
- e) Accuracy
- f) Trapping
- g) Tracking
- h) Kicking
- i) Tactical and strategic manoeuvre
- j) Communication in action

1.5. The Players

- a) Each team of twelve shall always be made up of six (6) males and six (6) females' players, one of whom shall be captain.
- b) The captain shall act even when he/she is not in active play.
- c) A roller is any player who rolls the ball from the centre to the kicker.
- d) A kicker is any player who kicks the ball from the roller.
- e) A defender is any of all players from the defending team.
- f) An attacker is any of all players from the attacking team.

1.6. Number Of Substitutes

- a) A team shall be allowed an unlimited but regulated number of substitutes during a match.

1.7. Regulation Of Substitutes

- b) Not more than three substitutes shall be fielded/ allowed at the same time.

1.8. Frequency Of Substitution

- a) A substitution shall not take place within three minutes of the last one.
- b) The match facilitator (M.F) and scorekeeper (S K) shall keep a record of all substitutions.

1.9. Duration Of Play/ Length Of Match

- a) Play shall be 80 minutes divided into equal halves of 40 minutes each, with a half time break of not more than ten (10) minutes between the first and second half.

1.10. The Pitch

1.10.1. Area Of Play

- a) The area of play shall be 60m long and 40m broad. The border of the area of play shall be marked with a white line.
- b) The area of play shall be extended by 10 metres on either end of the area described above.

2.10.2. Centre Line

- a) The Centre Line Shall Divide The Length Of The Area Of Play Into Two Equal Halves. The Centre Line Shall Be Marked With A White Line.
- b) Each Half Of The Area Of Play Shall Be 40m By 30m.

2.10.3 Centre Circle

- a) There shall be a centre circle with a radius of 1.5m. Its point of origin shall be at the centre of the area of play. The centre circle shall be marked with a white line.
- b) The centre circle shall be divided by the centre line into two equal semi-circles.

2.10.4. ATTACKER'S BOX (HOME)

- a) There shall be a rectangular (10m x 5m) attacker's box on either end of each half of the area of play. It shall start at the border of the shorter side of, and end 5m into the area of play towards the centre line. Its sides shall be 15m from each border of the longer sides of the area of play. The attacker's box shall be marked with a white line.

2.10.5. KICKER'S BOX

- a) The kicker's box shall be a square of 3m. It shall be located from the border of the attacker's box towards the centre line. Both sides shall measure 3m from the border of the attacker's box into the area of play. The kicker's box shall be marked with a white line.

2.10.6. ROLLING AREA

- a) The area between the kickers' boxes and not wider than the diameter of both the kicker's box and the centre circle shall be the rolling areas. The side borders of the rolling area shall be marked with a broken white line.

2.11. APPAREL

2.11.1 TOPS AND SHORTS

- a) The tops and shorts shall be styled like the uniform of the male domestic workers of old- the so-called "Mathanda e-Kitchen" – but in a softer and more manageable material.
- b) There shall be no pockets on both the shorts and tops.

2.11.2. SHOES

- a) The preferred shoes shall be running shoes otherwise known as takkies.

2.11.3 SOCKS

- a) The socks shall preferably be anklets.

2.11.4. SWEATERS

- a) Long-sleeved sweaters may be used under the tops during the cold season.

2.12. PLAYERS IDENTITY'S

- a) The player's alphabets shall always be printed clearly and boldly on the front and back of the tops and left leg of the shorts towards the outer seam.

2.13. PLAYERS NAMES

- a) The players' names shall always be printed clearly and boldly on the back of the tops.

2.14. TEAM NAMES, LOGOS AND SPONSORS' NAMES AND/ OR LOGOS

- a) These may be printed on the apparel, but may not obscure the players' names and numbers.
- b) Each team shall have its own distinctive colours.

2.15. THE BALL

- a) The ball shall be made of leather. Size three shall be the standard size. Junior players shall use a size one leather ball.

2.16. THE MATCH FACILITATOR (MF)

2.16.1 CONTROL OF GAMES

- a) Before each match the MF shall be appointed, to control the game with absolute impartiality as required by the Rules.
- b) The MF must be present on the pitch to check its fitness for play and report its condition to the officials at least 30 minutes before the start of play.

2.16.2. CHANGE OF MATCH FACILITATOR

- a) The M.F. cannot be changed during the game except for life-threatening reasons. In case of life-threatening circumstances, the replacement MF must be agreed upon by both captains.

2.17. CLOCK OR WATCH

- a) The MF shall inform both Captains and Score Keepers before the start of the match on the clock or watch to ensure no argument over the question of time.

2.18. CONDUCT AND IMPLEMENTS

- a) Before and during the match the MF shall ensure that the conduct of the game and the implements used are strictly in accordance with the Rules.

2.19. FAIR AND UNFAIR PLAY

- a) The MF shall be the sole judge of fair and unfair plays in keeping with the rules. In case of controversy, the MF shall seek the advice of the sixth official to make a final decision.

2.20. POSITION OF MATCH FACILITATOR

- a) The MF shall not have a specific position on the area of play, but shall always be where he/she can see any act upon which his/her decision may be required. However, the

MF shall be where he/ she do not interfere with either the rollers or kicker's view and /or the flow of play.

2.21. DISPUTES

- a) All disputes shall be managed and settled by the Code Disciplinary Committee. The MF shall consult with other match officials on doubtful points.

2.22. CORRECTNESS OF SCORES

- a) The MF shall be responsible for satisfying him/ herself with the correctness of the runs and scores throughout and after the match.
- b) Constant consultation between the MF and scorekeepers overruns and scores is essential.
- c) The MF decision shall be final on scores in any match

2.23. FITNESS OF GROUND, WEATHER AND LIGHT

- a) The MF shall be the sole judge of the fitness of the ground, weather and light for play.

2.24. SCOREKEEPERS

2.24.1. APPOINTMENT

- b) Before the start of play two scorekeepers shall be appointed, one from each team, to record all runs and points scored.
- c) Score Keepers must at no stage stop the game for any reason except when the game is made by any member of the attacking team
- d) The MF shall also keep a record of all points scored.

2.24.2. RECORDING OF RUNS AND POINTS

- a) All runs and points scored shall be recorded on score sheets designed for that purpose.
- b) The scorekeepers shall frequently check with each other to ensure that the score sheets agree.

2.24.3. POSITION OF SCOREKEEPERS

- a) The scorekeepers shall stand together just outside the border of the area of play adjacent to the centre line.

2.25. SCORING

2.25.1. A POINT

- a) Points shall be recorded as a score. Two points are scored:
 - i) When one or more attackers make/score twenty consecutive runs.
 - ii) No points shall count until twenty consecutive runs are completed,
 - iii) One penalty point is awarded to the defending team when it has eliminated all players from the attacking team and/or when it has caught the ball mid-air.

2.25.2. A RUN

- a) A run is scored each time an attacker shall have made good his \ her ground from one attackers' box to the other, but only after the ball has been kicked over or beyond the centre line Thereafter, runs are scored at any time while the ball is in play.

2.25.3. SHORT RUNS

- a) A short run occurs if an attacker fails to make good his \ her ground on turning for a further run. If an attacker runs a short run, the MF shall call 'one short run and the alphabet or name of the attacker, as soon as the ball is dead (any runs attempted or previously scored by that attacker, except for the last one are deduced.

Note:

- i) The scorekeepers shall record the number of runs disallowed as a result of a short run.
- ii) The MF shall also keep a record of short runs.

2.27. ELIMINATION OF ATTACKERS

- a) If after a kick, an attacker is hit while attempting a run outside either attackers' box, all runs previously scored by him \ her during that round shall cease to count. An attacker who was previously dismissed may also be hit out during his/ her run back to the attackers' box after a round has been completed.
- b) At any of the instances mentioned above the attacker is out

2.28 SHORT KICK

- a) A short kick is if a kicker fails to kick the ball over or beyond the centre line. In the event of a short kick, no run shall be scored.

- b) At this instance, the kicker is out.

2.29 PENALTY POINTS

- a) One point shall be scored by the team of defenders for 'Ball caught in Mid-Air.' In that instance, the whole team of attackers is out.
- b) When all players of the attacking team are eliminated. One point shall be awarded to defending team.

2.30 THE ROUND

2.30.1 NUMBER OF RUNS

- a) A round shall be completed when any attacker completes twenty runs.

2.30.2 RETURN OF DISMISSED ATTACKERS

- a) At the completion of a round, all attackers dismissed during that round shall automatically be entitled to return to play.
- b) All such attackers shall immediately run (home) to the attackers' box where the round was completed. At this stage, the defenders may dismiss or eliminate any attacker found outside the attackers' box.

2.30.3 COMPLETION OF INTERRUPTED ROUND

- a) If a round is left incomplete for any reason at the start of the half-time break or interruption of play it shall be completed on the resumption of play.

2.31 PLAY

2.31.1 START OF PLAY

- a) To start each match, each round and on resumption of play after the half-time break or interruption.
- b) (Or after all, the ball has gone dead), The MF shall blow the whistle twice for the attackers, the roller and the defenders to take their respective position on the pitch.

2.32.2 THE ATTACKERS

- a) The attackers shall stand abreast in a single file in the attackers' box chosen during the toss before the start of play.

2.33.3 THE ROLLER

- a) The roller, while standing in the roller's semi-circle, with the ball in his hand, calls the alphabet (the kickers), who shall immediately step into the kicker's box.
- b) The roller shall then roll the ball, which must remain within the rolling area, in the direction of the kicker who must then kick the ball over or beyond the centre line.
- c) The ball must be rolling on the ground. The speed of the ball shall not be a point of any consequence.

2.33.4 THE RUNS

- a) After the kick, the kicker and any attacker (s) who so chooses must run to the other attacker's box as many runs as possible.

