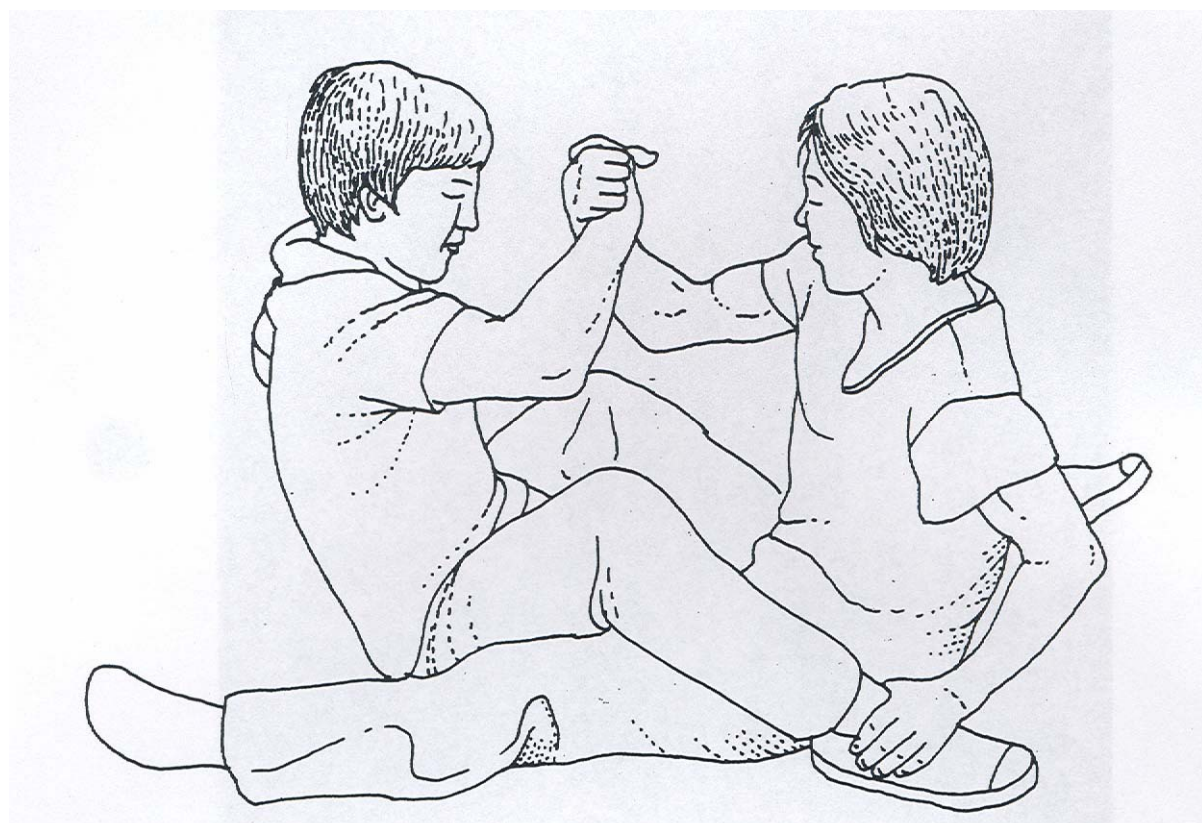


Inuit unammiaarutaat

Inuit lege

Inuit Games



Forord

Denne samling af inuitlege rummer beskrivelser af de øvelser, der konkurreres i ved Arctic Winter Games.

Hvor der har været et grønlandsk navn for øvelsen, er det brugt. Men en del af øvelserne har endnu ikke noget officielt navn på grønlandsk, hvorfor vi har valgt at lade feltet stå tomt.

Sportsudøverne bruger internt de engelske navne, som også er anført.

På bagsiden af hver øvelse har vi trykt de officielle regler, som kun forefindes på engelsk.

God fornøjelse.

Med venlig hilsen
Pædagogiske medarbejdere
Pilersuiffik

Oktober 2001

Siulequt

Inuit unammiaarutaat taakkulu nassiuataat uani katersat tassaapput ukiuunerani nunani issittormiut unammissutigisartagaat.

Arlallit pisortatigoortumik kalaallisut suli taaguuteqartinneqanngillat taamaattumillu kalaallisut allaffissaagalui imaqaratik. Tuluttut taaguutaat allannillit timersortartut aamma maani atugaraat.

Unammiaarutit allanneqarfiisa mumingini malittarisat atuuttut allanneqarneri naqinneqarput.

God fornøjelse.

Inussiarnersumik inuulluaqqusilluta
Ilinniartitsisutut suleqataasut
Pilersuiffik

Oktobari 2001

Højdespark med to fødder Two Foot High Kick

Udstyr: Højthængende genstand.

Udgangsposition: Start fra oprejst stilling under målet eller op til 3 meter fra de ophængte genstand.

