

UC-NRLF



LB 281 751

NEW GAMES

& SPORTS

FOR

SCHOOLS, CLUBS, & GYMNASIA

BY

A. ALEXANDER.

LATE DIRECTOR OF THE LIVERPOOL GYMNASIUM.



YB 19818

LIBRARY
OF THE
UNIVERSITY OF CALIFORNIA.

Class



Digitized by the Internet Archive
in 2007 with funding from
Microsoft Corporation



LIBRARY
OF THE
UNIVERSITY
OF CALIFORNIA



Yours Faithfully
Alexander.

NEW GAMES & SPORTS

FOR

SCHOOLS, CLUBS, & GYMNASIA,

WITH AND WITHOUT APPARATUS.

BY

A. ALEXANDER, F.R.G.S., F.I.INST.,

DIRECTOR OF THE LIVERPOOL GYMNASIUM,
PRINCIPAL OF THE SOUTHPORT PHYSICAL TRAINING COLLEGE FOR TEACHERS,
HON. SECRETARY OF THE NATIONAL PHYSICAL RECREATION SOCIETY.

AUTHOR OF

*"Drill for the Standards," "Healthful Exercises for Girls," "Modern Gymnastic Exercises,"
"Physical Drill of all Nations," &c., &c.*

WITH AN INTRODUCTORY LETTER

By LORD CHARLES BERESFORD, R.N.

AND

48 ILLUSTRATIONS BY B. W. TAPLIN.



LONDON:

GEORGE PHILIP & SON, 32 FLEET STREET, E.C.

LIVERPOOL: 45 TO 51, SOUTH CASTLE STREET.

All Rights Reserved.]

[*Ent. at Sta. Hall.*

GV703
.A6

Hyman. Lily
McC.

To

LORD CHARLES BERESFORD, R.N.,

WHO BY PUBLIC UTTERANCES AND PERSONAL EXAMPLE

HAS DONE SO MUCH TO FOSTER

THE SPIRIT OF MANLINESS AND LOVE OF PHYSICAL TRAINING

AMONGST THE YOUNG MEN OF OUR COUNTRY,

THIS BOOK IS RESPECTFULLY DEDICATED,

BY HIS FAITHFUL SERVANT AND ADMIRER,

THE AUTHOR.

“ROYAL DOCKYARD, CHATHAM,

“February 14th, 1895.

“MY DEAR MR. ALEXANDER,

“I heartily wish you every success with your new book ‘*New Games for Schools.*’

“You have done so much already to further the cause of Physical Education, that I am certain the youth of this country will study with interest anything that you may publish.

“Physical training is absolutely necessary for those who compete in our healthy outdoor games, provided they wish to have a reasonable chance of winning; and the fact of training must encourage habits of discipline and self-reliance. Training also imbues a man with that delightful feeling of vigorous health without which it is impossible to undertake duties, or even pleasures, with complete satisfaction.

“Too much brain work detracts from the power of individuals to develop energetic physical capabilities in a sudden or unexpected manner.

“It might not be unwise for our teachers to ponder over the passing events between China and Japan. I regard the complete and utter demoralisation of the Chinese as the unsatisfactory result of 2000 (two thousand) years of Competitive Examinations. Let us have Competitive Examinations by all means, but do not make them of so stringent a character that those preparing for them have either to give up healthy exercises or run the risk of failure.

“Yours very truly,

“CHARLES BERESFORD.”

CONTENTS.

GAMES WITHOUT APPARATUS.

	PAGE
1. A RUSTIC DANCE	3
2. RUNNING DRILL	7
3. THE TOURNAMENT	9
4. MAGIC CIRCLE	13
5. PRISONERS OF WAR	15
6. LEAP FROG RACE	17

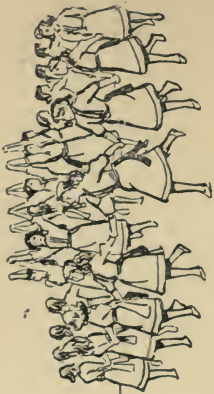
GAMES WITH APPARATUS.

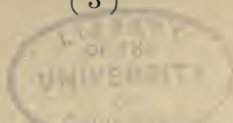
1. THROW BALL	21
2. GIANT ROUNDERS	23
3. SKIPPING GAME	25
4. TALL TENNIS	27
5. BASKET BALL	29
6. GOAL BALL	33
7. SERPENTINE RACE	38
8. THE PEDESTAL	42
9. ATALANTA RACE	45
10. DUMB-BELL RACE	48
11. LEAPING THE BARRIER	52
12. UNDER AND OVER RACE	54
13. THROWING THE SPEAR	56
14. SCALING THE HEIGHTS	59
15. CLIMBING RACE	61
16. NOVEL TUGS OF WAR	63
17. MOUNTED RACE	65
18. THE FLAG RACE	68
19. THE GLOBE	71
20. BALLOON RACE	74
21. BALLOON GOAL	76
22. STILT TOURNAMENT	78

Extract from Revised Instructions to Her Majesty's Inspectors (1895).

“ It may be laid down that whenever circumstances permit, the best form of Physical Exercise is a *healthy game* which will satisfy the conditions of the Code, and in country Schools such games are almost always possible.”

NEW GAMES AND SPORTS
FOR SCHOOLS. &c.





A RUSTIC DANCE.

This game is very suitable for girls, and has the advantage of requiring no apparatus, and affording recreation for a large number at one time. I will describe it as being played by about forty girls, though any number can play, providing there is sufficient space at command.

Assuming we have a square playground, we form the girls into two lines of twenty each, with their backs turned to the side walls of the ground, and the lines themselves facing each other. The girls will now catch hold of each other's hands, and keeping straight lines, will advance towards each other, dancing or tripping as they come forward. When within a short distance of each other, and at a signal from the teacher, the lines bow, and retreat tripping backwards.

At another signal they again advance, this time with raised arms, the joined hands thus forming a series of apexes. When within a close distance the right hand line stoop, release hands, and pass under the apexes formed by the raised arms of the left line. Again joining hands, the lines continue dancing until the sides of the playground are reached; here they pivot around and dance towards each other again. When they meet in the centre, the left line will stoop and pass under the raised arms of the right line, continuing dancing until the sides of the ground are once more reached; here, pivoting, they again face inwards.

The two centre girls of each line should now remain stationary, while the others dance forwards until the ends of the right line meet those of the left, thus forming a

diamond-shaped figure. Retreating backwards, they next advance forwards until the end girls of each line catch hold of each other's hands, and thus form two independent circles. After dancing around about three times each way, they loose hands at the ends of the lines, and retreat backwards towards the walls. From this position the right line advance a short distance forwards, and the end girls once more join hands and create a circle in the centre. While the right line are dancing a circle in the centre, the left line advance, and forming a circle outside the inner circle, dance around in the contrary direction.

At a signal the directions are reversed. The inner circle must contract a little, and the outer circle extend hands as much as possible, while these reverse circles are being danced. At a signal the outer circle raise the arms, and the inner circle, loosing hands, pass backwards under the upraised arms. Once through, they join hands, and the left line being now inside, reverse circles are once more danced.

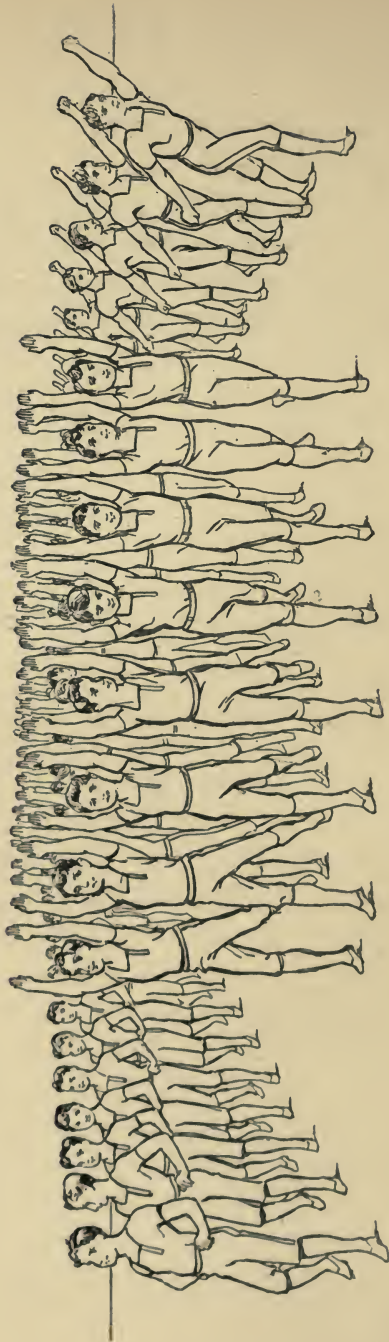
At a signal the end girls of the right line loose hands, and the two centre girls remaining stationary, the others retreat backwards until they are in a parallel line with the sides of the ground. As soon as possible the left line also perform a similar manœuvre, until the two lines are facing and close to each other.

The right and left lines now for the first time catch hold of each other's hands, and raising them above the head, form an archway. Underneath this, one end of each line, linking arms, enters, being immediately followed by the others, also linking arms. As soon as they are out of the avenue, the pairs must immediately raise arms in order to prolong this movement.

Upon the conclusion of this figure, the lines, retaining the

arms linked, trip off. In learning these movements the figures should first be walked, and the changes made by an agreed-upon signal from the teacher.

When the figures are thoroughly acquired, and the signals understood, they should be gone through dancing or tripping the whole of the time. Nursery rhymes can also be very appropriately sung by the children as a chorus during the dance.



A RUNNING DRILL.

When boys emerge from the school-room, and its necessarily strained positions, into the playground, there is nothing so good for them as a run ; it not only restores the circulatory system, but vitalizes the respiratory organs and oxidizes the blood. A run however, in itself, is "slow work" to most boys, and I therefore propose to relieve the monotony by making it combined and interesting.

At a signal from the teacher the boys will form into one line, single file, behind each other, and placing their hands upon their hips, will trot, at a slow pace, once round the ground. On coming to the centre and top of the playground they will form into "twos," *i.e.*, numbers one and two, three and four, five and six, and so on, will form into pairs, and come down the centre of the ground in couples. Each will raise and join the inside hands above the head, the other and outside hands remaining upon the hips.

When they reach the bottom of the playground they will divide off by "twos," *i.e.*, the first couple will turn to the right, and trot round the playground until they reach the centre at the top. The second pair will simultaneously trot round to the left, and join the first pair at the top. The remaining couples will follow suit, and all together come down in "Fours," clasping hands with each other, and raising arms above the head as before.

When the front of the playground is reached, the order "Mark time" should be given. The boys would then mark time with their feet, and while in this position, the striking

movement—*i.e.*, striking the arms alternately backwards and forwards from the chest—might be performed simultaneously with the marking time of the feet. At the word “Trot” the lines should divide right and left, and join each other at the top; next coming down in lines of eight. All should, at a signal from the teacher, hold their hands above the head—palms of the hands being to the front. When they reach the front they should again mark time.

While marking time, the hands should be brought to the chest, then upwards above the head, then to the chest, and afterwards to the side. These movements to be performed simultaneously with the marking time.

The squad now make a “Right turn;” the first line trotting off, followed by the other lines in order, until all are in a single line again.

They should now perform some “Follow the leader” exercises, at the discretion of the teacher, who might appropriately introduce some arm movements simultaneously with the running.

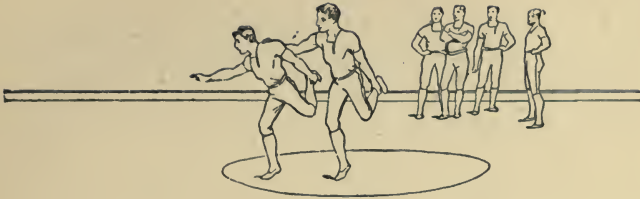


Fig 1.

THE TOURNAMENT.

Although the title of this pastime sounds formidable, and suggests "Belted knight, armed *cap-à-pie*," there will be no wounded knights, no broken lances, no love-sick maidens to weep over the vanquished. It is indeed possible to get a scraped nose or shin, but this even is not very probable. The quality most desirable in this game is nimbleness, not, as apparent at first sight, weight and strength.