2.33.5 THE DEFENDERS

- a) The defenders shall remain in their half of the pitch until the ball is kicked over or beyond the centre line, and only then can they spread to the whole field of play.
- b) The defenders shall then catch the ball and eliminate the attackers by hitting them with it. Note no defender shall stand outside the pitch before the ball is kicked.

2.33.6 EQUIPMENT

- a) One size three leather ball
- b) Two scoreboards with numbers one to twenty
- c) Twenty alphabetised jerseys and shorts
- d) One score sheet to record points and final score of the game
- e) Thirty-metre measuring tape
- f) Lime to mark the playing field
- g) One whistle
- h) One red card and one yellow card
- i) Two stopwatch

2.34 MATCH OFFICIALS

- a) One Match Facilitator to control play
- b) Two scorekeepers to count runs and points

- c) Two-line persons to check ball and players who get out of play
- d) One-sixth official to observe and report on the game

2.34.1 FOULS/ PENALTIES

- a) Any player from either of the playing teams who commit any of the following;
- b) Incite other players or supporters to disrupt the game
- c) Assault or insult other players (s), match official or a supporter
- d) Display a negative gender attitude to a player of the opposite sex shall be penalised.
- e) Any player who commits any of the above conduct is red carded
- f) Any player of the defending team who intentionally or tactically obstructs any player of the attacking team shall be penalised.
- g) NB Dibeke is a non contact sport
- h) Obstruction –yellow card
- i) Any player who challenges the decision or authority of the MF except the Captain shall be penalised.
- j) Insubordination-yellow card
- k) Any defender who waits for an attacker to dodge the possible hit with the ball shall be yellow carded
- l) Any player of the attacking team who does a short run shall forfeit all runs accumulated safe for the last run.
- m) Short-run – forfeit all runs
- n) An attacker who runs out of play is out.
- o) An attacker who does a short kick or miskick is out.
- p) An attacker who lets the rolled ball pass when such a ball is rolled shall be penalised for time-wasting, and such a ball is deemed dead and anyone can bring back a dead ball.
- q) A defender who turns with the ball and hit the attacker shall be penalised.

2.35.1 INTERPRETATION OF PENALTIES

- a) Red Card- A red-carded player shall be suspended for the duration of the game he/she was playing. Such a player shall go and stay with spectators

Yellow card – A yellow-carded player shall be suspended for the round of the game in which he or she committed an offence.

2. DIKETO/ MAGAVE/ UPUCA/ MAGARA/ UKUGENDA

2.1 INTRODUCTION

- a) A coordinating game of Diketo/ Upuca / Ukugenda, was very popular among girls and still is, who often played it near the river or well when they went to fetch the water. It is played

with small stones. The challenge is to pick or scoop up the allocated number of stones that require good hand-eye –coordination. It is played among all ethnic groups of South Africa.

2.1.1 Team Composition

- a) Two boys and two girls of different ages
- b) Played by two players at a time

2.1.2 Team officials

- a) One coach per team
- b) One Manager per team

2.1.3 Technical official

- a) Three per play/ match
- b) Twelve Officials per round

2.1.4 Administration

- a) Chief coordinator
- b) Two scorers
- c) One runner

2.1.5 Rules

- a) No coaching is allowed during play
- b) Players are not allowed to shift position during play
- c) All stones should be scooped out of the hole each time during play
- d) Carrying is allowed
- e) Variation is recommended

2.1.6 The play area

- a) A soft soil surface in which players can dig a hole
- b) The hole should not be too deep or too shallow

2.1.7 Equipment

- a) small stones
- b) A ghoen for each player
- c) A small hole in the ground

2.2 Game description

2.2.1 Round One

- a) A technical official will toss a coin to decide who will start the game. The player who starts the game places all of his/her stones in the hole. He/She throws the ghoen in the

air and while it is in the air, he/she scoops all the stones out of the hole with one hand before catching the ghoen.

- b) With the next throw, the player pushes back nine stones into the hole with the same hand.
- c) If the player catches the ghoen, then one of the small stones is placed next to the player outside the hole.
- d) With the following throw, the nine stones will be scooped out again. The game continues in this way. Every time the ghoen is caught successfully, one more stone is placed outside the hole next to the player, until there is no stone left.
- e) When all the stones have been successfully scooped out, the player will pat next to the hole with one palm, while he/she throws the ghoen up and catch it.
- f) All stones will be put back into the hole and round two begins.
- g) NB: The player must make sure that there are ten stones each time he/she starts the round
- h) The game continues from round one to round ten.

2.3 Scoring

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

2.4 A Win

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

3. DRIE STOKKIES/ THREE STICKS/ IZINTI EZINTATHU

3.1. INTRODUCTION

- a) A Running and Jumping Game
- b) The game was played in rural communities from the Western Cape, Northern Cape, Eastern Cape and Free State.
- c) The game can be played on grass turf, tarmac surf and sand.
- d) A team consists of 10 players, 5 boys and 5 Girls and will compete against another team of the same amount of players.
- e) An athlete that wants to participate in this game should have the ability to get a maximum lift from the grass to jump over the Sticks.

3.2. EQUIPMENT

- a) Round colourful Gymnastics Sticks of 1,5m long
- b) White Flags and 4 Red Flags
- c) Measurement Tape.
- d) 10 pieces of normal thin Rope of 3 Metres long and small pegs (15) with a plastic hammer.

3.3. HOW TO PLAY THE GAME

- a) The three Sticks are placed one meter from each other on the grass.
- b) Players of the two team's line up, Run and start to jump
- c) The players should only step once between the sticks

3.4 THE GOLDEN RULES ARE:

- a) When a player jumps between the sticks he or she is not allowed to touch the sticks with their foot
- b) The Players ARE ALSO NOT ALLOWED TO DO A DOUBLE STEP BETWEEN THE Sticks.
- c) The player from the team that jumps the last (Stretcher) should jump to reach the furthest point with his jump. Where that player stops the last stick needs to move to where his heel land.
- d) Now the team starts from the other side to jump and the same sequence should be followed.
- e) The game continues till the last 2 finalists are over.
- f) The Player that won the competition would go through to the next round.
- g) Measurements from the middle stick to the end Stick will determine a first place, second place and a third place.

3.5 TECHNICAL OFFICIALS

- a) Head Umpire with 4 Technical Officials.
- b) Drie Stokkies Score Card

3.6 GAME DESCRIPTION

- a) The Head umpires toss a coin to decide who will jump first.
- b) He blows his whistle and the jumpers start.

3.7 CODE OF CONDUCT

- a) Abusive language may not be used during playing time.

- b) Fighting is not allowed.
- c) A player will be sent off for threatening or fighting with officials or other players.
- d) A team will be disqualified if they miss a match.

3.8 DURATION

- a) The game stops when the last player completed his Jump.

4. IINTONGA / MELAMU / IZINDUKU

4.1. INTRODUCTION

- a) A stick-fighting game

4.2. EQUIPMENT

- a) Two sticks (called an Iintonga set) are used. They include a long stick for attacking and a shorter one for defending.
- b) The stick for defence is longer and it has a protective shield on the outside to cover the backside/ outside of the hand.
- c) The stick used for attack is shorter in length compared to the one used for defence.
- d) Protective headgear must be worn to protect the players from injury.
- e) Plastic gloves may also be worn to protect the hands.
- f) A stopwatch.
- g) A First Aid kit.
- h) A score-sheet.
- i) A white stick is to be used by the referee.

4.3. THE PLAY AREA

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

4.1. TEAM COMPOSITION

4.1.1. Age categories:

- a) The following are the two categories for Iintonga:
 - i) Juniors: 21 years and below
 - ii) Open: 22 and above

4.4 SAFETY PRECAUTION:

- a) The selectors must consider the age, physique (built) and ability of each participant they select for iintonga.**
- b) This is a game of strength and tactic therefore injuries are a high possibility**
- c) The officials in charge of the game may in consultation with the affected team's management refuse participation of an individual if there are valid reasons that his or her participation jeopardise his safety.**

4.5 GAME DESCRIPTION

- a) Two fighters (combatants) take up positions inside the ring. Each fighter carries two sticks, namely the attack and the defence stick.
- b) The referee blows a whistle to start the game and the fighters try to hit their opponent with their stick while defending themselves with the defence stick.
- c) Three judges judge the match and record points scored by each combatant.
- d) They also record deductible points where there are infringements of the rules.
- e) Points are awarded according to the number of blows that hit the opponent's body.
- f) A referee controls the match and a timekeeper controls the rounds in each bout. About consists of three rounds of one minute each.

4.6 RULES AND SCORING

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

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

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

- a) Name of the participant.
- b) Strike per round.
- c) Total strikes.

d) Position of strike(s).

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

4.7 A WIN

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

4.8 DURATION

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

4.9 SAFETY MEASURES

a) The referee will use plastic gloves.

b) The referee will regulate the game by using a white stick to separate the players if there are illegal throws or strikes.

There should always be a First Aid kit on-site as well as a person who is qualified to use it.

