



# TECHNICAL PACKAGE

AVANNAA ARCTIC  
GAMES 2025

# Introduction

Arctic Sports and Dene Games are traditional competitions rooted in the Indigenous cultures of the Arctic. These events celebrate strength, agility, balance, and endurance while honoring the survival skills of ancient times. Unique disciplines like the One Foot High Kick, Kneel Jump, Snow Snake, and Finger Pull allow participants to compete, challenge themselves, and preserve cultural traditions.

These sports are a cornerstone of events like the Arctic Winter Games, bringing together participants and spectators from across the globe in an atmosphere of respect, competition, and cultural exchange.

## GENERAL RULES

- 1. Fair Play:** Respect for opponents and adherence to the referee's decisions is essential.
- 2. Safety:** Participants are responsible for ensuring the area is safe and free from hazards like moisture or debris.
- 3. Referee's Decision:** The referee's rulings are final, and any disputes should be directed to the event organizers.
- 4. Attempts:** Each competition typically allows three attempts unless otherwise specified.
- 5. Time Limits:** Time constraints for attempts are defined based on the number of participants and the difficulty level of each round.

## SCORING

Points will be awarded for the top (5) positions in each event as follows:

1st - 5 points

2nd - 4 points

3rd - 3 points

4th - 2 points

5th - 1 point

Points will be accumulated for both individual all-around standings and for overall team/group/territorial standings. The collective points scored by all participants representing a country or group will contribute to the overall tally for that group.

## Tie Breaking

The Tie Breaking rule for each individual event applies to determine the first-place finisher. In the case of ties in any of the other positions, the following will apply for

assigning points for the All-Around Event:

All competitors tied for a placing will receive points for that placing. The next lowest placing will receive the points for the placing according to the number of competitors finishing ahead. For Example:

<b>PLACE</b>	<b>POINTS</b>	<b>MEDALS AWARDED</b>
Tie for 1st	5 points each	Gold medal for both athletes
3rd place (no second)	3 points	Bronze medal
4th place	2 points	n/a
5th place	1 point	n/a
6th and subsequent places	0 points	n/a

Or:

<b>PLACE</b>	<b>POINTS</b>	<b>MEDALS AWARDED</b>
1st place	5 points	Gold medal
Tie for 2nd place	4 points each	Silver medal for both athletes
4th place (no third)	2 points each	n/a (no Bronze medal awarded)
5th place	1 point	n/a
6th and subsequent places	0 points	n/a

Or:

<b>PLACE</b>	<b>POINTS</b>	<b>MEDALS AWARDED</b>
1st place	5 points	Gold medal
2nd place	4 points	Silver medal
Tie for 3rd place	3 points each	Bronze medal for both athletes
5th place (no 4th place)	1 point each	n/a
6th and subsequent places	0 points	n/a

## Tie Breaking for Specific Events

Ties are only applicable in the following events: One Foot High Kick, Two Foot High Kick, Kneel Jump, Airplane, Snow Snake, and Alaskan High Kick.

If a tie exists after the completion of all attempts in these events, duplicate medals and points shall be awarded to the athletes who are tied as follows:

- For first place: Two gold medals and one bronze medal are awarded; no silver medal is awarded, and no points are awarded for second place.
- For second place: One gold and two silver medals are awarded; no bronze medal is awarded, and no points are awarded for third place.
- For third place: Two bronze medals are awarded; no points are awarded for fourth place.
- For fourth place: Both finishers are awarded fourth place points; no fifth place points are awarded.

## Tie Breaking for Kicking Events and Snow Snake

The competitor who kicks or throws the furthest target at the highest height or distance for One Foot High Kick, Two Foot High Kick, Alaskan High Kick, and Snow Snake will be declared the winner. In the event of a tie, the following procedure will be used to determine 1st through 5th place:

## Ties for 1st to 5th Place

- If two or more competitors are tied for one of these places, the competitor with the lowest number of overall misses will be declared the winner for that place. The competitor with the next lowest number of overall misses will be awarded the next placing, and so on.
- If a tie still exists for a place, the competitor with the lowest number of misses at the lowest height or distance achieved by all competitors who are tied for that place will be declared the winner for that place. The competitor with the next lowest number of overall misses will be awarded the next placing, and so on.
- If a tie still exists for a place, a kick-off or throw-off will be held as follows:
  - The target will be lowered by one (1) inch (2.5 cm) from the last unsuccessful height or a reduced throwing distance will be set, and the competitors will each have three attempts.
  - The competitor achieving the target or distance in the least number of attempts shall be declared the winner of that place.

If a tie still exists, the competitors will be awarded medals and points as described above.

## Medals

Medals shall be awarded individually as follows:

- Gold - 35
- Silver - 35
- Bronze - 35

Note: Potential ties could impact the amount of medals awarded.

## Equipment

All equipment must abide by AAG rules.

## Taping and Braces

Competitors are not allowed to use joint or body braces of any type. Competitors are not allowed to use taping or compression stockings or similar equipment. Any competitor seen using any of the above apparatuses will be asked to remove them before competition.

