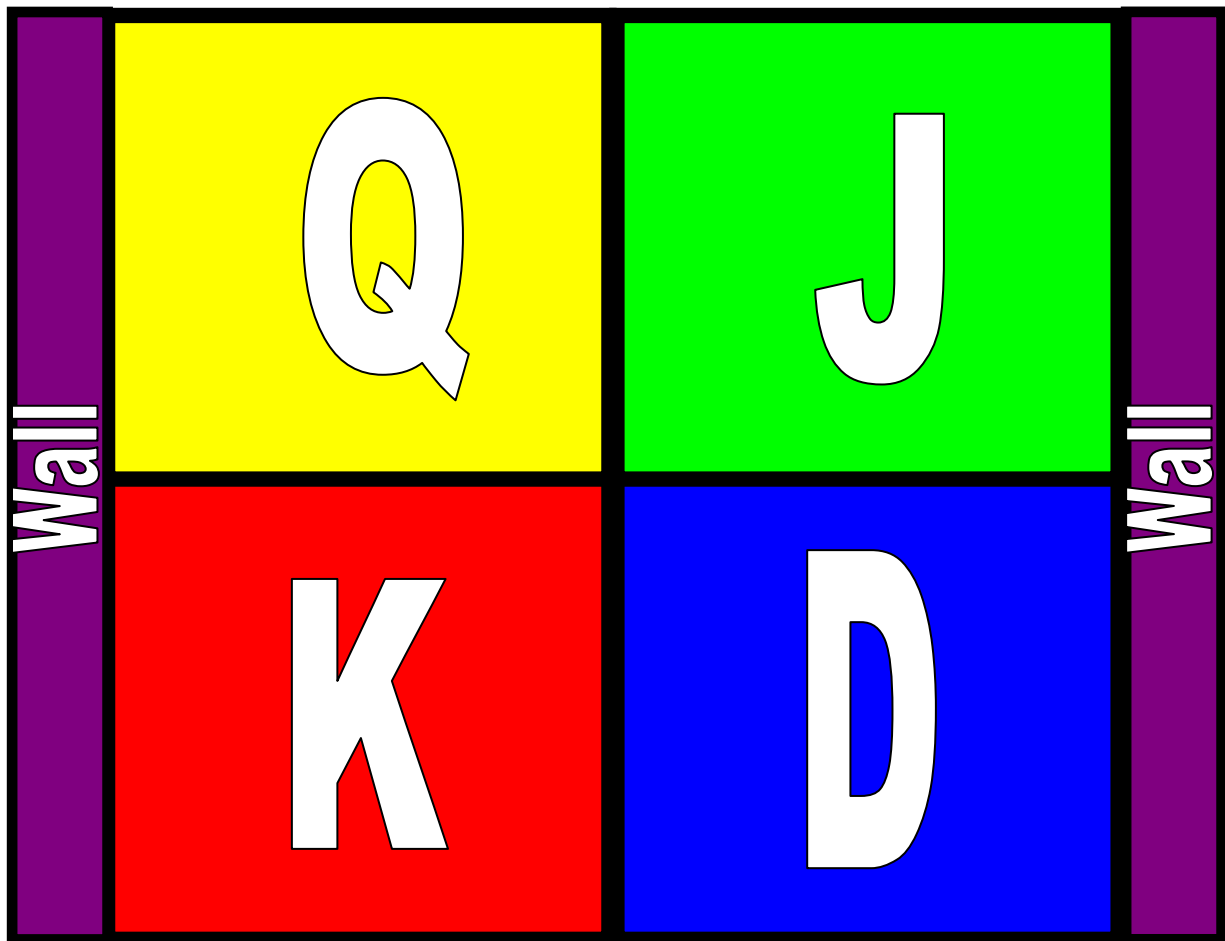


The Dumpy court



The Dumpy court is divided into 4 blocks (by lines).

- Bottom left hand block is **KING**
- Top left hand block is **QUEEN**
- Top right hand block is **JACK**
- Bottom right hand block is **DUMPY**

The court has walls at both ends.

The game is played with a **tennis or dumpy ball**.

Rules of the game!

MAIN AIM OF THE GAME

To remain in the King block or to regain this position (from any of the other blocks).