Bevægelse: Gå eller løb mod målet. Spring med begge fødder samlet og spark til genstanden. Land på to fødder og hold balancen.

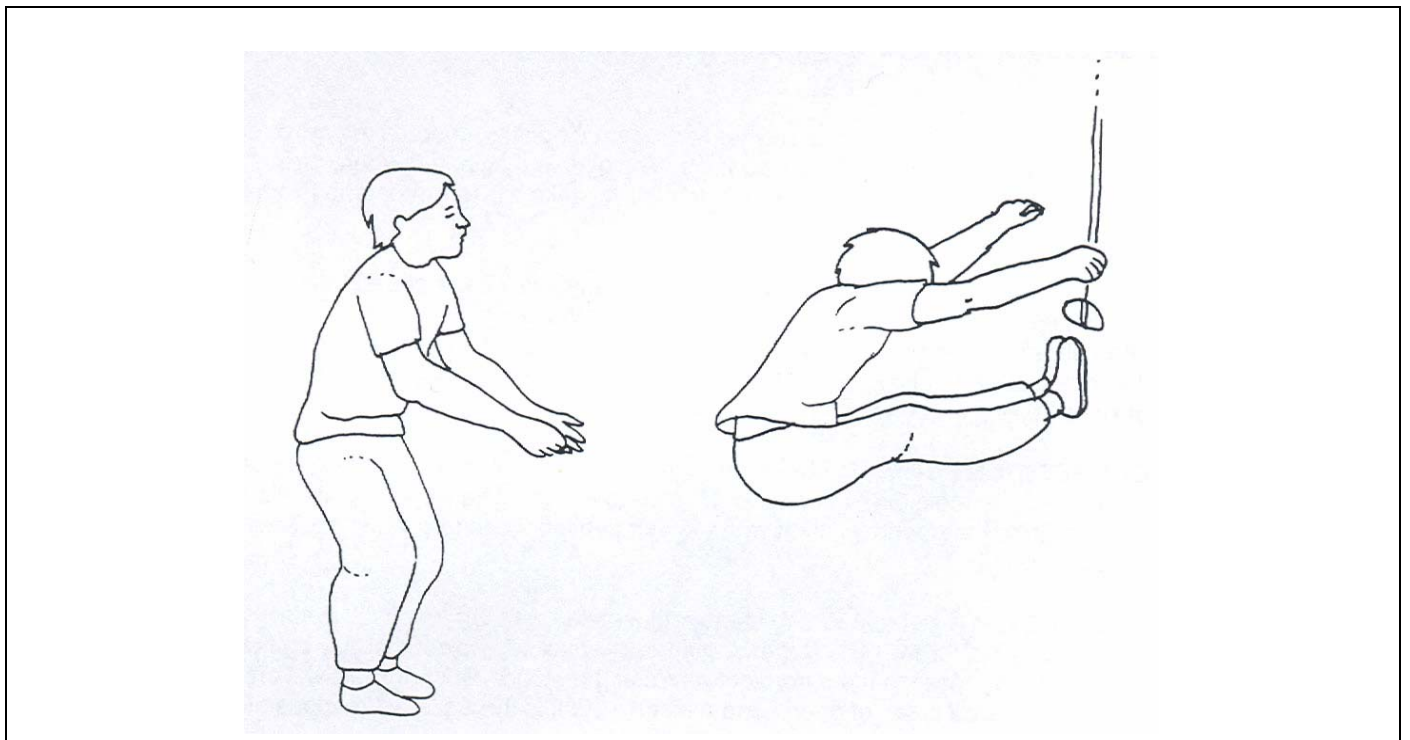
Regler og vurdering: Begyndeshøjden besluttet af deltagerne og dommeren. Hver deltager får tre forsøg på hver højde. Genstanden hæves 5 cm ad gangen. Når det begynder at blive svært at ramme, kan deltagerne beslutte, at genstanden kun skal hæves 2,5 cm. Genstanden skal rammes sikkert med begge fødder. Hvis deltagerne står lige, er det den person, der har færrest mislykkede forsøg, der vinder.

Atortoq: Qutsissumi nivingasoq (natermiit isikkat sisamat qummut)

Aallartilernermi inissiffik: Nivingasup ataani imlt. arpalersoqqaarniaraanni 3 m-inik ungasinnerunagu.

Iliuseq: Qeqqissimaannarluni imlt. arpalersoriarluni nivinngakkap ataaniit qummut nissut ataatsimoortillugit nivingasoq isimminneqassaaq. Natermut toqqinnermi isikkat suli ataatsikkuussapput. Pissittoq uppinnaveersaassaaq.