5. JUKSKEI

5.1. INTRODUCTION

a) The purpose of Jukskei is to achieve a maximum of 3 sets within a given time.

b) Amending the rules can only take place at the Umpires meeting of Jukskei SA's Umpires Committee and are subject to approval at the Annual General Meeting of Jukskei SA.

c) These rules may be adapted for local circumstances by the controlling body. For International matches, there must be abided by the specifications and rules as set out by the International Jukskei Federation.

d) Reglement C - Speelreëls Februarie 2014 5

5.2. DEFINITIONS

a) Coach:

i) A registered and affiliated person having the necessary coaching qualification and who has been appointed by the body being represented (rule 15)

b) Approved:

i) As approved by the Annual General Meeting of Jukskei SA.

c) In-play:

- i) A skey or part thereof is in play if it is in the playing area.
- d) Junior:
 - i) Any participant (girl/boy) that reaches the age of 18 years during a calendar year, or younger.
- e) Captain:
 - i) A participant is appointed by the body he represents (rule 13).
- f) Man:
 - i) A male from the calendar year reaching the age of 19 until the day before his 50th birthday.
- g) Sandpit:
 - i) Framework filled with sand.
- h) Umpire:
 - i) A qualified and affiliated participant that acts as an arbitrator to make a ruling.
- i) Playing area:
 - i) It is the 28 x 3,6m area including the two sandpits and pitching/demarcation lines.
- j) Rules of play:
 - i) The rules of Jukskei as accepted and approved by the Annual General Meeting of Jukskei SA.
- k) Playing area:
 - i) The area inside the framework is seen from above at the 12 o'clock position.
- l) Pegged skey:
 - i) A skey that has penetrated the sand at an angle without any trail mark.
- m) Forfeit:
 - i) A forfeited skey may not be used in that round.
- n) Veteran:
 - i) A participant 50 years and older.
- o) Women:
 - i) A female participant from the calendar year upon reaching the age of 19 until the day before her 50th birthday.
- p) Reglement C - Speelreëls February 2014
- q) He/she/her:
 - i) Everywhere where the male form is mentioned the female form must also be read.

5.3. SPECIFICATIONS OF FACILITIES AND EQUIPMENT

5.3.1. Pitch

- a) The total length of the pitch is 28 meters.
- b) The pitch should be as level as possible.

- c) There should be two sandpits at least 3 meters long, 2.4 meters wide and 150mm deep, filled with loose sand.
- d) There should be at least a 1.8 meter stretch of sand in front of the peg and at least 1.2 meters of sand behind and on either side of the peg.
- e) The pitch should be laid out in such a manner that the distance between the two pegs when in their correct positions, is exactly 9 meters.
- f) A level framework of wood, brick or concrete may be installed to support the sides of the sandpit.
- g) A screw, nail or similar object must be fixed to either side of the framework 1.8 meters from the front, with a string secured to establish the correct position of the peg.
- h) No obstruction should be closer than 2.5 meters from the back of the 16m pitching line.
- i) There may also be no obstruction closer than 1 meter from the sidelines.
- j) When two or more courts are next to each other, the adjacent pegs should be a minimum of 5.6m apart.
- k) Note: This is a recommendation especially when new courts are being erected.

5.3.2. Keys

- a) Keys may be made from wood, rubber, rubber composite, synthetic materials or a combination thereof, as approved by Jukskei SA.
- b) The total length of a key (including the handle) must be between a minimum of 300mm and a maximum of 460mm.
- c) Reglement C. The body of the key must be cylindrical with a diameter between 50mm minimum and
- d) 75mm maximum.
- e) The maximum weight of a key is 1.8kg.
- f) MASSA: MAKSIMUM 1.8KG
- g) MAKSIMUM 460MM MINIMUM 300MM

5.3.3. Pegs

- a) Pegs may be made of wood or synthetic material as approved by Jukskei SA.
- b) The length of a peg is a minimum of 495mm and a maximum of 500mm.
- c) The diameter of a peg is a minimum of 27mm and a maximum of 32mm.
- d) The body of the peg must be cylindrical.
- e) One end (point of the peg) must be tapered from 50mm to a point 5mm in diameter. The other end (head of the peg) must be flat with a maximum chamfer of 5mm.
- f) A wind mark of a minimum of 18mm and a maximum of 20mm wide must be marked on the peg, starting at the top of the 50mm tapered end.

- g) The point of the peg may be strengthened with a screw (which must protrude by more than 3mm). The shape of the tapered point may not be influenced.
- h) Maks 500mm Min 495mm
- i) Maks 75mm
- j) Min 50mm
- k) Maks 32 mm
- l) Min 27mm
- m) Windmerk Maks 20mm Min 18mm
- n) 5mm

5.3.4. Caliper

- a) For measuring purposes it is essential to have a calliper with a maximum measuring ability of 460mm.

5.3.5. String

- a) Only line or string may be used.
- b) The thickness may not exceed two (2) mm.
- c) The string must be permanently secured to one side.
- d) On the other end of the string must be a loop, hook or ring which can be hooked over the opposite screw/nail or similar object in the framework allowing the string to be drawn tightly.
- e) A knot that indicates the exact centre of the width of the sandpit must be made in the string.

5.4. RULES FOR PLAYING JUKSKEI

RULE 1

5.4.1.1. The Game

- 1.1. The game of "JUKSKEI" consists of pitching a skey from a pitching line, over a fixed distance, in the direction from and to a peg, which is positioned in a sandpit. The skey is held by the handle and is pitched underhand past the leg in a forward swinging motion.
- 1.2. Different age groups pitch over various distances to the peg furthest from the relevant pitching line as indicated below:

1.2.1. Seniors:

1.2.1.1. MINIMUM PITCHING DISTANCE

- (a) Seniors 19 – 49 Year 14m 16m
- (b) 50 – 59 Years: Pitching distance changes on birthday 12m 14m
- (c) 60 – 69 Years: Pitching distance changes on birthday 11m 13m
Veteran
- (d) 70 – 79 Years: Pitching distance changes on birthday 10m 12m
- (e) Veteran
- (f) 80 years and older: Pitching distance changes on birthday 9m 11m

1.2.2. Juniors:

- a) 5 6 7 8 9 10 11 12 13 14 15 16 17 18

1.2.2.1. MINIMUM PITCHING DISTANCE FOR GIRLS

- a) 5 6 7 8 9 10 11 12 12 12 13 13 13 13

1.2.2.2. MINIMUM PITCHING DISTANCE FOR BOYS

- a) 5 6 7 8 9 10 11 12 13 13 14 14 15 15

General Provisions

- 1.3. Veteran men 50 years and older pitch a distance according to table above, except at the SA Senior Jukskei Championships, where the veterans compete separately. If they aren't participating in the veteran's section, they pitch a distance of at least 16 meters.
- 1.4. If people of mixed ages and genders compete in the same competition, each player pitches according to individual distances as set out in the rules.
- 1.5. VETERANS: Will be allowed to pitch the shorter distance from the day the relevant age limit is reached.
- 1.6. Skes
 - a) Up to the National level, skes may be used that comply with specifications and that are approved by Jukskei SA.
 - b) The composition must be such that other skes cannot be damaged.
 - c) If for whatever reason, a metal is used on a skey, the metal portion may not protrude above the surface.

- d) When it is found that a player is participating in a match during a tournament or championship with skeys that do not comply with the rules, a set is awarded against the infringing team. The illegal skeys may not be used until they are repaired and verified, and the game may not be delayed during this process.
- e) A player may change his skeys at any time during the match, provided he is ready for play when it is his turn.

1.7. Pegs

- a) Up to the National level, skeys may be used that comply with specifications and that are approved by Jukskei SA.
- b) Pegs that are used in the same sandpit must be of the same material and have the same diameter and length.
- c) Pegs may not be replaced during a match unless the peg is so damaged so that it no longer complies with the specifications.
- d) Replacement pegs must comply with rule 1.4.2 1.4.4
- e) The peg must be planted at a depth of 50mm in the sand.
- f) 1.4.5
- g) In the event of excessively strong wind, the umpire in charge may instruct that the peg be planted at a depth of 68-70mm, which must be clearly marked on the peg.

1.8. Caliper

- a) A shorter / smaller calliper may be used if it is not required to measure if a skey is within a radius of 460mm.

1.9. Matches

- a) The duration of matches is determined by the controlling body up to a maximum of 75 minutes or 3 sets, whichever is the shortest.
- b) No team is allowed to delay the start of a match during International or National tournaments. In the event that a match is delayed, the match will not take place and will be awarded to the team that arrived on time.
- c) Should a team not comply with the tournament requirements with respect to the minimum number of players, turn up against a team that arrived late, no points would be awarded.(0 – 0).
- d) When the final whistle sounds, the round must be continued until all skeys have been pitched or forfeited. In the event of the rain whistle - see rule 12.3

1.10. Set

- a) A set consists of 23 points that are achieved by the combined score of pegs (three {3} points) and lays (one {1}point) at the end of a completed round.- (see rule 9)

1.11. Scoring

- a) Five (5) points per set.
- b) Leading in an unfinished set, three (3) points. Trailing in an unfinished set, two (2) points.
- c) Two and a half (2.5) points for each team in an un-played set.

RULE 2

1. To draw the string

- a) If the string becomes slack, loose or breaks during a round, it must be replaced.
- b) Interpretation: Slack means when the string hangs downwards.
- c) No additional knots may be made in the string. If the umpire finds, during his action, that the string has additional knots, he must enquire from both captains whether the additional knots were present at the start of the round.
- d) If both captains are aware of the knots, the umpire carries on with his measurement and the string must be replaced at the end of the round.
- e) If one captain is not aware of the additional knots, the string needs to be replaced before the measurement takes place.
- f) The string must be drawn in a straight line over the top of the skeys and should not arch downwards, forwards or backwards.
- g) If the string can be drawn freely under the skeys and the knot to position the peg is clearly visible from a 12 o'clock position from above, the string must be drawn underneath the skeys.
- h) No skeys may be removed to draw the string. Where there is a skey in the way of the string, this skey may be removed temporarily or pushed aside to enable the string to be drawn.

RULE 3

1. Position of the peg

- a) When the string has been drawn across the sandpit, the peg is placed exactly behind the knot at a depth of 50mm unless circumstances as in Rule 1.4.5 determine otherwise.
- b) If a peg is struck, the correct position of the peg can be determined by drawing the string.

