



Australian Government
Australian Sports Commission

meetcha kambong

'meet-cha kam-bong'



SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

SCHOOL
YEARS
10-12

Post-school age

Background

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

Language

The winners shout:

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

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

Short description

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

Players

- Two teams with four to five players in each

Playing area

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

Equipment

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

Game play and basic rules

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

Scoring

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

Suggestion

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

Teaching points

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