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



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

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



HISTORY

Piljkanje is a traditional, pre-digital children's game, passed down orally and similar to other European and Mediterranean aiming and precision games. It held social value by teaching fair play and hand-eye coordination. Though less common today due to modern influences, piljkanje persists in some rural areas and is occasionally featured at cultural heritage events.

DESCRIPTION OF THE GAME

Piljke is a traditional Balkan game of skill and hand-eye coordination. This adapted version transforms it into a multi-ball collection challenge, where players strategically gather smaller, point-valued balls while a larger ball is in play, aiming to maximize their score.

I. RULES

- 1. Objective:** To collect as many small ping pong balls as possible before a larger thrown ball bounces twice.
- 2. Scoring:**
 - White ping pong balls: 1 point each
 - Orange ping pong balls: 2 points each
 - Green ping pong balls: 3 points each
- 3. Gameplay Sequence:**
 - Phase 1: Scatter: Players first drop or gently scatter the small ping pong balls onto the playing surface.
 - Phase 2: Throw & Collect: The player then throws the bigger ball into the air. While the big ball is in the air, and before it bounces for the second time, the player must run (or move) to collect as many small ping pong balls as possible.
- 4. Turn End:** A player's turn ends when the larger ball bounces for the second time.



5. Winning: The player who collects the most points (based on the colored ping pong balls) by the end of their turn.

II. EQUIPMENT

- **Small Balls:** Multiple small ping pong balls of different colors (e.g., White for 1 point, Orange for 2 points, Green for 3 points). The total number used per round should be agreed upon (e.g., 5-10 balls).
- **Larger Ball:** One bigger ball (to be thrown in the air), whose bounce duration dictates the collection time. This ball should be easy to catch after one bounce if needed, or simply allowed to drop.
- **Playing Surface:** A clear, flat floor area. A player wins that round. The game can be played for a set number of rounds or until a predetermined score is reached.

III. NUMBER OF PARTICIPANTS

- Two or more players.
- The game can be played individually (each player taking turns) or adapted for teams.

IV. RECOMMENDED AGE OF PARTICIPANTS

- Suitable for all ages, from children to adults, given its flexible rules and non-strenuous physical demands. The exact level of challenge can be adjusted.

V. DURATION

- Flexible. The duration of a single turn is determined by the "two bounces" rule of the larger ball.
- The overall game duration depends on the agreed number of rounds or the target score. It can be played for short, quick rounds or extended for longer sessions.

VI. AREA OF PLAYING

Any clear, flat floor space. A typical room or a section of a hall is sufficient. The size should allow for some movement to collect the scattered balls. There are no fixed court dimensions, offering great flexibility.

VII. OTHER IMPORTANT ASPECTS

- **Skill-Based:** The game encourages hand-eye coordination, quick reaction time, and strategic movement.
- **Flexibility:** The rules are highly adaptable, allowing groups to modify the number of balls, scoring system, number of bounces, and throwing method to suit participants' abilities and preferences.
- **Engagement:** The simple mechanics and clear objective make it engaging for various players.





INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

- Physical Disabilities:
- Simplified Movements:
- Reduce the number of stones: Start with fewer stones (e.g., 2 or 3) and gradually increase as the player improves.
- Adjust the "Desetka" levels: Instead of picking up all four stones at once, allow players to pick up one at a time.
- Adapt the surface: If bending is difficult, use a raised surface (like a table) to make it easier to pick up the stones.
- Alternative Movements: For players with limited hand mobility, consider using assistive devices like:
- Adapted utensils: Larger, easier-to-grip utensils.
- Buttons or switches: To activate a mechanism that helps pick up the stones.
- Wheelchair Accessibility: Ensure the playing surface is wheelchair-accessible.





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