



# SPOT ON



## THE OFFICIAL NEWSLETTER OF THE INTERNATIONAL JUJSKEI FEDERATION

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### 1. Inspirational story: Life Lesson

Sometimes people come into your life and you know right away that they were meant to be there...to serve some sort of purpose, teach you a lesson or help figure out who you are or who you want to become.

You never know who these people may be but, when you lock eyes with them, you know that every moment they will affect your life in some profound way.

And sometimes things happen to you at the time that may seem horrible, painful and unfair but, upon reflection, you realize that without overcoming those obstacles you would have never realized your potential, strength, will power or heart.

Everything happens for a reason. Nothing happens by chance or by means of good luck. Illness, Injury, love, lost moments of true greatness and sheer stupidity all occur to test the limits of your soul.

Without these small tests, life would be like a smoothly paved, straight, flat road to nowhere. Safe and comfortable but dull and utterly pointless. The people you meet affect your life. The successes and downfalls that you experience can create who you are, and the bad experiences can be learned from. In fact, they are probably the most poignant and important ones.

If someone hurts you, betrays you or breaks your heart, forgive them because they have helped you learn about trust and the importance of being cautious to whom you open your heart to. If someone loves you, love them back, unconditionally, not only because they love you, but because they are teaching you to love and open your heart and eyes to little things.

Make every day count. Appreciate every moment and take from it everything that you possibly can, for you may never be able to experience it again. Talk to people you have never talked to before, and actually listen. Let yourself fall in love, break free and set your sights high.

Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, no one else will believe in you.

-Author Unknown-

### 2. Birthdays February 2014 – April 2014

- ❖ 2 February: Annie Strauss
- ❖ 3 March: Christie Horn

- ❖ 30 March: Johan Van Staden
- ❖ 5 April: Gieliana Boshoff
- ❖ 8 April: Gert Aggenbach
- ❖ 20 April: Bully Thorburn

### 3. Jukskei Rule of the Quarter:

#### Team:

- A team consists of a number of players in accordance with the competition requirements, of which one is the captain.
- A team may make use of a reserve player. All the members of the second team, including the reserve, may act as official reserve players for the first team. None of the first team players are allowed to play in the second team. Should there be only one team in a division, then the team may make use of two (2) reserves. The captain of the substituted player must inform the captain of the opponents of such substitutions.
- A reserve player that has been taken up in a team may not be replaced by the replaced player in the same match.
- In the event of a team starting with one less player than the tournament requirements, against a team meeting the tournament requirements, the captain of the team consisting of less players, must indicate during each round when the phantom player would have pitched. The sequence of the round will then continue as if the phantom player had already pitched.
- If a match starts with one less player than the tournament requirements, the absent player may join his team at any time during the match, provided it is at the beginning of a round and that the specific player is present and ready to participate in the match.
- **INTERPRETATION:** If one of the present players should become injured and cannot continue with the match, the match must continue with the remaining players.
- Should another player less than in 5.4 arrive, the match cannot be played and the incomplete team forfeits its points.

### 4. Horseshoe Rule of the Quarter:

#### **RULE 2 - PLAYING EQUIPMENT - THE HORSESHOE**

**Section A. Legal Shoes** The sport of horseshoes is played with specially manufactured equipment. Any official (legal) horseshoe must be sanctioned and approved by the NHPA and must pass the following maximum weight and measurement standards. (there are no minimum standards): 1) It shall not weigh more than 2 pounds, 10 ounces; 2) it shall not exceed 7-1/4 inches in width, 7-5/8 inches in length and, on a parallel line 3/4 inch from a straightedge touching the points of the shoe, the opening of the shoe must not exceed 3-1/2 inches. (A 1/8 inch tolerance to 3-5/8 inches is allowed on used shoes.) No part of the original manufactured shoe may exceed one inch in height. Shoes not meeting these requirements shall not be used in NHPA sanctioned competition and all games pitched with illegal shoes shall be forfeited. All horseshoes used by a pitcher may be checked at any time to verify they are legal shoes for weight, measurement and altered shoes. This checking will be done by a judge or other tournament official.

**Section B. ALTERED SHOES** Any shoe which has been changed from its original design (calk, notch, etc.) shall be considered an "altered" shoe. An "altered" shoe is illegal and cannot be used in sanctioned play.