- c) In the event of a pegged skey, the peg may only be tested to see if it falls or not, when the peg is in a leaning position as a result of another skey having been pitched.
- d) To test whether the peg will fall, a pegged skey is slowly pulled out in the same direction and at the same angle at which it entered the sand.
- e) For measuring purposes, only the peg that has been pitched at may be used.
- f) If it is found that the peg does not comply with the specification, the peg not complying must be used for that specific decision but must be discarded immediately after completion of the round.
- g) The replacement peg must comply with the correct specifications. If a correct ruling is impossible with that peg, the second peg must be used.
- h) The distance between the skey and the peg is measured from any part of the peg protruding above the surface of the sand, to the nearest point or part of the skey, either above or beneath the sand. For measuring purposes the skeys may be uncovered temporarily to determine the nearest point. The shortest distance between the peg and the skey must always be determined.
- i) Way of work: Before the sand is cleared to determine the nearest point of a pegged skey, the sand level towards the string must be determined. Should the possibility exist that the peg may fall, the peg must initially be pushed deeper into the sand in its correct position. Thereafter, a mark must be made on the peg at sand level. The skey must then be uncovered carefully in order to measure from the mark on the peg to the nearest point of the skey. After measuring, the sand surface must be restored and the peg replaced to its original depth.
- j) If the peg is knocked over and the skey remains in the place where the peg should stand, such a skey should be moved in the direction requiring the least movement.
- k) However, should it appear that the skey lies with its centre point exactly in the position where the peg should be, the captain of the team, to which the skey belongs will have the right to decide in which direction the skey is to move.
- l) Should that skey be obstructed by any other skey(s), thereby preventing the peg from being positioned correctly, the obstructing skey(s) must all be moved at the same time.

2. INTERPRETATION:

- a) Direction implies perpendicular to the peg.
- b) The gradient and direction of skeys being moved may not be altered.
- c) When a skey is moved in order to position the peg, it must be done in a perpendicular direction requiring the least movement, that is, not only to the sides but also forward, backward or at the same angle.

3. INTERPRETATION 1:

- a) When skeys lie on top of each other, a “top to bottom” approach is used to move the skeys. The “top to bottom” method means that the skeys must be moved one after the other starting from the top to make a place for the peg.

4. INTERPRETATION 2:

- a) Skeys must not be moved too far. When the next level has been moved, the previous level may not be moved back.
- b) It is against the rules to press the sand down with the skey before removing the skey.
- c) It is against the rules to move the skey with a pressing and rolling action.

RULE 4

1. Levelling the sand

- a) The sandpit may be prepared before the commencement of a round, regardless of the score.

2. INTERPRETATION:

- a) Prepare means to loosen and level the sand.
- b) While a round is in progress, the sand may not be disturbed in any way, except during the normal course of play.

3. INTERPRETATION:

- a) The normal course of play means: The level of the sand may change when a skey is pitched, as well as with the action of the captain or umpire when moving the skeys to place the peg. Other disturbances such as footmarks must be restored.
- b) During the turn, it is not permitted to loosen the sand in any way, or to make furrows or step on the sand to firm it. Should there be an infringement; the sand must be restored as closely as possible to its original state before the disturbance.
- c) If the sand where the peg should be positioned has been displaced to such an extent that it is impossible to position the peg to its determined depth, sand from elsewhere in the sandpit should be added to position the peg correctly.

4. INTERPRETATION:

- a) Sand from elsewhere means sand far from the peg so as not to influence play, and must preferably have the same moisture content.

- b) In the case of wet sand, the hole made by the peg may be filled before the peg is positioned.

5. INTERPRETATION:

- a) Filled means to the same level as the surrounding sand surface (lowest point).
- b) The above mentioned is only applicable where a hole is made by the peg. If for example, the sand has been tossed away from the back of the peg; sand may not be used to fill the hole. In this case, the correct depth of the peg is clearly visible.

RULE 5

1. Team

- a) A team consists of a number of players in accordance with the competition requirements, of which one is the captain.
- b) A team may make use of a reserve player. All the members of the second team, including the reserve, may act as official reserve players for the first team. None of the first team players is allowed to play in the second team. Should there be only one team in a division, then the team may make use of two (2) reserves. The captain of the substituted player must inform the captain of the opponents of such substitutions.
- c) A reserve player that has been taken up in a team may not be replaced by the replaced player in the same match.
- d) In the event of a team starting with one less player than the tournament requirements, against a team meeting the tournament requirements, the captain of the team consisting of fewer players must indicate during each round when the phantom player would have pitched. The sequence of the round will then continue as if the phantom player had already pitched.
- e) If a match starts with one less player than the tournament requirements, the absent player may join his team at any time during the match, provided it is at the beginning of a round and that the specific player is present and ready to participate in the match.

2. INTERPRETATION:

- a) If one of the present players should become injured and cannot continue with the match, the match must continue with the remaining players.
- b) Should another player less than in 5.4 arrive, the match cannot be played and the incomplete team forfeits its points.

RULE 6

1. Position of the players

a) The player about to pitch takes up his position behind the pitching line in accordance with the pitching distances as defined in Rule 1.2.1

1.1. A player may not:

- a) Step on or over the line, from which he is pitching until the skey has left his hand,
- b) Stand more than 1.8 meters to the right or left of a point directly behind the peg when he pitches.

2. INTERPRETATION:

- a) Note that the accent is on standing within the 1.8m mark and not stepping into the 1.8m marks.
- b) In the event of an infringement, the complaining team's captain should approach the infringing team's captain and point out that an infringement has taken place. The player responsible for the infringement will be asked not to repeat the offence.
- c) If the situation continues the complaining captain advises the infringing team's captain that the umpire will be called to monitor the situation. If the umpire confirms that an offence has taken place, he allows the complaining team's captain the choice of one of the following options:
- d) The skey, which was not pitched in accordance with the rules, can remain in position or be removed, and
- e) If the skey is removed, points scored by such a skey cannot be counted and the sandpit must be restored as closely as possible to the state it had been in before the skey was pitched.
- f) Reglement C - Speelreëls Februarie 2014 22

RULE 7

1. Method of play

1.1. Both team captains mutually agree on the pitching order of the first round. An Alternate method of play is followed:

- a) Each player pitches with two skeys. Play between alternate players of competing teams is as follows:
- b) The first player of the team to begin pitches his two skeys, followed by the player of the opposing team. Thereafter the second player of the first team pitches, followed by the second player of the opposing team, etc.
- c) The captain, however, has the right to alter, at will, the sequence in which his players are to pitch as the match progresses.

- d) If a player pitches out of turn and provided it does not happen at the beginning of a round, he must finish pitching and play continues alternately.
- e) If a first player pitches out of turn, his skeys are returned to him and no points are rewarded.
- f) As soon as the first player of the opposing team has pitched his first skey, the round will be regarded as having started.
- g) If a first player pitches out of turn and the final whistle sounds, then the opposing Captain has the choice if the play continues alternately, or if the player's skeys are returned to him and play commences with the team that should have pitched first.
- h) A skey is regarded as having been pitched as soon as it leaves the hand, with the intention of it being pitched at the other peg, from a position behind the pitching line in accordance with the pitching distances.
- i) Reglement C - Speelreëls Februarie 2014 23

RULE 8

1. Pitching rounds

- a) The team with a skey lying nearest to the peg pitches first during the next round.
- b) If no skeys lie for scoring purposes, but one of the team scores one or more pegs, then that team pitches first in the next round.
- c) If no lays or pegs have been scored during a round, the team that threw first during the previous round pitches first again.
- d) After a set (23 points) has been scored, the captain of the scoring team has the right to determine the sequence of the following round.
- e) If a set ends in a tie, the team, which had the lay, pitches first in the next round.
- f) In the event of a team exceeding 23 points, Rule 8.1 and 8.2 determine the pitching order.
- g) While the round is in progress, there are to be no delays. If an infringement occurs the umpire will apply Rule 8.9

2. INTERPRETATION:

- a) For example, when a team draws the string to position the peg correctly after each skey that has been pitched, while the scores are still very low, or when a captain calls his team together after every skey that was pitched to discuss tactics even when it is obvious that tactics will be of no benefit at that stage.
- b) If an umpire is called to monitor the delay and it is found that an unnecessary delay is definitely occurring, a set is awarded to the team who was not at fault.

3. A round is completed when:

- a) All the skeys of all the players in the match have been pitched or forfeited and the score has been taken or could have been taken.
- b) A team scored a set (23 points) and the opposing team has no skeys left to cancel the set.

4. A round has begun as soon as:

- a) The skey of the first player, of the team to pitch first, has left his hand with the intention of it being pitched at the peg, or 8.8.2
- b) The captain forfeits the skeys of the player who should pitch first.

5. INTERPRETATION:

- a) Even though the sandpit has not been prepared for the next round, but the score has been taken and agreed upon, the captain whose team must pitch first may forfeit the skeys of his player. The sandpit may not be prepared at this point as the round has started.
- b) When a player's action influences the normal course of play to the disadvantage of the opposition, a set (23 points) is awarded against the infringing team.

6. INTERPRETATION:

- a) Examples of "influencing the normal course of play" are to intentionally do the following: moving skeys in the sandpit by stepping on them, pitching out of turn, delay the game, etc.
- b) Where an umpire, in the case of a delay, rules that the game must continue, but a team refuses to pitch, the infringing team forfeits the match

RULE 9

1. Scoring: pegs and lays

- a) Finalizing the score is to be done by the captains after all skeys have been pitched or forfeited. Captains should both confirm each other's scores.

2. INTERPRETATION:

- a) With the pitch of every skey, lays and/or pegs can be added or subtracted from the total score of a team.
- b) The score is subject to the following stipulations: When a pen is scored, three points are awarded to the team whose player has knocked the peg over.
- c) If it falls over after the skey has left the players hand, and the skey has not yet touched the sand, such a skey is to be returned to the player and the skeys which were disturbed by

such a skey are to be returned as closely as possible to their original positions. This peg does not score any points.