The SINGLE TOURNAMENT should be contested in a circle about ten feet in diameter.

The OBJECT OF THE GAME is for two boys to enter the circle, and whoever succeeds in pushing the other out of the ring is hailed the victor. There are several methods of doing this, but in every case it should first be mutually arranged which rule is to govern the contest.

The "carrying out" rule means, as its name implies, that one should be carried out of the circle by the other. This is no easy matter, for when one competitor is stooping to pick up the other, the tables are often turned upon him by himself being snatched up and carried out in triumph.

Before commencing, it should be stipulated and insisted



Fig. 2.

on that the face, neck, and stomach should not be touched. This necessary rule is to prevent scratches or undue violence, and its observance will make the game more acceptable.

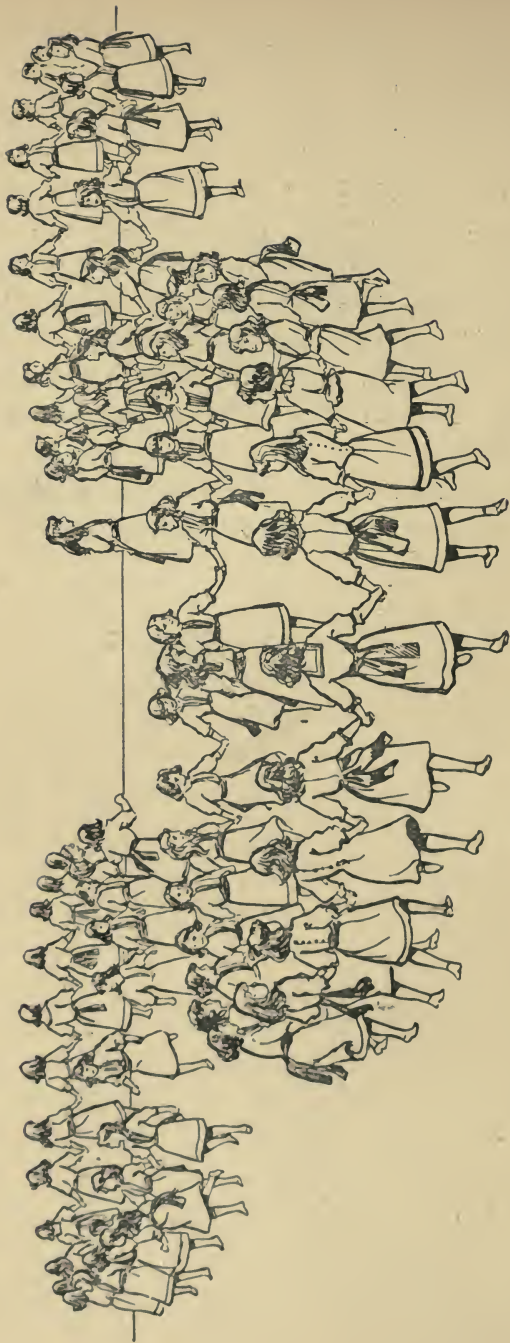
“PUSHING or PULLING” is another phase of the game, the conditions being that the competitors must be either pushed or pulled out by their opponents.

Perhaps the most difficult method, and requiring the most activity and skill, is the “ONE LEG.” In this the competitors must stand upon one foot only, catching hold of the other with their hand, see Fig. 1. The pushing, pulling, or carrying to be done by the remaining arm only. Plenty of feinting is possible in this phase of the game, and a nimble competitor may often induce an opponent to run at him, and then, hopping on one side, avoid the attack, and turning quickly around, give a gentle push, which generally is effectual in sending his assailant over the line.

The “COMBINED TOURNAMENT” is best contested in a space, about twenty to forty feet square; the competitors being eight, twelve, or twenty a side. The latter number makes a very good contest. In commencing, they should occupy opposite sides of the square, and then open proceedings by invading each other's territory, capturing a prisoner

and sending him out of the square; or one side may clasp arms, forming a single line, and come down upon the enemy *en masse*, endeavouring to drive them bodily out. The assailed in this case would probably endeavour to break the opposing line, and then, getting in the rear, a "scrimmage," or general "tackle," would take place, as shewn in Fig. 2. This would soon decide the contest. The captain of each team should watch his vantage, and seize every opportunity or weak place which suggested a rallying or combined attack.

The uniforms of the opposing teams should be different, in order to readily distinguish friend from foe.



MAGIC CIRCLE.

Magic Circle is a good round game for girls, more suitable for the summer, perhaps, than the colder months. It appeals largely to the intelligence, and is full of fun and innocent recreation to the participants. It may be played by any number, but I will describe it as being played by about forty girls.

Having formed themselves into a large ring, clasping hands and facing inwards, one of the girls, whom I shall call the Queen, will consent to stand in the centre of the ring. The circle, dancing, but without removing from their ground, should fix their eyes on the queen, who, looking around her, will eventually name one of the girls. On this all of the girls raise their joined hands until level with their shoulders, extending the ring as much as possible. The girl who has been named will meanwhile turn to her left, and, running in and out, interlace all the girls, until she arrives back to her place.

Simultaneously, the girl to her right hand should, on her left hand neighbour being named, run and interlace all the girls to her right hand, until she arrives at her place. The queen having given her command for the girls to run, should herself run and occupy one of the vacant places; the girl who is last in reaching the place will pay the penalty by becoming the queen in the centre of the ring, when the process of re-naming will be gone through.

To make the game more difficult and perplexing, the ring should suddenly, at a signal from the queen, loose hands, face outwards, and then join hands again, doing this as often as the signal is given; or at the words "Odd turn," the ring may turn alternately, one facing inwards, the next outwards, and so on, as seen in the illustration.





PRISONERS OF WAR.

This game is similar in character to Prisoners' Base. I think, however, it will be found more interesting, and capable of employing a greater number of boys simultaneously, thus asserting its usefulness over the former game.

Assuming that we have an ordinary playground at our disposal, we must mark a small portion off at each end as bases for the "prisoners" to be confined in. The rest of the ground will serve as the battle-field. The school will divide into two halves, there being an equal number on each side.

We will now describe the simplest form of the game. This is called "Touch shoulder." It consists of the combatants going forth from the bases and meeting on the battle-field. A prisoner is not taken unless he be touched on the right shoulder by an opponent. As soon as he is captured he is taken to the enemy's base, and there confined. He himself must make no effort at escape, but he may be rescued by one of his side running in and touching him on the right shoulder, after which he and his rescuer are allowed to go scot free to their own lines. Whichever side have in their possession the greatest number of prisoners when time is called are the winners. A good amount of skill and dexterity can be shewn by the players turning and twisting their right shoulder away from their opponents.

Another phase of the game is for the players to take forcible possession of each other either by the hands, arm, or waist; on no account should the legs be grasped, or the head, face, or neck be touched, nor should the clothes be

caught or interfered with. When an opponent is caught by the hands, arm, or waist, and being taken away, he may resist by pulling in an opposite direction, but no tripping or falling down is permitted, nor must the struggling pair be interfered with by the other players. A rescue, however, may be attempted by another of the same side encircling the captive by placing his arms around his waist, and thus preventing him from being hauled away. The other side may also be clasped around the waist and assisted in their capture. When the prisoner is in the base he can only be rescued by his side catching him by the hands, arm, or body, and breaking through the enemy's lines, he and his rescuers being, of course, liable to be themselves caught in their attempt to recover their comrade.

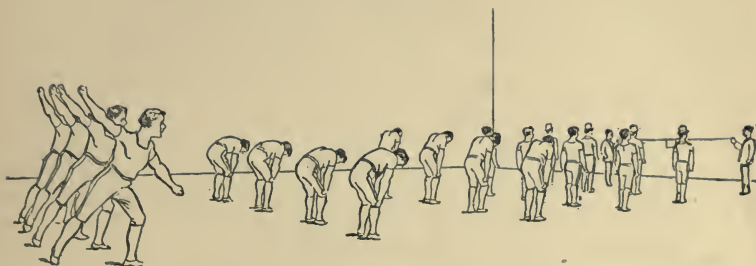


Fig. 1.

LEAP-FROG RACE.

To "Leap-frog" over any object comes as natural to any boy as eating tarts, even though disaster be the end of it. This is probably accounted for, in the case of Frog-leap at least, as being primarily the initial object over which our boys and future legislators "o'erleap their vaulting ambition."

Many of us can remember, the writer certainly can, our first stumble at frog-leaping; then our promotion to going over the baker's boy; then barking our knees going over the post-office pillar.

One of the best items I ever saw at a school sports was a FROG-LEAP CONTEST. Various obstacles—small boys, big boys, teachers standing up—were safely negotiated by several of the competitors. The committee were in despair for a new "object" when one suddenly appeared in the majestic bearing of the village policeman. For a consideration, Justice, on this occasion, allowed itself to be humbled and "sat upon" by various tall, lean, lanky, and in one instance by a very fat boy. Only one little chap cleared,

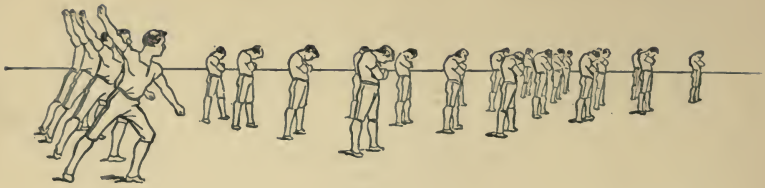


Fig. 2.

amidst great applause, the "limb of the law," and the writer hopes he may be pardoned for introducing himself as the youngster. It was his first athletic victory.

A FROG-LEAP RACE is very interesting. It requires, however, plenty of boys to pose as the obstacles. Assuming, however, that this is possible, we will arrange the race to take place in the playground.

If there are six competitors, there should also be arranged six rows of obstacles for them to leap over, and when stools, forms, &c., are not available in sufficient quantities, nothing better can be arranged than five or six boys for each row. These obstacles should all keep, or stoop to the same height, and the first should be a little lower than the others, the rest gradually increasing in height until the last (if a boy) stands erect with head bent forward.

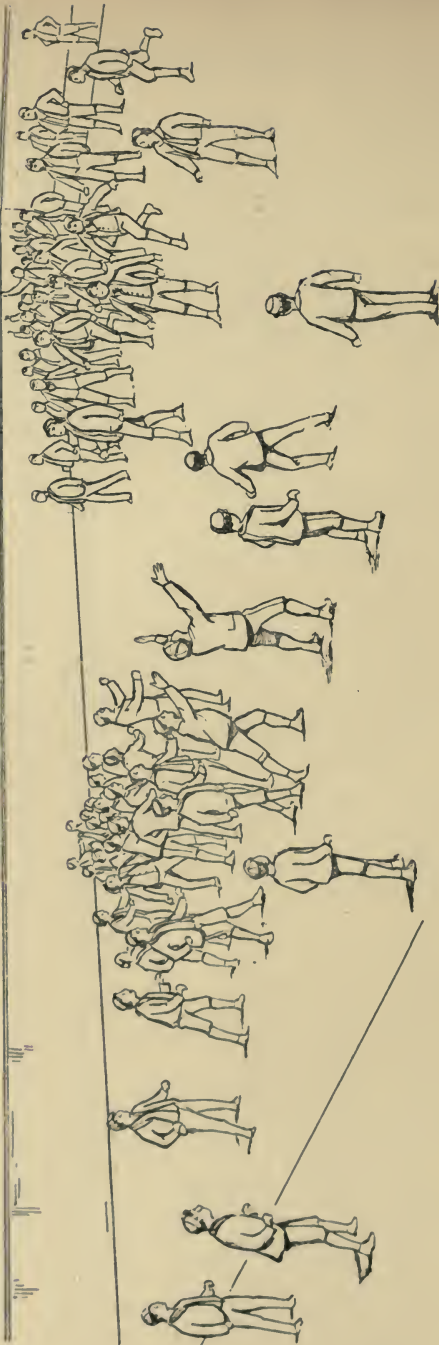
The leapers should then toe the mark (see Fig. 1), and on the signal being given, should dash away, the leaper who clears his obstacles, and reaches the tape first, being the winner.

Another good race is the TEAM FROG-LEAP RACE. In this race there should be an equal number of leapers—for the purpose of description say six a side. They should be arranged in exact parallel lines with each other, and assume the position of obstacles.

