



Australian Government
Australian Sports Commission

Kal bombing

'kal-bom-ing'



SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

Background

The *Kal bombing* (fire-hitting) game was played by the Noongar people in the southern districts of Western Australia and called for both agility and strength. A fire was lit either on the ground or the top of a *Balgā* or *Xanthorrhoea* ('grass tree').

The players divided themselves into two teams. One side tried to put the fire out completely with short branches of trees, while the other side defended it. The fire either burned to ashes, or the attacking players smothered it, which brought the game to an end.

When the attacking players had been successful in putting the fire out they took their turn in guarding a fire. The game continued until both sides were tired or until night fell. The game was very energetic.

Short description

This is a vigorous team-wrestling activity where players attempt to climb onto mats while defenders push them off.

Players

- Two teams of four to ten players

Playing area

- A designated indoor or outdoor area suitable for the activity

Equipment

- Two to three high-jump or large gym mats placed on top of or next to each other. A number of smaller gym mats are placed around these mats for safety.

Game play and basic rules

- Players on the attacking team attempt to climb on top of the mats and stay there while the defending players attempt to pull and push the attacking players off the mats.

- The attackers may not hold onto the mats, and may not wrestle with the defenders. No kicking or unnecessary physical contact is allowed.
- Play is continuous and roles change after a period of time. It is strongly recommended that players remain on their knees at all times.

Safety

Safety aspects must be considered at all times. Players should under no circumstances be forced or pressured to participate, and the activity must be stopped immediately if the intention of the game is not adhered to.

Variation

- Players all start on two to three large gym mats and the defenders attempt to push them completely off the mat. Players who are pushed off are eliminated from the game. Players remain on their knees at all times.

Comment

Kal boming time was often an opportunity for people from different areas to make friends (*babbín, koobong*).

This modified game attempts to capture some of the originally described game. If conducted in the right spirit it can be an enjoyable activity for the players. Separate gender groups should be used for this activity, which is one that is often enjoyed most by boys of 10–13 years of age.

Teaching points

- Teams ready.
- Pull and push only. Be careful.
- Stay on your knees. Pull and push only.

