



Australian Government
Australian Sports Commission

pulo_{ga}
'pul-o-ga'



SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

Background

Regular mock combat tournaments took place in the Cardwell and Tully River areas of north Queensland. The Mallanpara people called this a *prun*. It was essentially an entertainment activity, though the opportunity was taken to settle disputes, real or imaginary. It also gave the men a chance to show off their prowess and courage before the women.

At Cairns the Yidinji people called these activities *pulo_{ga}*.

Short description

A game of mock warfare held between two groups, with players using 'soft' balls in an attempt to contact an opposing player.

Players

- Two teams of eight to 15 players or more. Use animal names such as 'emu' and 'cockatoo' for team names.

Equipment

- A number of size 3 gator skin balls or similar
- A belt and two tags, such as those used in Oztag, for each player to wear
- A number of coloured team bibs

Playing area

- An area approximately 30-40 metres wide and 60-70 metres long

Duration

- Play a game of five to ten minutes.

Game play and basic rules

- Players organise into two teams and start by facing each other from opposite ends of the playing area. Teams wear different coloured tags to identify their team (clan).

- Each player has one to two soft balls, and on the start signal move into the playing area and attempt to contact a player of the opposing team below the shoulders by throwing the ball. For older and stronger players throws may be limited to underarm throws. For safety reasons, throws should not be made from closer than 3 metres and only with moderate force.
- Play in the game is continuous and players can retrieve the balls thrown by other players. If a player is contacted by a ball thrown by an opposing player the contacted player must drop the ball/s, he or she has and remove one of the tags — but can then continue in the game. The removed tag is dropped on the ground.
- Players with or without a ball can attempt to remove a tag from opposing players (no physical contact allowed). Players may not protect their tags from being removed.
- A player who loses two tags — either by being hit with a ball and/or having a tag removed by an opposing player — will be required to collect two tags from the ground and go to the side of the playing area for a set time (count aloud to 30 by ‘one and two and three’) before putting on his or her tags again and rejoining the game.

Variations

- ‘Capture the flag’ version. Mark circles with a diameter of 10 metres at each end of the playing area and place a flag in the middle of this area. Defending players may not be inside their own area. Attacking players attempt to enter the circle at the other end of the playing area and return to their own circle with the flag. When a player with the flag is either hit by a ball or ‘tagged’ the flag is returned to the circle.
- A player who is hit with a ball — loss of tag — or has a tag removed by an opposing player must return to his or her team’s end of the field before being allowed to continue in the game.

Comment

This game works well for physical education classes.

Safety

Fair play is important in this game.

Teaching points

- Teams ready. Lined up and ready.
- Collect the balls. Ready. Go.
- Throw and dodge.
- Hit, drop a tag.
- Good throws. Keep moving.
- Try to tag. Tag the other players.
- Keep going. Watch out for other players.
- Dodge and move.