The last in each team should toe the mark, see Fig. 2,

and on the signal being given, should leap over his obstacles and pass the winning post as soon as possible. The next last obstacle should then, as soon as he has himself been cleared, run off and do likewise; then the next should follow suit, until all have cleared their obstacles. The first boys, having nothing to clear, should make off for the winning tape. The team who all reach the tape first, or the larger proportion of whom reach it first, to be the winners.

2



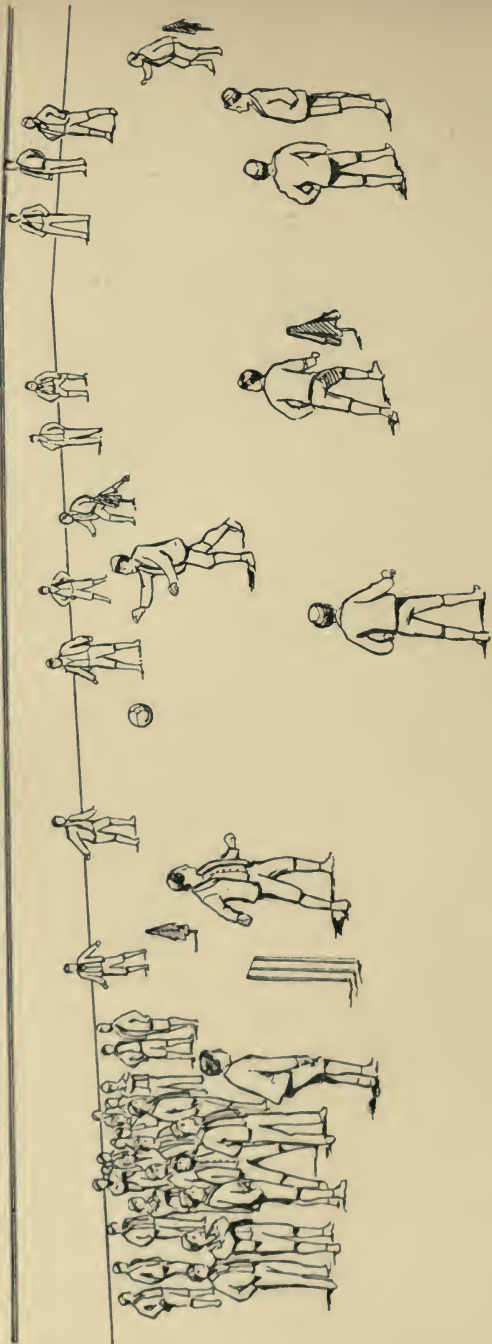
THROW BALL.

This is a very simple game, but it contains plenty of exercise and excitement, and the more players available the better the game.

An ordinary football field, with Association posts, makes a very good ground for the game, but if this is not available, a large sized playground would probably answer as well.

The players divide into equal halves, and the object of the game is to throw with the hands the ball under the bar of the opposite side's goal. No running with, or kicking, or holding of the ball is permitted. All play must be done with the hands, which may be open or closed. Thus the ball is beaten to and fro, from side to side, until a simple knock succeeds in eluding the defenders, and bringing about the downfall of the opposite goal.

If the ball should by any chance be allowed to touch the floor, the side allowing it to do so must give a "free throw" to their opponents, and fall back five yards while they attempt a shy at goal. The side allowing the ball to pass out of play must also give their opponents a "free throw" in like manner. A throw behind the goal is treated as in football, and penalizes the side causing it to go behind; the penalty being a "corner throw" for the attacking party, and a "throw off" from the front of the goal for the defenders. The players must not hold, grasp, or charge each other, the ball only being allowed to be touched.



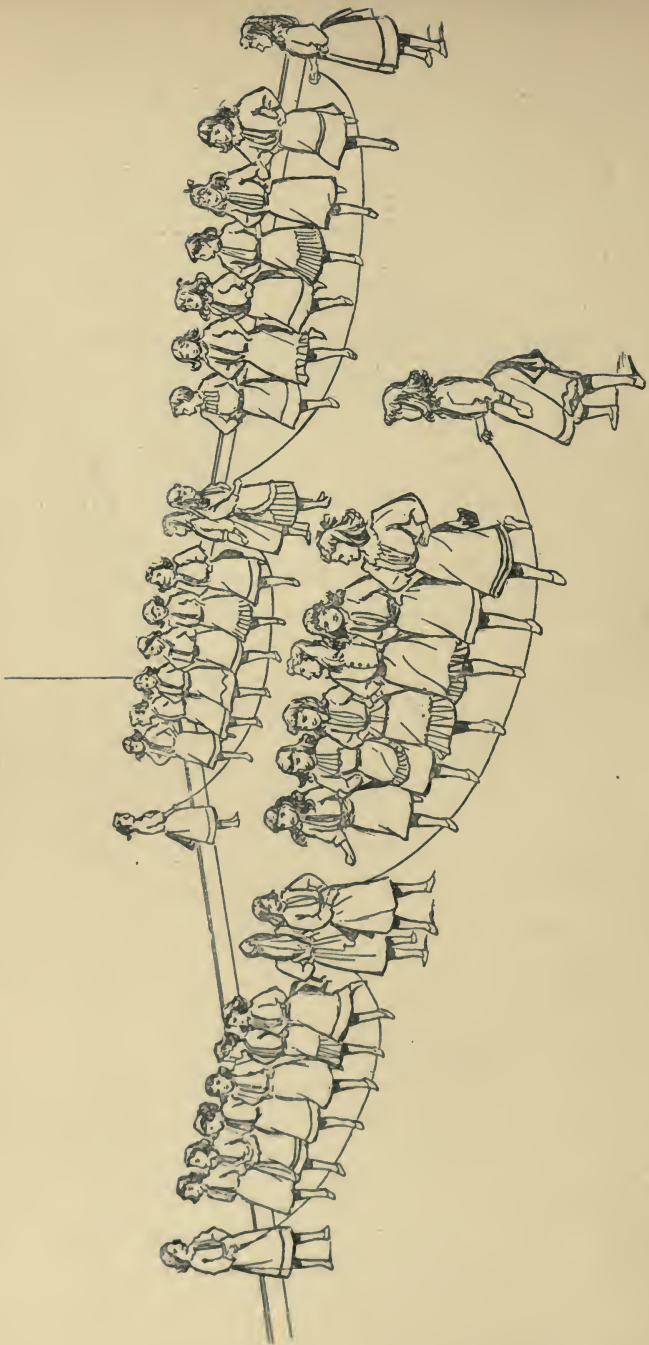
GIANT ROUNDERS.

This game is somewhat similar to the ordinary game of Rounders, but it has many advantages. Being played with an ordinary Association football, the ball is better seen by players and onlookers. Its readiness to bounce makes it more easily stopped, and its size enables it to be more quickly caught; thus runs are more difficult to get. Throwing at the player to put him out is a little more difficult, and produces much merriment. The ball is struck by the hand only.

The game can be played by any number, and either in a field or playground. The bases should be arranged rather closer than in ordinary rounders, and equal sides arranged.

After tossing for choice of "going in," the winning side will go in, arranging themselves in single file behind each other. The leader, and in fact all of the players, should try and knock the ball downwards towards the ground, otherwise it will easily be caught and the whole side thrown out. On the other hand, the bowler should send such balls as will probably lead to its being caught.

The player must strike or run, in any case, within the limit of three bowls at him. If all but one of the batsmen should be knocked out, the remaining batsman may get in his side if he succeeds in knocking the ball to such a distance as will enable him to run the round of the four bases before the ball is returned to the wicket.

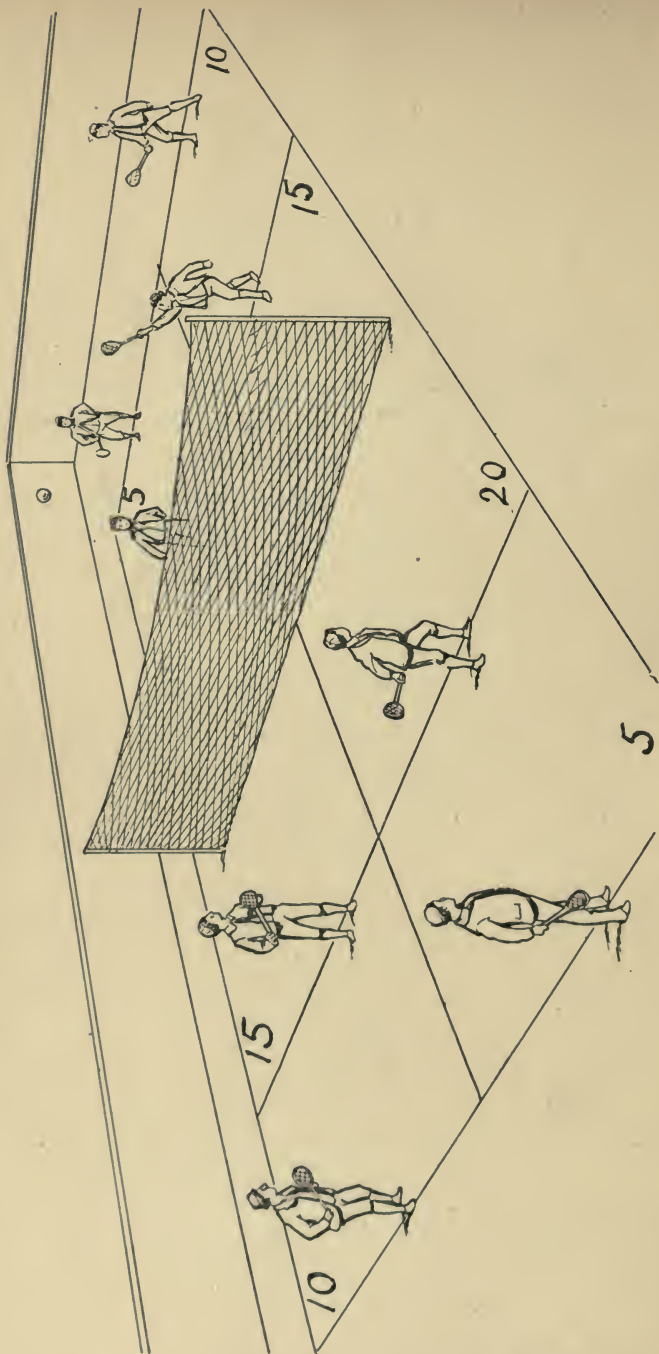


SKIPPING GAME.

A rope is a very useful article for recreative purposes—simple and inexpensive ; it serves plenty of objects, such as Climbing, Tug of War, Skipping ; and it is in the latter case that we propose to point out its usefulness.

First, we may have Skipping Races, in which the runners skip and turn the rope themselves, or run with others turning it. This race is generally run in pairs, but has the disadvantage of being liable to collision, the several ropes taking up so much space.

A good race is obtained by four ropes being held parallel, and behind each other, across the playground ; the race consisting of the competitors running to the first rope, skipping twice, and then running on to the second rope and doing the same, passing to the third, skipping, and then to the fourth, and also skipping—the winners being those who perform it in the quickest time. This race can also be run in pairs, which necessitates very good time being kept. A test of endurance, and very good exercise, is for teams of twenty to each have a rope. Each team will send in four girls, who, at a signal, will all skip together. As soon as one set get thrown out, by stopping the rope, their place must be taken by another four from their side. The side whose players are exhausted first, by missing the rope, are the losers ; the winners being those who have most players left in at the conclusion of the game.



TALL TENNIS.

This is a very good game, suitable for any number of players, so long as the number is equal, and affords plenty of opportunity for strength, skill, activity, and endurance.

If the game is desired for a large number of players, it is best to suspend a line about seven feet high from the ground, and running horizontally across the centre of the ground. The players should be equally divided, an Association Football obtained, and after each side has been carefully distributed over the ground, the side winning the toss should make a long throw over to their opponent's ground. The ball must not be allowed to touch the ground; each player, if he cannot knock the ball back over the line into his opponent's ground, should endeavour to pass it to one of his own side, who in his turn will either re-pass or send the ball over the line. In passing, the ball must not be held in the hands.