Malittarisat naliliinerlu: Aallateqqaarnermi portussuseq peqataasunit naliliisartumillu aalajangerneqassapput. Pinerit tamaasa peqataasut pingasoriarlutik misiliinissaminut periarfissaqarput. Nivingasoq qullarneqartassaaq 5 cm-ikkaarlugit. Isimmikkuminaallippalli qullaasarnerit 2,5 cm-iinnanngorsinnaapput. Isimminniagaq isikkanik illuttut ataatsikkut isimminneqassaaq. Unammisut naligiippata amerlanernik iluatsitsisoq ajugaassaaq.



Højdespark med én fod One Foot High Kick

Udstyr: Højthængende genstand.

Udgangsposition: Start fra oprejst stilling under målet eller op til 3 meter fra den op hængte genstand.

Bevægelse: Gå eller løb mod målet. Sæt af med begge fødder og spark til genstanden med den ene fod (venstre eller højre) og land på den samme fod, som der blev sparket med. Genvind balancen før den anden fod sættes i gulvet.

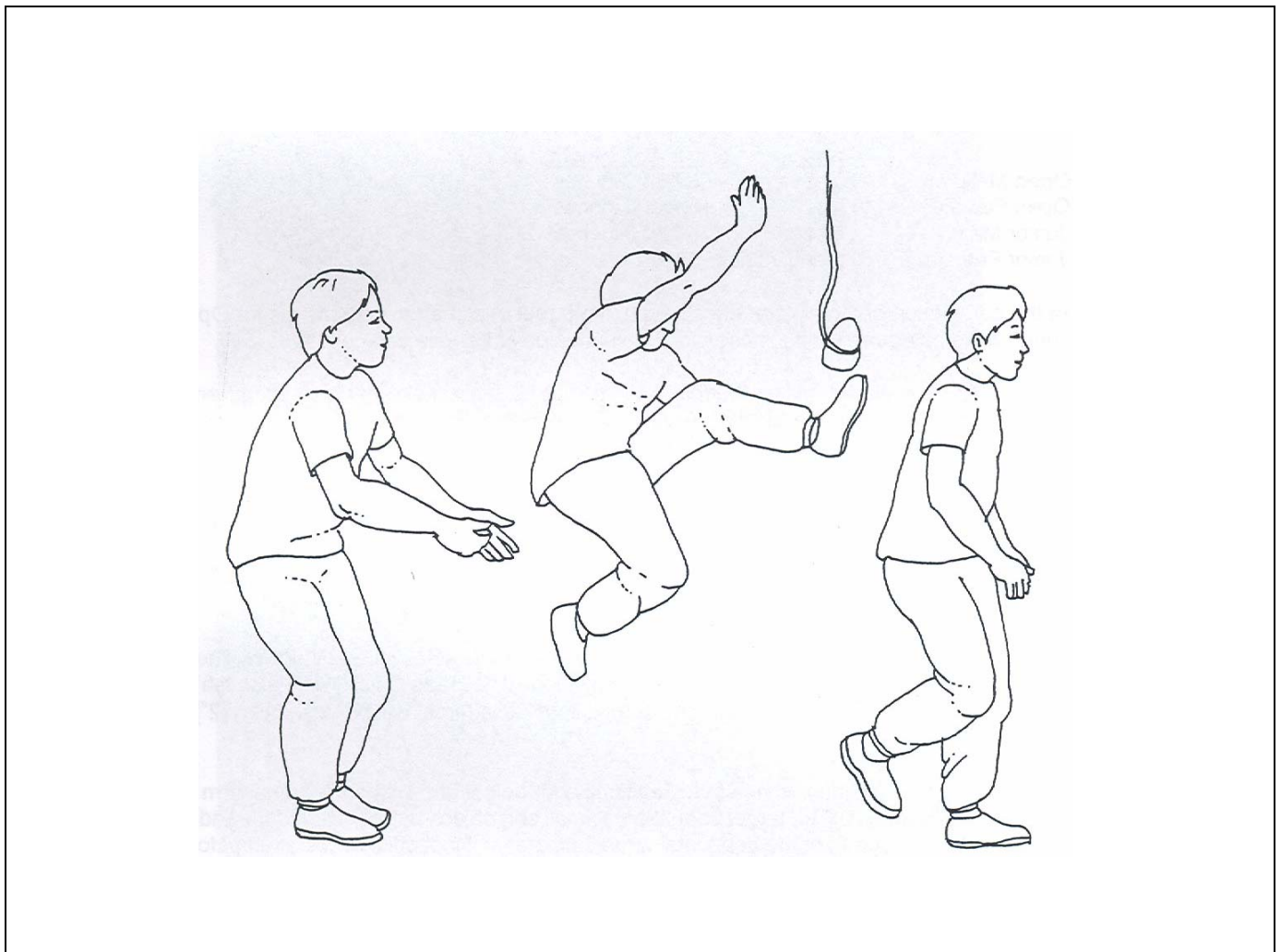
Regler og vurdering: Se "Højdespark med to fødder".