VERY IMPORTANT!!!!

The ball must always bounce once in the player's own block first, before in any of the other 3 blocks. This is in contrast to other ball games, but similar to table tennis. However there is no net in dumpy.

Serving the ball!

- **KING** is the only one who always serves.
- The wall can be used to serve against.
- The ball must bounce in his own block first.
- The ball may only bounce once in his block.
- The ball may not be served lower than the opponents' knee height.
- King is allowed a first and a second serve. Thereafter he is Dumpy.



Rebounce - When the ball is hit or served and bounces in a block, against the wall and back into the block again – it is not double bounce, but rebound.



Lines!

When the ball is played and it touches any line on the court it is called lines.

Lines means that the King stands with his legs apart over a line (one leg in his block and one leg in his opponent's block), he then bounces the ball across the line into his opponents block. The ball bounces back into his block and then he hits the ball as usual (always to bounce in his own block first). You only have one chance to serve lines correctly.

You can also say “skip lines” to avoid playing the lines and then serve the ball normally (you have only one chance to serve the ball correctly).

Ways of losing position!

- Double bounce – When the ball bounces twice or more in the same block.
- Double serve – Serving incorrectly twice.
- Direct - Direct shot crossing a line before bouncing the ball in your own block.
- Double touch – Touching the ball twice when trying to play the ball.
- Rollings – When the ball roles instead of bouncing once in your own block.

TEAM TOURNAMENTS

School teams can compete against each other.

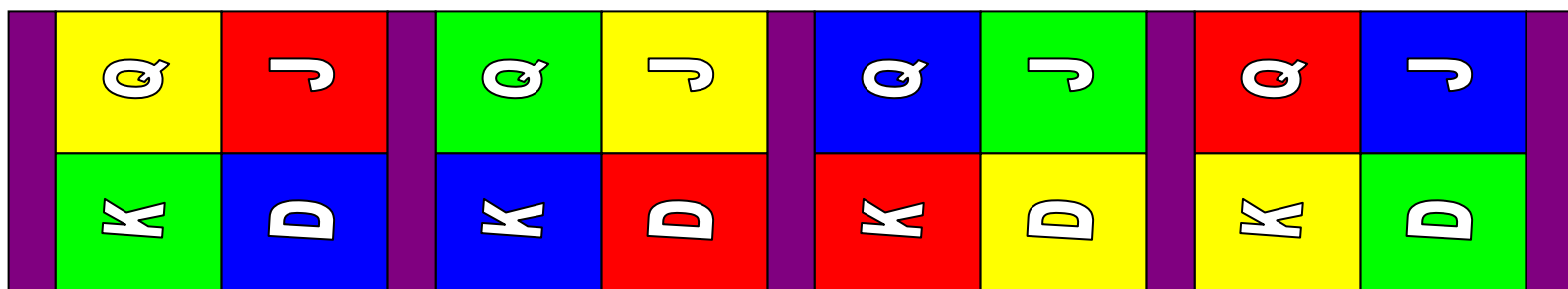
- It is a 4 player game
- Each team consists of 4 girls and 4 boys per age group.
- There are 4 schools taking part on all 4 courts at once.
- Girls play against girls and boys against boys.
- 1 member from each team plays against the other 3 on one court.
- The 4 referees distribute 1 player from each team in a different position on all 4 courts.
See diagram 1.

E.g. 4 Teams:

1. Menlopark – green
2. Constantiapark- red
3. Elarduspark – yellow
4. Hennospark – blue

Walls - purple

Diagram 1



Team Tournament continues

- The teams will now play for 5 min. without stopping and scores will be kept by the 4 referees.
- The scores are allocated to the different schools and not to the individual players.
- During the dumpy break, teams may swap existing positions, on different courts, as they were at the end of the previous round.
- Play continues in the same way namely 5 min. rounds with 1 min. breaks until 5 rounds have been completed. 1 game will last about 30 min.
- The final counted scores at the end will decide the winning team or school.