- d) Furthermore, a peg is scored if the peg falls over as a result of vibration caused by the skeys landing in the sandpit, or as a result of sand or any other object in the sandpit dislodging the peg.
- e) Interpretation: If the peg is struck and falls over as a result of a piece of concrete or wood that forms part of the frame of the sandpit/playing area, no points would be awarded as the frame is not part of the
- f) Sandpit/playing area.
- g) A peg is considered scored when the tapered point is or was out of the sand.
- h) If for example, team A scores six pegs and team B scores six pegs, the number of pegs cancel each other.
- i) If the peg is struck but does not fall over because it is supported by a skey(s), the umpire or captain can carefully move the skey(s) away and if it falls over, it counts three points for the team who knocked the peg over.

3. INTERPRETATION:

3.1. Carefully removing means:

- a) The skey on the opposite side to the slope of the peg must be removed first. Thereafter the skey that is underneath the struck peg may be moved.
- b) In this instance, the moved skey(s) have to be returned as accurately as possible to the original position(s).
- c) During the moving process, nothing may be used to support a skey that wants to roll and should it roll, the skey should be allowed to do so.

4. INTERPRETATION:

- 4.1. This could imply that a skey or skeys may need to be moved again in order to plant the peg in its correct position.
- 4.2. Carefully remove means that the skey is to be removed while care must be taken at all times to prevent the skey touching the peg or nearby skeys.
- 4.3. If a skey of team A is knocked against the peg by a skey of team B and the peg falls over, it counts three points for team B and vice versa.
- 4.4. It is allowable to manipulate the situation in the sandpit by the pitching of your skeys.
- 4.5. If a player while pitching a skey, strikes the peg, but the peg remains to stand, or if the peg is no longer vertical after the pitching of a skey, the peg must be returned to its upright position before play resumes. Only skeys within a radius of 460mm from the peg, are taken

into account for scoring purposes and count one point each, subject to the following conditions:

- 4.6. Only one team per round may score points with lays, that is, only the skey(s) of the team laying nearest to the peg, will count.
- 4.7. If the nearest skey of team A lies exactly the same distance from the peg as the nearest skey of team B, the skeys cancel and neither.

RULE 10

1. Broken Skeys

- a) If a skey breaks during the course of play, the measurement is taken from the largest portion of the broken skey for scoring purposes. Should the smallest portion also remains in the sandpit, it must be removed.

2. INTERPRETATION:

- a) Broken implies literally into two or more pieces.
- b) A peg is scored if it is knocked over by any portion of a broken skey. (See rule 9.2.1)
- c) If the handle of a skey slips out during the pitching process so that the handle is now longer than the stipulated maximum length of a skey, the position of such a skey must be marked off at the head, the skey removed, corrected to within a specified length and replaced in the position where the head of the skey was.

RULE 11

1. Game definition

- a) A set consists of 23 points and the team that achieves 23 points at the completion of the round, wins the set. If more than 23 points are achieved it may be corrected by pitching the rest of skeys of the team. If at the end of the round a team has more than 23 points it will burst (Score 0).
- b) If both teams score a set during the same round, each will be awarded half the set. This however does not mean that as soon as both teams have scored a set during the same round, pitching stops. The teams should pitch their remaining skeys or if they choose not to pitch, forfeit the skeys. When both teams have a set (23) and a player cancels the other team's set with his first skey, he may hold back his second skey until the other team obtains a set again or until his team's set is cancelled.
- c) To withhold a skey means that a player interrupts his turn by withholding his second skey until the set is cancelled by the opposition. A team achieving a set is not forced to withhold their skeys, they are entitled to strengthen their set.

- d) Team A's first player pitches his first skey and scores exactly 23 points (a set) with a fallen peg. He withholds his second skey, the skey withheld must be pitched or forfeited, depending on what the captain of the team decides, before another skey of the same team can be pitched or forfeited.
- e) Team B's first player pitches his first skey and also scores exactly 23 points (a set) with a lay without cancelling team A's set. Now he withholds his second skey as was done with the skey of team A.
- f) Team A's first player is now obliged to pitch his second skey or forfeit it, after which team B's first player pitches or forfeits his second skey.
- g) The entire round should be completed either by pitching skeys or forfeiting them. Only Reglement C – after all Skeys have been pitched or forfeited and the two teams both still have set, will the set be shared and both teams will then gain a shared set. (2.5 points each)
- h) A skey will be forfeited when the captain of the team declares that such a skey is forfeited. The captain is obliged to name the specific player whose Skeys are being forfeited. Once such a decision has been made, it is irrevocable.
- i) A decision by the captain that the Skeys of more than one player at a time be forfeited is not valid.
- j) If a player scores a set for his own team as well as the opposing team with his first skey, he may either pitch his second skey or he may demand that the next player of the opposing team pitches before he pitches again, that is, he will be allowed to withhold one skey.
- k) Should a player, however, score a set with his second skey, a player of the opposing team must first pitch or forfeit his Skeys, before a player of the first team pitches again.

RULE 12

1. Rain regulations
 - a) When rain prevents a match from being played, the controlling body has the right to decide whether the match should be considered as having been played or should be played at a later stage.
2. INTERPRETATION:
 - a) When the whistle is sounded for play to commence and rain makes playing impossible, the rain-whistle must be sounded immediately afterwards accompanied by an appropriate announcement.
 - b) Where rain stops a match in session, the points must be calculated according to Rule 1.8.

- c) When the whistle is sounded for rain, play MUST stop immediately and the score from the previous completed round is taken. When a dispute arises, an Umpire can be called.
- d) Interpretation: Last completed round means that the score could be taken or that an agreement with regard to the score was seen as possible without any evaluation/measurements.
- e) A rain whistle stops play immediately though the final whistle of the match may have been sounded. In such a case the score from the previous completed round is taken.
- f) When a match is stopped due to rain and is restarted within the stipulated time, players must be warned by means of an announcement that the restart whistle will be sounded in three minutes by the Umpire in charge or by the controlling body.
- g) If a match is stopped because of rain and the restart whistle has sounded and a team doesn't arrive for the completion of a match, the match is awarded to the team that is present.

3. INTERPRETATION:

- a) The infringing team doesn't score any points. Games already achieved are not taken into consideration.
- b) If both teams don't arrive for the completion of a match, no team will score any points.
- c) The umpire in charge determines the sounding of a rain whistle.
- d) Where more than one Umpire is appointed for a tournament (not the Chief Umpire) the umpires must decide amongst themselves who the Umpire in charge will be. This Umpire will be in charge of sounding the rain whistle.
- e) Where no Umpire was appointed the organisers or the controlling body will sound the rain-whistle.

RULE 13

1. Captain

- a) The captain is responsible for the correct managing of a match and his duties include the following:
 - b) Mutually inspecting the pegs that are being used before and during the match for compliance to the specifications (See S13 to S19).
 - c) Ensuring before and during the match that both the strings comply with specifications (S21 to S25).
 - d) Determines which team pitches first at the beginning of a match.
- e) 13.4

f) Determines the points scored; in other words as far as possible within his ability draws the string, which complies with the specifications, and positions the peg correctly, as far as possible within his ability performing the final moving of skeys to position the peg correctly, doing the final measuring between

2. INTERPRETATION:

- a) Each captain must have callipers that comply with specifications (S20).
- b) Confirms the score at the end of each round with the opposing team's captain.
- c) Once both captains have agreed on the score at the end of a round, the score can be changed. However, the mistake must be rectified during the next round. The round may be restarted.
- d) Ensuring that a struck peg is checked and is restored to its correct upright position.
- e) May request members of his team to assist in positioning the peg during the normal course of play.
- f) Ensuring that players do not voice their opinions while measuring is taking place by an umpire.
- g) Having sole responsibility for measuring except in the case where a fellow team member is asked to assist with the positioning of the peg and measurement.
- h) Ensuring that no player picks up or removes a skay without permission once it has been pitched.
- i) When an infringement occurs the skay/s must be returned as closely as possible to its original position and to the satisfaction of both captains. If no agreement can be reached, an umpire must be called in who can cancel the round.
- j) Only a qualified and registered coach, assigned to a specific team/s, may give advice to a team during a match. In the event of an infringement, it must be brought to the attention of the controlling body that can enforce the disciplinary code

3. INTERPRETATION:

- a) Advice is a comment that could influence a team's decision.
- b) Both captains together with the coaches must ensure that the rules aren't infringed upon.
- c) Only the captain of the relevant teams may request an umpire to officiate.
- d) Reglement C - Speelreëls Februarie 2014 35

RULE 14

1. Umpire

1.1. Umpire appearances

- a) Only the designated umpires that qualify according to Regulations of the Umpires' Committee (Regulations O of Jukskei SA), and ratified by the
- b) District / Province may officiate during
- c) District / Provincial matches.
- d) JSAUC may officiate during Inter-Provincial matches.
- e) Executive Committee of Jukskei SA may officiate during National matches.
- f) INTERPRETATION: The above includes all matches of regions/provinces, B&C tournament and Masters tournament.
- g) Umpires for International matches are appointed by the IJF.
- h) A ruling by the Umpire is final and binding.