## Protests & Appeals

Field of Play disputes shall be managed immediately. Referees will stop the event and assess the situation on the spot. The referees will evaluate the protest and determine the outcome before the event resumes. All decisions made by the referees during this process are final and binding.

## AGE GROUPS AND CATEGORIES

To ensure fair competition, participants are divided into age and gender categories. Standard divisions include:

### Competitors:

- Junior Females born in 2007 or later
- Junior Males born in 2007 or later
- Open female 2006 or earlier
- Open Male 2006 or earlier

# SPORT: ARCTIC SPORTS

## One Foot High Kick Rules:

### 1. START:

A Competitor may be standing at any distance from the target when they start their approach to the jump.

### 2. MOVEMENT:

The competitor may start with a running or standing approach. On the take-off both feet must be no more than shoulder width apart. The target must be clearly struck by one foot. The landing must be on the same foot with which the target was kicked. The competitor must maintain balance and control on the landing.

### 3. ATTEMPTS:

- I. Each competitor has three (3) attempts at each height.
- II. During initial rounds each competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. When three competitors remain each competitor will be allowed three

(3) minutes to complete one (1) attempt.

- III. In all rounds, when there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt". No other signal or sound will be provided. A coach may choose to advise the athlete of the time remaining.
- IV. A competitor is charged with one attempt when: a. The knee of the kicking foot is "broken" in the course of the jump, b. They do not clearly strike the target with one foot, c. When they fail to land properly and maintain balance in accordance with Rule 2, even if they strike the target, d. The maximum time limit is exceeded.
- V. The Head Official shall rule on any disputed attempts.
- VI. The following starting heights will apply for the competition:

#### WARM UP Height

Open Male: 6 feet 0 inches (183 cm)

Open Female: 5 feet 0 inches (152 cm)

Junior Male: 5 feet 6 inches (168 cm)

Junior Female: 4 feet 6 inches (137 cm)

#### STARTING HEIGHT Height

6 feet 6 inches (198 cm)

5 feet 6 inches (168 cm)

6 feet 0 inches (183 cm)

5 feet 0 inches (152 cm)

**VII.** At the completion of attempts at each height:

**A.** The target shall be raised 4 inches (10 cm) for all categories.

**B.** When there are 4 (or more at the discretion of the Head Official) competitors left in a category, the height shall be raised 2 inches (5 cm) at the completion of each round of attempts by all athletes until a winner has been declared.

**C.** The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.

**D.** After a winner has been declared, the Gold medal athlete only may attempt additional jumps to establish a new Arctic Winter Games record under the following conditions:

- I.** The target can be raised by any height requested by this athlete.
- II.** Once raised, the target cannot be lowered.
- III.** The athlete has a maximum of three (3) attempts at each new height.

#### **4. SCORING:**

If a competitor misses her/his first attempt he must make her/his second and third attempt, if necessary, in succession. A competitor is eliminated when, after three (3) attempts at a given height they fail to clearly strike the target or land properly according with Rule 2.

The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

#### **5. COMPETITION FORMAT:**

The rotation of the kickers will be established by draw. The competition shall be a finals event only with no preliminary competition.

#### **6. EQUIPMENT:**

A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small soft object, usually stuffed fur and is suspended by a rope from the horizontal arm of the stand. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

# Two Foot High Kick Rules:

## 1. START:

A competitor may be standing at any distance from the target when they start their approach for the jump.

## 2. MOVEMENT:

The competitor may start with a running or standing approach. On takeoff, both feet must leave the floor at the same time, natural take off. The target must be clearly struck by either foot provided both feet are even and parallel. Upon landing both feet must hit the floor at the same time. The competitor must complete a natural landing and maintain balance and control.

## 3. ATTEMPTS:

- I. Each competitor has three (3) attempts at each height.
- II. During initial rounds each competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. When three competitors remain each competitor will be allowed three (3) minutes to complete one (1) attempt.

- III. In all rounds when there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that “one minute remains in the attempt”. No other signal or sound will be provided. A coach may choose to advise the athlete of the time remaining.
- IV. A competitor is charged with one attempt when:
  - A. They do not clearly strike the target with both feet together,
  - B. When they fail to land properly and maintain balance in accordance with Rule 2, even if they strike the target,
  - C. The maximum time limit is exceeded.
- V. The Head Official shall rule on any disputed attempts.
- VI. The following starting heights will apply for the competition:
- VII. At the completion of attempts at each height:

### WARM UP Height

Open Male:	5 feet 6 inches (168 cm)
Open Female:	4 feet 4 inches (137 cm)
Junior Male:	5 feet (152 cm)
Junior Female:	4 feet (122 cm)

### STARTING HEIGHT Height

6 feet (183 cm)
4 feet 8 inches (152 cm)
5 feet 6 inches (168 cm)
4 feet 4 inches (132 cm)



**a.** The target shall be raised 4 inches (10 cm) for Open and Junior Male and Open and Junior Female categories.

**b.** When there are 4 (or more at the discretion of the Head Official) competitors left in a category, the height shall be raised 2 inches (5 cm) at the completion of each round of attempts by all athletes until a winner has been declared.