Sample Scorecard for Team Tournament

Results

Court no.1

Date:

Time:

Age: 0/11

Round:	1	2	3	4	5	Total:
Menlospark:	3	2	4	1	4	14
Constantispark:	2	-1	3	1	2	7
Hennospark:	-2	3	2	1	-1	3
Elarduspark:	1	0	3	5	2	11

Final Scores

1. Menlospark

14

2. Elarduspark

11

3. Constantispark

7

4. Hennospark

3

Timetable

Age group:	0/9	0/10	0/11	0/12	0/13
Boys:	9:00 - 9:30	10:10 - 10:40	11:20 - 11:50	12:30 - 13 :00	13:40 - 14:10
Girls:	9:35 - 10:05	10:45 - 11:15	11:55 - 12:25	13:05 - 13:35	14:15 - 14:45



Individual Tournament

- To determine the starting position for the first round the first 4 players in line, randomly positioned will play a round.

ELIMINATINGPROCESS

- The first player that loses a point starts at Dumpy, the second at Jack, the third at Queen and the winner at King.
- Points are scored normally for the King position and counted individually. Any number of new players can enter the game via the Dumpy block.
- If you make a mistake and you are on Dumpy you will go out. A new player will then enter the game and start on the Dumpy position.
- Each competitor will get a number allocated to him to help the referee to score points. The names and numbers will be listed on the scorecard by the referee. Girls and boys of different ages can play against each other.

<u>No.</u>	<u>Name:</u>	<u>Score:</u>				
1.	Pieter Smit:	3	2	4	1	5
2.	Sibosiso Moloji	2	4	3	2	6
3.	James Kruger	4	3	2	5	2
4.	LJ du Toit	2	5	3	4	3
5.	Ronald Mokara	3	6	1	5	4
6.	Jana de Beer	2	7	3	1	6
7.	Lene' van Zyl	1	4	6	5	2
8.	Janet Lombaard	5	6	4	7	3

Team Tournament Scoring

- Scoring in Dumpy is actually a process of elimination.
- Every time anyone, in any position, makes a mistake he/she moves directly into the Dumpy position.
- All the other positions will move up anti- clockwise to a better position except the position(s) higher than the position of the person who made the mistake. If the Dumpy position makes a mistake 1 point will be subtracted e.g. -1