Note: The NHPA Executive Council has the right to waive the "altered" shoe provision for a physically impaired contestant.

**Section C. SHOES SANCTIONED BY OTHER COUNTRIES** Any shoes sanctioned by another country are permissible in NHPA sanctioned play only for contestants from that country, and then only if they meet NHPA specification. They are not allowable (for U.S. citizens) in NHPA sanctioned events unless they are also sanctioned by the NHPA.

5. Results:

- **SA Junior Jukskei Championship : Kroonstad 2 – 7 December 2013**

- 1<sup>st</sup> Gauteng West: 833 points
- 2<sup>nd</sup> Gauteng North: 723.7 points
- 3<sup>rd</sup> Central Gauteng: 702 points

- **International Test Matches: South Africa VS Namibia**

- Boys Under 19: SA 8 / Nam 7
- Girls Under 19: SA 13 / Nam 2
- Boys Under 16: SA 10,5 / Nam 4,5

- **SA VS SAA**

- Boys under 16: SA 10,5 / SA A 4,5
- Girls under 16: SA 10 / SA A 5
- Boys Under 19: SA A 10,5 / SA 4,5



CDM'S in action.



SA Boys Under 19 with the gold



Namibia Boys Under 19 with the silver



**Namibia Girls Under 19 with the silver**



**SA Girls Under 19 with the gold**



**SA Under 16 Boys with the gold**



**Namibia Under 16 Boys with the silver**

## 6. Jukskei Events :

### 6.1 **IJF (2014)**

- 30 March – 4 April 2014 : SA Senior Jukskei Championships : Kroonstad, SA
- 29 April – 2 May 2014 : Namibia May Open Championships : Swakopmund, Namibia

### 6.2 **Namibia (2014)**

- 15 February 2014 : Central Regional Championship: Windhoek, Namibia
- 29 April – 2 May 2014 : Namibia May Open Championships : Swakopmund, Namibia

### 6.3 **SA (2014)**

- 7-9 February 2014 : JSA Coaches Congress
- 24-28 February 2014 : B&C Tournament: Kroonstad, SA
- 28-29 February 2014 : JSA Umpires Congress
- 30 March - 4 April 2014 : SA Senior Jukskei Championships: Kroonstad, SA

### 6.4 **USA (2014)**

- 4-9 February 2014 : 56<sup>th</sup> Annual Valley of the Sun Tournament
- 11-13 April 2014: : 2014 Carolina Dogwood Festival Horseshoe Tournament
- 4-6 July 2014 : 2014 Ringer Classic, Greenville, Ohio
- 14-26 July 2014: : 2014 World Horseshoe Tournament: Buffalo, NY

## 6.5 2014 World Horseshoe Tournament:

✓ *Common World Tournament Question:*

- **How can I make plans to attend the world tournament if I don't know which week I will be playing?**

The NHPA officers get this question all the time. The simple answer is that nothing is for sure until the schedule comes out, which are a few weeks after the entry deadline in mid May. There are some things you can do to get a good idea. Go to this page of the NHPA website and see where you would pitch in previous world tournaments. If you are in a percentage that places you "on the bubble", then the size of the tournament will decide which week you play. [http://www.horseshoepitching.com/wt\\_arc/wt.html](http://www.horseshoepitching.com/wt_arc/wt.html)

If you are going to make hotel reservations for both weeks and then cancel one when the schedule comes out, please be sure to cancel it RIGHT AWAY!! These folks at the hotels need to know when rooms are available for other horseshoe people.

## 7. Senior Jukskei Personality :



Christie Horn

**Talk straight forward with Erik**

✚ **Tell me about your horseshoe and jukskei career:**

*(Christie) My Jukskei career started at the age of three, but I have been involved in organized Jukskei as form 6 years when I played my first match for my club. Although there were many highlights in my Jukskei career, I think the fact that I have represented the sport on all possible levels is my greatest achievement.*

✚ **What are your favorite words (or expression)?**

*(Christie) You have to learn the rules of the game. And then you have to play better than anyone else.*

✚ **What is your favorite drink?**

*(Christie) Beer and Whiskey*

✚ **What is your favorite sport to watch?**

*(Christie) Rugby and cricket*

🚩 **What is your favorite holiday place to visit?**

**(Christie)** Cape Town

🚩 **What has been one of your greatest accomplishments as a person?**

**(Christie)** I was placed on Jukskei South Africa's Honor Roll in 2010. What makes this a great accomplishment is that only eleven Namibians since 1940 have ever been awarded this honor.