Atortoq: Qutsissumi nivingasoq (natermiit isikkat sisamat qummut)

Aallartilernermi inissiffik: Nivingasup ataani imlt. arpalersoqqaarniaraanni 3 m-inik ungasinnerunagu.

Iliuseq: Qeqqissimaannarluni imlt. arpalersoriarluni nivinngakkap ataaniit nissut ataatsimoorillugit qummut pissittoqassaaq. Nivingasoq isikkap illuinnaanik isimminneqassaaq. Natermut toqqinnermi isigak isimmissutigineqartoq kisimi tullassutigineqassaaq. Pissittoq uppinnaveeruni atsaat illuttut tullassaaq.

Malittarisat naliliinerlu: Takuuk 'Two Feet High Kick'-mut malittarisat.



Hoppespark med én fod**One Foot Hop Kick**

Udstyr: Højthængende genstand.

Udgangsposition: Deltageren nærmer sig målet hoppende på én fod.

Bevægelse: Spark til genstanden med samme fod, som der hoppes på. Land på samme ben og hold balancen.

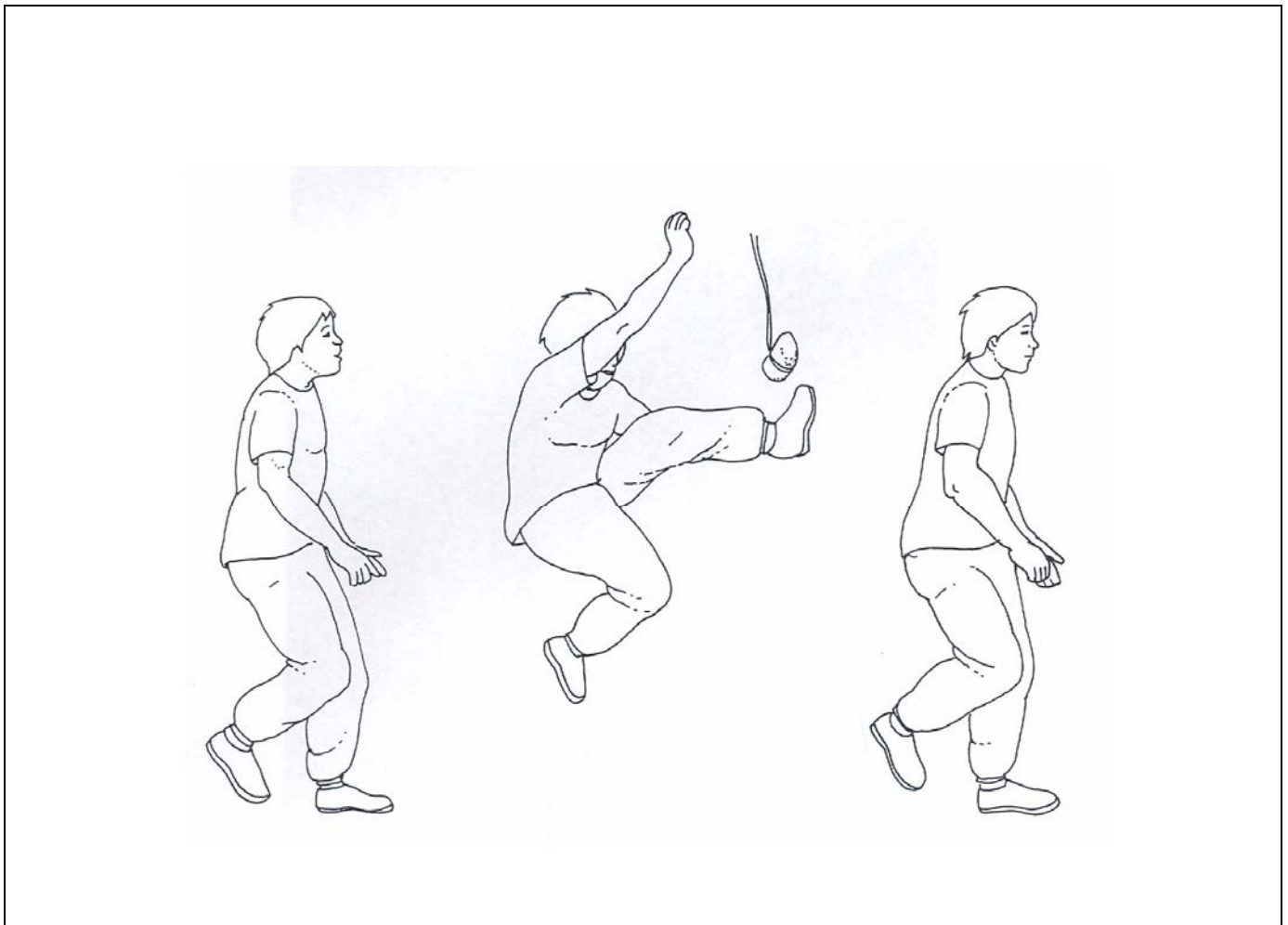
Regler og vurdering: Tre forsøg på hver højde. Genstanden hæves 5 cm ad gangen og 2,5 cm, når det bliver sværere.