If the ball should touch the ground, it counts one point against those allowing it to do so; or if a side pass the ball under instead of over the line, it also counts a point against them. There is rare exercise in this game for any amount of players.

A more scientific game is "Tall Tennis." In this a net, seven feet high, must be stretched across an ordinary tennis court. The space at each side of the net should be divided into four courts. A tennis ball about twice the size of the

ordinary tennis ball should be used, with the ordinary tennis racquet. There are four players at each side of the net,—one at the back line of each court.

The object of the players is to keep the ball from falling into their respective courts, and to send it into their opponent's courts. The divisions of the courts should be of different values—that nearest to the net on the right counting twenty, the court on the left fifteen, the two back ones five and ten respectively. The side first scoring sixty wins the game. A penalty of ten points to the opposite side is conceded by the side knocking the ball out of play.



Fig. 1.

THE GAME OF BASKET BALL.

The game of Basket Ball has become so popular in America, and with those who have played it, that I propose to briefly describe it here, in the hope that it may be more generally played by the thousands of boys who may desire a change from Football, with its attendant scratches and bruises.

The game has many advantages over Football, and as a Physical Exercise is decidedly superior.

It can be played by any number of players, from two or three up to fifty, or even one hundred a side, all depending upon the size of the room or field; for it is an indoor as well as an outdoor game.

Taking an ordinary Football field, about fifty a side could easily play, and this is important, for a weak point in our national games is the fact that we have more onlookers than players. I will first describe the game as it may be played under modified rules and circumstances.

Let us therefore choose for our "Field" a Schoolroom, Hall, or Gymnasium, with all apparatus cleared away, and the decks ready for action. Hang a waste-paper Basket at each end of the room, from twelve to twenty feet high, according to your accommodation. Obtain an Association Football, and we are quite ready. Until the game is understood, it is better to play with a small number a side. Let there be, however, a Goal-keeper and a couple of Full-backs. The rest may play Forward.

When the sides are ready, place the ball in the centre. The object of the game is for one side to place the ball in their opponent's basket. To do this, however, the ball must not be kicked or carried, but passed or thrown by the hands in any direction. The player may however run, not more than three steps, in order to give opportunity for dodging an opponent or passing to his own side. In this way the ball is caught, passed, and re-passed, until finally a good throw is made, and it lands into one of the baskets—this constituting a Goal.

Perhaps I had now better suggest a few rules for the guidance of the players, which, however, must be subject to the modifications and alterations which small or large space will necessitate.

RULES OF THE GAME.

1. The game of Basket Ball shall be played by an even number of players a side.
2. The formation of the players should consist of Goal-keeper, two Full-backs, three Half-backs, and Forwards.
3. An Association ball to be used. The Goals to consist of two baskets, about two feet deep, and



Fig. 2.

about 18 inches in diameter; or an iron hoop, covered with small netting at the back, may be used. One to be suspended at each end of the room or field, at about a height of from twelve to twenty feet.

4. A Goal is obtained by the ball being thrown by the hands into the basket.
5. The ball must not be carried or kicked. A player may, however, if he has the opportunity, run not more than three steps.
6. A player must not retain possession of the ball after being held or touched on the shoulder by an opponent. The ball may also be taken or knocked from his hands by the opposite side.
7. A player may run with the ball—by throwing the ball upwards and forwards, re-catching it, and repeating the throw; or by bouncing or striking the ball against the ground, re-catching it, and repeating the movement. See Fig. 2.
8. When the ball is out of play, it shall be thrown in with both hands by a player of the side entitled to the throw in, and may be thrown in any direction.

9. The penalty for any infringement of the rules is a "free throw" for the non-offending side. The throw to be made with both hands, and from the spot where the infringement took place. The offending side to stand back five yards while the throw takes place.

I think the foregoing rules will be sufficient to govern the game, and I have no doubt that all who try will like it, not only for the excitement it affords, but for the splendid exercise which it gives to every muscle of the body.

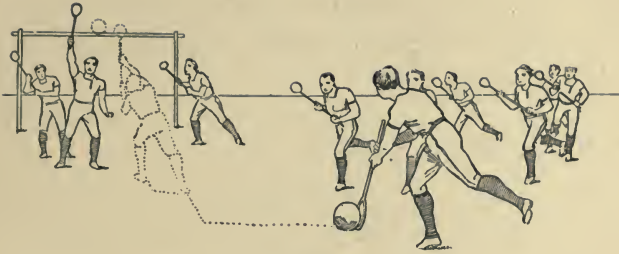


Fig. 1.

GOAL-BALL.

I know of no game, with the exception of Cricket, that can compare with Goal-ball for the interest which it excites in the player and the onlooker. It requires more activity than cricket, more skill than football; it is more exciting than lacrosse, and more discernible than hockey. It lacks the slowness of cricket and the danger of football—it can be better seen than lacrosse or hockey. It is, in fact, a game with all the pleasant features of the above pastimes, and their defective and objective elements removed. It can be played indoors, in the Schoolroom or Gymnasium, or in the ordinary Football or Cricket field.

I will first describe it as played on a football ground. The APPARATUS REQUIRED are Association goal-posts, an Association football, and each player must be provided with a racquet made of stout cane, the handle being about a yard long, the ring which carries the ball 12 inches long by 9 inches wide. The cane used should be about five-eighths of

an inch in diameter. The long handle is to enable the player to throw the ball a great distance, and to dribble without stopping. The ring or hole at the end of the racquet enables the player to catch the ball with great accuracy, it not being made large enough to allow the ball to pass entirely through.

Having provided ourselves with the necessary apparatus, let us now proceed to DESCRIBE THE GAME. At starting, the players should be arranged as in Association Football, viz., Goal-keeper, two Full-backs, three Half-backs, and five Forwards. The whistle having been sounded, whoever has won the toss should dribble off the ball, and when tackled by the opposing forwards, pass to one of his wing forwards. This can either be done by a quick stroke, as in hockey, or by tilting it up and throwing it as in lacrosse. The wing forwards should now dribble the ball until tackled by the opposing half-backs, who must be passed either by dribbling and passing to each other, or tilting it over their heads, and then, rushing around them, catching it on the rebound. Here the full-backs are encountered, and perhaps a shy at goal might now be attempted. The ball will roll easily into the ring of the racquet, and a quick powerful "underthrow" or "shoulder-throw" will be very difficult to stop. If the ball passes underneath the cross-bar, a goal is registered by those scoring.

I have assumed that the attacking team have had it all their own way, overcoming all obstacles, and winding up by securing a goal. This reads very satisfactory on paper, but I fear in actual practice some hard work will first be necessary. The defending team may turn the tables. At this point, perhaps, I had better insert a few rules which will help to govern the game.

RULES OF THE GAME.

1. A "Goal-Ball" team shall, unless otherwise agreed by the respective Captains, consist of eleven players, *viz.* :—5 Forwards, 3 Half-backs, 2 Full-backs, and Goal-keeper.
2. The ground shall be 100 yards long, and 50 yards wide; the longer sides to be called the "Side Lines," and the shorter sides the "Goal Lines."
3. The goals used shall be those of the Association or Rugby game, at the discretion of the Captain.
4. The average circumference of the ball shall not be less than 27 inches, or more than 28 inches; the racquet shall not exceed 4 ft. in its entire length; the throwing end shall not exceed 12 in. long and 9 in. wide.
5. The objects of the game are for each team to obtain as many goals as possible, by placing the ball through their opponent's goal; the duration of the game being 1 hour and 10 minutes, divided into two halves of 35 minutes each.
6. The ball may be dribbled, passed, or thrown, but not carried by the racquet, see Fig. 1. If it gets fastened in the racquet, it must be immediately disengaged, and must not, under any circumstances, be played with the hands, feet, head, or any part of the body, and any goal obtained in this manner will not be allowed.
7. No player must attempt to strike the ball across the player having possession of the ball; such an offence being deemed "Off-side."
8. No player, with his racquet or otherwise, shall hold



Fig. 2.

or trip another, nor push with the hand; nor shall any player deliberately charge, shoulder, or endeavour to throw an opponent.

9. In starting the game, the winner of the toss for sides shall start the ball from the centre of the field. At this time the players of his own side must not be in advance of him, while none of the players on the opposite side must be nearer than five yards of the ball.
10. A player who attempts to place the ball through his opponent's goal, unless there were three players of the opposite side between him and the goal when he first played the ball, shall be deemed "Off-side."
11. In the event of a player playing the ball over the Side-lines, a throw-in, in any direction, will be given to the opposite side; and in the event of a player passing the ball over the Goal-lines, a corner throw-in—*i.e.*, from the angles of the Side Goal-lines—will be given to the opposite side. When these throw-ins are made, no player must approach within five yards of the thrower-in.

12. In the event of a player infringing any of the above rules, a free "shy at goal," see Fig. 2, will be allowed to his opponents from the place where the infringement took place, the usual five yards rule being observed.
13. The Captains of the respective sides shall either agree upon an Umpire, or themselves decide upon any differences arising in the game, and shall decide upon any modifications of the ground, players, or game considered under special circumstances to be necessary.

I feel sure that if a trial is given to Goal-ball, it will prove a most fascinating and satisfactory game, full of interest to players and spectators, and suitable for Boys' or Girls' Schools, Clubs, or Gymnasia.

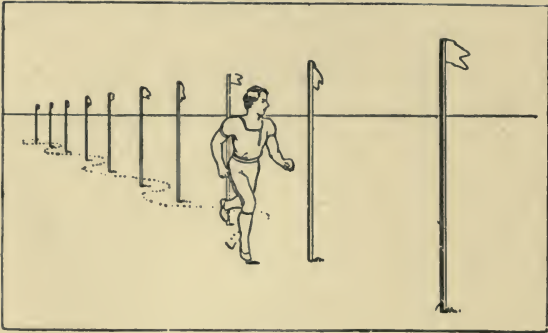


Fig. 1.

THE SERPENTINE RACE.

It is all very well running straight ahead—we can all do it if we are sound of limb and wind ; but, after all, it is a question of quantity rather than quality. Now the race I am about to endeavour to describe is one which partakes more of quality than quantity. Not a bad reversion, I sometimes think, and applicable to many matters besides athletics.

To describe a new race, requiring not only speed, but agility, and skill, and coolness—a race that will rouse as much enthusiasm as any level “hundred” or “half mile,” and one on the winning of which any athlete may justly congratulate himself as a “hard-earned win”—what apparatus shall we require? Well, if the race is to be run outdoors, we shall require about ten flag-staffs, each about

four feet high, pointed at one end, and with a small flag, about twelve inches square, at the top.

These flag-staffs should be stuck into the ground, in a horizontal line, at distances of about ten feet apart. Thus, if the race is a "hundred yards,"—and this is the best distance for this race—the first flag should be placed ten yards away from the starting point; the second, another ten yards away; and an additional ten yards between each flag-staff. This will allow a run of ten yards at the commencement, and ten yards at the finish, of the race.

If circumstances require it to be run in the Schoolroom or Gymnasium, holes, very small ones, will have to be bored in the floor to receive the points of the staffs. If this is not possible, then small squares of soft pine-wood, about twelve inches diameter, and an inch thick, bored in the centre, will make very satisfactory stands.

Now for the OBJECTS OF THE RACE. Unless the Sports Committee will provide three or four sets of flag-staffs, in which case three or four competitors could start off together, the competitor will have to run singly, and be timed. The time-keeper, seconds watch in hand, should stand at the winning tape, and on the start being given, should count and mark the time exactly from start to finish. But to make the race a perfect success, at least two or three sets of flag-staffs should be used, thus allowing the spectators an opportunity of judging of the relative merits of the athletes.

Now for the MANNER OF RUNNING. Supposing the runners to have toed the starting line with their left foot, the left knee should be bent, the body inclined forward, and the right hand raised above the level of the right shoulder. When the start is given, bring the right arm smartly down; it will give you an impetus to make off. Pass the first staff

on your left side, the second on your right, the third on your left, the fourth on your right, the fifth on your left, the sixth on your right, the seventh on your left, the eighth on your right, the ninth on your left, and finally, the tenth on your right. From here make the best of your time in getting to the winning post (*see* Fig. 1). This finishes the ordinary Serpentine race.

Upon its basis, however, a number of other races can be run, two or three of which I will briefly describe.