**c.** The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.

**d.** After a winner has been declared, the Gold medal athlete only may attempt additional jumps to establish a new Arctic Winter Games record under the following conditions:

- 1.** The target can be raised by any height requested by this athlete.
- 2.** Once raised, the target cannot be lowered.
- 3.** The athlete has a maximum of three (3) attempts at each new height.

#### **4. SCORING:**

If a competitor misses their first attempt they must make their second and third attempt, if necessary, in succession. A competitor is eliminated when, after three (3) attempts at a given height they fail to clearly strike the target or land properly according to Rule 2.

The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

#### **5. COMPETITION FORMAT:**

The rotation of the kickers will be established by draw. The competition shall be a finals event only with no preliminary competition.

#### **6. EQUIPMENT:**

A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small soft object, usually stuffed fur and is suspended by rope from the horizontal arm of the stand. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

# Alaskan Kick Rules:

## 1. START:

A competitor starts on the floor by grasping one foot with the opposite hand. The competitor can hold any part of the foot. The supporting hand is placed on the floor, flat palm, on fingers (bridged), or on their knuckles(fist). The competitor then raises off the ground balancing on her/his free hand and leg. The competitor may grasp either right or left foot.

## 2. MOVEMENT:

On start, the competitor must be in a stationary position with their buttocks on the floor. They then kick with her/his free foot at the target while maintaining her/his hold on the other foot and balancing on her/his free hand. The competitor must take off and land on the same side of their body. The target must be clearly struck by the kicking foot. The landing must be on the kicking foot. The landing must be balance and controlled and the competitor's buttocks cannot touch the floor. The competitor must not let go of the other foot at any time throughout the kick.

## 3. ATTEMPTS:

1. Each competitor has three (3) attempts at each height.
2. A Competitor will be allowed a maximum of 90 seconds in which

to complete one (1) attempt. When three competitors remain, each competitor will be allowed three (3) minutes to complete one (1) attempt. When there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt". No other signal or sound will be provided. A coach may choose to advise the athlete of the time remaining.

3. A competitor is charged with one attempt when:
  - a. They do not clearly strike the target with the free foot,
  - b. When they fail to land properly and maintain balance, or,
  - c. When they let go of the other foot in accordance with Rule 2 Movement even if they strike the target,
  - d. When the kicking foot leaves the floor even if an attempt to kick the target is not made.
  - e. The maximum time limit is exceeded.
4. The Head Official shall rule on any disputed attempts.
5. The following starting heights will apply for the competition:

**WARM UP****Height**

Open Male: 5 feet 6 inches (168 cm)

Open Female: 4 feet 4 inches (137 cm)

Junior Male: 4 feet 6 inches (137 cm)

Junior Female: 4 feet (122 cm)

**STARTING HEIGHT****Height**

6 feet (183 cm)

4 feet 8 inches (152 cm)

5 feet (152 cm)

4 feet 4 inches (137 cm)

**6.** At the completion of attempts at each height:

**a.** The target shall be raised 4 inches (10 cm) for Open and Junior Male and Open and Junior Female categories.

**b.** When there are 4 competitors left in a category, the height shall be raised 2 inches (5 cm) at the completion of each round of attempts by all athletes until a winner has been declared.

**c.** The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.

**d.** After a winner has been declared, the Gold medal athlete only may attempt additional jumps to establish a new Arctic Winter Games record under the following conditions:

- I.** The target can be raised by any height requested by this athlete.
- II.** Once raised, the target cannot be lowered.
- III.** The athlete has a maximum of three (3) attempts at each new height.

**4. SCORING:**

If a competitor misses her/his first attempt they must make her/his second and third attempt, if necessary, in succession. A competitor is eliminated when, after three (3) attempts at a given height they fail to clearly strike the target or land properly according with Rule 2.

The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

**5. COMPETITION FORMAT:**

The rotation of the kickers will be established by draw. The competition shall be a finals event only with no preliminary competition.

**6. EQUIPMENT:**

A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small soft object, usually stuffed fur and is suspended by rope from the horizontal arm of the stand. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

# Kneel Jump Rules:

## 1. START:

The competitor starts in a natural kneeling position; with her/his buttocks resting on her/his heels with toes pointed back, both knees behind the starting line.

## 2. MOVEMENT:

- A.** The competitor may swing their arms.
- B.** The jump involves thrusting the body and arms up and then forward. The legs are then extended as far forward as possible. The legs may move forward under or beside the body.
- C.** The landing must be a natural landing, i.e. balanced, controlled and maintained until the official indicates that the feet can be moved. The competitor cannot slide forward after landing.
- D.** The competitor must be wearing clothing that allows the judges an unobstructed view of their lower body.