Atortoq: Qutsissumi nivingasoq

Aallartilernermi inissiffik: Pissinniartoq isiminniakkami naangisassaaq.

Iliuseq: Nioq ataasiinnaq atorpeqassaaq; nivinngakkap ataaniit nivingasoq isikkammik naangisaataasumik qummut isimminneqassaaq tassanggalu na-termut tullaqqilluni. Pissittoq uppinnaveeruni marlunnik tullassaaq.

Malittarisat naliliinerlu: Pinerit tamaasa peqataasut pingasoriarlutik misiliinissaminnut periarfissaqarput. Nivingasoq qullarneqartassaaq 5 cm-ikkaarlugit. I-simmikkuminaallippalli qullaasarnerit 2,5 cm-iinnanngorsinnaapput.



Højdespark fra Alaska**Alaskan High Kick**

Udstyr: Højthængende genstand.

Udgangsposition: Sid på gulvet med én hånd placeret bag bagdelen. Tag med den frie hånd fat i den modsatte fod (den fod, der ikke sparkes med).

Bevægelse: Løft kroppen op fra gulvet og spark til genstanden med den frie fod. Den sparkende fod skal røre gulvet igen før bagdelen lander.

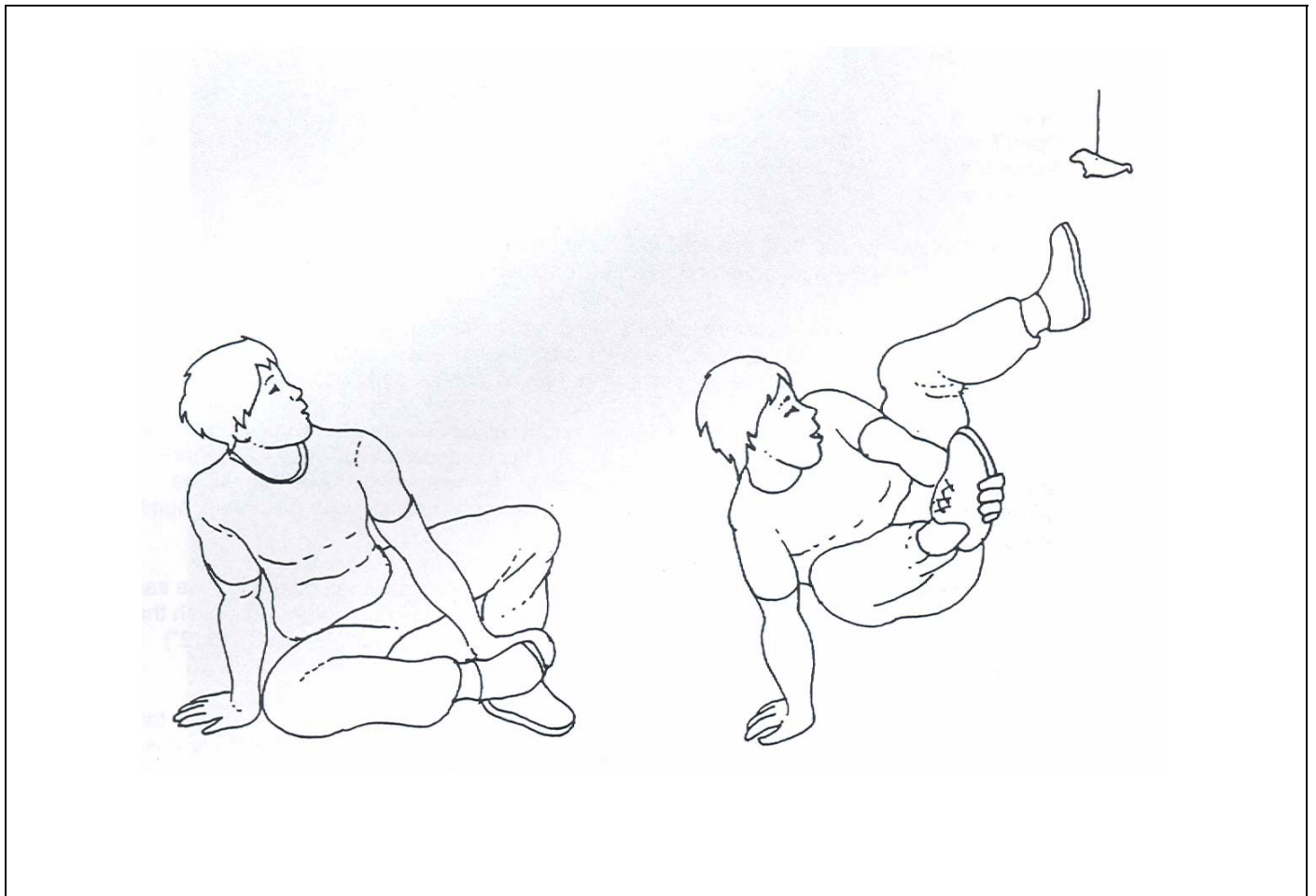
Regler og vurdering: Se "Hoppespark med én fod".

