

## Palabarak

*Palabarak* is children's team game. In old days in villages this game was played on the rooftops nowadays it is played on the grounds and fields. The game is simple and fun.

Children gather on the field and divide it by drawing a line in the middle. One side of the field is called «pal» and the other side «chal». The aim is that players in the «pal» side of the field must break through and get into the

«chal» side. The opposite team guarding the «chal» side will be pushing them or holding them and bringing them to the «pal» side.

The game starts similarly to the rugby when the teams will stand in the middle where the line is facing each other. Once the referee gives the command they will begin pushing one another to the sides.