Figure 1

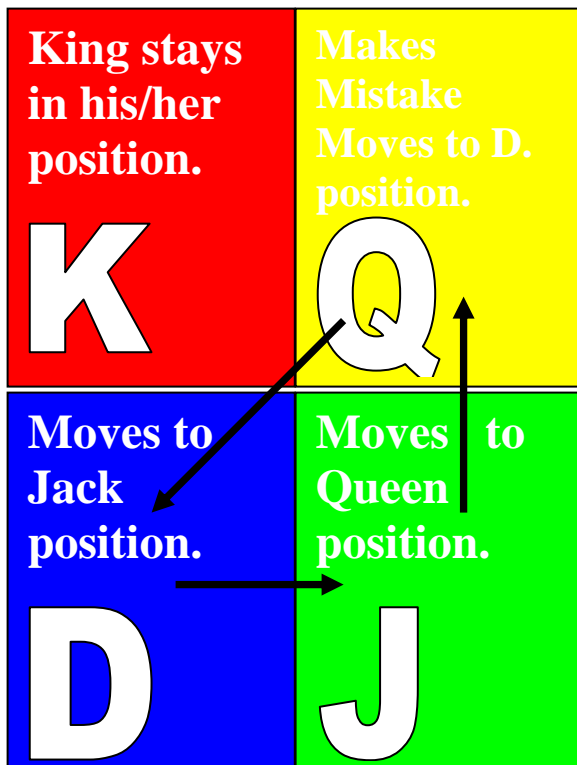


Figure 2

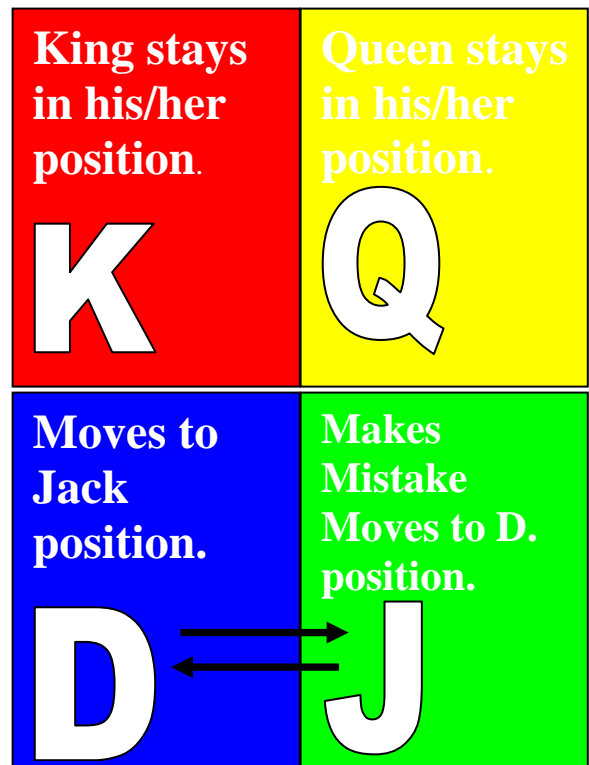


Figure 3

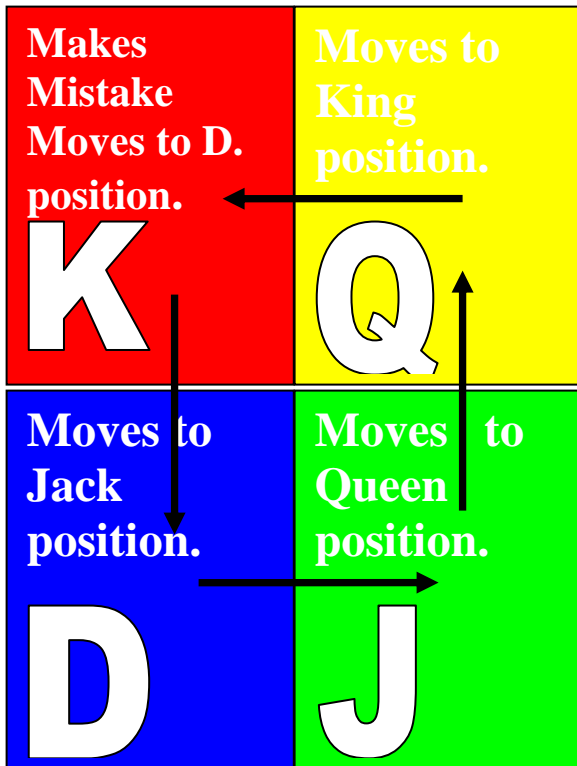
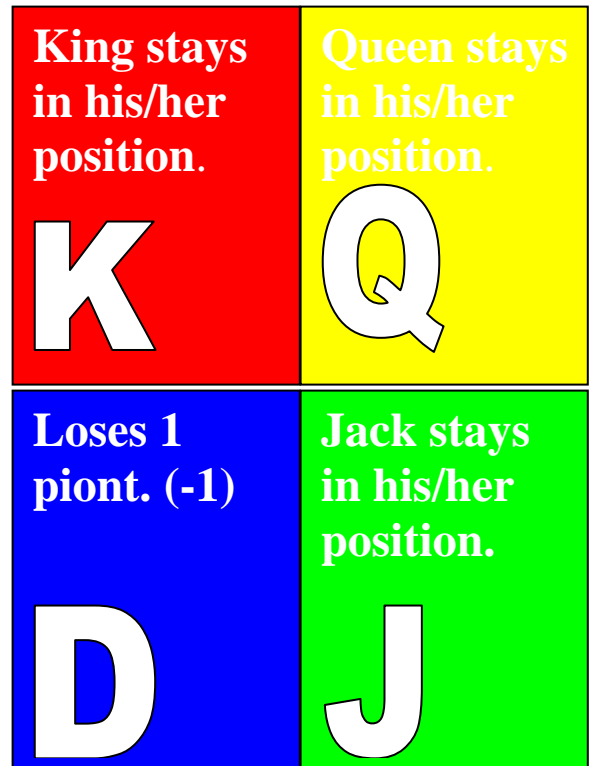


Figure 4



- A player will score 1 point when he/she moves into the King position.
- If he/she wins a point, while in the King position, he/she scores an additional point.
- If he/she loses a point, while in the dumpy position, a point will be subtracted.



