

# Balders bål

(Vikings' Fire)



TAFISA  
**RECALL**

Games of the Past – Sports for Today

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**Aim of the game:** Players have to pull an opponent into the center of a circle (“the fire”) and thus avoid ending up there themselves.

**Set up:** Indoor or outdoor free space (e.g. park, school backyard, gym) with friendly, soft surface.

## Rules:

The participants hold hands and form a circle.

In the circle a rope forms another circle called the Vikings' Fire.

Players must keep hands held and try to throw others into the circle.

The one who is thrown into the fire goes out of the circle, and the game continues until only one is left.

Every time one is out, the fire is made a little smaller.

If in the heat of the battle one loses hold of a neighbor's hand, the offender goes out.

## Warning:

Put rings, bracelets and watches away as they might cause injuries.

The game should be played in any indoor or outdoor area that allows the players to move within a formed circle.



**Equipment and Materials:** One rope between 5 and 10 meters long

**Age:**  
10+

**Number of players:**  
6 - 30 per team

**Duration:**  
10 - 30 min.

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## Let's Inklusivize TSG!

### 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. Range of rope that vary in weight, size, colour and material can be used
2. Instead of a circle in the middle, a person could be the one that needs to be touched and actively tries to touch one of the players

### Rules

1. Increase / decrease the number of players
2. Play blind-folded and as soon as somebody is pulled into the inner circle the instructor (who is not in the game) can give an acoustic signal
3. Players are allowed to stand on one leg at a time only
4. Divide the circle into two teams



### Environment

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

