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



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

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HISTORY

Lippa 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.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting the Equipment:

- The "Mazzetto" (Small Piece of Wood):
 - Larger Size: Make the mazzetto larger, wider, or flatter to provide a bigger target and make it easier to hit.
 - Different Materials: Use lighter materials like foam, soft rubber, or even a rolled-up, secured fabric piece. This reduces the force needed to propel it and makes it safer if accidentally hit towards a player.
 - Textured/Brightly Colored: For players with visual impairments, use brightly colored mazzettos or add textured elements so they can locate it more easily by touch or sight.
 - Elevated Mazzetto: Place the mazzetto on a low stand, a small block, or even a tee (like in baseball) to raise it off the ground, making it easier to hit for those who cannot bend or reach low.
- The "Lancio" (Long Stick):
 - Shorter/Lighter: Provide sticks of varying lengths and weights. A shorter, lighter stick might be easier for someone with limited upper body strength or range of motion.
 - Adaptive Grips: Add larger, textured, or ergonomically designed grips to the stick for players with limited hand dexterity or grip strength. Foam padding or straps could also be used.
 - Assisted Launchers: For players unable to hold or swing a stick, consider a ramp or a simple lever system that can be operated by hand, foot, or even head/mouth to launch the mazzetto.
 - Tethered Stick: For those with limited reach or control, the stick could be lightly tethered to a wheelchair or a support to prevent it from falling or moving too far away.

II. Adapting the Playing Environment:

- Surface: Ensure the playing surface is smooth, flat, and accessible for wheelchairs, walkers, or other mobility aids. Avoid uneven ground, gravel, or soft sand.
- Throwing Area:
 - Closer Distance: Reduce the distance between the throwing circle and the desired landing area.
 - Larger Circle: Make the starting circle larger for easier placement of the mazzetto.
 - Defined Boundaries: Use contrasting colors, tactile lines (e.g., rope, tape), or raised markers for the circle and boundaries to assist players with visual impairments or mobility challenges.
- Target Area: Instead of just "as far as possible," introduce target zones for scoring (e.g., closer zones for lower points, farther zones for higher points). This can provide more achievable goals for all players.





III. Adapting the Rules and Gameplay:

- Seated Play: Allow players to participate from a seated position (e.g., wheelchair, chair). All players could play seated to ensure fairness.
- Assisted Play: Allow a helper or facilitator to assist with setting up the mazzetto, retrieving the stick, or even providing physical assistance during the swing if needed.
- Multi-Hit Rule: If the two-hit sequence (pop up, then launch) is too challenging, simplify it to a single hit if that's more accessible.
- Point System:
 - Introduce a point system that rewards participation and effort, not just distance. For example, hitting the mazzetto even if it doesn't go far could earn a small point.
 - Offer different scoring for different types of hits that might be easier for some players (e.g., hitting the mazzetto straight vs. getting it to pop up).
- Fewer Turns/More Chances: Adjust the number of turns each player gets based on their energy levels and focus.
- Team Play: Form teams where players with different abilities can support each other. One player might be excellent at the initial pop-up, while another excels at the long launch.
- No Elimination: Keep the game non-competitive, focusing on participation and enjoyment rather than elimination or strict winning conditions.





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