Introduction

It is increasingly evident that physical activity is essential for the highest quality of life throughout the lifespan. However, most of the experimental research related to the effects of exercise on fitness has been conducted on young adults. One of the most common conclusions drawn from all types of research is that regular physical activity needs to be an integral part of one's lifestyle. It is recommended that this lifestyle begins early in life. There is increasing emphasis on motivating people of all ages to start and continue regular physical activity. During the first years of life the emphasis is primarily on motor development and healthy growth.

There is increasing evidence that physical activity also enhances the health and fitness of children and youth. The benefits of sport reach beyond the impact on physical well-being and the value of the educational benefits of sport should not be under-estimated. Sport can also provide healthy alternatives to deviant behaviour such as drug abuse, violence and crime.

Observation

At the recent Gauteng Netball Tournament we noticed that many of the girls didn't have shoes to wear. We also learnt that they practised on sandy, unmarked fields, thus emphasizing the lack of funds and sport facilities in many of our schools and communities.



Furthermore, we learnt that there is a tremendous need for a simple, fun-filled and inexpensive activity to address the “couch-potato” syndrome which has become a health problem amongst our children in both cities and rural areas.

Hypothesis

Can physical activity amongst South African children and youth be increased without the need for expensive equipment, special courts or surfaces, specialized coaching or much athletic ability?

Prediction



Different forms of Dumpy have been played around schools for many years without any set rules and regulations. Children of all ages, races, shapes and sizes have played this sport with great enjoyment. Therefore Dumpy could and should be developed as a sport that is played competitively at all levels.