The next is called "The Rotary Serpentine Race," the object of which is to make a complete circle around each flag-staff. This, performed in an ordinary way, would make you giddy—a thing to be avoided. Observe, therefore, the directions which I lay down, and the result will be, instead, a pleasurable one.

Start as before, passing the first staff on the left; encircle it by passing to the front of it, then, retreating backwards, pass it on the left again.

Running diagonally across, pass the second staff on the right; encircle around it by retreating backwards; when at the front again, run across to the third staff, and pass it on the left, encircling the staff backwards as before, and then run across to the fourth staff, pass it on the right. Follow out these directions with the remaining flag-staffs, taking care to encircle each backwards, and, in addition to the above directions, passing the fifth staff on the left side, the sixth on the right, the seventh on the left, the eighth on the right, the ninth on the left, the tenth and last on the right. Then sprint to the winning post.

Another good race, though rather severe, is the "Hopping Serpentine Race." In this race the rules of either of the two preceding races can be observed, with this difference—

the race must be hopped on one foot. Either foot will do, but it must not be changed during the progress of the race. Care should be taken in turning the corners not to collide against the flag-staffs with the raised leg, or they will probably be knocked down, in which case the "hopper" should stop and refix it, then resume the race.

Perhaps one of the best races of this kind is the "Chain Serpentine Race." In this, eight, twelve, twenty, or even thirty boys can compete at each set of flag-staffs. The leader of each chain toes the mark as usual. The second boy catches hold of his leader's belt at the back, the third boy hold of the second boy's, and so on, until the chain is complete. The race must be run without the chain being broken, and without the flag-staffs being knocked down—the race being over when the last boy on the chain passes the winning post.



Fig. 1.

THE PEDESTAL.

One day, while examining the statue of "Discobylus," or the "Quoit Thrower," in the British Museum, I overheard a conversation between two learned gentlemen as to the correct position adopted by the artist in his conception. They both agreed that the statue was neither artistic or correct in its pose.

This is not the first time the statue in question has come under criticism. It was either Thackeray or Tom Hood who complained of its resemblance to a man in the agonies of gout or rheumatism. This is quite true as far as it goes: the statue *is* ungraceful. But I am not quite so sure about the correctness of the attitude. I will just remark, if the artist intended to portray the athlete *in the act* of throwing, he is probably correct.

I ruminated, however, on the athlete himself, and wondered how far, if endowed with a "Galatea existence," he

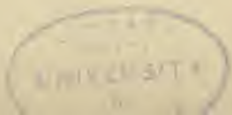
could throw the quoit. This idea made me insert it as a competitive trial at my next tournament. It proved a most popular item, the prize being won by a very fine athlete, John Riddock, of the Liverpool Police Athletic Club. Its success upon that occasion makes me now recommend it as an athletic item in School Sports.

THE OBJECT OF THE GAME is, viz. :—To mount a pedestal and throw a disc or quoit the greatest distance, without losing your balance or coming off the pedestal.

First let us secure the quoit. This should be the shape of an ordinary one, only much heavier. If, however, the game is to take place indoors, then a bag of peas or beans may be substituted. An ordinary schoolmaster's stool will suit very well for the pedestal ; or in the case of youngsters, perhaps a chair would do.

If the contest is out-of-doors, let the markers have several small pointed sticks to place in the ground where the "throw" falls.

Now for the BEST METHOD OF THROWING. Mount the pedestal, and forget all about the statue and position of Discobylus ; keep the quoit resting in the left hand until you are quite ready for action. Now place the left foot forward, pointing slightly to the left, with the right foot to the rear, the feet being almost at right angles with each other. Now hold the quoit, edge to the front, with both hands close to the chest, and suddenly extending the arms in front, loose with the left hand, swinging the quoit backwards, passing the right side, until it is well to the rear, *see* Fig. 1. On its return to the front, bend both knees and lean the body forward. As the quoit leaves the hand, assist the effort by straightening the knees and body. When the quoit has left the hand, lean well back on the right leg to



prevent losing your balance. You must wait on the pedestal until the judge has marked your throw.

This contest can either be made an individual competition, where each competitor has his "throw" marked, or a "team contest." In this latter case, a team consisting of say six a side compete. A boy from each team would go on alternately, and after all had made their throws, the record of each would be added together, the team gaining the greatest aggregate distance being the winners.



Fig. 2.

A variety in the competition is afforded, especially if it be indoors, by throwing the bag over the head backwards. The quoit had better be discarded in favour of the bag, as, since you cannot see where you are throwing, it might go perpendicularly upwards, and downwards on your own head; or you might throw amongst your friends, and cause a stampede. Let it be the bag, then.

The best way to throw this is to hold the bag by the sides, then, placing your feet well apart, *not* behind each other, stoop to the front, bending both knees as the bag passes slightly through the legs. Then, in the return swing, suddenly raise the body upright, and throw the bag over the head, *see* Fig. 2. As the bag leaves the hand, counteract the inclination to fall backwards by projecting both knees well to the front. Retain your balance until the throw has been registered. This style can also be competed for individually or in teams.

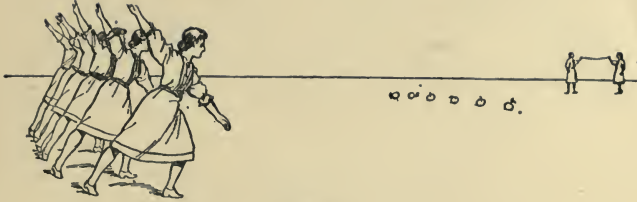


Fig. 1.

THE ATALANTA RACE.

“The Atalanta Race,” which was suggested to me by the fable of “Atalanta and the Golden Apple,” is an admirable and picturesque race. I have used it for both boys and girls with great success, and can confidently recommend its inclusion in either an outdoor sports, or indoor entertainment.

Used as an individual race, with, for example, six competing, it will be necessary to provide six real, or imitation apples. These should be of fair size, with a leafy twig attached, so that they may be better seen by the spectators. A distance of one hundred yards is best to show off the “picking up,” which is the feature of the race.

After providing a couple of officials to hold the winning tape, let the competitors get into position at the starting point. Care should be observed in obtaining a graceful attitude here. I suggest that the competitors should toe the starting mark with the left foot; bend the advanced knee, and incline the body forward; lift up the right hand to



Fig. 2.

the rear, see Fig. 1. When the apples are placed in parallel lines in the centre of the ground, give the start, when the runners should dash off. Their "start" or "get off" will be assisted by bringing the right arm smartly downwards, and pushing with the right foot. Run to the left side of the apple, and as you approach it gradually stoop, bringing the right hand down to the side. As you pass the apple, extend the fingers and pick it up, continuing your run until the winning tape is reached.

If by any mischance the apple should be "muffed" or dropped, the competitor *must* pick it up before returning to the end of the race. This "picking up" should be specially practised, as it requires great skill to do it to a nicety and at full speed. But if you confine your efforts first to a walk, then a gentle run, and finally at a quicker rate, you will soon master the awkwardness of the movement, and be able to pick it up at top speed. After the first race, the same apples will of course be replaced for the next and succeeding heats.

Another and much more difficult aspect of the race is shewn in Fig. 2. It is called "The Ring and Apple Race." Six small hoops, made of cardboard, cane, or anything which is discernible to the spectators, and being about nine inches in diameter, should be laid flat down on the centre of the

ground, and in the places previously occupied by the apples. The runners toe the line as before, *see* Fig. 2. They should, however, each hold an apple in their right hand. When the start is given they run off, keeping to the left side of their ring. As they approach the ring they gradually stoop down, and, as they pass, place the apple in the ring with the right hand. Then continue running until the end of the course is reached. If in a schoolroom, the wall must be touched; then suddenly turning around, they must continue running, making for the left side of the ring. As they approach the ring, gradually stoop, and as they re-pass the ring, they must pick up the apple, and take it to their original starting place, which in this case will be the winning post also. This is a most skilful race, full of difficulty in laying down and picking up the apple. Plenty of "muffing," as a rule, takes place, either with the apple rolling out of the ring when being placed there, or in picking it up on the return journey. In each case the conditions should be rigidly enforced, and the competitor obliged to return and perform the task correctly. Special practice should be given to the various points, such as "stooping," "picking up," and "turning," when I have no doubt but that you will, as well as the spectators, be well pleased with this skilful and exciting race.



Fig. 1.

THE DUMB-BELL RACE.

The "DUMB-BELL RACE" was suggested to me by the old game of "picking up stones." It is so full of exercise, speed, activity, and coolness, that I think it ought to have a place here. It makes, too, an admirable item in the School Sports—full of interest and excitement, and suitable for both sexes and all ages.

The apparatus required will be six Baskets and six rows of Dumb-bells, about three pairs for each competitor.

Place the baskets behind the competitors at the starting line; then place six rows of dumb-bells in front, at about ten yards apart if a hundred yards race, and at shorter intervals if in a shorter race; then let the competitors take up their positions, see Fig. 1.

THE OBJECT OF THE RACE is, that each competitor should run and collect up the dumb-bells placed on his or her line, and return with them to the basket; whoever does so first will be the winner.

Now as to THE MANNER OF PICKING THEM UP. At the word "Off," the competitors should run to the first dumb-



Fig. 2.

bell, pick it up, run back and place it in the basket, without losing any time; run off again and bring back number two dumb-bell, and place it in the basket; off once more and bring back number three, then number four, then five, and, finally, the sixth and last dumb-bell. Thus all the dumb-bells will have been collected alternately and placed in the basket belonging to each competitor.

If the dumb-bells should by any chance not go in, or be missed being placed there properly, the runner must make good the default by putting it in correctly, or otherwise be disqualified.

Sometimes the option of picking up any dumb-bell, in any order they please, is asked for, some runners being able to collect them better in this way. If this is agreed to, the runners may run and collect whichever dumb-bell they prefer first, see Fig. 2; but in every case only one must be collected at a time, and each run be made separately to and from the basket. For effect, we think the first plan looks the best, although it may be a little slower than the optional method.

There are several methods of varying this race. One is, to "PLACE THE DUMB-BELLS DOWN." In this case all the dumb-bells belonging to each line are collected and placed in their respective baskets. In their places are laid down small rings or hoops, about nine inches in diameter. The

object of this game is to take the dumb-bells separately out of the basket and place them in the rings, whoever succeeding in the task first to be hailed the winner. The runners must, of course, observe the same rule as before, and only place one dumb-bell down at a time, returning for the remainder separately until all are placed.

This race and the first plan can be performed conjointly, but it is very severe. In this case the "placing down" would be performed first, and the "picking up" secondly; and to prevent confusion as to the carrying out of the rules, the option of picking up any dumb-bell should not be allowed.

Another variety of the race is to first run through the dumb-bells, as in the Serpentine Race, and then, picking up the last bell, bring it back, running again serpentine fashion on your way to the basket; this should be repeated, running the serpentine race each way, and picking up the last dumb-bell first.

Yet another method is "The gathering-up race." In this the competitors start as in Fig. 1, run and pick up all the dumb-bells in one journey, returning with them as soon as possible to their respective baskets. If any bells are dropped, they must be picked up by those dropping them before they are legally in the race again; the basket, too, must not be overturned while the dumb-bells are being placed in.

In the Army or Navy Services, 16-lb. shot can be substituted for the dumb-bells, and makes a very good, though arduous, race.

Perhaps, however, the most difficult, and at the same time most amusing variety, is the "Tommy Atkins Race." In this case, if used in the Service, soldiers may be substituted

for dumb-bells; if at school, boys may be used. They should stand within a small ring, in the places usually occupied by the dumb-bells, stiff and rigid, at the position of attention, until the runner comes and carries each away, depositing him behind the starting line, while he returns for the others.

Another way of performing the "Tommy Atkins Race" is to have a runner for each soldier to be carried. Thus, if there are six soldiers standing in each line, there should be six runners behind each other, and as number one soldier is carried away and placed behind the starting line, number two should make off and fetch number two soldier; as soon as he is over the starting line, number three should start away and fetch number three; and so on, until all have been removed—the team bringing their men over the line first being the winners.

