

SEBAT BET (SEVEN HOMES) GAME INSTRUCTIONS



A version of Hop Scotch from Ethiopia

1. Draw a large rectangle on the ground and divide it into 7 boxes (horizontally).
2. Label each box with a day of the week, starting with Monday.
3. The first player stands behind the starting line to toss her or his marker/stone in the first "house".
4. The player then hops over his house to the second house and then continues hopping to Sunday, turns around and hops back again.
5. This player pauses in Tuesday, picks up the marker, hops into Monday and then out.
6. This player continues by tossing the marker into Tuesday.
7. All hopping is done on one foot.
8. A player must always hop over any house where a marker has been placed.
9. A player is out if the marker fails to land in the proper house; if the hopper steps on a line; if the hopper loses balance when bending over to pick up the marker; if the hopper puts down a hand or second foot down; or if the hopper goes into a house in which there is a marker.
10. If the player does any of the above in #9, then the player puts his/her marker in the house where she/he will resume playing on his/her next turn.
11. The next player begins.

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY