



Dis+Abled

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



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

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



HISTORY

This is a traditional Lucanian game of skill and strength, where players aim to launch a small wooden piece as far as possible using a longer stick.

RULES

I. Equipment

- Small Piece of Wood (The "Mazzetto"): Approximately 15 cm long with pointed ends.
- Long Stick (The "Lancio"): Approximately 50 cm long.

II. Setup

1. Playing Area: Find an open area suitable for throwing.
2. Starting Circle: On the ground, draw a circle. This circle serves as the starting point for launching the small piece of wood.
3. Positioning the Mazzetto: Place the small piece of wood (the "Mazzetto") inside the drawn circle.

III. Gameplay Objective

- The game consists of trying to hurl the small piece of wood (Mazzetto) as far as possible by hitting one of its pointed ends with the long stick.

IV. How to Play

1. Initial Hit:
 - The player uses the long stick to hit one of the pointed ends of the small piece of wood (Mazzetto).
 - The goal of this initial hit is to make the Mazzetto pop up or flip into the air.
2. Second Hit (Launch):
 - As the Mazzetto is in the air, the player quickly positions themselves and uses the long stick to strike the Mazzetto again, aiming to launch it as far as possible from the circle.

V. Winning (Implied)

- While not explicitly stated, the game's objective implies that the player who successfully hurls the Mazzetto the greatest distance would be the winner. Measurements would likely be taken from the edge of the starting circle to where the Mazzetto lands.



YOGANDO: GENERAL RULES

- Game for ages 3 to 99 years old From 4 to 10 or more people With 15 illustrations showing the most common yoga postures and their variations, "The Path of Yoga" offers, in a playful and accessible way, the "Yogando" opportunity for everyone to practice in groups or pairs, making each session a space for learning, play, and connection. Contents: 19 cards in total: 15 yoga postures + 1 story card + 1 relaxation card + 3 cards with the game rules. Necessary Materials: Mats, towels, blankets, chairs, blocks, straps, and unlimited creativity.
Important: If there is any participant in the game who requires special assistance, they must be accompanied by their assistant. Each participant or assistant must take responsibility for not forcing a posture and must be aware of their own limitations, thus acting accordingly.

GAME RULES "YOGANDO 1: STATUES"

Game Objective: Have fun, recognize, create, and perform yoga postures.

Forming Groups: Divide the players into two teams, Group A and Group B, with at least two people in each.

Selecting the Starting Group: Choose the group that will start the game randomly. Let's assume Group A is chosen to start.

Selecting and Presenting Cards:

- Group A selects 6 yoga posture cards and shows them to Group B.
- Group B observes the cards to memorize the postures and their names. Preparing the Teams: The two groups stand facing each other, in two circles or rows, as they prefer. Starting the Turn:
- A member of Group A selects one of the 6 previously shown cards and mentions the name of the posture to Group B (without showing the image). Performing the Posture by Group B:
- The members of Group B must try to perform the mentioned yoga posture. They can collaborate with each other so that one or more members do the posture.
- Supports (such as chairs, partners, walls, straps, etc.) are allowed to help perform the posture. Creativity and a playful spirit are essential. Assigning Points:
- If Group B manages to do the posture correctly, they win the card as a point in their favor.
- If they fail to do it, the card remains as a point for Group A. Changing Roles: At the end of the turn, the roles are reversed. Now Group B selects a posture for Group A to perform, following the same process. End of the Game and Winner: The game continues alternating turns between the groups until all the cards have been used. The team with the most cards at the end of all rounds is the winner.
- Additional questions or need more details, do not hesitate to let me know.





GAME RULES "YOGANDO 2: GUESS WHO"

Game Objective: Have fun, guess, create, and perform yoga postures.

Forming Groups: Divide the players into two teams, Group A and Group B, with at least two people in each.

Selecting the Starting Group: Choose the group that will start the game randomly. Let's assume Group A is chosen to start.

Selecting and Presenting Cards:

- Group A selects 6 yoga posture cards and shows them to Group B.
- Group B observes the cards to memorize the postures and their names. Preparing the Teams: The two groups stand facing each other, in two circles or rows, as they prefer. Starting the Turn:
- A member of Group A chooses one of the 6 cards and shows it only to the members of their own team.
- Group A discusses how to perform the posture indicated on the card, using supports (such as chairs, walls, straps, etc.) and collaborating to execute it creatively and funnily. Guessing the Posture by Group B:
- While Group A performs the yoga posture, Group B must observe and try to guess the name of the posture they are representing. Assigning Points:
- If Group B correctly guesses the name of the posture, they win the card as a point in their favor.
- If Group B fails to guess the posture, Group A keeps the card as a point for their team. Changing Roles: Once the card is assigned, the roles are reversed. Now Group B selects a posture for Group A to try to guess, following the same process. End of the Game and Winner: The game continues alternating turns between the groups until all the cards have been used. The team with the most cards at the end of all rounds is the winner.





GAME RULES "YOGANDO 3: TELL ME A YOGA STORY"

Game Objective: Have fun, guess, create, and perform yoga postures.

Forming Groups: Divide the players into two teams, Group A and Group B, with at least two people in each.

Selecting the Starting Group: Choose the group that will start the game randomly. Let's assume Group A is chosen to start.

Selecting and Presenting Cards:

- Group A selects 6 or more yoga posture cards and shows them to Group B so they can memorize the postures and their names.
- Group A can decide whether to use an existing story associated with the cards or create a new story in which the selected postures become the characters of the story.

Preparing the Teams: The two groups stand facing each other, in two circles or rows, as they prefer.

Telling the Story and Performing the Postures:

- A member of Group A begins to tell the story, using the selected cards as characters. Each time they mention one of these characters, Group B must perform the corresponding posture.
- Group A can repeat the characters in the story so that Group B does the postures several times, according to the rhythm of the story.

Collaboration and Support for the Postures:

- The members of Group B collaborate to perform the mentioned postures, either individually or by helping a partner.
- Supports such as chairs, walls, straps, etc., are allowed, with an emphasis on creativity and fun.

Assigning Points:

- If Group B manages to do all the postures correctly to the rhythm of the story, they win the character cards as points in their favor.
- If Group B fails to do all the postures on time or becomes uncoordinated, Group A keeps the cards as points.

Changing Roles: At the end of the story and the assignment of points, the roles are reversed. Now Group B tells a story, and Group A must perform the corresponding postures.

- End of the Game and Winner: The game continues alternating turns between the groups until all the cards have been used. At the end of all rounds, the team with the most accumulated cards is the winner.





INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

The idea is to generate a series of asanas - or postures - between disabled and abled people.

The adaptive nature of the postures are to adapt themselves to the individual possibilities of the participants according to their particular disabilities.

The "amigo - friend" part relates to the helper(s) of the disabled as participants of the posture.

Through these postures, the individuals, partner or teams can tell a story by means of the postures. The objective is interaction, creativity and fun.

Supports such as chairs, walls, straps, etc., are allowed, with an emphasis on creativity and fun.

Participant in the game who requires special assistance, they must be accompanied by their assistant. Each participant or assistant must take responsibility for not forcing a posture and must be aware of their own limitations, thus acting accordingly.



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