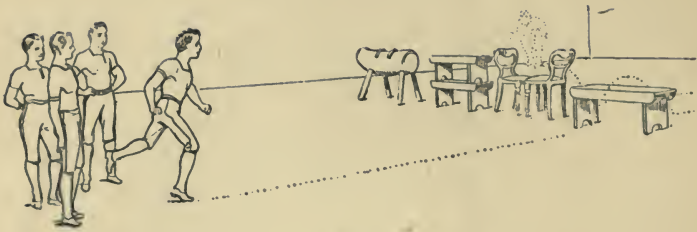


Fig. 1.

LEAPING THE BARRIER.

This race or competition, for it is more than a race, requires not only speed, but activity and strength to a large degree.

The OBJECTS OF THE CONTEST are to start from a given point, run out a prescribed distance, and jump over certain objects *en route*.

First let us PROVIDE THE APPARATUS. If the contest is indoors, say in a gymnasium, we would erect a number of barriers across the room, varying from about 18 inches to 5 feet in height. On the right-hand side of the room we would place a form or low seat; in a line with this a pair of chairs might be placed, with the seats turned towards each other; then continuing the line, and making the objects higher, a small vaulting horse, or a pair of forms standing upon each other, might be placed; and finally, at a height of four to five feet, another object should be placed—perhaps a vaulting horse would again answer the purpose—thus a barricade would be formed across the centre of the room, as in Fig. 1.

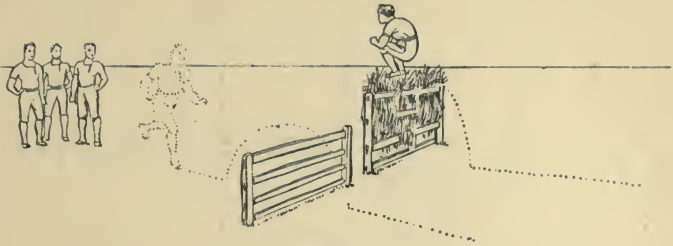


Fig. 2.

If the contest takes place out of doors, hurdles can be substituted for the other objects, see Fig. 2, but they must vary in height from two to four feet.

The contest is an individual test, and decided by time; a timekeeper is therefore necessary. WHEN THE START is given, the competitor should dash away from the starting line, run up to and jump over the lowest object, continue running until the other end of the room or course has been reached; here he should turn, and, continuing the run to the centre of the room, leap over the chairs, and run on to the starting line; without stopping, he should again turn, run to the centre of the room, and jump over the third object—the small horse or forms—then continue his run to the end of the room. Here, turning for the last time, he should run towards the centre, and leap over the fourth and highest object, and make the best of his way home to the starting line. As he crosses the line, the timekeeper should mark his time and place it opposite to his name.

The next competitor then goes through the same experience, and at the finish will also be timed. The competitor who goes through the performance in the quickest time will be adjudged the winner.



Fig. 1.

UNDER AND OVER RACE.

This race is a capital substitute for the "Hurdles," and not only provides fun and interest to the spectators, but gives plenty of exercise to the athlete, and calls upon his skill in devising the best methods of negotiating the obstacles.

THE APPARATUS REQUIRED consists of about a dozen light scaffolding poles, about fifteen to twenty feet in length, and about four or six inches in diameter; these should rest at each extremity upon a small trestle. The poles should be placed across the room or field in parallel lines, and at a distance of from eight to ten feet.

THE OBJECT OF THE CONTEST is for the competitor to vault over each pole. The athlete who reaches the other or farthest end first to be the winner. The method of vaulting to be optional, but touching and using the hands upon the poles to be compulsory, see Fig. 1.

The distance to be arranged; but a "there and back" course will be found the most popular.

Another variety in this contest is the UNDER AND OVER RACE. In this case the athlete, on the start having been



Fig. 2.

given, runs *under* the first pole, see Fig. 2, vaults *over* the second, under the third, vaults over the fourth, and so on alternately until the end has been reached; here they turn round and repeat the performance back again. Three or four competitors may start in each heat, the winner of each heat to run together in the final.

A variety in the race can be made by the competitors performing the vault inside or outside their hands. This requires great activity and expertness; and a still more difficult variety is the "HANDSPRING RACE." In this contest the competitors each perform the gymnastic feat of turning a handspring over each pole. Only gymnasts are advised to try this race, as it is not free from danger and fatigue.



Fig. 1.

THROWING THE SPEAR.

This game is an old Greek and Persian pastime, to "Throw the spear and speak the truth" being a national maxim of the Persians, which we may copy with advantage.

The APPARATUS REQUIRED are some light spears and an Archery target. The spears should vary from five to six feet in length; the point should be shod with a steel tip, having a socket into which the wooden handle is fitted, and made fast by small screws passing through holes in the sides of the metal, and then into the wood itself. The wood, for about a foot above the barb, should be about three-quarters of an inch in diameter, and from thence gradually taper to about a quarter of an inch in thickness, until the end of the spear is reached.

Some spears are fitted with feathers, like an arrow, but these are not necessary to obtain a good throw, and soon get dismantled in continually falling upon the ground. An ordinary archery target will suffice to aim at.



Fig. 2.

THE OBJECT OF THE CONTEST is to stand at an agreed on distance and throw at the target; whoever throws nearest to the centre of the target the greatest number of times out of six shots, to be hailed the winner.

THE BEST METHOD OF THROWING is to advance the left foot forward, extending the left leg until perfectly straight, then lean well back, until the weight of the body rests upon the right leg. Now extend the left arm forwards, in a line with the shoulder, and over the left leg; poise the spear in the right hand, holding it in the centre of gravity by the forefinger and thumb. Hold the spear horizontally, and bring the right arm backwards until the hand is behind the right shoulder, see Fig. 1.

Now, inclining the point of the spear slightly upwards, make your effort, bringing the right arm forwards, followed by the right side of the body, the right leg forward and the left arm backwards, as shewn by the dotted figure in Fig. 1. Count yourself fortunate if you even hit the target in the first few attempts, but practice will make a wonderful difference. The distance should be mutually agreed upon, but 50 feet for a boy of fifteen, and 100 feet for an adult, will be found about right.

TO "THROW THE JAVELIN" is another phase of this pastime. THE JAVELIN is four to five feet in length, three-quarters of an inch in thickness, and fitted with a barbed end, slightly heavier than the spear head.

The "object of the game" is to throw the javelin as far as possible, but not at a target; instead, the javelin must stick into the ground, as in Fig. 2.

In throwing the javelin, hold it in the right hand, the left leg and hand being advanced; the barb and arm, at this point, should be at the rear. Then, describing a semicircle with the arm over the right shoulder, and leaning well to the rear, as seen in the dotted figure of Fig. 2, hurl the weapon as far as possible in front of you.

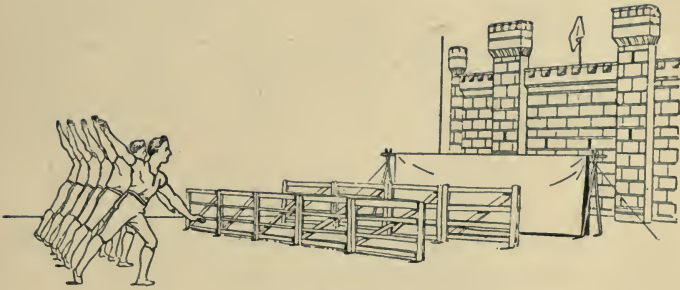


Fig 1.

SCALING THE HEIGHTS.

This is a very exciting contest, not only to the onlookers, but to the competitors themselves, and requiring an amount of strength, skill, activity, and endurance perhaps not required to an equal extent in other races. I shall describe it first as taking place in a gymnasium or indoors, where we can obtain the suitable appliances.

The APPARATUS REQUIRED to make the contest a success should be obstacles gradually increasing in height and difficulty, until the effort culminates in a stiff climb, necessitating strength of arm as well as activity of limb. Perhaps a row of school forms or a light set of hurdles arranged across the room would be most suitable for the first obstacle; then a row of desks or higher hurdles might answer for the second barrier. The third row of obstacles should be of a distinctly higher and more difficult kind—a

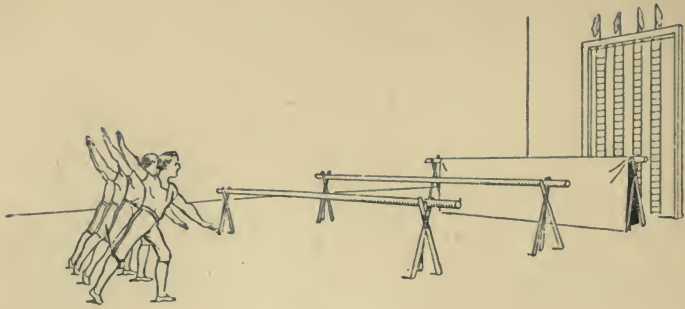


Fig. 2.

light scaffolding pole placed horizontally upon two perpendicular uprights, and having a canvas thrown and tied over the pole, makes a very difficult and arduous obstacle. The last climb should be of the nature of a fort or castle, fitted with a flag or banner; or, if nothing better can be improvised, a series of climbing poles or ladders as shewn in Fig. 2.

Having arranged the obstacles, let us now DESCRIBE THE RACE. The competitors should range themselves at the starting line as shewn in Fig. 1. On the start being given, they should at once make off and clear the first obstacle by jumping it. The second obstacle may also be jumped if possible; if, however, it is too formidable, it should be vaulted by placing the hands upon it. The third obstacle must be scrambled over in the best manner presenting itself; to gymnasts, however, a "press up," or "one leg up" rise, will probably occur, and assist them in rapidly surmounting this difficulty. The last obstacle consists of a climb, and victory will fall to him who "scales these heights" first, and waves the flag in token thereof.

If a number of competitors present themselves, the race should be decided in heats of three or four, in order not to interfere with each other's movements.

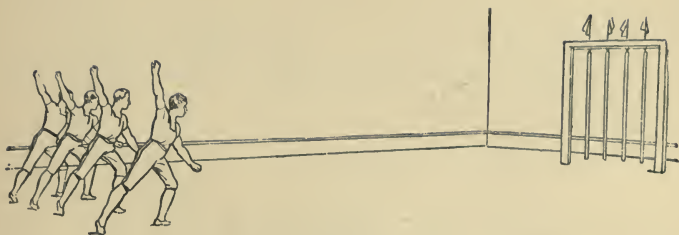


Fig. 1.

THE CLIMBING RACE.

Why should races always depend upon the legs of the runner? Our old friends the Greeks taught us a lesson in that way, for in their Pentathlon or championship contest the arms were used quite as much as the legs, and therefore, both being thus equally developed, produced a better physique. It is this latter fact that should impress us, and make it desirable to encourage games that give an equal physical development.

The Climbing Race will be found a good example of this, and also prove full of interest and excitement to competitor and spectator alike.

The APPARATUS REQUIRED will be a number of light climbing poles, borrowed from the gymnasium; none other would be suitable, on account of the splinters generally accompanying unfinished spars. These should be suspended from the ceiling, or, if that is inconvenient, from a light framework, arranged as in Fig. 1. Small flags should be inserted in small holes bored on top of the scaffold.

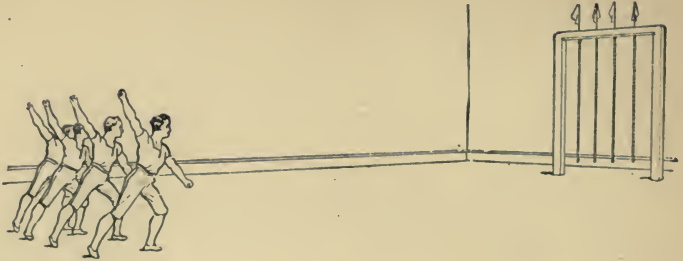


Fig. 2.

If the contest is held in the open air, a similar arrangement would be necessary, when ropes might be substituted for poles.

THE OBJECT OF THE RACE consists in the competitor running from the starting line to the bottom of the framework and climbing the poles to the top, the victor being he who is the first to take the flag from the top and bring it back to the starting line.

The quickest method of climbing the pole is to "shin" it up; that is, to place the left knee and left instep on different sides of the poles, and place the right heel over the front of it. Thus, by alternately pulling up with the arms, and lifting up of the feet, good progress ought to be made.

