



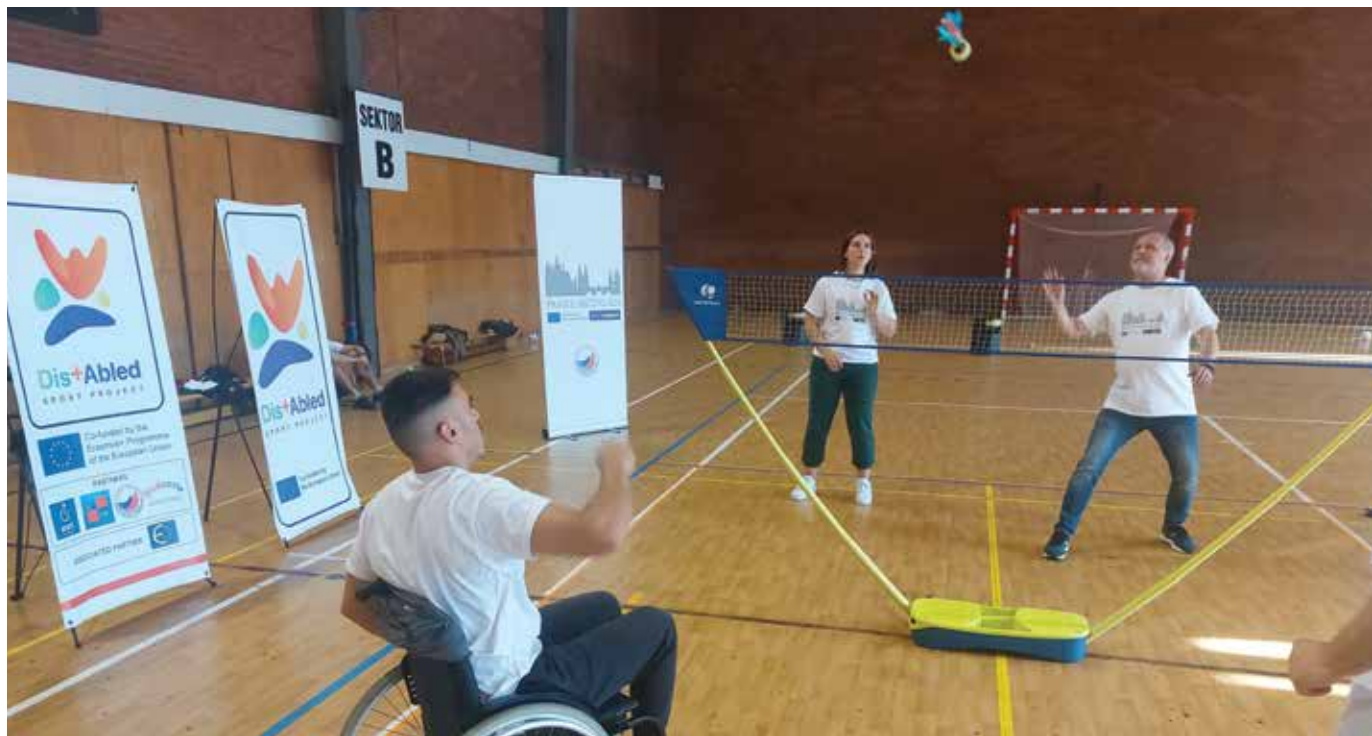
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S P O R T P R O J E C T



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

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INTRODUCTION (HISTORY)

Indiaca, also known as Peteca, is a game that is played with two teams of five players each. Game is popular because of possible modifications in number of players or variety of field of play. A peteca match is played to the best of the three games, singles or doubles.

The word peteca is derived from the Tupian word petek meaning hit (with the open palm). Over time, the word found its way into the Portuguese language.

Originally, peteca was played at times of celebration with dances and songs. Gradually, this play became more of a sporting activity. The game has been passed down through several generations by the Brazilian ancestors and has developed considerably along the way.

Early petecas were home-made affairs consisting of stones wrapped in leaves tied inside an ear of corn. A more sophisticated version was described in a Brazilian-English dictionary as "a leather pad with feathers stuck into it."