## 3. ATTEMPTS:

Each competitor has three (3) attempts. A competitor is charged with an attempt if they do not land in accordance with Rule 2.

Competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. A coach may choose to advise the athlete of the time remaining.

## 4. SCORING:

The distance of a successful jump shall be measured from the starting line to the heel closest to the starting line. The competitor must remain balanced in place for the measurement or the jump is disallowed. The competitor who jumps the greatest distance will be the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

## 5. COMPETITION FORMAT:

Each competitor is allowed one (1) attempt for each rotation. The competition shall be a finals event only with no preliminary competition.

## 6. COMPETITION AREA:

Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

# Airplane Rules:

## 1. START:

The competitor begins lying face down on the floor, legs and feet together, arms extended straight out at right angles to the body and the body firm and rigid. Shoulders should be in line with the starting line.

Competitors must maintain a locked arm position with the body remaining above the wrists. This locked position may be at an angle not to exceed 45 degrees between the shoulders and the fist.

## 2. MOVEMENT:

Four to six assistants, designated by the Head Official, lift the competitor 2-3 feet (60 to 90 cm) above the floor, one or two grasping the competitor by the top of each foot (on top of the instep) and one by each wrist. The competitor will be lined up with his shoulders to a pre-set starting line. The competitor must remain rigid and fully extended with shoulders and torso supported by the downward pressure of the fists and feet. The competitor is carried in this position over a pre-set course. The same assistants will carry each competitor over the course at the same pace. A pacer shall be used to ensure a consistent pace is maintained by the assistants for each competitor. The same pacer shall be used for all competitors.

## 3. ATTEMPTS:

Each competitor is allowed one attempt only.

## 4. SCORING:

The competitors shall be carried over the pre-set course. The competitor travelling the longest time shall be declared the winner. Second and subsequent positions shall be determined by the competitor travelling the second longest time and so on.

A competitor shall be stopped when, in the opinion of the Head Official, the body of the competitor sags below the arms, or the buttocks rises above the arms, or the arms bend and the elbows beyond 45 degrees. The Head Official shall advise all competitors of this rule at the start of the competition. No warnings will be issued during a competitor's attempt.

In the event of a tie, duplicate medals and scoring will be awarded.

## 5. COMPETITION FORMAT:

The order of the competitors will be established by draw. The course will be pre-set. The competition shall be a finals event only with no preliminary competition.

## 6. COURSE:

The course will be pre-set and marked. The course lay out should avoid sharp corners. Host officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

# Head Pull Rules:

## 1. START:

Two competitors lie on the floor on their stomachs facing each other. The floor shall have three parallel lines that are 60 centimetres (24 inches) from the centre line. A looped leather thong or belt is placed over the back of the competitors' heads above the ears.

## 2. MOVEMENT:

- A.** Competitors rise to a position with only hands and knees and feet touching the floor.
- B.** On signal from the judges, pull backwards with their head, bracing their hands out in front and using their whole body strength to pull steadily backward.
- C.** The pull must be directly back and parallel to the ground.
- D.** A winner is determined when one competitor pulls the other's hands across the line parallel to the centre line on their side of the competition area or they pull the strap off of their opponents head.

## 3. ATTEMPTS:

This competition consists of one "pull" to determine a winner.

## 4. SCORING:

The winner of the "pull" is declared if the opponent's hands cross the line, or if the opponent drops his head allowing the loop to be pulled off or in any part of the body, other than the hands and feet, touches the floor.

## 5. COMPETITION FORMAT:

- A.** Double elimination.
- B.** Initial pairs are determined by draw.
- C.** The competition shall be a finals event only with no preliminary rounds.
- D.** The competition format shall include pulls to determine 3rd, 4th and 5th placings, if necessary. e) Competition Brackets are included in the Arctic Winter Games Staging Manual, Section 7.22.

## 6. EQUIPMENT:

A looped leather thong or belt is used. It is approximately three feet (90 cm) long and one and one half (1 ½") inches (4 cm) wide. Host Officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

# Arm Pull Rules:

## 1. START:

In pairs, competitors face each other sitting on the floor.

- A.** The choice of arm for the first pull is dictated in Section 3.
- B.** If the right arm is chosen for the first pull, the left leg is straight and the right leg is bent over the opponent's straightened leg.
- C.** Competitors lock right arms at the bent elbow, with the left hand holding the opponent's right ankle. Positions are reversed for the left arm pull.
- D.** A competitor may not grab the other competitor's arm to get their arm in place.
- E.** If the left arm is chosen for the first pull the reverse of the above is utilized.
- F.** All watches, bands and other objects must be removed.
- G.** Competitor's shoulders are parallel and square to each other.

## 2. MOVEMENT:

- A.** On signal from the official, competitors pull slowly and steadily at the elbow while bracing the opposite hand on the opponent's ankle.
- B.** Contact between the knee and elbow is not allowed.

- C.** The pulling motion must be straight back, with no twisting.