2. INTERPRETATION:

- a) An Umpire may use any equipment deemed necessary to deliver a just ruling.
- b) No official matches may take place without the services of a qualified and affiliated umpire. Official matches are district, provincial, national, and international matches.
- c) An umpire may officiate a specific match in its entirety.
- d) An umpire may be called in for a specific decision.
- e) An umpire has the right to request the captains to assist him in carrying out his obligations in the sandpit.
- f) An umpire appointed for duty must be proactive in his approach when infringements of the following rules are observed: Players stepping on or over the line and unauthorized people interfering with the game.
- g) A non-acting umpire must refer any infringement that comes to his attention to the umpire on duty.
- h) Should the umpire find that the information given to him by the two captain's conflicts to such an extent that he is unable to make a correct ruling, he may obtain additional information from the players and appointed coaches of the two teams, to reach a decision. Should the additional information still not clarify the situation and he is thus still unable to make a correct ruling, he may nullify the round and instruct that the round be replayed.
- i) An umpire may sound the whistle (Similar to the rain regulation in rule 12.8) in any situation to end a match to ensure the safety of or to protect players and/or their property.
- j) The controlling umpire must report all reported offences by coaches (rule 15.5) to the controlling body.
- k) Reglement C - Speelreëls Februarie 2014

RULE 15

1. Coach

- a) The registered and identified Coach of a team is responsible for the motivation and coaching of the players and serve the team with advice for tactical decisions. There must be a caution not to dominate the game.
- b) The registered and identified Coach may not enter the sandpit(s) under any circumstance during a match. Interpretation: The Coach may not partake in the planting of pegs, measuring of skeys, preparing of the sandpit, drawing of the string, etc.
- c) The Coach must ensure that the players do not infringe on the pitching line.
- d) The Coach must, with the aid of the Captain, ensure that the rules of play are not violated. It must immediately be reported to the controlling body.
- e) Reglement C - Speelreëls Februarie 2014

5.5. LEVEL ACTION JUKSKEI RULES

5.5.1. METHOD OF PLAY

- a) A team consists of four players, one of whom is the captain.
- b) Each player plays with two skeys.
- c) The team captains mutually agree on the pitching order.
- d) Players pitch over a distance of at least 10 meters. Juniors under the age of 10 years, pitch the same distance as their age.
- e) The skey is held by the handle and is pitched underhand past the leg in a forward swinging motion towards a peg placed in a sandpit.
- f) An alternating method of play is followed: The first player of the team to begin pitches his two skeys, followed by the player of the opposing team.
- g) Thereafter the second player of the first team pitches, followed by the second player of the opposing team, etc.
- h) The string is drawn to place the peg in the correct position.
- i) If the string becomes loose or breaks during a game, it must be replaced.
- j) When the string has been drawn across the sandpit, the peg is placed exactly behind the knot.
- k) If the peg is knocked over and the skey remains in the place where the peg should stand, such a skey should be moved in the direction requiring the least movement of the relevant skey.

5.6. AIM AND SCORING:

- a) Entry-level Jukskei aims to score as many points as possible in a predetermined time (such as 30 minutes).
- b) Three (3) points are scored by knocking down the peg.

- c) One (1) point each is scored for the team with the most skeys laying closer than the opponent's skeys to the peg (within a radius of 460 mm).
- d) If team A has 3 skeys nearer to the peg than team B they score 3 points.
- e) The team with the highest score in the predetermined time wins the match.
- f) Tournaments are usually played on a round-robin basis.

5.7. INTERMEDIATE ACTION JUKSKEI RULES

5.7.1. METHOD OF PLAY

- a) The same as for Entry-Level Action Jukskei.

5.7.2. AIM AND SCORING:

- a) The aim of this level is to score as many points as possible in a pre-determined time period (for example 30 minutes)
- b) Three (3) points are scored by knocking down the peg, but pegs can be cancelled by the opposition.
- c) If team A knocks down six pegs and team B also knocks down six pegs, they are cancelled and no points are scored.
- d) One (1) point each is scored for the team with the most skeys laying closer than the opponent's skeys to the peg (within a radius of 460 mm).
- e) If team A has 3 skeys nearer to the peg than team B they score 3 points.
- f) The team with the highest score in the predetermined time wins the match.
- g) Tournaments are usually played on a round-robin basis.

5.7.3. EQUIPMENT

- a) The same as for Entry-Level Action Jukskei.

5.8. REËLS ADVANCED ACTION JUKSKEI RULES

5.8.1. METHOD OF PLAY

- a) The same as for Entry-Level Action Jukskei.

5.8.2. AIM AND SCORING:

- a) The aim of this level is to score in exact divisions of 11.
- b) Three (3) points are scored by knocking down the peg, but pegs can be cancelled by the opposition.
- c) If team A knocks down six pegs and team B also knocks down six pegs, they are cancelled and no points are scored.

- d) One (1) point each is scored for the team with the most skeys laying closer than the opponent's skeys to the peg (within a radius of 460 mm).
- e) If team A has 3 skeys nearer to the peg than team B they score 3 points.
- f) Should a team obtain more than a multiple of 11 points, the team will burst and return to nil
- g) Teams must try and obtain exactly 11, 22, 33,
- h) Tournaments are usually played on a round-robin basis.

10.83. EQUIPMENT

- a) The same as for Entry-Level Action Jukskei.

6. KGATI / NTIMO/ UGQAPHU/ INGQATHU

6.1 INTRODUCTION

- a) A rope jumping game

6.2 EQUIPMENT

- a) A skipping rope or different materials can be used to make a rope long enough for several girls and boys to jump over either one by one or simultaneously. In the absence of a rope, stockings or strips of clothes are tied together for rope-jumping.
- b) Rope size: 3.5 meters – 5 meters in length.

6.3 THE PLAY AREA

- a) A piece of open ground with an even and hard surface e.g. netball court. The ground shouldn't be covered with grass.
- b) The skipping rope should swing freely and the players should be able to jump over it with ease.

6.4 TEAM COMPOSITION AND ROLES

- a) A team shall comprise of six (6) players; three (3) males and 3 females, as two (2) players will swing the rope while the other four (4) jump over. Players can spontaneously join in the game or one player may do so.

6.5 GAME DESCRIPTION

- a) Two players can choose or be nominated to swing the rope. They take up positions opposite each other. These players swing the rope to form a loop and swing it low across

the surface of the ground (almost as though they are sweeping it). The other players jump over the rope when it reaches the lowest point.

- b) During spontaneous play, the players can jump over the rope in any order. However, they will go first.
- c) The game is played with rhythm and rhymes with the inclusion of traditional songs and well-known radio songs. The rhyme and traditional songs differ from area to area.
- d) The players decide on the styles played as well as the variation of the styles. For example, it can be decided that players must jump in the following pattern:
 - e) Jumping with legs together (landing together on both feet)
 - f) Jumping with a single leg
 - g) Alternating the legs
 - h) Skipping and dancing at the same time.

6.6 RULES

- a) No gymnastics movements are allowed.
- b) Players must sing while swinging the rope and jumping.
- c) Players should warm up before competing.
- d) The field of play must be a hard, grass-free surface.
- e) Dress code: preferably shorts; no tracksuits or long pants.
- f) Cones should be used to demarcate the playing area.
- g) Spectators and other teams are prohibited to make noise while another team is playing.

6.7 SCORING

8.7.1. The scoring is based on the following:

- a) Speed/fitness
- b) Co-ordination
- c) Variation of styles
- d) Rhythm
- e) Traditional songs

8.7.2. Players achieve a score out of 10 points for each of the above skills, judged by four (4) technical officials.

8.7.3. If a player makes a mistake either with the number of jumps, the type of jumping, he/she should try cover-up for that fault.

8.7.4. When one jumper goes out, then the next one will go in to have his/her turn. A specific order is followed until everyone has had a turn to jump.

8.7.5. The participants swinging the rope should be replaced and have a turn to jump.

6.8 UNIFORM AND DRESS CODE

a) A team may wear the traditional clothing of their own cultures or anything comfortable.

6.9 VARIATIONS

a) The swingers swing the rope. Players can also jump according to different patterns, for example, jumping three times, followed by ducking under the rope, which is swung over their heads on the fourth swing.

6.10 DURATION

a) Each team display shall be a maximum of 20 minutes.

7. KHO-KHO/ CAT & MOUSE/ IMPUKU NE KATI

7.1 INTRODUCTION

a) Kho Kho is a running and catching game that is played in the Sub-continent of Asia, namely India. It has its origin at Pune Gymkana which is in the state of Maharashtra. Kho Kho is one of the many traditional games played in India. This game involves chasing and touching a person. With its origin in Maharashtra, Kho Kho in ancient times was played on 'raths' or chariots and was well known as RATHERA. Kho Kho is a simple, inexpensive and enjoyable game.

b) This game demands a high level of physical fitness, stamina, strength, speed, techniques and self-control. This could also be considered a very aggressive game especially at the competitive level in the sense that it incorporates dodging, feinting and bursts of controlled speed which makes this game quite exciting and thrilling. To catch by pursuit – to chase, rather than just run – is the capstone of Kho Kho.

c) The game develops qualities such as obedience, discipline, sportsmanship, loyalty between team members and brings about and brings about a sense of team spirit.

7.2 PLAYING THE GAME

a) Kho Kho is a game played in two innings by 9 nominated players out of a squad of 12 including on each side including reserves. At the beginning of the play, 9 players start the game. One of the two teams becomes the chasers and the other team, the runners or defenders.

- b) In the game, the chaser pursues the runners; tags and touches the runner and makes them out. This inning lasts for 7 minutes.
- c) Eight members of the chasing team sit in a squatting position – with their knees on or above the ground – in their eight squares – basal points - on the central lane, alternately facing the opposite direction, while the ninth chaser – the lead runner and an active chaser, stands outside the playing field at the opposite end to that of the runners' entry point, ready to begin the pursuit.
- d) The chaser has to put their opponent – the runners – out, by touching them with their palms, but without committing a foul.
- e) All the action of Kho Kho is provided by the defenders, who try to play out the 7 minutes time, and the chasers who try to dismiss them.

7.3. DISMISSAL OF DEFENDER

7.3.1 A defender can be dismissed in four ways:

- a) If he/she is touched by the lead or active chaser who tries to dismiss him/her;
- b) If he/she goes out of the playing field;
- c) If he/she enters the field late – that is after 3 seconds;
- d) If the defender, after being touched by the lead or active chaser takes long to leave the playing field; and
- e) Touches the chaser; and touches a sitting chaser, he/she is given a warning, and a second warning he/she is given out.

