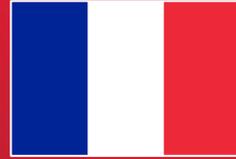


La Marelle

(Hopscotch)



Aim of the game: Starting from the earth (“Terre”), to reach the sky (“Ciel”) by jumping on the various boxes of the “Marelle” as quickly as possible

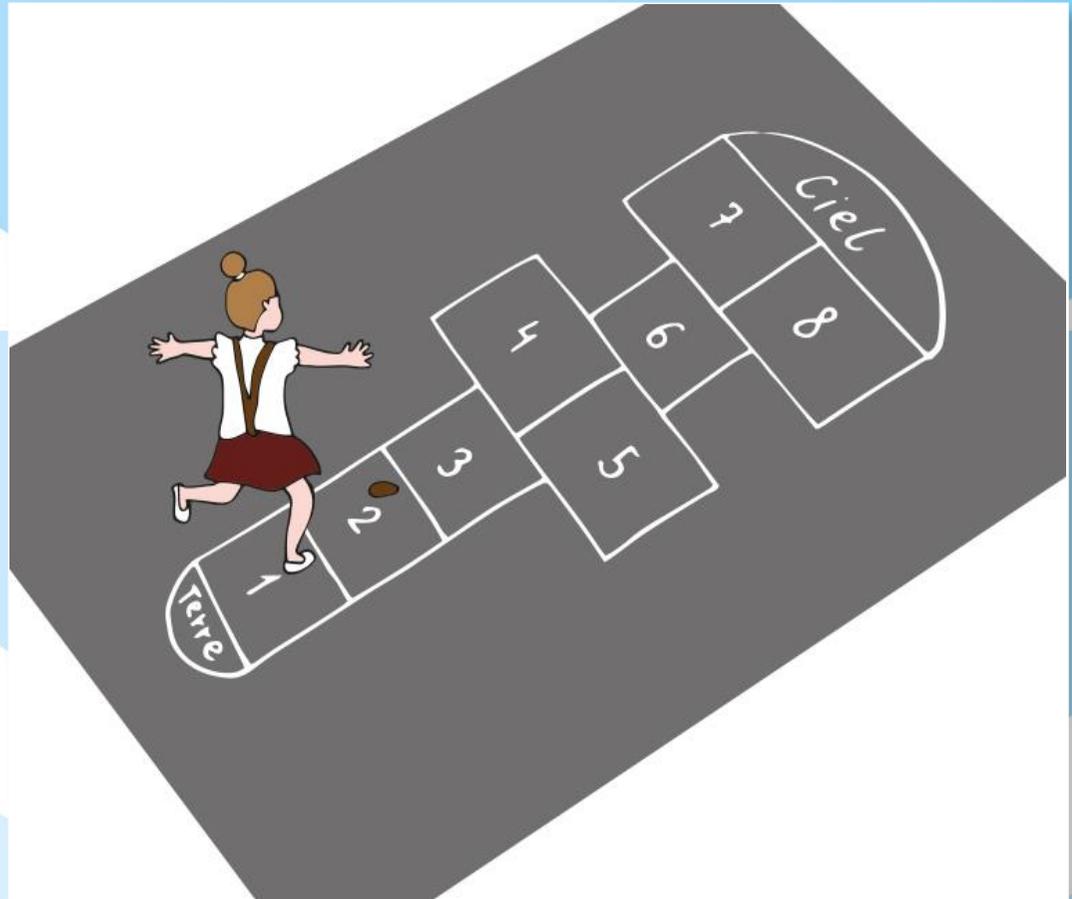
Set up: Draw the “Marelle” either on a dirt field or with chalk on asphalt, as shown in the illustration.

Rules:

The player starts from the “Terre” box and picks up the stone. S/he throws it with his/her hands into the first box and then hops on one foot into this box. S/he picks up the stone (remaining on one foot) and throws it into the 2nd box and hops into it, and then throws it in the 3rd box and hops on it. The stone thrown on either the 4th or 5th box is followed by a jump with both feet (left foot on the 4th box, the right foot on the 5th box). The game continues on until the player reaches the “Ciel”, where a player can stand with two feet. Then, the player must come as fast as possible back to “Terre” without throwing the stone, jumping with two feet on boxes 7 & 8 and 4 & 5, and on hopping on one leg on boxes 6, 3, 2 and 1.

One’s turn ends when the stone goes out of the “Marelle,” a box is missed, a foot lands on the line, or, if one’s balance is lost. It is then the next participant’s turn to play, starting from “Terre.” Once their turn come again, players that faulted must re-start from the box where a fault occurred.

The winner is the first player that manages to go back to “Terre.”



Equipment and Materials:

Chalk to draw the “Marelle” ; one little stone per player

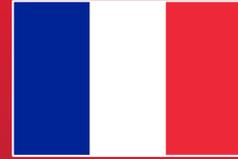
Age:
3+

Number of players:
1-6 per Marelle

Duration:
Unlimited.

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Co-funded by the European Commission

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The Association For International Sport for All

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Teaching Style

1. Provide clear and simple instruction.
2. Demonstrate the game.
3. Use a buddy system, with one player throwing the stone and one player moving to targeted box.
4. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. A ramp may be used with a boccia type ball to assist players with throwing
2. Range of materials can be used that vary in weight, size, texture, density e.g. easy to grasp bean bags or bigger stones.
3. A grabber (or equivalent) maybe used to help pick up the stone/bean bag.

Rules

1. A player can have several attempts to land the stone in the target box without being penalized.
2. The player can have the option to kick or push the stone.
3. For wheelchair users, use different option to move through the boxes e.g. only 2 wheels can touch the ground, or they have to spin around in a circle before moving onto the next box



Environment

1. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles.
2. Increase / decrease the size of the target boxes.
3. For people with visual impairment, mark borders and box numbers using thick strings or an embossing painting.
4. For wheelchair users, enlarge the size of the boxes.