- D.** The object is to pull the opponent's arm straight.

## 3. ATTEMPTS:

The competition consists of the best of three (3) "pulls". If the athletes can not agree on which arm to start with the first "pull" shall be determined by a flip of a coin. The second "pull" is with the other arm and the third "pull", if necessary, shall be determined by a flip of a coin.

When in the opinion of the official there is a failed attempt, the attempt shall be restarted using the same arm.

## 4. SCORING:

The winner of a "pull" is declared if the opponent is pulled over the top of them, if the opponent's hand touches the chest or if the opponent's arm is straightened out. If a competitor falls sideways or her/his hand lets go of their opponent's foot/ankle, the "pull" is awarded to the opponent.

## 5. COMPETITION FORMAT:

- A.** Double elimination.
- B.** Initial pairs are determined by draw.
- C.** The competition shall be a finals event only with no preliminary rounds.

- D.** The competition format shall include pulls to determine 3rd, 4th and 5th placings, if necessary.
- E.** Competition Brackets are included in the Arctic Winter Games Staging Manual, Section 7.22.

### **6. COMPETITION AREA:**

Host officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.



# SPORT: DENE GAMES

## Finger Pull Rules:

### 1. START:

Two players sit facing each other, one player with the right leg bent and the second player with both feet braced against the shin of the first player's bent leg.

The first player, leaning slightly to the side, braces their right elbow against their bent right thigh and places their hand on the opponent's left knee.

The second player braces their left hand on the first player's left shoulder and the two players lock their middle fingers between the first and second knuckle at the middle portion of the finger without squeezing in the hook position.

### 2. MOVEMENT:

- A.** One player is designated "defensive". This player must be sitting in the defensive position with their left leg outstretched straight on the floor. This player's wrist must be in a defensive position and the back of the hand must be facing downward (palm up). This player's shin needs to be lined up with the marked centre line (sole of foot flat against inner thigh of outstretched leg).
- B.** The second player is designated "offensive". This player's wrist must be straight up and down (palm facing left and back of hand facing right). This player's feet must be remain together braced on the shin of the defensive player's bent leg, and knees be bent upright and remain together during the pull. The offensive player must not straighten their legs on the pull.
- C.** Players with long hair must have it tied back so that it does not obstruct the judge's line of sight. Players are not allowed to wear long sleeves or clothing that obstructs the judge's line of sight. The judge must be able to see the elbow in the defensive position.
- D.** Players must keep finger nails trimmed to prevent injury to other players. Officials will inspect the condition of the player's hands and nails before each match up. In cases where an injury/bleeding occurs, the head official will make a decision on return to play.
- E.** On signal, the offensive competitor pulls with a strong, slow and steady, pulling motion, with no jerking, squeezing, re-gripping or twisting motion allowed.

The object is for the second (offensive) player to pull the first player's (defensive) arm out slightly (elbow to move) or to cause the first player to straighten their finger or otherwise signal giving up. In the defensive position if the elbow stays locked the buttocks may leave the ground. Only if the arm is moved will the game be called.

In both the offensive and defensive positions, no pushing or twisting is allowed.

**F.** Infractions – if a player has committed an infraction it will result in the loss of the pull. Infractions include but are not limited to:

- Jerking, twisting, re-gripping or pushing during a pull;
- Removing hand from opponents' knee (see Section 1, first player)
- Removing hand from the opponents' shoulder during the pull (see Section 1, second player)

### 3. ATTEMPTS:

The competition consists of a best of three "pulls". The first "pull" as described above, the second "pull" with positions reversed. If a third pull is necessary, the positions of the players are determined by a flip of a coin. The winner of the first pull calls the coin toss.

### 4. SCORING:

The winner of a "pull" is declared if the defensive player's elbow moves forward, finger is straightened, loses grip, or he in some way signifies giving up. If the offensive player is unable to move the defensive player's elbow forward, straighten the defensive player's arm, or finger in 8 seconds for U18 players and 10 seconds for Open Male players, the defensive player is declared the winner.

A player may be disqualified from the competition if in the judge's opinion he twists or jerks the opponent's hand in such a way to present a danger or injury. Infractions of jerking and twisting will result in the following:

1st infraction – loss of pull

2nd infraction – loss of match

3rd infraction – disqualification from event  
Scorekeepers should be informed by officials when an infraction occurs. Infractions carry over from one match to the next.

### 5. COMPETITION FORMAT:

Double elimination format. Initial pairs determined by draw. Ties for 5th, 7th and 9th place will share the allotted points, 5th and 6th share 11 points (5.5 each), 7th and 8th share 7 points (3.5 each) and 9th and 10th share 3 points (1.5 each).

# Snow Snake Rules:

## 1. START:

A player may be standing or may choose to walk or run to the throwing line.

## 2. MOVEMENT:

Without crossing or touching the throwing line, the team player - using one hand - utilizes an underhand delivery (below the hip) and throws the spear along the surface of the snowfield. The object is to make the spear slide over the snow as far as possible. Players will be allowed a maximum of a 20' run up prior to each attempt (throw).

