



Langdi

Langdi is a traditional Indian field sport.

Preparing the Playing Area:

Pick a playing area with lines like a basketball or dodgeball court, or draw your own playing area lines with chalk. The size of the playing area may depend on how many players you have.

How to Play:

Divide the players into two teams.

One team (the “chasers”) will chase the other team (the “defenders”).

The chasing team sends one chaser who hops on one foot and tries to tag the defenders.

If a chaser comes off of one foot and touches both feet down, their turn is over and the next chaser comes into play. (This may also happen intentionally when the chaser becomes too tired to continue.)

The chasers can step out of bounds as long as they stay on one foot.

The defenders are declared “out” if they step out of bounds or on the line.

When the chasers tag all of the defenders, the teams switch roles.

How to Win:

The team that can tag all of the defenders in as little time possible, wins. You can also set a certain amount of time and see which team tags more defenders during that time.

Watch people playing Langdi [here](#).