



Australian Government
Australian Sports Commission

murrumbidgee

'mur-rum-bid-gee'



SCHOOL
YEARS
4–6

SCHOOL
YEARS
7–9

SCHOOL
YEARS
10–12

Post-school age

Background

In 1834, boys on the banks of the Murrumbidgee were observed amusing themselves by throwing stones into the deep part of the stream and diving in order to catch them before they reached the bottom — usually successfully.

There was much amusement associated with their competition.

Language

This activity has been named for the Murrumbidgee River in which the boys were observed playing the game.

Short description

This is a swimming-and-diving game where objects are retrieved.

Equipment

- Four diving rings, golf balls or weighted balls that sink at different speeds

Players

- Separate small groups of two to four players

Playing area

- The deep end of a swimming pool — at least 2 metres deep

Game play and basic rules

- One player stands on the edge of the pool and another player throws an object in the water for the first player to dive or jump into the water and retrieve.

- Players can vary the time between throwing the object and then retrieving it. It could be a test of skill to see how close to the bottom of the pool the object can be retrieved without touching the bottom.

Variations

- Players attempt to catch more than one diving ring or ball at a time or are timed to see how fast they can do this.
- Have a team competition and see which team is the most successful at retrieving the objects.
- Two or more players attempt to gather the same object. Care needs to be taken to avoid contact (no diving).
- Players go underwater and attempt to catch several objects that are thrown into the water at once.

Safety

For safety reasons players should be competent swimmers quite capable of undertaking the activity. Players should be aware of the risks associated with hyperventilation and swimming underwater.

Teaching points

- Balls ready. Diver ready. Thrower ready.
- Try to catch before it hits the bottom. If you can, try to go a little later.
- Off you go.
- Keep going. Be careful of other groups. Watch where you throw the balls. Out in front only.
- Stop. Change over.