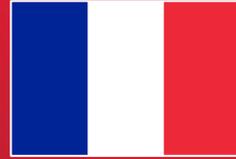


La Tomate

(Tomato)



Aim of the game: To eliminate other players by hitting the ball under the opponent's spread apart legs

Set up: Any indoor or outdoor free space.

Rules:

Players form a circle facing inwards, legs spread out with feet touching those of the player next to them. Players bend down and form a fist with their two hands that they place in front of the opening in their spread legs.

The ball is thrown into the circle by the instructor and the game starts. The players must use their fists to hit the ball and try to pass it under the legs of the other players. They must also defend themselves by using their fists to avoid having the ball pass under their own legs.

When the ball passes under a player's legs, that player must put one hand behind the back and continue playing with one hand only. If the ball passes a second time under the player's legs, he/she must turn around and face out of the circle. That player can use two hands formed in a fist to continue playing. The third time the ball passes through the player's legs, one hand must be put behind the back, and on the fourth time, the player is eliminated. The game continues until there are only two players left in the game. They are the winners.



Equipment and Materials:

A light plastic or sponge ball the size of a football

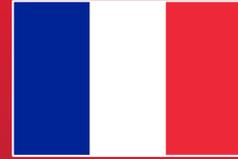
Age:
3+

Number of players:
5+

Duration:
Unlimited

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Co-funded by the European Commission

TAFISA
The Association For International Sport for All

Let's Inclusivize TSG!

Teaching Style

1. Provide clear and simple instruction.
2. Appoint a referee to keep score and to adjudicate.
3. Practice game can be played for a set time period before starting the game that results in eliminating players.
4. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Range of balls can be used that vary in weight, size, speed, texture, density etc. to increase or decrease speed.
2. Audible equipment can be used (e.g. bell or rattle ball).
3. Brightly coloured balls can be used.
4. For wheelchair users, have a target area on the foot plate of the wheelchair. Have this target area brightly coloured. Allow the wheelchair user to use a foam tube to block the ball hitting the target area.

Rules

1. Reduce the speed of the game by allowing players to hold the ball for 3-5 seconds before rolling it again.
2. Omit the rule to face outwards from the circle.
3. Allow for the ball to roll several times e.g. under a players legs before being eliminated.
4. Add extra rules e.g. for younger children, the referee gives instructions e.g. "hit the ball with one hand", "hit the ball with two hands", etc. When the player does not follow the referee's instruction the player lays still on the floor.

Environment

1. Increase/decrease the playing area by increasing or decreasing the number of players.
2. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles.