## 3. ATTEMPTS:

Each player has three (3) attempts. One practice throw per player is allowed before the competition begins.

## 4. SCORING:

The distance the spear travels from the throwing line to the tip of the spear, with the longest distance being the winner or at the point that the spear exits the trough. The spear may leave and reenter the trough during its slide.

## 5. COMPETITION FORMAT:

The rotation is established by draw.

## 6. EQUIPMENT:

The spear is a straight spruce or pine (not a dowel) stick 1.4 meters (4'6") in length and 25-31.75 millimeters (1" to 1-1/4") in diameter and with a natural taper, sharpened at the thicker end of the pole. The surface of the spear must be varnished.

The Host Society must provide practice spears for use by contingents. Use of other spears is not permitted. Prior to the competition, the Host Society will convene a meeting with one representative from each Contingent and the Head Official. This group will select two spears to be used for the entire competition. If a consensus cannot be reached, the Head Official will make the final decision.

The snowfield is generally level and packed; it may be on a lake and should be at least 200 meters (656 feet) in length. A trough 3 meters (10') wide with 300 millimeters (1') snow bank on either side must be developed.

# Stick Pull Rules:

## 1. START:

Two players stand beside each other facing opposite directions. Players must have their head up looking straight ahead with their knees straight. The official places the greased stick in their hands.

## 2. MOVEMENT:

### On the signal to start:

- Players pull straight backwards with a hard steady motion
- The non-pulling hand must stay on the player's hip or behind their back
- The elbow of the pulling hand must stay in a locked position
- Shoulders cannot be dropped
- Heels cannot be raised off of the floor

### Feet:

- Taped starting positions will be marked on the floor by the officials
- Feet are to be shoulder width apart, they may be staggered with one foot on starting mark and the second foot behind
- Any movement of the feet during the pull will result in the player losing the pull.

- When there is a height difference between two competitors, officials will have the smaller competitor stand on a platform. This will ensure that the competitors' hands are at the same level, or close to it. This will make the pull fair for both competitors.

### Grip:

- Competitors must use their bare hands for the competition
- Once the grip is set at the beginning of the pull, players cannot initiate any movement of the hands
- Competitors grip must not cross the centre line

### Pull:

- Players must keep the stick parallel to the ground and in the same plane at all times with no pushing down or pulling up as they are pulling
- Jerking or bending the elbow are not allowed
- The starting position must be maintained

### Other:

- Officials will not provide warnings for infractions once the competition has started

- When the official has declared an infraction, that player shall be deemed to have lost that pull
- Once the competition has started players cannot wash their hands (water or hand sanitizer), remove the grease from their hands by rubbing them on the floor, clothing or any other object until the 2nd pull is over
- Players may only leave the competition area with the approval of an official

### 3. ATTEMPTS:

The competition consists of a best of three (3) “pulls”. The first “pull” is the right hands, the second “pull” with the left hands and the third “pull”, if necessary, is determined by the flip of a coin. The winner of the first pull calls the coin toss.

### 4. SCORING:

The winner of a “pull” is declared when the stick is pulled from the hand of the opponent or if one of the players pulls the stick to the side of their body, behind their hip, and holds it for 8 seconds while their opponent is still gripping on to it, they are declared the winner.

### 5. COMPETITION FORMAT:

Double elimination format. Initial pairs determined by draw. Ties for 5th, 7th and 9th place will share the allotted points, 5th and 6th share 11 points (5.5 each), 7th and 8th share 7 points (3.5 each) and 9th and 10th share 3 points (1.5 each).

### 6. EQUIPMENT:

The stick is birch or spruce and shaved to a size that can be gripped comfortably. The stick is approximately 300 millimeters (12”) long and 25 millimeters (1”) in diameter at the centre and tapered to approximately 13 millimeters (1/2”) diameter at each end. The stick shall be marked with three lines: one at the centre point of the stick, and two others, 13 millimeters (1/2”) on both sides of that line. The stick is to be thoroughly greased with Crisco brand lard to make it tougher to grip. Platforms will be made from plywood. The dimensions should be 1”x30”x24”. The platforms can be stacked 1” at a time up to 10”. The platforms will be held together by grip tape. The grip tape will be placed between each level.

# SPORT: TRADITIONAL SPORTS AND GAMES

## Eskimo stick pull:

The goal of the Eskimo Stick Pull is to test participants' ability to hold and pull a stick away from their opponent using strength and grip. It simulates pulling a seal from a hole in the ice during hunting.

### EQUIPMENT:

**The Stick:** A smooth, cylindrical wooden stick, approximately 1.5 inches in diameter and 12-18 inches long.

### PARTICIPANTS:

- Number of Players: Two participants compete at a time.
- Age and Gender Divisions: The game can have separate divisions to ensure fairness, such as youth, adult, male, and female categories.

