

Garrote Aragonés



Aim of the game: The game of the Pica (stick) is to put two people at the ends of a long wooden stick and measure their strength while pushing each other.

Set up: The playing field is not specific: a line or circle can simply be drawn on the ground.

Rules:

A line is drawn in the middle between the two picadors (players), and the first to reach the line is the winner.

The alternative could be drawing a circle of one and a half times the size of the stick; and the player who is pushed out of the circle loses.

The rules are established in each competition depending on the circumstances.

To start the game you have to make the conditions clear: normally you should balance the stick to determine the exact centre, and decide whether to hold the stick with one or two hands; players must be in the same position and at equal distance from the circle or line drawn on the floor; usually, the competitions are conducted between players with similar physical characteristics.



Equipment and Materials: The material is a hard wooden stick of about 2 meters.

Age:
6+

Number of players:
1 against 1

Duration:
Unlimited

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Teaching Style

1. Provide clear and simple instructions
2. Balance the ability level of the players
3. Practice games before starting competition
4. Safety instructions to be tailored to the environment and participants playing the game

Equipment

1. Increase/decrease the size of the stick
2. Brightly colored equipment can be used

Rules

1. In another variation instead of pushing the stick you can pull it
2. Play with only one hand instead of two



Environment

1. Increase/decrease the size of the circle drawn around the players

