



Australian Government
Australian Sports Commission

tingalpa

'tin-gal-pa'



SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

SCHOOL
YEARS
10-12

Background

Teams from far and wide gathered at a 'place of wrestling' (at Dingulami) in Kabi Kabi territory in south Queensland each year at the time when the bunya nuts were ready. Tingalpa near Brisbane was also a wrestling place. Only one team represented each group attending. Two players came from each part (totem) of a group. Each pair in the competition wrestled in a 'rough and tumble' manner.

Language

Gurumba means 'wrestlers' in the Kabi Kabi language. The name of this version of a wrestling game (*garumba*) played by the people in south Queensland is taken from a place where wrestling contests were held.

Short description

This type of wrestling involves players attempting to push or pull an opposing player out of a circle or past a line. (This game version is suitable for younger players.)

Players

- Individual contests for a group of players

Playing area

- Mark circles with a diameter of 3-5 metres, or use the circles on a basketball court.
- The activity can be undertaken on gymnastic mats in an indoor facility.

Scoring

One point is scored each time a player pushes his or her opponent completely back over an end line (or out of a circle).

Game play and basic rules

- *Gurumba* (wrestlers) compete one at a time against their opponents. Players should compete against an opposing player of the same age, weight, height and ability.
- To start the contest players face each other in the middle of the area and place their hands on the shoulders and upper arms of their opponent. Players then attempt to push or pull their opponent completely out of the circle.
- No hitting, ‘throwing’ or tripping is allowed.

Variations

- Have individual contests (either elimination or round-robin) with the best out of three contests.
- Conduct a round-robin team competition with teams of four to six players. Record a win, loss or draw to decide the winner, or use the total of all bouts won to decide on the winning team.
- Play for fun or as a warm-up, partner or other activity.

Safety

It is important to note that no person should be ‘forced’ to engage in activities involving physical contact. Students should be advised of their right not to participate before the activity begins.

Teaching points

- Face each other. Hands on shoulders.
- Hang on tight.
- Push. No pulling or tripping.