In climbing the rope, the quickest method is to climb with the hands only; but this is very severe work, and can only be accomplished by the strong. The easiest way to climb the rope is, perhaps, to allow it to hang inside the knee, and then take a turn of the leg around it, and "biting" or securing it by pressing the foot of the other leg on the rope as it crosses the instep. Be careful of the friction which may occur while coming down the rope or pole. The hands should descend "hand under hand" rapidly, and the pole or rope *not* allowed to slide through and probably blister the hands.

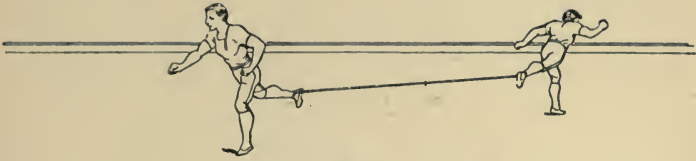


Fig. 1.

NOVEL TUGS OF WAR.

A "Tug of War" is always a popular item in School Sports, but unless there are stringent conditions, by which the weights and other matters are regulated, it is generally the heaviest side which wins.

I think our Sports Committees ought also to introduce a little novelty into this branch of pastime. I would not, however, advise going to extremes, as was once done in a Military Tournament under my direction. We arranged a tug of war between twelve little boys and a "baby elephant," the latter weighing about a ton. Whether it was the war whoop which the youngsters gave, or the suddenness of their pull, I cannot say, but Baby Jumbo was pulled over backwards, rolling over on to its back, and making such a terrible noise that the youngsters turned and fled, leaving the match undecided.

The "ONE FOOT TUG" is very amusing, and requires a lot of energy and determination. You will require a rope, about fifteen feet in length, with a padded loop at each end. The foot of each competitor should be inserted in this, their backs turned towards each other, the centre of the rope placed over the winning line, and the signal given, see Fig. 1.

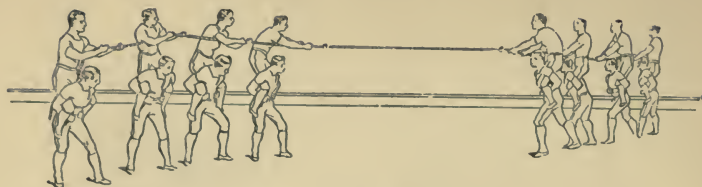


Fig. 2.

Whoever pulls the other over the line is the victor ; the act of lying down, also, is an acknowledgment of defeat.

Another novelty is the "MOUNTED TUG OF WAR." To explain this, we must suppose there are "eight a-side," of equal weights. Four must constitute themselves "horses," and carry the remainder as "riders." The riders on each side should secure the rope, and on the signal being given, the "horses" should use their best endeavours to pull their rivals over the line, see Fig. 2.

Another laughable variety is the "TUG ON ROLLER SKATES." In this case the rival competitors wear ordinary roller skates, and some pretty floundering is generally the result. Sitting down should be penalised to keep the game exciting.

Then there is "THE PUSHING TUG OF WAR," in which a pole is used instead of a rope, the competitors pushing each other instead of pulling them over. See that the pole is light and strong, free from splinters, and stout enough to withstand the lateral strain placed upon it.



Fig. 1.

THE MOUNTED RACE.

This race makes a very good change in the ordinary programme of sports. It also requires a considerable amount of strength on the part of the bearer, or horse, to withstand the unusual exertion entailed by the extra weight. It is a race in which the strongest, rather than the swiftest, wins.

The DISTANCE is generally about a hundred yards, and quite long enough you will find it if you have a long-legged, heavy-jointed youth on your shoulders, gawky in his movements, uneasy at being lifted up, and anxious to be on *terra firma*.

The RACE should consist of at least six Bearers, and an equal number of "Jockeys" or "Mounters." These should always be a stone or two lighter than the "bearers," and in a race should not exceed a certain prescribed weight. The best method to "mount" is for the jockeys to stand at the starting post with feet apart; the bearers should then approach from the rear, and stooping, pass their heads between the legs of the jockeys, and then, catching hold of their legs, raise them off the floor aloft on their shoulders, see Fig. 1.



Fig. 2.

In STARTING, the bearers should toe the starting line with the left foot, and on the start having been given, should make off as fast as they can. The jockeys should keep themselves erect, and not impede the efforts of the bearers by wriggling about. If a stumble should occur, the bearer should release the legs of the mounter at once, in order to prevent a possible nasty fall.

In addition to the above race, a modification for younger boys can be arranged by the jockeys mounting the backs of their bearers in the orthodox manner known to every schoolboy. The most ambitious as well as effective method of the race, however, is to mount the shoulders of the bearers. This requires great care in learning, and assistance should be handy, lest a fall should occur during practice.

There are several ways of mounting on to the feet. Perhaps the easiest acquired is to first get into the sitting mount, as in Fig. 1, and from there scramble on to the feet, the bearer giving the mounter his hands, which he holds at the front of, and above, his head. With this assistance, the mounter should be able to lift first one foot and then the other on to the shoulders of the bearer, and then straightening his knees, should close his heels behind the bearer's neck, leaning with his shins against the back of the bearer's

head, who, catching hold of the back of the mounter's legs, should hold him in that position.

The mounter should keep very stiff, as shown in Fig. 2, and when the race is being run, should incline slightly forwards; if a fall appears probable, the bearer should stoop slightly, allowing the mounter to jump off in front. The race should not be more than fifty or a hundred yards, and much haste will probably end in much delay. In this race, therefore, "Learn to walk before you run."

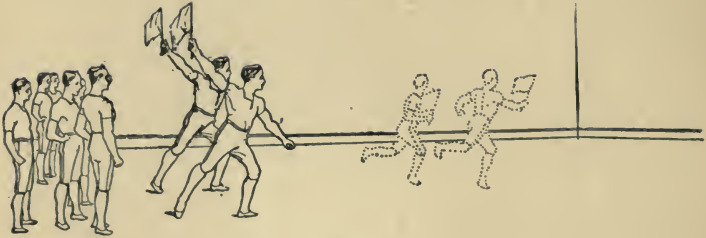


Fig. 1.

THE FLAG RACE.

This is one of the most exciting races that can be witnessed. Indeed I have never seen any race which provides the same amount of interest and excitement to runners and onlookers; and I hope all schools and clubs will specially give this particular race a trial. It has been tried with children, boys, girls, men, women, soldiers, sailors, and with cavalry, the result being in every case a perfect success.

I will describe it first as taking place in the playground. The APPARATUS REQUIRED are two flags, which should be different in colour or design, a Union Jack and Royal Standard being very appropriate. The competition should be contested by opposing teams of an even number, six a side being an appropriate combination. These teams should be under command of a captain, who would use his discretion in placing his boys in the best order, manner of taking flag in best possible way, and other little details of the race which would suggest themselves to him.



Fig. 2.

I will, however, DESCRIBE THE GAME in its simplest form. The captain should be one of the runners, and arrange his remaining five companions in a row behind the starting line. The two captains, having done this, should toe the starting line with the left foot, and hold their respective flags aloft in their right hand, see Fig. 1. On the start being given, the captains should make off, running to the end of the playground; here touching the wall, they should turn suddenly and make for home—*i.e.*, the starting line—as swiftly as possible. On PASSING the line they should hand the flag to number *two* of their respective side, see Fig. 2, who should at once make off with it to the farther end of the playground; after touching the wall, they should at once return as speedily as possible to the starting line, and hand the flag to number *three* of their side. Number three should run away to the farther end and, like his predecessors, touch the wall and turn, bringing the flag back and giving it to number *four* of their side. Number four performs the same run, and coming back hands it to number *five*, who also runs the prescribed distance, returns, and hands to number *six*, the last of each team. Number six now dashes away, runs, touches the wall, returns; and whoever brings home the flag first, has won the race for his side.

This does not necessarily mean that he should be the swiftest runner—all who run have an important part in the race. One may be a little slower or faster than the corresponding one on the other side, and thus the game will continually fluctuate. It is this uncertainty that makes the race so interesting. Sometimes poor runners on one side may early in the race allow the others to gain upon them, when, suddenly, the last two or three runners prove to be more speedy, make up the lost ground, and convert what appeared to be a certain defeat into a brilliant and sensational victory.



Fig. 1.

THE GLOBE.

I hope my readers will not be frightened at the apparent difficulty of what I am about to describe. I once had similar misgivings, but in actual practice I found the feats so easy, the exercise and recreation so pleasant, that I feel disposed to explain them here, hoping that those who may have the opportunity will experience a similar satisfaction.

THE GLOBE should be from 2 feet to 2 feet 6 inches in diameter. It is made of light pine wood, in sections, and covered over with strips of canvas securely glued on. Particulars may be obtained from the Publishers.

After obtaining the globe, it is best, for awhile at least, to practice your balance by standing upon it, at the same time holding a rope by the hands, which should be suspended from over the globe. Then, if you should lose your balance, as you probably will at the first attempt, you can save a tumble by holding on to the rope. A little practice will, however, enable you to master the necessary equilibrium, and the delightful sensation of being able to maintain your balance while mounted on the running sphere, will fully compensate for the trouble expended in learning it.

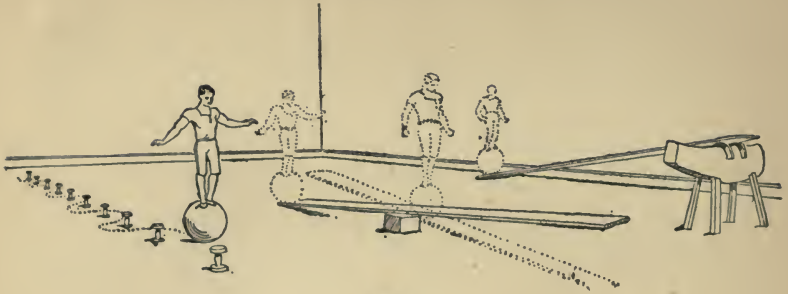


Fig. 2.

Having mastered, and being able to control, your wooden steed, the question arises as to how it may be used for competitive purposes. Well, the simplest of these tests is the **GLOBE RACE**, the object of which is to run the globe a certain prescribed distance round an object, and return to the starting point. If one globe only is used, this race will necessarily require to be timed (see Fig. 1).

A much greater test of ability, and of more interest to the spectators, is the **TRIAL OF SKILL**. In this, certain objects are placed on the ground, around or over which the competitors try, one after the other, certain "Follow the leader" exercises.

An interesting example of this is to place about a dozen pairs of dumb-bells, or other objects, at equal distances of about five feet apart; the object being for the globe to be propelled and threaded through, interlacing in and out, without touching or knocking the globe against the objects (see Fig. 2). A second test is to obtain a long plank, balance it upon a small stool or block of wood, about six inches in length; allow it to incline at one end, and then, mounting the globe, propel it up the incline. When the centre is reached, endeavour to balance the plank in a horizontal position, and, after retaining that position for a moment, descend the other end carefully (see Fig. 2).

Perhaps the most arduous task to accomplish is MOUNTING THE INCLINE. In this striking feat one end of the plank is placed at an elevation of four to five feet,—the object being to propel the globe up the incline while standing upon it. In doing this, the body should be turned towards the elevation, and in descending the same position should be observed. A very small shuffle of the feet is only required in propelling, and a plentiful use of the safety rope is recommended during the learning stage.

Finally, a rare trial of skill is to endeavour to perform the last three feats without descending from the globe.



Fig. 1.

THE BALLOON RACE.

Games with balloons require very light handling, and activity rather than strength. For this reason they are specially suitable for young boys and girls, though, indeed, if the rules be observed, they are equally suitable for adults.

The first race I will describe is a "DRIBBLING RACE," the object being for the competitors to kick or dribble the balloon from the starting line to the winning post. The balloons, which should each, if possible, be of different colours, should be placed a little distance in front of the starting line. The competitors, who should wear slippers with indiarubber soles, should toe the line, see Fig. 1, and on the word to go, should each make for their balloon and kick or dribble it in the direction of the winning post. Accuracy should be aimed at, and a quick succession of short dribbling kicks is better than strong kicks, the latter being apt to divert the balloon from the course, or, worse still, burst it. The competitor who first sends his balloon past the winning post wins the race.