### SETUP:

1. Participants sit on the ground, facing each other.
2. Both players extend their legs outward, with the soles of their feet touching.

3. The stick is placed horizontally between the two participants.
4. Both participants grip the stick firmly, with their hands spaced evenly.

### RULES:

1. **Grip Placement:** Participants must hold the stick with both hands and cannot change their grip during the match.
  - Hands must remain in the designated area of the stick.
2. **Starting Position:** The soles of the feet of both participants must remain in contact with each other, ensuring alignment and balance.
3. **Start Signal:** A referee gives a signal (e.g., "Ready, Set, Go!") to start the pull.
4. **Objective:** Each participant tries to pull the stick away from their opponent without losing their own grip or violating the rules.

**5. No Movement:** Participants must remain seated during the pull. Standing up or excessively lifting from the ground is not allowed.

**6. Winning:** A participant wins by either:

- Successfully pulling the stick completely away from their opponent.
- Causing the opponent to lose their grip.
- Forcing the opponent out of position (e.g., causing their feet to move apart or their body to rise from the ground).

**7. Prohibited Actions:**

- Twisting or turning the stick to manipulate the opponent's grip.
- Hitting or jabbing with the stick.
- Excessive leaning to one side or any movement that breaks the integrity of the seating position.

## COMPETITION:

- Matches will be organised as double-elimination.
- Tiebreakers or rematches can occur if neither participant is able to pull the stick within a set time limit.

## SKILLS REQUIRED:

- **Grip Strength:** The stick requires a firm grip.
- **Upper Body Strength:** Arm and shoulder power is critical.
- **Endurance:** Participants must sustain their pull for as long as it takes to overpower the opponent.

The Eskimo Stick Pull is not only a test of physical strength but also a nod to traditional Inuit culture and practices.

# The Four Man carry

The Four-Man Carry is a traditional Native game that tests physical strength, endurance, and teamwork. It simulates the practical skill of carrying heavy loads or helping to transport injured individuals, which was essential in survival situations. This game is commonly featured in cultural events such as the Arctic Winter Games and other Indigenous sports competitions.

## OBJECTIVE

The goal of the Four-Man Carry is for an individual to carry four other people on their body as far as possible, demonstrating physical strength and balance.

## EQUIPMENT

- Participants:** A group of five individuals:
  - **One Carrier:** The person carrying the others.
  - **Four Riders:** The individuals being carried.
- Footwear:** Participants typically wear soft-soled shoes or go barefoot for better balance and grip.

## SETUP

- Starting Position:** The carrier kneels on the ground while the four riders position themselves on the carrier's body. The carrier must support all four riders simultaneously.
  - Riders must position themselves in a balanced way to ensure stability.
  - Common positions for the riders include:
    - One person on each shoulder.
    - One person straddling the back.
    - One person hugging the carrier's waist or legs.
- Balance Check:** Before starting, the referee ensures that all riders are secure and the carrier is balanced.

## RULES

- Starting Signal:** The referee gives a signal (e.g., "Ready, Go!") to begin the carry.



**2. Movement:** The carrier must stand up from the kneeling position and begin walking forward with all four riders on their body.

**3. Distance Goal:** The carrier aims to carry the riders as far as possible without falling, dropping any riders, or stopping.

**4. Riders' Behavior:**

- Riders must remain in their assigned positions throughout the attempt.
- They cannot assist the carrier by pushing off the ground or adjusting their positions once the attempt begins.

**5. Disqualifications:**

- If any rider falls off the carrier.
- If the carrier touches the ground with any part of their body other than their feet.
- If the carrier comes to a complete stop or fails to continue moving forward.

## SCORING

- Distance Measurement: The carrier's attempt is measured from the starting line to the point where

they can no longer maintain their load or where a rule infraction occurs.

- Winner: The individual who carries the riders the farthest distance is declared the winner.
- In some competitions, multiple rounds or attempts may be allowed, with the best distance recorded.

## SKILLS REQUIRED

- Leg Strength: Essential for lifting and walking with the heavy combined weight.
- Core Stability: Maintaining balance while carrying unevenly distributed riders.
- Team Coordination: Proper positioning of the riders is critical for balance and minimizing strain on the carrier.

## CULTURAL SIGNIFICANCE

The Four-Man Carry not only showcases physical prowess but also reflects the value of teamwork, perseverance, and traditional survival skills among Indigenous peoples. It serves as a reminder of the importance of strength and cooperation in daily life and community resilience.

# Rules for arsaqqat (two stick pull)

## 1. POSITION:

The players sits on the floor facing each other.

- A.** The game begins with the right hand.
- B.** The players sits with straight legs or slightly folded leg, facing their feet with their opponent. Their feet must lean/touching against each other
- C.** The other arm that is not pulling must be placed on the knee, the participant must not leg go of the knee. Dropping it means losing.
- D.** You clutch your hand into Arsaaraq “stick” on the middle, between your middle and ring finger. You clutch your hand in the downward/horizontal position.
- E.** It is not allowed to use watch or bracelets during the competition.