🚩 **Who is a hero in your life and why?**

**(Christie)** My father, he was my role model.

🚩 **What other sport would you like to compete in if not playing jukskei?**

**(Christie)** Golf because of the challenge

🚩 **What is something that is unique about jukskei?**

**(Christie)** The intellectual aspect of the game

🚩 **If you could change one rule about jukskei, what would it be?**

**(Christie)** Make the rules as simple and easy to understand as possible also for the beginner in the sport

🚩 **How would you give away \$50,000-00?**

**(Christie)** Charity

🚩 **If you could ask God 1 question, what would it be?**

**(Christie)** I would ask for health

#### 8. Joke of the Quarter :

"Mom, Dad, sit down. I have something very important to tell you," said Samantha, upon her return home from college after graduation. "I met a guy who lives near the college that I really like and we decided we are going to get married!"

"Oh Samantha! I am so happy for you!" Gushed her Mom giving her a big hug, "I hope you two will be really happy together! I can't wait to meet him!"

"Tell us more about him" said her Dad, "does he have any money?"

"Oh Dad! Is that all you men ever think about?"

That was the first question he asked me about you too!"

#### 9. Motivational Quote :

You should never want to be perfect he who is perfect can never get any better. -Ashley M.L.

## 10. From the IJF Desk: Vice President:



***Tinus Barnard (South Africa)***

During the Triennial General Assembly of the International Jukskei Federation (IJF), held in St. George, Utah, on 23 July 2013, the new Executive Committee and standing committees were elected. I'm proud to say that I was elected to serve the game of Jukskei worldwide. Furthermore, to support the objectives of the IJF.

The Vice-President of the IJF automatically serves as Chairperson of the International Jukskei Participation Committee (IJPC). The IJPC also consists of the Director Communication: Eric Strauss of Namibia, and persons equal to the number of the IJF's member bodies. Debbie Michaud of USA is included as member on the committee.

The role and responsibilities of the Vice-President is:

- ✓ Management of International matches across borders of countries, as well as the touring protocol and policies.
- ✓ Co-ordination and monitoring of arrangements before, during and after International matches.
- ✓ Cross-border applications and approvals.
- ✓ Inspection of facilities and processes.
- ✓ Liaison with appointed Chef de Missions.
- ✓ And a lot more around the management of International matches.

All of it sounds very good, but what should be done to promote the game of Jukskei, and what are the responsibilities of every member of the IJF Executive?

Let us first acknowledge the previous members from the early 1980's up to the meeting held in St. George, namely the founder members of the Federation: membership of South Africa (SA), Namibia (Nam), United States of America (USA) and Rhodesia (Zimbabwe). I also acknowledge with gratitude the membership of the IJF at TAFISA since 2013.

The challenge facing every country today is to promote the game. More players should be recruited and the game taken to the four corners of every country, area or State. However, all this costs a lot of money and money is not always readily available. The standard of play will automatically increase with numbers. Give all the players the opportunity to play. Don't exclude any player, irrespective his or her standard of play.

The next challenge is to expand the game to non-playing countries. What is the possibility to get three other countries to start playing the game? What is the possibility for Zimbabwe to return as a Jukskei playing country? Good news is that Australia has started promoting and playing the game. With news coverage on radio and TV, they are busy forming a Federation in that country. Within a year or two, they would most probably affiliate with the IJF. This is a challenge to every country. Is Canada also in line playing the game?

But there is also a continual nuisance that must be attended to (Afrikaans speaking people call it “n klippie in my skoen”): We as Jukskei players can't expect from our friends in the USA to play Jukskei, if we in SA and Namibia, don't play formal horseshoe competitions in our countries. In SA we are in the process of creating three horseshoe tournaments per annum, namely one in the north of the country (Gauteng), and one in the south (Western Cape), as well as a national tournament at one of the said venues. What about a horseshoe tournament between South Africa and Namibia in Windhoek? Make sure that horseshoe pitching also stands strong in all of the Jukskei playing countries.

I see forward to the 2016 General Meeting of the IJF, because what prevents Angola, Zimbabwe and Australia to also join the IJF in the meantime?

