

# LANKA

The game of Lanka is a game which is passed from generation to generation and it is designed for boys. It is usually played in the spring, summer, and autumn tournaments. In the game of Lanka, children test quick-wittedness of each other. This game will help children to be energetic, physically and mentally healthy. Lanka game is played differently in different parts of Uzbekistan and the rules are also different in various regions.

Starting with the right or left leg of the game, the lanka is kicked upwards with the inside of the foot and then it is put on the ground after each time. This method is called the “unit method” (kicking 5 times).

The player does not push his legs on the ground when he kicks. This method



is called the “Lisa Method” (kicking 5 times).

The player also pushes the lanka ten times in the same way as in the first round. This stage is called “duplicate”.

The player pulls one of his legs behind the other leg and jumps up the hill. This is called the “light method” (kicking 5 times).

The loser takes the winner and throws it to the winner’s foot. The winning participant will kick the lanka to the desired side. The losing party will continue to serve as a “malay”, until it detects the flight path of the lanka and keeps it in the air without falling to the ground. If the player is trying to hit the lanka thrown by the “malay”, the game will be interrupted and will start from the beginning even if he does not hit the foot.

## RULES OF THE GAME:

- \*Two (sometimes 4–6) children are usually involved in the game;
- \* Participants agree on who will start the game. The game begins when the start of the game (head coach) is determined;
- The game consists of five stages. Once the arbiter has completed five stages, the game ends;
- \* The person who won the first five stages wins the game;
- \* If the player drops lanka to the ground during the stages, he will continue playing the game from the beginning of that stage.