Chak Cheung Muoy / Jumping on One Leg

Site of Documentation
Phnom Pehn, Cambodia

Description
Chak Cheung Muoy is a simple, yet entertaining game of ‘Catch’ played by children living in and around Phnom Pehn, Cambodia. In the game, players have to try to catch their opponents while hopping on only one leg.

Who Plays?
This game requires at least two participants and can be played by both boys and girls, usually aged between 9 and 13 years.

Time and Place
This game can be played either indoors or outdoors throughout the year. As each round only takes around 10 minutes, it is perfect for playing during school break times. As the game requires a lot of running and hopping, it is best played on smooth, flat surfaces such as lawns or school yards where the children are less likely to hurt themselves if they fall over. For a game consisting of 10 to 15 players, a space of approximately 5 x 5 meters is required.
Skills, Strategies and Qualities of a Good Player

Players need to be quick, agile and alert to be able to avoid being caught by their opponents. The best players are those that have fast responses and good running or hopping skills. Those with an excellent sense of balance will also have an advantage over others, as they can be confident and quick when maneuvering on only one leg.

Popularity

This game is popular with children in both the inner city and suburban areas of Phnom Pehn. It is most often played in school where there is plenty of space and lots of eager participants. Children have mixed preferences for the game; some prefer to play it in smaller groups so that they can take more turns trying to catch their opponents, while other prefer to play it in a large group when the game is more changeable and exciting. Typically, children learn this game from peers or older siblings.

History of the game

This game was not played by members of the older generations in the local communities. It is however, very similar to the classic game of ‘Catch’ known in Cambodia as Denh Chab (Chase and Catch), so it is possible that it was adapted from it by local children in recent years.

Preparation

1. Using chalk, a stick or stone, players must draw a large circle on the ground. The size of the circle depends on the number of players; it must be large enough for the players to maneuver easily within. On average, a circle which stretches approximately 5 metres in diameter should provide ample space. Alternatively, the players can improvise by arranging their shoes into two lines, at a distance from each other of around 5 metres. The space between the two lines becomes the game area.
How is the Game Played?

**Step 1.** First, the players need to divide themselves into two equal sized teams. They can either choose their own teams or play *Oulampe*.

![Image of children playing](image1.png)

**Step 2.** Next, each team must elect a player to represent them. Both representatives compete against each other in a game of *Rock, Paper and Scissors* to determine which team starts first. The winning team will play the role of the ‘Runners’ while the losing team plays the ‘Hoppers’.

![Image of children playing](image2.png)
Step 3. The Runners must all position themselves inside the circle. They are not allowed to exit the circle at any point during the game.

Step 4. One of the Hoppers has to volunteer to be the first to enter the circle. This player must try to catch a Runner, but must do so while hopping on one leg. If the Hopper puts two feet on the ground or runs rather than hops, they are disqualified. Any player caught by the Hopper is immediately eliminated from the game.
Step 5. Hoppers keep taking turns and the game continues until all Runners have been caught. Once complete, the teams swap sides and play again.

Rules

1. The Runners cannot exit the circle during the game. If they do, they are eliminated.

2. Hoppers can move in or out of the circle, but once inside they cannot put two feet on the ground. If they do, they are eliminated.

3. If the game is played by only played by a small group of two or three players, any Runner who is caught will immediately trade places with the Hopper.

4. Players can take a break from hopping, by asking a team mate to take their turn or by requesting that the game stops for a short time. Request for breaks can be made at any time with agreement from all the players. Both teams are entitled to take breaks when they are tired.

5. If all the Hoppers have been eliminated before all the Runners have been caught, then the team will continue to play as Hoppers in the next game.