La Rana

(The Frog)

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Aim of the game: To throw the iron discs into the table's holes and score as many points as possible

Set up: Set the throwing distance by age and ability and draw a throwing line. Place the Rana table on the ground.

Rules:

There are two teams of two players and one substitute team. Participants of the first team have to do all the throwing, followed by the members of the second team. Each player must throw 10 disks during his/her turn from a distance of 3,5 m, and try to get the discs enter into the Rana table's holes. If a player passes the throwing line, the throw is not valid. In "Castilla y León" (Spain) the following competitive scores are established:

Frog's hole   50 points
Mill hole   25 points
Bridges holes   10 points
Other holes   5 points

Each teams' points are added up and the one that scores the highest number points wins the game.
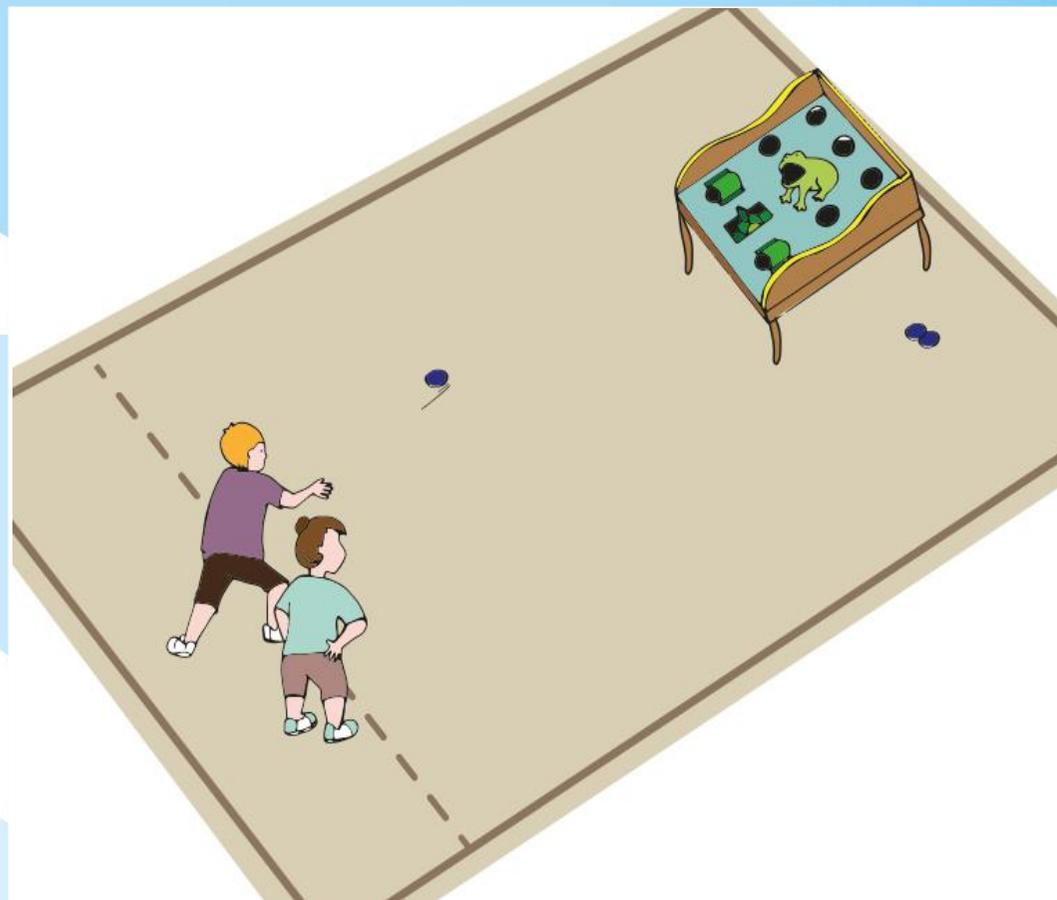
Equipment and Materials: Rana table, with 9 holes, 10 iron disks of 38 mm (in diameter) and 60 grams of weight (coins can be used), a place that can accommodate a of 7 m x 2 m area.

Age:
6+

Number of players:
2 or 3 teams of 2 Players each

Duration:
Unlimited

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Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the team
3. Practice games before introducing scoring
4. Encourage players to communicate throughout the game
5. Safety instructions to be tailored to the environment and participants playing the game

Equipment

1. Range of discs can be used that vary in weight, size, speed, texture, density etc.
2. Audible equipment can be used (e.g. rattle disc, buzzers at the 'holes')
3. Brightly coloured equipment can be used

Rules

1. Introduce a time limit to the game
2. Increase/decrease number of players on each team
3. Vary the way the thrower releases the disk (e.g. It is rolled, a ramp is used)
4. Vary the points allocated to each hole according to team ability

Environment

1. Increase/decrease the playing area/distance to holes (E.g. Replicate the game onto a playing field)
2. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

UNIVERSABILITY