May 2014 be a memorable year to you all.

Tinus Barnard  
Vice-President: IJF

## 11. Sport Injuries



**Treatment for a sports injury will depend on how severe the injury is and the part of your body affected.** If your injury does not require medical treatment – for example, a mild sprain or strain – you can treat it at home using PRICE therapy.

PRICE stands for protection, rest, ice, compression, and elevation.

- **Protection** – protect the affected area from further injury – for example, by using a support.
- **Rest** – avoid exercise and reduce your daily physical activity. Using crutches or a walking stick may help if you cannot put weight on your ankle or knee.
- **Ice** – apply an ice pack to the affected area for 10–30 minutes. A bag of frozen peas, or similar, will work well. Wrap the ice pack in a towel to avoid it directly touching your skin and causing ice burn.
- **Compression** – use elastic compression bandages to limit swelling.
- **Elevation** – keep the injured leg, knee, arm, elbow or wrist raised above the level of the heart. This may also help to reduce swelling.

After 48 hours of PRICE therapy, stop compression and try moving the injured area. If, after this time, your symptoms are worse, speak to your GP.

PRICE therapy can be useful for any sports injury, but some injuries may require additional treatment.

## 12. TAFISA:

### 12.1 TAFISA Dates:

- TAFISA CLC Malaysia : 21-25 March 2014, Kuala Lumpur, Malaysia
- World Challenge Day : 28 May 2014, Worldwide
- 1<sup>st</sup> TAFISA Material Arts Games : 10-14 September 2014, Richmond, Canada
- World Walking Day : 4-5 October 2014, Worldwide
- IWG Conference : 12-15 June 2014, Helsinki, Finland



- 6<sup>th</sup> TAFISA World Sport for All Games, Jakarta, Indonesia : 6-12 October 2016

## 12.2 23rd TAFISA World Congress, 23 – 27 October, 2013

Some 400 participants from 60 countries worldwide met in Enschede, The Netherlands for the 23rd TAFISA World Congress, 23 – 27 October, 2013. Under the theme “Sustainability and Sport for All”, the participants debated, discussed and shared future strategies and experiences at the Wilminktheatre and Muziekcentrum of Enschede that served as a most inspiring venue for the Congress. During the course of the four days, participants explored the concept of sustainability in its broader context, and deepened their understanding of the intricate relationship between sustainability and Sport for All and physical activity. It was investigated how to encourage sustainable participation in Sport for All and physical activity, and also how Sport for All and physical activity can impact and aid global sustainability in a broader context. For this the concept of the Triple Bottom Line, or 3Ps: People, Planet Profit was chosen that helped for a systematic discussion. The results of the Congress were in line with Dr Simon Lord, who said “For this generation sustainability is a direction not a destination and only successive generations can determine whether our actions were truly sustainable. For the present we continue to build the foundation as a legacy for the future”.

Thanks to TAFISA member organization and Congress organizer Netherlands Institute for Sport and Physical Activity (NISB) an innovative and unique Congress format for the first time was introduced for the Congress structure which motivated interaction and was a new experience for the participants. It can be stated that the Enschede Congress also in this respect set the standard for future TAFISA events.

According to outgoing TAFISA President Kang-Too Lee in his opening speech “Enschede for one week was the world’s capital of Sport for All and Physical Activity”. With its warm and open minded atmosphere the city of Enschede and its citizens indeed provided an outstanding opportunity and platform for guests from all over the world to meet and make new friends.

Moreover, the Congress included various other side events namely the meeting of the “Global Coalition for an Active World”, the awarding ceremony for the TAFISA Jürgen Palm Award, the TAFISA General Assembly and the second Sport City Net project meeting.

TAFISA is extremely grateful to all participants, speakers, organizers and sponsors that helped to make the TAFISA World Congress an outstanding success!