Atortut: Qutsissumi nivingasoq.

Aallartilernermi inissiffik: Natermi issialluni niut peqingatillugit tallip aappaanik tunummut ajaperluni illuanillu tukimut isigak isimmissutaassanngitsoq ti-guneqassaaq.

Iliuseq: Isimmissutissamik nateq ajallugu timeq qangattartillugu nivingasoq isimminneqassaaq. Isigak isimmissutaasoq timip natermut toqqilinnginnerani siulliulluni tullassaaq.

Malittarisat naliliinerlu: Takuuk 'One Foot Hop Kick'.



Røre med én hånd**One Hand Reach**

Udstyr: Højthængende genstand.

Udgangsposition: Deltageren placerer sig, så genstanden hænger ud for hans fingerspidser, når armen er fuldt udstrakt parallelt med gulvet. Balancer på én arm med albuen presset mod underlivet. Spred benene let og bøj knæene, så du lettere kan holde balancen. Spred fingrene meget, så støtten bliver mere stabil.

Bevægelse: Ræk op og rør genstanden med den frie hånd. Hånden skal tilbage og røre gulvet inden andre dele af kroppen.

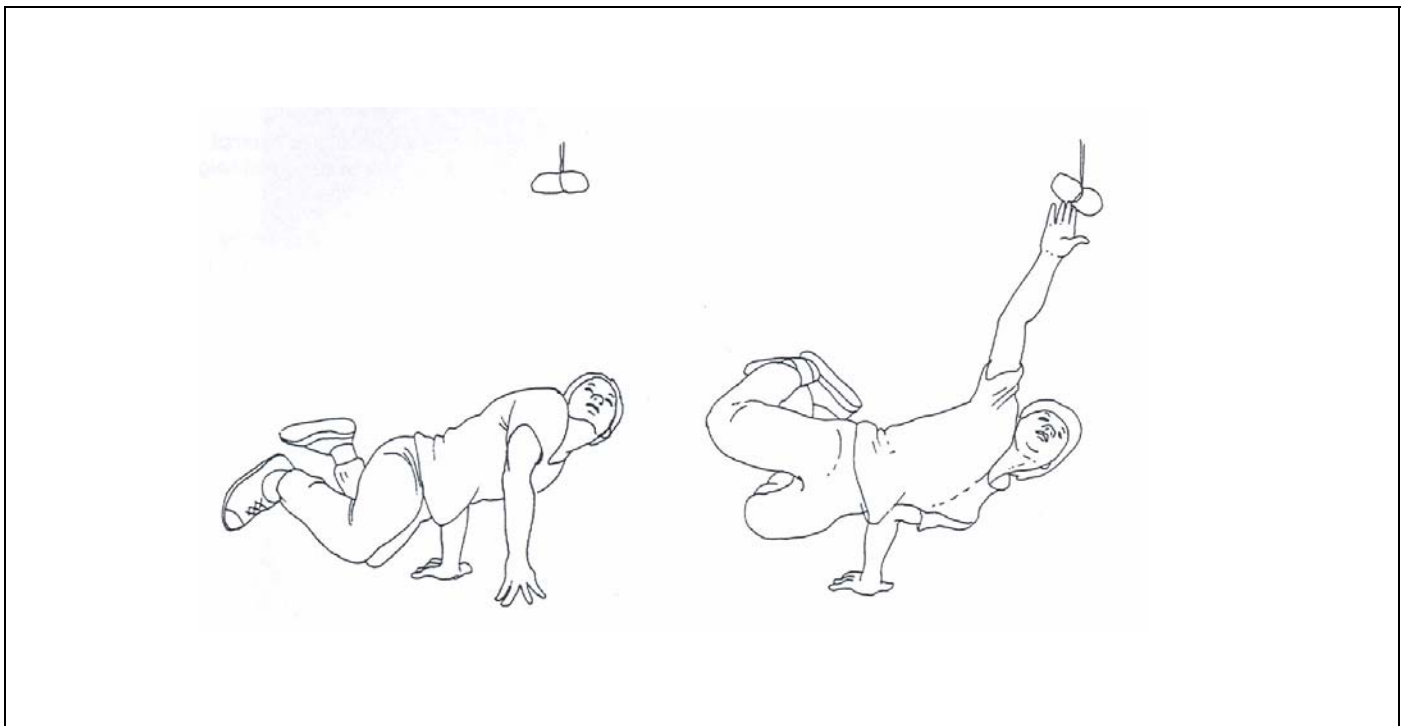
Regler og vurdering: Se regler for "Højde-spark med to fødder".

