



# Sal out

For generations, this game has been enjoyed by children in Guyana, from the remotest regions to busy urban areas.

**Age:** 6+

**Players:** Two equal teams of at least four players.

**Pitch:** The pitch is drawn using chalk or a stone (if playing on earth). It consists of a vertical bar, crossed by three long, horizontal bars at the top, middle and bottom. At one end of the vertical bar is a circle.

**Time:** Unlimited.

**Rules:** There is an attacking team and a defending team. At least one player from the defending team stands in each of the bars.

The attacking team assembles in the circle. The game begins when one of the defenders tags one of the attackers in the circle. The attacker then become 'salman', and has to run to the end bar and back without being tagged by a defender. If salman is tagged, they are out.

Once salman passes the end bar and is on their way back, another attacking player becomes salman too, and begins their run of the length of the pitch. If the new salman is caught, they are out. Each attacking player takes a turn at being salman.

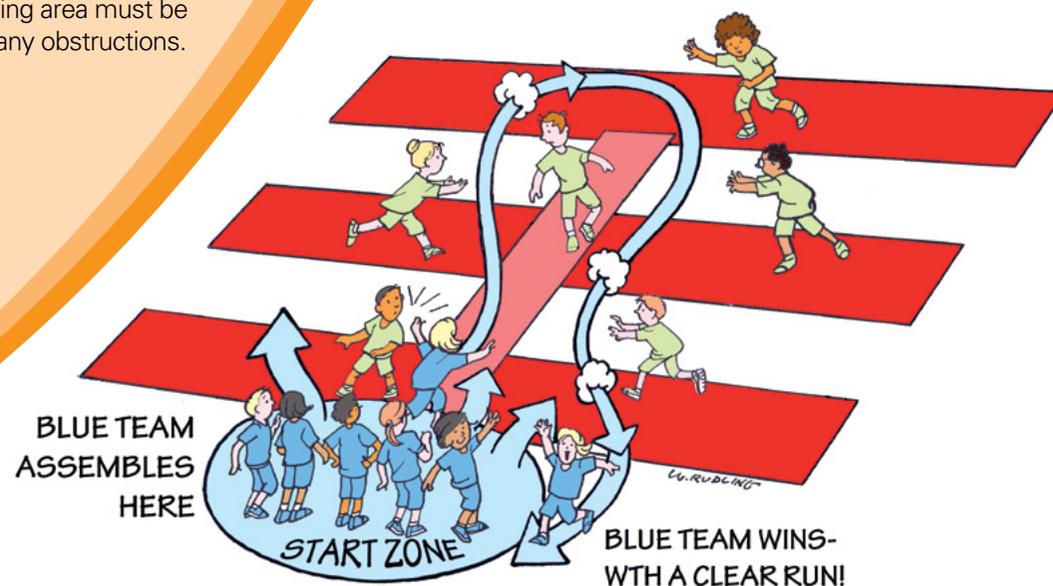
The teams swap over once every attacking player has been salman.

## Scoring

- The defending team scores one point for each salman they tag.
- The attacking team scores one point for each clear run a salman makes.

## Safety

- Players should warm up before the game starts.
- The playing area must be clear of any obstructions.



**Adaptations and variations**

*Easier*

- **Space:** Increase the playing area.
- **Task:** Create a 'safe zone' at the top of the pitch where salman can pause before running back to the circle.
- **Equipment:** NA
- **People:** Reduce the number of players on each team to three.

*Harder*

- **Space:** Decrease the size of the bars.
- **Task:** Every salman must make a clear run for the attacking team to win.
- **Equipment:** NA
- **People:** Increase the number of players on each team.

**Skills developed**

- Teamwork
- Agility
- Speed

**This activity can be used as**

- A skill development activity
- A game

**Who could use this card?**

- Young leaders