*Nico Nel and Erik Strauss at the congress*



*Nico Nel (IJF), Juho Chang (TAFISA President) and Erik Strauss (IJF)*



*Erik, Ester and Nico with their medals after the 8km walk*

### 12.3 Decisions of the TAFISA 2013 General Assembly

**At the occasion of the TAFISA 2013 General Assembly, 64 organizations from all continents were approved as TAFISA members.**

From Gerrie Jacobs, *Honorary member: IJF*

*Dear international Jukskei and Horseshoe Pitching friends*

*It is with a huge amount of delight that I noted the decision of the General Assembly of TAFISA (at end of October in the Netherlands) to officially grant the International Jukskei Federation membership (as reflected in its attached newsletter). This is a wonderful occasion and it brings closure to the joint efforts of the IJF Executive Committee, its member countries and the National Horseshoe Pitchers Association of the USA over the past few years to make this dream come true.*

*Congratulations Jukskei (and Horseshoe Pitching)! I hereby express the wish that we would always act in a way which is worthy of the recognition of Jukskei as an international sport. Please communicate this message to all countries, states, provinces, unions, clubs and players - and especially to those (perhaps few) people who would rather prefer to (still) see Jukskei as an 'exclusive culture' that should be practiced by only a selected few.*

*This is a wonderful achievement and the IJF Executive Committee deserves my hearty felicitations.*

*Regards*

**Gerrie J Jacobs**

*Honorary member: IJF*

### 13. Junior Jukskei Personality :



**Jean Nel**

***Talk straight forward with Erik***

- **Tell me about your jukskei career**  
I started playing jukskei in 2006 when I was 8 years old. I've always played for Gauteng West. In my first year I was the reserve player for the under 13B team on the SA Junior Championships but I were confident that if I worked hard I would reach my goal. 2010 were the best year ever for me because I reached my goal in 2010 when I was selected for the SA Junior team for the first time.
- **One word to describe you would be?**  
"Jeep"
- **What do you like to do for fun?**  
In winter in the Jukskei "off" season I like to ride my quad bike with Sandy and Marno. We like to drive around in the mud and try and get stuck in the mud.
- **What is your favorite thing to do? Why?**  
To spend some time with my family. Life is short and they will not be around forever.
- **Who are your Hero and why?**  
Karl Benz – He invented the first modern car, and cars are my passion.
- **What was the nicest thing you did for someone?**  
To help with the coaching at my old primary school. To help somebody to fulfil his dream so that he can live his dream as I do when I play jukskei.
- **Give me an example of how you worked effectively in a team**  
Last year we won the boys under 16 on the SA Junior Championship. As Captain I had to keep my team as a unit and motivate them to continue giving their best throughout the week. You could not ask for better friends in a team.
- **What advice would you give your parents?**  
To continue being the parents that they've been for the last 16 years.
- **Name two things we should do as a family on the weekend**  
To play jukskei on Saturday and get together with family and BRAAI!!!!!!
- **What do you think you will be doing 10 years from now?**  
In 10 years' time I hope to be a successful Businessman and to continue living my dream by representing South Africa in a Jukskei test against not only Namibia but hopefully against other countries as well.

#### 14. From the IJF COO Desk :

##### International Umpires Panel

The qualification as International Umpire and to be part of the Umpires panel is valid for a period of three years, after which a re-evaluation is required.

As all the present qualified umpires validity expires during April/May 2014, the IJUC hereby want to invite nominations from the member countries for potential international umpires who are interested to be re-evaluated or being newly evaluated to become part of the International Umpires Panel for the following three years.

Evaluations to be done during the National tournaments that are taking place during April/May 2014. To qualify for evaluation for an International Level Umpire, one must be a registered national umpire in his/her own country and did at least act as umpire at a senior level tournament ( SA Senior Championships and Namibia Open Championships ) during the past three years (2011-2013).

The IJUC did already receive the nominations from Jukskei SA for two new members for evaluation, which will be added to the list automatically (Tinus Barnard and Anien Heydenrych)

It will be highly appreciated if we can receive the names of your nominees or interested persons by the 28<sup>th</sup> of February 2014.

The following international umpires are on the panel at present:

- Brits, Dirk (SA)
- Coetzee, Gerhard (Nam)
- Collins, Willie (SA)
- Stoltz, Anna (SA)
- Stoltz, Danie (SA)
- Vd Berg, Buks (SA)
- Vd Berg, Reinetten (SA)

#### 15. Conclusion

Kindly forward all your Countries event dates, results, photos or any other interesting news to me.

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**Visit the following web pages for more info:**

[www.jukskei-nam.com](http://www.jukskei-nam.com)

[www.jukskei.co.za](http://www.jukskei.co.za)

[www.horseshoepitching.com](http://www.horseshoepitching.com)

Jukskei & Horseshoe Greetings

Erik Strauss