

Tyren I det røde hav

(The Bull in the Red Sea)



Aim of the game: Participants need to be fast enough to run out of the bull's reach.

Set up: Indoor or outdoor free space (e.g. park, school backyard, gym) that allows the players to move back and forth within the formed circle.

Rules:

A piece of rope is adjusted length-wise according to the number of players in a circle by tying the two ends of the rope.

The participants face the middle and hold on to the rope at the height of their hips. A catcher – the Bull – is in the circle and must now try to catch one of the players by touching his/her hands or body. The participants standing outside the circle are cooperating and trying not to allow The Bull to approach someone from the circle. To be safe they are free to let the rope loose and run backwards in case the Bull is approaching, but the rope must not fall onto the ground. If this happens, The Bull can break out of the circle, chase and catch the one who let the rope go.

If a player is caught, roles are changed with the Bull, and the one who gets caught is the new "Bull in the Red Sea".

It is important to keep the rope at the height of the hips to avoid the hazard of touching the Bull's neck. Nylon ropes should not be used as they are elastic, and might sting or burn.



Equipment and Materials: One rope between 10-15 m. long

Age:
10+

Number of players:
6-30 per team

Duration:
10-30 min.

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Teaching Style

1. Provide clear and simple instruction
2. Encourage players to communicate throughout the game
3. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Use a brightly coloured thick rope
2. Attach bells to the rope if needed
3. Allow people with mobility issues to use a piece of equipment (e.g. a soft foam tube) to catch while the bull

Rules

1. Have a time limit on being the bull and ensure everyone gets a turn
2. Change the way of moving to walking/hopping/skipping etc
3. Increase/decrease the number of players holding the rope

Environment

1. Increase/decrease the size of the circle
2. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