Methods of research

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graph TD; A[Methods of research] --- B[1. Searching for and finding literature on sport and sports development]; A --- C[2. What is Dumpy?]; A --- D[3. The Dumpy court]; A --- E[4. Rules of the game]; A --- F[5. What benefits would be gained by promoting this sport to all children and youths?]; A --- G[6. What is neuromuscular control?]; A --- H[7. Why will Dumpy increase neuromuscular control?]; A --- I[8. Which muscles would play a major role in Dumpy?]; A --- J[9. What are the major risks, injury wise in Dumpy?];
```

1. Searching for and finding literature on sport and sports development

2. What is Dumpy?

3. The Dumpy court

4. Rules of the game

5. What benefits would be gained by promoting this sport to all children and youths?

6. What is neuromuscular control?

7. Why will Dumpy increase neuromuscular control?

8. Which muscles would play a major role in Dumpy?

9. What are the major risks, injury wise in Dumpy?

What is Dumpy?

Dumpy is a game, which is played by 2-4 players, on any hard surface. It is a combination of tennis and table- tennis, played using only the hands and a tennis or dumpy ball. The aim is to make as few mistakes as possible, thereby eliminating the other players in order to ensure victory.



Questionnaire

1. What benefits would be gained by promoting Dumpy to all children and youths?

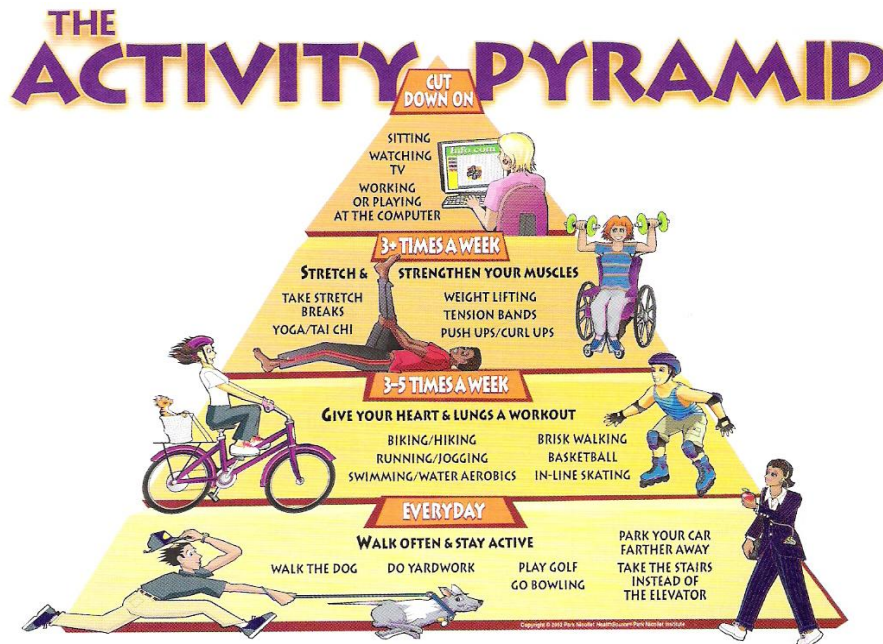
As with tennis, table- tennis and most other ball games a great deal of co- ordination, neuromuscular control, balance and awareness is necessary. You only have to watch a primary school rugby game or athletics meeting to see the dramatic physical and emotional differences amongst children. These physical differences are due to differences in genetic potential, growth rates and physical activity. The child who spends most of his free time behind a computer or playing video games will have a huge backlog, compared to the child who is physically active and enjoying his/her sport.

We are born not only with fixed genetic potential but also into environments that effect our development in many ways. An environment includes physical factors, e.g., climate, altitude, pollution and social factors, e.g. friends, parental values and characteristics.

Nowadays our children grow up in a secluded environment because it is too dangerous to play or ride bicycles in parks or areas outside the boundaries of their homes.

By developing a sport like Dumpy, which can be enjoyed and played in a controlled safe environment, an increase in physical activity, health, co- ordination, neuromuscular control and balance will be improved in our children.

Any set of guidelines for exercise must have clear and consistent recommendations for physical activity.



Benefits of regular physical activity include;

- Fun and enjoyment
- Improved self-esteem and self-efficacy
- Reduced risk factors for heart disease
- Reduced anxiety and stress
- Enhanced bone formation
- Weight management
- More social interaction

- Greater strength and endurance
- Improved aerobic endurance
- Increased skill development

2. What is neuromuscular control?

Proprioception (balance in a static position) refers specifically to **conscious and unconscious appreciation of joint position.** These signals are transmitted to the spinal cord via different pathways. Conscious awareness of joint motion and position is essential for proper joint function in sport and activities of daily living, while unconscious proprioception modulates muscle function and initiates reflex stabilization.

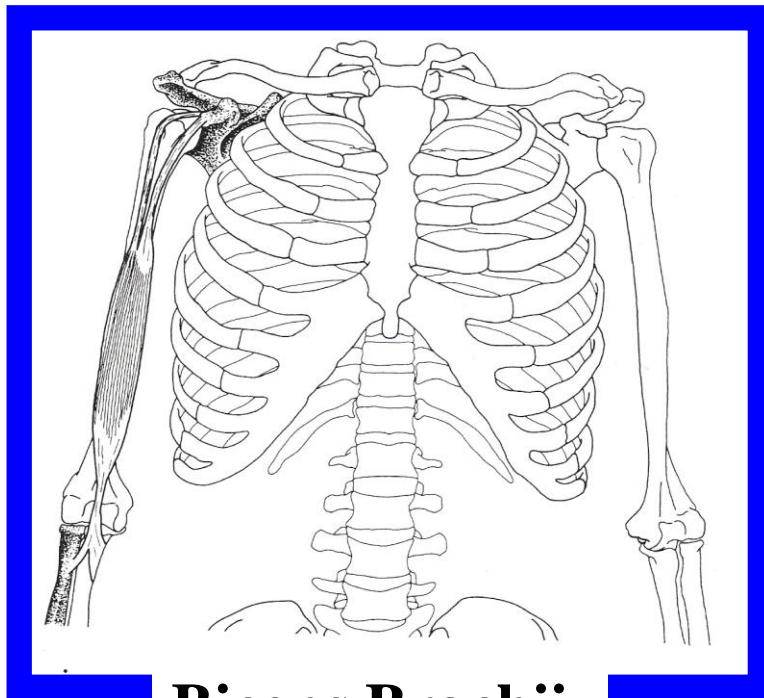
3. Why will Dumpy increase neuro-muscular control?

The motor skill ability of boys and girls generally increases with age, from 6 years to 17 years.

Improvement in motor ability is the result of firstly development of neuromuscular system and secondly to increased activity patterns in children. By increasing reflex activities and physical activity levels, by means of hand- eye co- ordination, ball sports like Dumpy, will improve neuromuscular control. The younger you start the better.

4. Which muscles would play a major role in Dumpy?