7.3.2 A runner or defender is not given out:

- a) If in the act of the chaser getting a runner out, the chaser commits a foul, the runner is not given out, that is;
 - i) The chaser commits a foul while getting the runner out;
 - ii) The act of getting the runner out causes the chaser to commit a foul;
 - iii) The chaser pushes the runner out of the playing field.

7.4 FOULS

7.4.1 A foul is committed when:

- a) When the chaser changes direction;
- b) Steps outside the playing area (chasing or running team) i.e. any part of his body touching the ground on the other side;
- c) Chaser goes over the centre line;

- d) The sitting chaser faces one court and runs into the other court;
- e) The chaser receives a Kho other whilst not being in a squatting position;
- f) The sitting chaser gets up before he/she is given Kho;
- g) Kho was not said by a chaser when passing the Kho;
- h) The chaser utters any other word besides Kho;
- i) The chaser gives Kho to the extended arm or extended leg of a sitting chaser;
- j) The chaser with intent, aggressively tackles, kicks, punches, pushes a runner, he/she is given one warning;
- k) If the same chaser commits a second offence, he/she is shown a red card i.e. he/she is suspended for the rest of the match

7.5 THE GAME

- a) At the start of the game, the defenders enter the playing field in batches of three. After the third and the last defender of the batch is out, the next batch must enter the playing field, before a 'Kho' is given by the lead or active chaser.
- b) The defenders have full freedom of movement on both sides of the playing field, whereas, the chaser is only allowed to run in one direction only and cannot cross the centre line. An active or lead chaser can change position with a seated chaser, by touching him from behind by palm and calling out 'Khos' as the chase continues with a relay of chasers.

7.6 EQUIPMENT

- a) The equipment used in Kho-Kho is Whistles, Stopwatch, Linesman's flags, Cones / Beacons or Flag Pole to show 'no man's land', Record Sheets, and Stationery.

7.7 TECHNICAL OFFICIALS

- a) Chief Referee
- b) Umpire
- c) Linesman
- d) Time Keeper
- e) Two record clerks

7.8 IDENTIFICATION OF OFFICIALS

- a) It is recommended that Technical Officials be clad in the correct attire. This adds more professionalism to the game itself.

7.9 DURATION OF GAME

- a) At the end of the innings, there is an interval of 5 minutes and an interval of 2 minutes, in between the turns. Each side alternates between chasing and defending.

7.10 GAME SIGNALS

Start of play: The timekeeper blows "one long blast followed by a short blast";

End of play: The timekeeper blows "one long blast";

Foul: The umpire blows "one long sharp blast" and right hand straight and sideways;

Runner out: Umpire blows "one short blast" and right hand straight up.

7.11 SCORING

- Play out : 1 point
- Foul : ½ point
- Scoring : This must correspond with the whistle
- Final score : Number of players outnumber of fouls

7.12 TIMEKEEPER

- a) The timekeeper keeps the time of the turn. Starts and closes the turn of a match. Declares the completion of each minute by raising his arm.

7.13 SCORERS

- a) The scorers take down the order of the defenders or runners. He records the points scored and fouls or faults committed by the chasers. In the event the runner or defenders committing a fault or foul, a bonus point is awarded to the chasing team. The scores are then calculated and handed over to the referee, umpire or administration clerks. There must be a minimum of two scorers per match.

7.14 RULES FOR MATCH OFFICIALS

- a) 16.1 The umpires are expected to move about to follow the course of play.
b) 16.2 The timekeeper only blows the whistle for timing purposes, the start and end.
c) 16.3 The timekeeper raises his / her hand after every minute during play.

7.15 THE KHO KHO MATCH

- a) The Kho Kho match consists of two innings.
- b) An Innings consists of Chasing and running turns of 7 minutes each.
- c) An interval of 2 minutes between the chasing and running turns is given.
- d) An interval of 5 minutes between each inning is given.
- e) The follow-on:
 - i) May be given if the points earned by Team A or the chasers first exceed the points of the other Team B, the running team, by 9 or more points;
 - ii) Team A or the chasers may compel Team B or the runners to continue chasing in the next inning;
 - iii) Team A or the chasers may chase if Team B exceeds their initial score from the first inning;

7.15.1 League Matches:

- a) Teams get two points each for every league match won;
- b) If the scores after two innings are equal, both teams get one point for the league match.

7.15.2 Knock-out matches:

- a) If the scores after two innings are equal, an extra-inning is played to determine the winner.

7.15.3 Minimum defence inning:

- a) This is played in a knock-out match when the winner is not decided after an extra-inning;
- b) The number of runners is reduced to 3 or 5 per team.

7.16 DRESS CODE

- a) The players are free to use any type of clothing promoting free movement e.g. shorts and T-shirts or Team outfits.
- b) Players are advised not to run bare feet. Running shoes and takkies are allowed.
- c) Shoes or boots with metal studs are not allowed.

7.17 RULES FOR THE SOUTH AFRICAN NATIONAL GAMES

- a) The age restriction is 18 years and above.
- b) The players' jerseys must have numbers both and at the back for identification and record purposes.

- c) The number on the player's jersey must be maintained throughout the game and tournament.
- d) In the event of a foul or fault is committed by the chaser or runner who does not have a number on his jersey, a point would be awarded to the opposite team
- e) Runners are to be touched by the chaser by the palm of the chasers hand.
- f) In the event of a stoppage of play due to injury or unforeseen circumstances, the timekeeper would press pause on his stopwatch.
- g) To resume play, the lead chaser would resume position at the initial point of entry used at the beginning of the game.
- h) When a chaser touches a runner and in the process steps out of the playing field, the advantage is given to the runner and the chaser is given a fault.
- i) Runners, after being dismissed from the playing field, are to return to the starting point and standing at the back. Should a runner skip the order of entry, a bonus point would be awarded to the chasing team.
- j) Running / Footgear: Footwear having metal spikes would not be allowed as this could lead to serious injuries.
- k) The minimum gender requirement for any match is 4 males and 4 females.
- l) Any player found to be intimidating the umpire, linesman, officials or other players would be considered a serious offence and the player could face suspension.
- m) No substitutes would be allowed during the play of a game. Substitutes would only be made in the event of an injury.
- n) A player is given two warnings and the third would be a send-off from the ground;
- o) The suspended player would then have to skip a game;
- p) In the event of a serious default as considered by the umpire, no warnings would be given and a send-off from the playing field;
- q) Two send-outs would disqualify the player from the entire tournament/game; and
- r) Abusiveness and mocking of players would not be accepted and would call for a warning.

7.18 USE OF TECHNIQUES

- a) Any technique used by any participating team is permissible so long as it does not infringe upon the rules of the game and is applied consistently.
- b) In the event of the "swivel" method, every player must be in their correct position.
- c) Should any player be in an incorrect position, a default would be called for.

7.19 NO MAN'S ZONE

- a) The "No man's" would be indicated by means of a flagstaff. In the absence of a flagstaff, a cone would be used.

- b) The chaser does not necessarily have to touch the flagstaff or cone in order to change direction.
- c) To allow the chaser to change direction any part of his/her body could touch the "No man's zone".

7.20 MOVEMENT ALONG BASELINE

7.20.1. When commencing a chase from the base point, the following is permissible:

- (a) The chaser moves along the baseline so long as both feet are within the demarcated area; and
- (b) The chaser moves/runs in a straddle position with his/her feet on either side of the baseline.

7.20.2. The direction of the chaser:

- (a) Is determined by the moment both feet are placed on either the right or left side of the baseline; and
- (b) Is determined when he/she has one foot within the baseline and the other foot on either the right or left side of the baseline.

7.21 ISSUING OF CARDS

7.21.1. A player would receive a red card if he/she:

- a) Incites other players or supporters to disrupt the game.
- b) Assaulting or insulting players, match officials and supporters or spectators.
- c) Displays a negative gender attitude towards a player of the opposite gender.
- d) Using abusive language on the field.
- e) After being issued with two yellow cards.
- f) Make a deliberate attempt to rough tackle with intent to cause injury.
- g) A player would receive a yellow card if:
 - h) Obstructs other players during play.
 - i) Challenges the authority of a match official.

7.22. RULES OF THE TOURNAMENT

- a) All matches will be played according to National Rules.
- b) The league system would be used for all National Games.

- c) The points allocated are as follows: 2 for a win, 1 for a draw and 0 for lost.
- d) In the event of points being equal, the points of the matches played in the finals would be used to determine the winner.

7.23 PROTESTS OR GRIEVANCES OR OBJECTIONS

- a) All disciplinary cases would be conducted by the Chief Referee designated to oversee the games.
- b) In the event of the Chief Referee not being able to resolve the issues in question, this would then be tabled for the Dispute Committee's attention.
- c) The dispute committee will handle all disputes, protests and objections.
- d) All protests, grievances and or objections to be lodged in writing. This must be done verbally through the team captain to the Umpire / Referee during the game and a letter to be submitted 10 minutes after the game. The game could be played under protest.
- e) Written Protests should be accompanied by a fee of R500, 00. The R500, 00 will be refunded if the protest is upheld and will be forfeited if the protest is lost.
- f) The dispute committee's decision is final and binding.

7.24 DISCIPLINARY SANCTIONS

- a) The disciplinary committee has the authority to take the following actions:
- b) Issue verbal or written warning.
- c) Reprimand verbally or in writing.
- d) Deduct points from individuals or teams.
- e) Suspend individuals or teams from participating in the games.
- f) Decline individually or teams from participating in the games.
- g) Refer cases to the SAPS for further investigations and possible prosecution.

7.25 CODE OF CONDUCT

7.25.1 All those participating in the games, whether playing or simply being spectators are expected to abide by the following code of conduct.