Atortut: Qutsissumi nivingasoq.

Aallartilernermi inissiffik: Peqataasusaaq inississaaq tallini siumut narlorsillugit siaarluarunigit assammi nuuisigut nivingasoq attorsinnaasunngorlugu. Natermut illuinnarmik ajaperiarluni ikusimmik timeq ikorferlugu timi narlorlugu kivinseqassaaq. Al-laalaannguarluni aamma nissut peqilaarlugit uppeqqajaananginneruvoq. Inussat siaarluaraanni ikorfarfeqarluamanerusarpoq.

Iliuseq: Nivingasoq assaap illuanik attorneqassaaq. Timip sinneranik nateq attorneqartinnagu assannik illuttut ajaperneqassaaq.

Malittarisat naliliinerlu: Takuuk 'Two Feet High Kick'



Armtræk**Arm Pull****Pakassumminneq**

Udstyr: Intet

Udgangsposition: Deltagerne sætter sig parvis på gulvet med front mod hinanden. Venstre ben skal være strakt, højre bøjet over modstanderens strakte ben.

Højre arm danner en krog. Den frie hånd griber om modstanderens ankel eller fod på det bøjede ben (se tegningen).

Husk at tage ure af!

Bevægelse: På et givet signal trækker deltagerne langsomt og jævnt med albuen. Målet er at få modstanderen til at vælte eller hans hånd så langt over, at den rører brystet på den, der sidder overfor.

Regler og vurdering: Om man starter med højre eller venstre arm, afgøres ved lodtrækning. Efter hvert træk skiftes arm.

Vinder er den, som kan få modstanderens arm til at berøre sit bryst eller som kan rette modstanderens arm ud.

Hvis en hånd rører gulvet, hvis grebet om modstanderens ankel smutter, eller hvis modstanderen vender siden til for at røre gulvet, begyndes forfra.

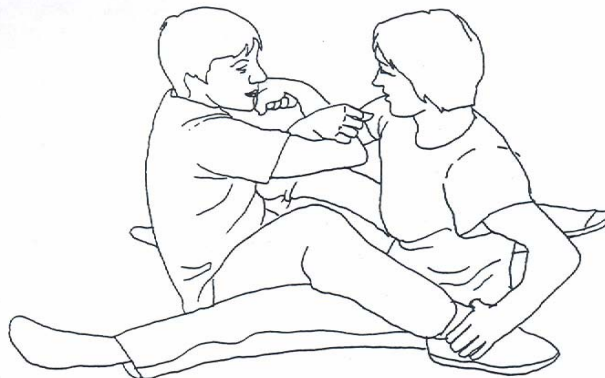
Bedst af tre forsøg vinder.

Atortut: atortoqanngilaq

Aallartilernermi inissiffik: Unammisut marluusut akileriillutik natermut ingissapput. Nioq saamilleq siaaqqassaaq, talerpilleq akeqqap niua siaaqqasoq qulaallugu peqissaaq. Taleq talerpilleq peqillugu akeqqap pakassuanut (ta-liata peqinneranut) nissigunneqassaaq - unammisut pakassissapput. Saamillermik akeraq singerniasigut imlt. isigaatigut tiguneqassaaq. Paffimmioqannginnissaaq pingaaruteqarpoq.

Iliuseq: Aallartinneqarnikkut taleq siaarnaveersaarlugu nutsoruuttoqassaaq akeqqap 'palunissaata', tali-ata siaarnissaata imlt. assaata akeqqami sakiata at-tornissaata tungaanut.

Malittarisat naliliinerlu: Talerpillermik imlt. saamillermik aallartittoqaaqaassanersoq makitsinikkut aalajangerneqassaaq. Pakassumminneq tallit illuttut nikittaallugit ingerlanneqassaaq. Ajugaasoq unaassaaq akeqqami talianik siaartitsisoq, akeqqamik palutitsisoq imlt. akeqqap assaanik sakissaminut attuutsitsisoq. Unammineq aallaqqaataanit aallartinneqassaaq assammik nateq attorneqarpat, singernermik sapangitsisoqarpat imlt. unammisut arlaat natermut saqippat imlt. saappat. Naligiinnermi pakassumminneq pingasoriarneqassaaq.



Fingertræk**Finger Pull****Qiterlerminneq**

Udstyr: Intet

Udgangsposition: Deltagerne sætter sig parvis på gulvet med front mod hinanden. Det ene ben skal bøjes, det andet skal være strakt. Deltagerens ben låses som i armtræk. Modstanderne laver en krog med langfingeren på højre (eller venstre) hånd.

Bevægelse: På et givet signal trækker deltagerne langsomt og jævnt til armen er helt strakt ud, eller modstanderen giver op. Gentag øvelsen med venstre (eller højre) hånd.