Because the sport is played on a relatively small area and individuals would rely on agility, co-ordination and skill, mostly smaller muscles would dominate. The larger muscles would also play a significant role in the development of speed and power, but would be put to lesser use in this sport. Because of the kinematics of the sport, shoulder, forearm and back muscles are dominant. As in tennis, players tend to be more developed on the one side. This should be noted as dumpy is also predominantly one-sided, but as the player's skills develop, he can play with both sides and eliminate this risk. Some of the major muscles involved in this sport are listed below.



Biceps Brachii

5. What are the major risks, injury wise in Dumpy?

As noted above, one-sidedness (more developed on one side of the body) could be a risk but can be overcome by improving the player's skills to use both sides.

Ankle injuries are one of the major risks in Dumpy as players need to move fast in different directions. As the player's proprioception improves, the risk of ankle injury also diminishes. Wearing ankle braces or guards could also prevent any ankle injuries. Players should however not wear these all the time as the proprioception awareness of the ankle would be eliminated.

Finger sprains and bruising caused by the ball is another injury risk amongst Dumpy players. Gloves could be worn to reduce these injuries. This would not eliminate the risk, as most gloves do not cover the fingers and most players would want the sensation of the ball on the hand for a better awareness of ball placement.



Conclusion and Solution

Yes, we can increase physical activity amongst South African children without the need for expensive equipment etc. by developing Dumpy as a sport because:

1. **Dumpy** is a sport which anyone can play.
2. **Dumpy** does not require the use of expensive equipment.
3. **Dumpy** can be played anywhere on any small hard surface.
4. **Dumpy** is easy to learn and play.
5. No special coaching is needed. Children can develop their own skills.
6. **Dumpy** can be played from an early age.
7. It does not depend on physical strength.
8. It is easily adapted to any social environment.
9. It can be played by teams or individually which can transcend political, religious and cultural boundaries.
10. **Dumpy** can be played by both boys and girls.

People of every nation love sport. Its values- fitness, fair play, teamwork and the pursuit of excellence- are universal. At its best, it brings people together, no matter what.

The involvement and commitment of both the private sector and government is essential for the expansion and growth of **Dumpy** at National level. We as the founder developers of **Dumpy**, as a formal sport, will attempt to attain sponsors from the private sector to

help government create the necessary infrastructure at all schools, for this very reason.

Courts have already been constructed at [Dumpy World Pretoria](#). These are made of bricks and cement with a coloured screed, surface finish. This is very economical when compared to tennis or netball courts.

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Results

	Playing surface area	Cost of playing surface	1.Cost of equipment and 2.dresscode	1.Number of players and 2.time	Staff or coaches
Tennis	Large	High	1.High 2.Expensive	1. 2-4 2.Long	Necessary
Cricket	Extra large	High	1.High 2.Expensive	1. 13 2.Extra long	Necessary
Table-tennis	Small but indoors	High because indoors	1.High 2.Expensive	1. 2-4 2.Short	Necessary
Squash	Small but indoors	High because indoors	1.High 2.Expensive	1. 2-4 2.Short	Necessary
Badminton	Large and indoors	High because indoors	1.High 2.Expensive	1. 2-4 2.Short	Necessary
Netball	Large	High	1.Low 2.High	1. 8 2.Short	Necessary
Dumpy	Small	Low	1.Low 2.Low	1. 16 or more 2.Short	Not Necessary

Acknowledgements

- Etienne van Zyl – Biokenetician – personal interview
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- Jon Seeliger – Building of Dumpy courts
- Nico Mouton – JNM publishers
- Andries Pretorius – Industrial Embroiderers



Dumpy

is

King

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 - D. Prediction**
 - E. Mind Map – Methods of Research**
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 - H. Rules of the game**
 - I. Questionnaire**
 - J. Results**
 - K. Conclusion and Solution**
- References**
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Questionnaire

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2. What is neuromuscular control?
3. Why will Dumpy increase neuromuscular control?
4. Which muscles would play a major role in Dumpy?
5. What are the major risks, injury wise in Dumpy?