



Australian Government
Australian Sports Commission

brambahl

'br-am-bahl'



SCHOOL
YEARS
4–6

SCHOOL
YEARS
7–9

SCHOOL
YEARS
10–12

Post-school age

Background

A favourite game of the old men of the Juwalarai people of the Narran River in New South Wales was *brambahl* (skipping). Men of more than 70 years were often the best.

Short description

This is a skipping game where players perform various actions.

Players

- Groups of four to eight players

Playing area

- A designated area suitable for the activity

Equipment

- A number of skipping ropes 4–6 metres long

Game play and basic rules

- A player stands at each end of a long rope and turns the rope. When it is in full swing, a player moves in as the skipper.
- After skipping in the usual way for a few rounds of the rope the player begins to perform the variations. These consist, among other things, of:
 - taking thorns out of the feet
 - digging as though for larvae of ants
 - digging for yams with a digging stick
 - grinding grass-seed
 - jumping like a frog
 - doing a type of dance
 - appear to be looking for something in the distance

- run out, pick up a child (or object) and skip with it in the arms
- lying flat down on the ground and raising the body as the rope turns
- measuring his or her full length while lying flat on the ground, rising and letting the rope slip under him or her
- imitate animals such as a kangaroo
- walk on all fours
- perform various antics.
- The rope is kept going the whole time and never varies pace nor pauses at any time during the variations.

Scoring

The player who can most successfully vary the performance is considered the winner.

Teaching points

- Turners ready. Go.
- Skip and change, skip and change.