The Dribbling Race around objects is also an interesting race. The objects may consist of chairs, flags, or any



Fig. 2.

prominent articles, and should be placed about ten feet apart. The object of the game is to dribble through these objects in the shortest time, a timekeeper being necessary to time each competitor ; or, if several rows of flags should be arranged, the players can then, of course, thread each row simultaneously, and thus make the race more interesting.

A more difficult race, and one also more interesting, is the "BALLOON HAND RACE." In this, the players start from the usual line, each holding their balloon above his head, see Fig. 2. When the start is given, each should throw his balloon as far as possible in front of him ; before it has time to reach the ground, it should again be struck towards the winning line, and again caught and struck in the same direction, until eventually the winning balloon passes over the line. This is not an easy matter, for the effort of keeping the balloon up in the air sometimes occasions a bad course, and competitors, who imagine they are going straight, often find themselves making a circular tour.

Different coloured balloons should be used by each player, and of a larger and, if possible, stronger make, than the ordinary ones in use.



Fig. 1.

BALLOON GOAL, ETC.

Balloon Goal is a much more difficult game than is apparent at first sight. The OBJECT OF THE GAME is for a number of players upon opposite sides to knock a balloon through their opponents' goal—no easy task, as you will find out if you try it.

If the game is played indoors, a small hoop, about two to three feet in diameter, should be suspended from the ceiling, and stayed off below with cords; or if played outdoors, the hoop may be fitted into a thin tripod arrangement of slender poles. The hoop should not be placed higher than eight feet, or great difficulty would be experienced in getting the balloon through.

Any number can play, but an ordinary football team of twelve makes a nice game. These should be divided into Goal-keeper, Backs, and the usual Forwards. There will be little need of the Backs, but they will be useful in assisting and taking the place of the Forwards when the latter are tired. A good Goal-keeper is advisable, one with a cool head and long reach of arm. The balloon may be struck or

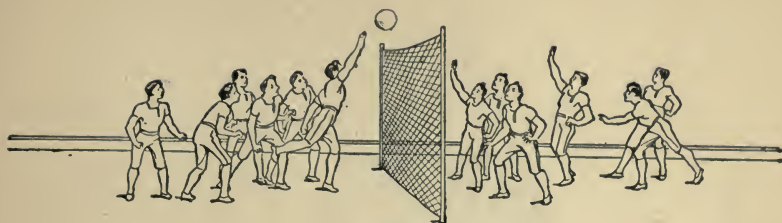


Fig. 2.

passed in any direction, but it should not be allowed to touch the ground. The side allowing it to do so should be penalized by permitting the opposite side to advance five yards towards their goal and striking off. A player should not approach his opponents' goal unless at least three players intervene between him and it, at the time when he plays the balloon. An infringement of this rule should be deemed off-side, and will be penalized as before stated. The balloon passing through the hoop shall be constituted a goal, and the greatest number of goals scored within an agreed specified time to be considered a win.

A less arduous but perhaps more amusing game is BALLOON TENNIS. In this game a high tennis net, about 6 feet, should be erected on the lawn, and the object of the game is for the different sides to endeavour to beat the balloon across the net and touch their opponents' ground, at the same time to protect their own ground from a similar invasion (see Fig. 2). A quick bit of passing may sometimes unexpectedly effect this, but active players are able to keep their ground safe for a long time, finally fatiguing their opponents to defeat.

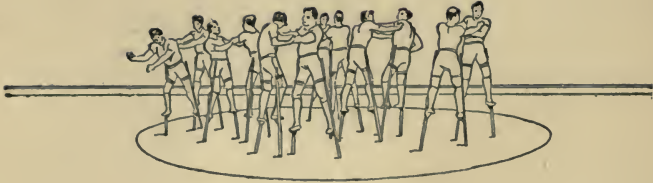


Fig. 1.

THE STILT TOURNAMENT.

I expect plenty of boy readers have experienced the novel sensation of being mounted on stilts, and a very strange feeling it is at first—not without a little risk. If, however, proper precautions are taken, and short stilts used, there will be comparative immunity from risk of any kind. All sorts of competitions, including many of the races described as taking place on foot, can be utilized in like manner, by being performed on stilts.

The ordinary flat race is very popular, but as it is already known, I need not further refer to it. Some of the newer races, however, such as the Serpentine and the Flag Race, are productive of much interest and amusement. In these races the same rules and conditions apply as already described, the difficulty of progression being of course increased.

THE STILT TOURNAMENT makes a nice change from these races, and is productive of more fun and excitement.

A circle must be marked in chalk on boards, or taped on grass about twenty feet diameter. Into this mimic arena



Fig. 2.

stalk the rival combatants—say eight aside, the OBJECT being for one side to oust out the other side, by pressure or leaning against one another (see Fig. 1). This does not necessarily mean rough play, for the slightest weight placed against an opponent, especially if skilfully applied, would force them off their balance, and if this advantage is quickly followed up, inevitably ends in the enemy being dislodged. If one goes out it materially weakens his side; but if an equal number goes out from each side, it becomes very interesting to watch the remaining, especially the two last competitors left to decide the match. If both should happen to go out together it becomes a “Draw,” and entitles all competitors to once more re-enter the circle and fight it over again.

Another good game is STILT WRESTLING. In this the combatants endeavour to trip each other up by knocking their stilts down, or tripping them up in such a manner as to make them relinquish their hold (see Fig. 2). The tripping must be done by the use of the stilts only,—the body and arms not to be used.

Stilts about three feet six inches to four feet are best for this purpose, and should be free from any complications of

straps and buckles—for fear of mishap in falling. The steps should be made straight, with no hollows or straps over, and should be about eighteen inches to two feet from the ground. The tops of the stilts should be held close to the sides by the hands.



"Mr. Alexander, of the Liverpool Gymnasium, is a well-known authority on everything which concerns 'Modern Gymnastic Exercises.'"—*The Speaker*.

IMPORTANT NEW BOOK.

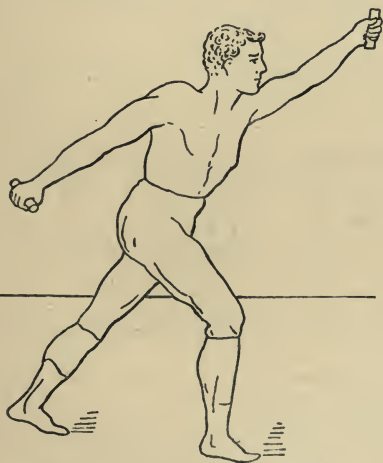
PHYSICAL DRILL OF ALL NATIONS.

With a Prefatory Letter by the Right Honourable
VISCOUNT WOLSELEY, K.P., G.C.B.

With numerous Illustrations showing the Gymnastic Apparatus and Exercises most popular in other countries, and including a selection of National Music, adapted for use with the Exercises, by **LESLIE HARRIS.**

Demy 8vo, 165 pp., Cloth, Price 3s. 6d.

CONTENTS:—Grecian Exercises without apparatus; Danish Dumb-bell Exercises; Swedish Drill for Boys, without apparatus; Finland Wand Exercises with Staff or Bar; Russian Exercises with Staff or Bar; German Exercises with Staff or Bar; French Exercises with Long Pole; Swiss Exercises with Staff or Bar; Italian Basket Marching Drill, suitable for Girls; Spanish Balancing Exercises; American Exercises for developing the chest, etc.; English Dumb-bell Exercises, entirely new series.



The Exercises in this Book, being new to English Teachers, will be found very useful as a change. For Entertainments, School Concerts, etc., they will be found specially attractive. With one or two exceptions, they are suitable for either Boys or Girls.

A Prospectus of other Books on Musical Drill and Gymnastics, by Mr. Alexander, will be sent post free on application to the Publishers.

London: George Philip & Son, Publishers, 32 Fleet Street, E.C.
Liverpool: 45 to 51 South Castle Street.

SOUTHPORT Physical Training College.



SPLENDIDLY SITUATED CLOSE TO THE SEA.
THE MOST PERFECTLY FITTED TRAINING COLLEGE in the KINGDOM

*Three-quarters of an hour by rail from Liverpool, Manchester, and Preston.
Tram passes the door.*

PRINCIPALS.

A. ALEXANDER, F.R.G.S. (DIRECTOR LIVERPOOL GYMNASIUM).
MRS. ALEXANDER, WITH QUALIFIED ASSISTANTS.

LECTURERS.

J. BIRKBECK NEVINS, M.D., F.R.C.P.
F. CHARLES LARKIN, F.R.C.S.

OBJECTS.—*To train Women as Teachers of Physical Education,
Science and Health Lecturers.*

SUBJECTS.

REMEDIAL.
EDUCATIONAL AND
RECREATIVE GYMNASTICS.
PHYSIOLOGY.
ANATOMY.
HYGIENE.

SWIMMING.
FENCING.
GAMES
SICK NURSING.
AMBULANCE, &c.

*Diplomas granted upon Examination. Qualified Students assisted in
obtaining Engagements.*

REFERENCES.

LORD MEATH, 83 Lancaster Gate, S.W.
LORD CHARLES BERESFORD, R.N., 100 Eaton
Square, S.W.
LORD KINNAIRD.
HERBERT J. GLADSTONE, Esq., M.P.,
Hawarden.
VERY REV. W. LEPROY, D.D., Dean of
Norwich.

J. G. FITCH, Esq., H.M. Inspector of Training
Colleges.
MISS HELEN GLADSTONE, Newnham College,
Cambridge.
S. G. RATHBONE, Esq., Chairman Liverpool
School Board.
G. J. COCKBURN, Esq., Chairman Leeds School
Board.

For further particulars apply to the Principals, at

CASTLE MOUNT, SOUTHPORT, LANCASHIRE.

APPARATUS

DESIGNED TO ACCOMPANY THE GAMES, ETC.,
IN THIS BOOK.

GOAL-BALL IMPLEMENTS.

RACKETS , each 5s. 6d. ; superior bound handle, each .	s.	d.
	6	6
BALLS , ordinary, each 7s. 6d. ; superior, each .	9	0
GOAL POSTS for outside use, per set .	40	0
<hr/>		
SPEARS , 5 feet long, wood handle, with steel tip (<i>see</i> page 56) each	2	6
JAVELINS (<i>see</i> page 57) „	3	0
<hr/>		
TUG OF WAR ROPES , best Manilla, 50 feet long .	17	6
Shorter lengths in proportion.		
FLAGS for Flag Race—Union Jacks or Royal Stan- dards—with short handles, per dozen .	4	0
GLOBE , as described on page 71, 24-inch diameter	£4	5 0
30-inch „	£5	5 0
BALLOON BLADDERS , extra strong, each .	2	0
STILTS , per pair	1	6

*Apparatus supplied for every description of Musical Drill
and Calisthenics. Price List on application.*

GEORGE PHILIP & SON, 32 FLEET STREET, LONDON.
PHILIP, SON & NEPHEW, 45 TO 51 SOUTH CASTLE STREET, LIVERPOOL.

RETURN TO the circulation desk of any

University of California Library

or to the

NORTHERN REGIONAL LIBRARY FACILITY

Bldg. 400, Richmond Field Station

University of California

Richmond, CA 94804-4698

ALL BOOKS MAY BE RECALLED AFTER 7 DAYS

2-month loans may be renewed by calling

(510) 642-6753

1-year loans may be recharged by bringing books

to NRLF

Renewals and recharges may be made 4 days

prior to due date

DUE AS STAMPED BELOW

MAR 25 1996

20,000 (4/94)

book contains all the Teacher requires for Musical Drill.

A Prospectus of other Books on Musical Drill and Gymnastics, by Mr. Alexander,
will be sent post free on application to the Publishers.

London : George Phillip & Son, Publishers, 32 Fleet Street, E.C.
Liverpool : 45 to 51 South Castle Street.

YB 19818



THIS BOOK IS DUE ON THE LAST DATE
STAMPED BELOW

AN INITIAL FINE OF 25 CENTS
WILL BE ASSESSED FOR FAILURE TO RETURN
THIS BOOK ON THE DATE DUE. THE PENALTY
WILL INCREASE TO 50 CENTS ON THE FOURTH
DAY AND TO \$1.00 ON THE SEVENTH DAY
OVERDUE.

SEP 25 1932

FEB 24 1934

DEC 20 1934

FEB 17 1937

MAY 9 1941M

