



Dis+Abled

S P O R T P R O J E C T



GAME - ALKA
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

<https://disabled-erasmus.org/>



HISTORY (ORIGINS, DEVELOPMENT)

Alka is a Croatian game of chivalry. It is held every year on a Sunday in the first third of August in Sinj, on the anniversary of the victory over the Turkish invaders on August 1715. On that day, 700 Croatian soldiers from Sinj managed to repel the onslaught of the 60,000-strong army of the Turkish serasker Mehmed Pasha Čelić.

On November 15, 2010, the Alka of Sinj was registered on the UNESCO list of Intangible World Heritage in Europe.

The original Alka has been running for over 300 years in the Dalmatian hinterland, and Alka moto has been running for over 40 years in the continental part of Croatia, while the **Alka for people with disabilities** has been running for ten years.





RULES

I. Equipment and Setup

- The Alka Target:
 - Placed at a height of 250 cm from the ground.
 - Comprises a central small circle and three surrounding fields.
- Spears: The spears used for throwing are 250 cm long.
- Track: The game is driven on asphalt or a similar hard and flat track.
- Competitor Speed (for people with disabilities): The speed on arrival at the target should be 10 km per hour.

II. Participants

- Age Limit: There is no age limit for competitors.
- Number of Competitors: The number of competitors is not limited.

III. Gameplay

- Rounds: Each competitor takes three turns (drives three times) to throw the spear at the Alka target.
- Objective: To hit the Alka target with the spear to accumulate points

IV. Alka Value (Points) and Terminology

The different fields of the Alka target are worth varying points, and local dialect terms are used to describe hits:

- 3 Points:
 - Small Circle: Hits the small central circle.
 - Local Term: "in Wednesday"
- 2 Points:
 - Upper Field: Hits the upper field above the small circle.
 - Local Term: "in two"
- 1 Point:
 - Lower Fields: Hits either of the two lower fields to the left and right of the big circle.
 - Local Term: "in one"
- 0 Points (No Hit/Miss):
 - "to nothing": If the alkar (competitor) touches the Alka with the spear but does not hit a scoring field.
 - "missed": If the Alka is not hit at all, and remains intact.



V. Special Scoring Cases

- Extraordinary Catch: If an alkar knocks the Alka target's hook off its holder with a spear, and then successfully catches it in flight and impales it on the spear:
 - They are awarded the points for the hit area plus an additional three points.
- Invalid Hook Impalement: If the alkar impales the hook on the link of the hook holder with a spear (rather than the hook itself being knocked off and caught):
 - This is considered a "to nothing" (0 points).

VI. Winning the Game

- Winner: The competitor who accumulates the most points from the sum of their three drives is the winner.
- Tie-breaker: In the event of a tie (same number of points), an additional race ("overtaking") takes place between the tied competitors until one person scores more and wins.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

A. For people in wheelchairs:

1. You can easily reduce the height in which you hang the Alka,.
2. Organise it on a flat surface, without any obstacles.
3. You can use shorter spears for a more comfortable experience.

B. For visually impaired people:

1. You can attach bells to the Alka for reduce the height in which you hang the Alka,.
2. You can use bright colours and/or add colourful elements, such as scarves, strings etc to mark the Alka.



Dis+Abled

S P O R T P R O J E C T



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

<https://disabled-erasmus.org/>