- a) Play all games according to the rules prescribed in the Rule Book.
- b) Observe professionalism and ethical conduct.
- c) Respect and abide by the decisions of officials in and out of the games.
- d) Refrain from indecent acts and assaults, acts of intimidation, disrespectful, and abusive language.
- e) Objections from participants during the games should be lodged through their captains.
- f) No consumption of alcohol, drugs or abusive substances to be consumed.

- g) Abide by the athletes and officials oath.
- h) Anyone who is in breach of the code of conduct is subject to disciplinary action.

8. MORABARABA / MULABALABA/ MLABALABA

8.1 INTRODUCTION

- a) This is a well-known traditional board game and is played extensively throughout Africa and Asia. The traditional leaders used to select the best Morabaraba players to serve as advisors in their traditional councils. In Europe, an ancient form of the game was known as Twelve Men's Morris (according to the number of holes which could vary between three and twelve). Young children sometimes play a game which they call: Tic - Tac -Toe, Three-in - a - Row or "Noughts and Crosses ". For the aim of the game is to have your tokens cows lined up three in a row in order to take or shoot a token or cow from your opponent. Amongst some Afrikaans speaking players, this game is known as Meule or Oxo.

8.2 Equipment and Area

- a) A board made of wood with 24 junctions (circles or holes). This could also be drawn on the ground or on paper.
- b) Each player has 12 tokens or stones, known as cows. The tokens should be in different shapes or colours.

8.2.1 International Version

8.2.1.1 Team Composition and Roles

- a) Two players against each other.
- b) Male against Male and Female against Female.

8.2.2 STAGE ONE

- a) Each player starts with 12 tokens /cows on a clear board.
- b) Each player alternatively place one cow at a time in a hole/circle (junction)
- c) The aim is to create rows of three tokens with the same colour vertical, diagonal or horizontal.
- d) Cows may only be placed on unoccupied junctions. When a row of three tokens/cows is achieved, then the player may move (shoot) one of the opponent's cows.
- e) A player cannot shoot opponents three in a row cow if there are other cows on the board left which is not part of a three-in-a-row.

- f) A Machine gun is not allowed because it puts the opponent on the receiving end at a disadvantage
- g) Only one of the opponent's cows may be shot at a time, even if two (or more) lines of three-in-a-row are achieved with one move.
- h) Once a cow is shot it shall not be used in play again.

8.2.3 STAGE TWO

- a) When each player's 12 cows have been placed on the board, they may be moved from one junction to an unoccupied junction adjacent to that junction.
- b) Players may break their own lines of three-in-a-row in order to make new lines or to reposition their cows. Cows may be moved back and forth to the same junction repeatedly, therefore three in a row may be shot.

8.2.4 STAGE THREE

- a) When a player has lost all but three cows he/she may move a cow to any vacant junction on the board with each subsequent move (jumping)

8.3 RULES

- a) Extended time delays are not allowed.
- b) If required, a player will be given one minute during play to decide on his/her next move.
- c) A clock is to be used to time the one minute delay.
- d) If there is an extended delay, then the Technical official can: show a yellow card to the player delaying the match (as a warning) and a red card to the offending player. In this case, the opponent is rewarded with the game and players may proceed with their next game.
- e) In the event of players moving to the same junction continuously without opening for one another, they are allowed to do so but the Technical official can call in the Managers to explain to them the match situation and recommend a draw in order for the players to start with the next game.
- f) Players are not allowed to place their opponent's cows on the board by accident because those cows are no longer part of the game.
- g) Players may not touch or move their opponent's cows illegally.
- h) Touch by mistake or
- i) Move while not concentrating on what's happening on the board.

8.3.1. TOUCH IS A MOVE:

- a) When you place your hand over a cow on the board and your fingertips touch the board
- b) A move is when you slide your token / cow from one vacant junction to another guided by the lines on the board.
- c) Any official South African language may be used to communicate with players during play provided it is understood by both parties.
- d) Under no circumstances will coaching be allowed during play.
- e) All spectators will stand at least two meters away from the playing area except for the Media.

8.3.2. SCORING

- a) The game is over when one player cannot move any more cows or has lost all but two cows on the board.
- b) The game ends in a draw when a player is down to three cows and neither player is able to shoot an opponents cow within ten moves.
- c) When this reach players must bring it under the attention of the Technical Official to start the counting process.
- d) Managers
 - i) Will manage their team in a proper manner.
 - ii) Will be allowed to sit at a table close to the players while they are playing.
 - iii) Will deal with disputes on behalf of their team.
 - iv) Be the mouthpiece of the team in meetings.
 - v) Responsible for the behaviour and discipline of the team.
- e) Technical Team
 - i) Consists of Umpire, Technical Official, Time Keeper, Administrators.
 - ii) Will not dress in their provincial attire during tournaments.
 - iii) Will officiate any games even their own provinces.
 - iv) Will not be a representative of his/her province.
 - v) Will be loyal to the duties and will do it to the best of his/her ability.
 - vi) Will be fair in decision making and will always be assisted with other Technical Officials in decision making.
 - vii) Will always put the need of the participant ahead of his own.
 - viii) Will be punished if found that he/she does not comply with the code of conduct of Technical Officials.

- ix) Under no circumstances will technical officials be allowed to coach players during games.

9. NCUVA/ MORULA

9.1 INTRODUCTION

- a) Ncuva is a board game.
- b) NCUVA is originally played by men to while away time or boys at the grazing fields; it is currently enjoyed by people of all ages and either gender.
- c) NCUVA is used to sharpen the mathematical and strategic acumen of its players.

9.2 AIMS OF THE GAME ARE TO:

- a) Embrace cultural diversity
- b) Promote reconciliation and nation-building
- c) Enhance mental sharpness
- d) Compete, Socialise and have fun
- e) Capture as many cow's pebbles as possible in order to win
- f) Social cohesion

9.3 SKILLS THAT CAN BE DEVELOPED

- a) Computational and mathematical skills
- b) Tactical manoeuvre
- c) Ability to strategise
- d) Mental agility

9.4 EQUIPMENT

- a) NCUVA boards
- b) holes per row – beginners with 43 pebbles per player
- c) 24 holes per row for juniors with 91 pebbles per player
- d) 36 Holes per row for Seniors with 139 pebbles per player
- e) 48 Holes per row for Masters with 187 pebbles per player
- f) 1 x Stopwatch (for timekeeping)
- g) Fixture list (to indicate the sequence of play)
- h) Score sheet (for the recording of scores)
- i) 1 x Coin (for tossing)
- j) 96 Ncuva boards and 5000 marbles are needed for the games
- k) The committee does not restrict the provinces to bring their own boards for practising

- l) 40 tables will be needed for participants
- m) 6 tables for the officials to record points/results before being taken to the nerve centre

9.5 ATTIRE FOR PLAYERS

- a) x Track Suits
- b) x Golf shirts
- c) 2 x T-Shirts
- d) 1 pair of tekkies
- e) 1 x Cap
- f) 1 x Bag

9.6 PLAYERS, COACHES AND MANAGERS

9.6.1 NCUVA is an individual Sport composed as follows:

- a) Individuals play against each other as a player A and player B
- b) A team is formed by individuals from the same stable
- c) 6 x players (3 x males and 3 x females) per team
- d) x Reserve players (1 x male and 1 x Female)
- e) 1 x Manager and
- f) 1 x Coach

9.7 TECHNICAL OFFICIALS

- a) 1 x Technical official (Controls course of the game and submits score sheets to nerve centre)

9.8 HOW TO PLAY

- a) Toss a coin to decide who is a player A and who is a player B (assuming there are only two players)
- b) A player that wins the toss starts the game
- c) To start the game, Player A moves any four stones from his/her holes and places them in the next four holes.
- d) He/she moves in an anti-clockwise direction.
- e) When A has put down all the stones, he/she takes all eight stones directly opposite him/her from B
- f) He/she then places all eight stones in the next eight holes
- g) He/she has now completed his/her turn because all eight stones fall directly opposite to where the stones have already been removed.

- h) If during the game, A has only one stone in row 1, he/she must shift the stone until he/she reaches row 2.
- i) If however there are no stones belonging to B in a row, but in row 4, he/she may not take them. When A has completed his/her turn, B begins in the same way.
- j) A player or team is allowed to take the marbles or move one marble if there is only one left in the holes, e.g. "NKWIZI""THE BULL""MBOHO"" POO""INKUNZI". NO DEBATE
- k) A player or team is allowed to take the stones or move two stones in a hole if they are the last, e.g. "KHASHA". NO DEBATE.
- l) Here is only one player in a team to play or move stones.
- m) Once a player moves marbles, he/she does not turn back, it is a touch.
- n) A player or team that wants to count should first ask or request to count and will be given permission to count or to do so, by his/her opponent.
- o) A player will be given one minute to read or assess their game after a minute they must play.
- p) A player that finishes the marbles of the opponent is a winner
- q) If both players remain either single stones in the hole, a player who has the emptiest holes to move on is the winner.

9.9 GENERAL NCUVA RULES

- a) A player that cheats will be disqualified
- b) A player that wins the game will receive or be awarded three points
- c) A player that ties will play a deciding game.
- d) A player that plays a tie (in points), a goal difference will decide a winning team.
- e) A coach will not coach during the gameplay
- f) One official will officiate each game for records
- g) The score sheet will be prepared by the federation.
- h) The game is a round-robin.
- i) The technical official will not officiate the game of their own province.
- j) The game has got no age restriction.

9.10 TIME

- a) Every player must play within two (2) minutes after their opponent has played.
- b) A player that prolongs more than two (2) minutes, would have transgressed

9.11 FOUL / PENALTY

- a) Upon noticing a delay, the technical official will warn the offending player to play within two (2) minutes failing which the player will lose the game.
- b) Coaching during the game result in the player being officially disqualified.

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