Pictures of the first petecas are few and far between, but on 30 May 1979, Brazil issued a set of four postage stamps depicting children's toys, to commemorate the International Year of the Child.

When Brazil was present at the 1920 Summer Olympics in Antwerp, Belgium the Brazilian athletes took with them some shuttlecocks for amusement on the ship and during the intervals between games. The game of peteca fascinated athletes from many other countries who wanted learn the rules of the game. The problem was that there were no rules - it was just for pleasure.

Peteca left the streets, the grass and the sand to become a field sport in Belo Horizonte in the 1940s.



It was in Belo Horizonte, the capital city of Minas Gerais state, that the toy shape was transformed to its current format, proper for competitive games. The typical peteca has four white chicken feathers attached to a base and connected to a bottom made with several thin layers of rubber. It was also in Belo Horizonte that the rules of the game were first written, as well as the first courts were built and the practice gained competitive sense with internal championships that were held in various social clubs of the city.

In 1973 the Peteca Federation of Minas Gerais (FEMP) was founded, confirming the pioneering spirit of a sport born and developed among the Brazilian people. From Belo Horizonte, the practice has spread to other Brazilian states, and from there to other countries, like France, that adopted the game as it is played in Brazil.



RULES

I. Equipment

The Peteca (Shuttlecock):

Description: A projectile that looks like a large shuttlecock, typically about 20 cm long and weighing around 42 grams.

Construction: Made of a rubber base, topped with feathers.

Types:

Regular Tournament Peteca: Has a flat base and a standard weight of 42 grams. The feathers are crimped and straight.

Mini-Peteca: Has a rounded rubber base attached to five or more rubber discs, resulting in a softer base on the hand.

Hitting: The Peteca is always hit with the palm of the hand; no racquets or bats are used.

Footwear: Sneakers with a firm grip to the floor are desirable.

Lightweight Gloves (Optional for Beginners): Beginners may find the rubber base hard on their hands, causing stinging. Lightweight, fingerless gloves (similar to those used in rugby) are suggested for comfort.

II. The Court and Net

Court Type: Played on wood, cement, or clay courts.

Court Dimensions: The field is divided by a high net, similar to a volleyball court.

Regular Indiacaca/Peteca:

Standard (General): Rectangular, usually 16m long and 6.1m wide.

Singles' Games: Played on courts 15m x 5.5m.

Doubles' Games: Played on courts 15m x 7.5m.

(For comparison, a standard volleyball court is 18m x 9m.)

Mini-Peteca: Played on a standard-sized badminton court.



- Net Height:
 - Men's Games: 2.43m high.
 - Women's Games: 2.24m high.
 - Children (8-12 years): 2m high.

III. Gameplay Objective

- Goal: To send the Peteca over the net into the opponent's court in such a way that they cannot return it.
- Hitting Rules:
 - The Peteca must always be hit upwards.
 - Players are not allowed to catch or hold the Peteca.
 - Each team is allowed a maximum of three hits to send the Peteca over the net to the opponent's side.

IV. Match Structure and Scoring

- Match Composition: A match is composed of sets. The number of sets is usually decided before the game starts (e.g., best of 3, best of 5).
- Winning a Set: Each set is won by the team that first scores 25 points.
- Winning Margin: A team must have a minimum lead of two points to win a set (e.g., 25-23, 27-25).
- Game Duration: An average game usually lasts around 45 minutes to an hour, depending on the number of sets played.

V. General Principles

- Fairness and Respect: Indica emphasizes fairness and respect for opponents. Unsporting behavior is discouraged and can be penalized.
- Age Inclusivity: Indica is a game for all ages. It is recommended for children as young as six, as it aids in developing hand-eye coordination, agility, and teamwork. There are no upper age limits for players.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

In terms of adaptations for players with disabilities, the game can be modified to accommodate different needs. For example, the height of the net can be lowered, the size of the court can be adjusted, or the Peteca can be made lighter. Overall, Indica is a dynamic, fun, and inclusive game that promotes physical activity and teamwork. It has a unique cultural heritage and continues to grow in popularity around the world.

Sports can be practiced by people with visual impairments in cooperation with play assistants. Wheelchair players can also easily be part of the game because dynamics of the game depends just on players.





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