



# Dis+Abled

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



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

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



## INTRODUCTION

Wołany is a movement game, which also has different names in Poland, among others, gogi, stójka or kluchy. In Denmark it is called Stanto.

## DESCRIPTION OF THE GAME

Also known as "Stop!" is a simple and fun game of quick reactions and strategic evasion, suitable for all ages. It's great for indoors or out, using a soft ball or similar objects.





## RULES

### I. Equipment

- Soft Ball: Or other soft and light objects such as soft pillows, bean bags, or rolled-up newspapers.

### II. Setup

1. Form a Circle: All participants form a small circle.
2. The Tosser/Chaser: One person goes inside this circle with the soft ball in hand.

### III. Gameplay Objective

- Person with the Ball: To toss the ball, call a player's name, and then try to hit that player after they "stop."
- Other Players: To run away quickly and then freeze when "stop!" is called, avoiding being hit.

### IV. How to Play

1. Toss and Call: The person inside the circle tosses the ball (or other soft object) upwards and immediately shouts the name of a selected player (e.g., "Elisa!").
2. Run and Freeze:
  - As soon as the name is called, everyone else (including the called player) starts running away in different directions, moving as far as possible from the person with the ball.
  - The called person's task is to catch the thrown object.
  - As soon as the called person catches the object, they must immediately shout: "One, two, three, stop!" (or just "Stop!").
  - When the other players hear "Stop!", they must immediately freeze and stand still in their current position.
3. Steps and Throw:
  - The person with the ball can then take three steps in any direction they choose (towards a player, or to gain a better angle).
    - Note: For smaller spaces, you can set a rule of taking only one step, or no steps at all.
  - After taking their steps, they try to hit the selected participant with the ball. Remember, the object must be soft!
4. Role Switch:
  - If the player is hit: The hit participant goes inside the circle, becomes the new "Tosser/Chaser," and the game restarts.
  - If the player is missed: The original "Tosser/Chaser" remains in the middle, and the game repeats with them calling another name.

### V. Winning and Losing (Optional Competitive Rules)

- Basic Game: This game traditionally has no winners or losers; it's played for fun until participants get bored.
- Competitive Variation: To make it more competitive, you can introduce a "warning" system:
  - If a person is hit, they receive one "warning."
  - After a specified number of warnings (e.g., three), that person is eliminated from the game, and play continues without them.





## INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

Wofany is a very funny, running game that gives the participants a lot of joy.

### The possible adaptations for playing with people with disabilities:

A. For people in wheelchairs:

1. Organise it on a flat and safe surface, without any obstacles.
2. People in wheelchairs can have assistants, helping them, for instance, catching the ball, passing it to them and/or helping them moving around the playing field, especially in order to be as far as possible from the person with the ball.

B. For visually impaired people:

1. Use a ball in bright colours and/or add colourful elements, such as scarves, strings etc.
2. Use sound elements, like bells, which can be attached to the ball.





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Co-funded by  
the European Union

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