



Australian Government  
Australian Sports Commission

# meetcha kambong

'meet-cha kam-bong'



SCHOOL  
YEARS  
4-6

SCHOOL  
YEARS  
7-9

SCHOOL  
YEARS  
10-12

Post-school age

## Background

A wrestling game of the Noongar people of the southwest of Western Australia was called *meetcha kambong* ('nut game') or *boojur kombang* ('ground game'). In the Swan district it was called *boojoor-el-eeja*. A team beaten at this game might resume the contest in a month or so.

## Language

The winners shout:

**Kaia, kaia, yaang, yaang, yaang doojara**  
*Beat them!*

**ngai jinnong, jinnong**  
*See, see, I've got it.*

## Short description

A 'wrestling' game where attacking players attempt to uncover a buried object and defending players attempt to stop them.

## Players

- Two teams with four to five players in each

## Playing area

- A suitable sand area but the activity is best suited to a sandy beach

## Equipment

- A rounded stone or tennis ball can be used as the *meetcha* nut. Hide the *meetcha* in a designated place near the middle of the playing area.

### Game play and basic rules

- The attacking team players turn their back while a player of the defending team hides a *meetcha* (tennis ball) about 20 centimetres in the ground. Four or five defending players guard it while an equal number of attacking players attempt to break through and 'capture' the *meetcha*.
- No kicking is allowed and all players are restricted to pushing and pulling. Players are not allowed to throw sand around.

### Scoring

The game continues until one team becomes tired (allow three minutes) or until the *meetcha* is secured.

### Suggestion

This would be a good outdoor game, rugby or Australian rules football training activity to play on the sand at the beach or in a sand pit. Take care to avoid sand getting into the players' eyes.

### Teaching points

- Bury the ball and smooth out the area. Attackers look the other way.
- Ready and go.
- Pushing and pulling only.
- Watch out for the contact. Be careful with the sand.
- Dig it out. Keep going.