## 2. START:

- A.** When the Official says start, the players will slowly pull the stick with no sudden movement.
- B.** The competition ends only when you drop Arsaaraq “the stick”.

## 3. ATTEMPS:

The competition consist of a best of 3 “pulls” When the players both win in one arm, there will be drawing to determine which arm to use.

The official can re-start the competition on the same arm, if there is any uncertainties.

## 4. SCORING:

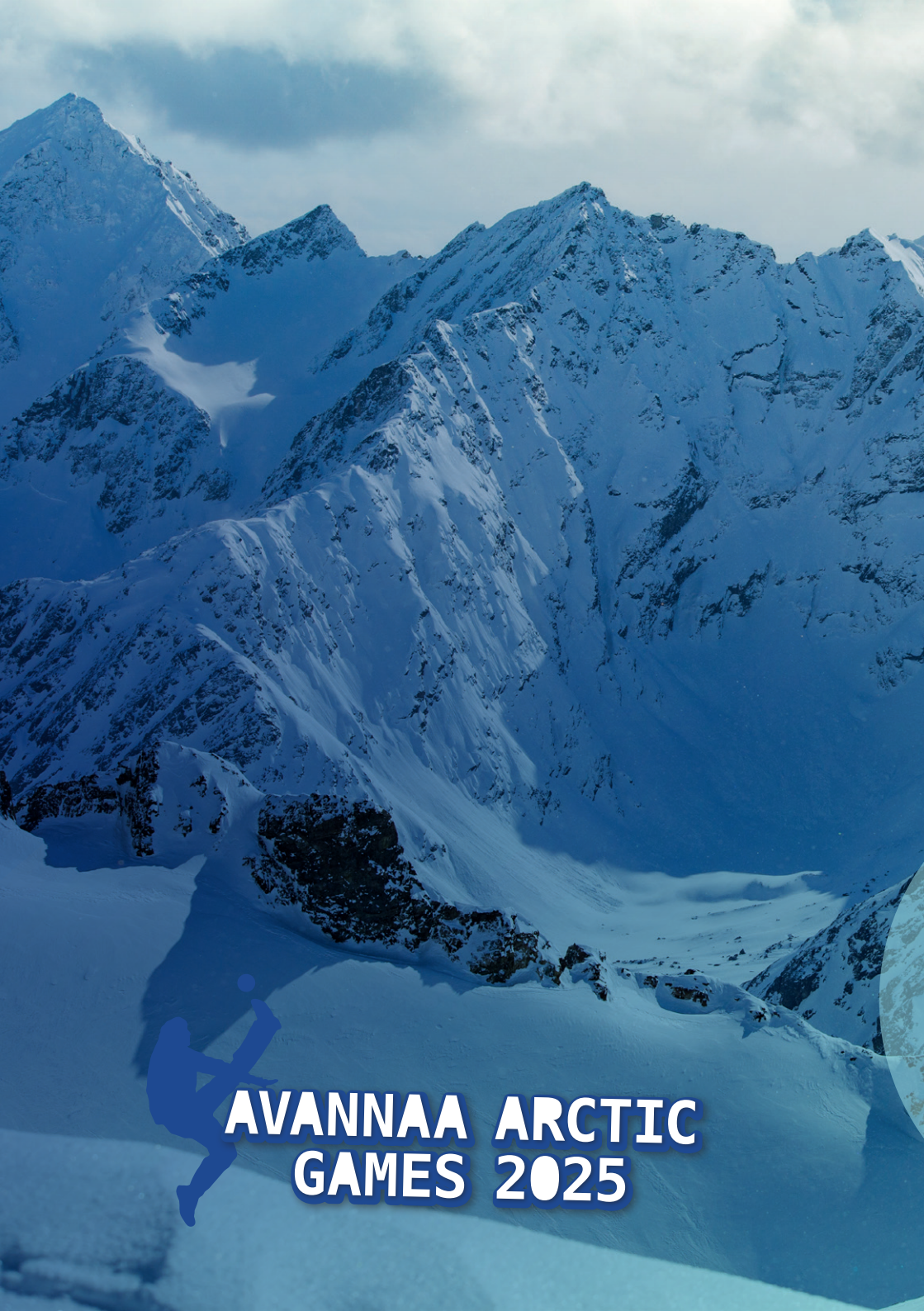
The winner by “pulling” is when the winner makes the other competitor drop his stick or when he still holds the stick after landing on the back. The player that falls on the side loses.

## 5. THE COMPETITION FORMAT

- A.** The losers will take a turn once again, with double elimination. Juniors and children: Only the winners will advance.
- B.** The competitors will be placed/settled by drawing.
- C.** Besides the two first winners, there will be 3rd, 4th and the 5th winners.

## 6. THE COMPETITION PLACE:

The officials will see to the surroundings on the competition place, it must be neat, no dust and no moist. But the competitor is also responsible for a neat competition place.



**AVANNAA ARCTIC  
GAMES 2025**