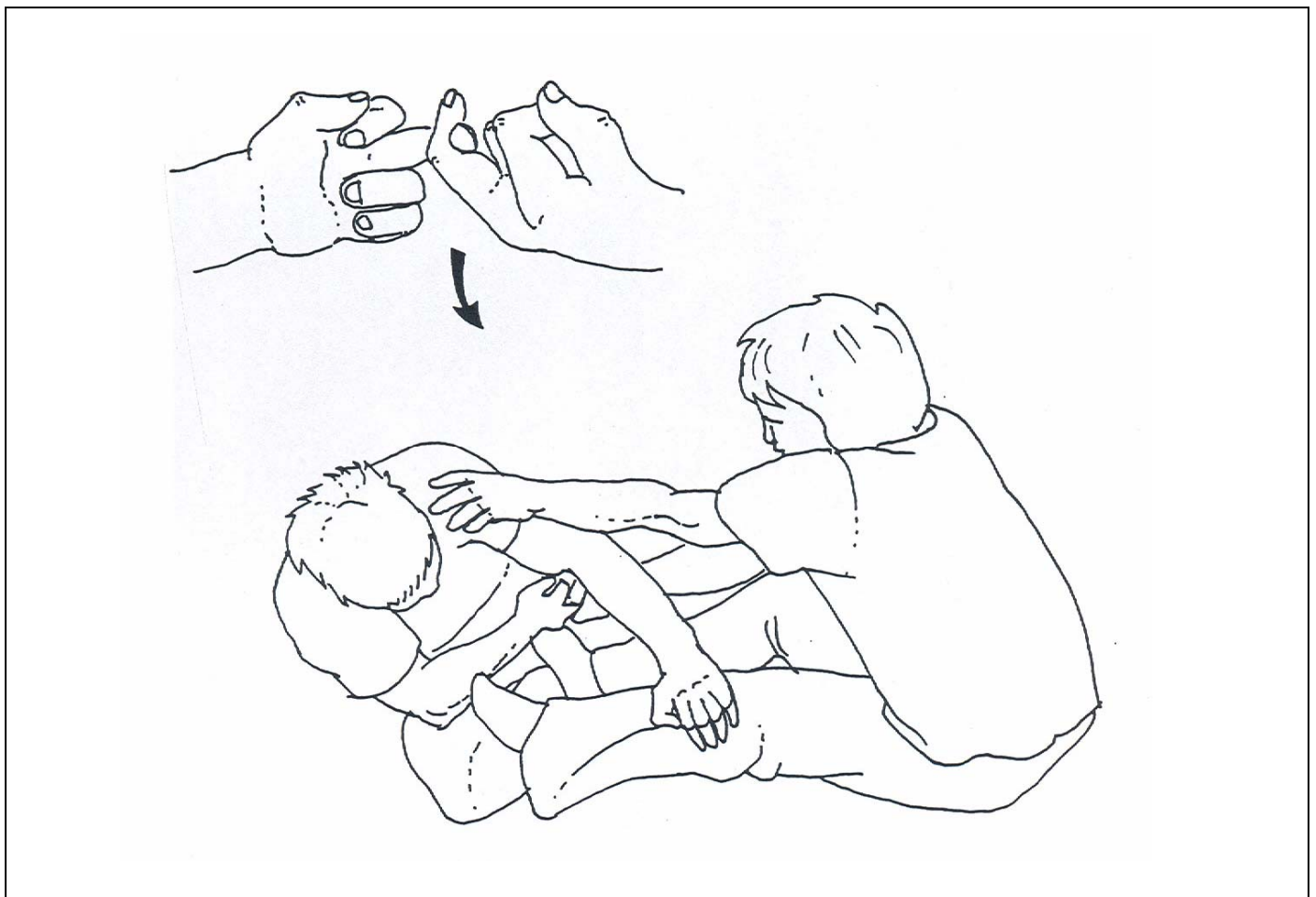
Regler og vurdering: Bedst ud af tre forsøg med hver hånd giver en vinder.

Atortut: Soqanngilaq

Aallartilernermi inissiffik: Unammisussat imminnut saallutik natermut ingissapput. Niup aappaa pe-qinneqassaaq aappaalu siaaqqassalluni. Soorlu pakassummernertut nissut aalajangerneqassapput. Assaap inuaa qiterleq peqillugu akeqqap qiterlianut nis-sigunneqassaaq - unammisussat qiterlermissapput.

Iliuseq: Aallartinneqarnikkut noqqunneq pakassumminertulli ingerlanneqassaaq uanili akeqqap ta-liata siaarnissaanut imlt. tunniutiinnarnissaanut. Tul-liani unammilernermi qiterliup aappaa qiterlermissutigineqassaaq.

Malittarisat naliliinerlu: Talerpimmik saamillermillu pingasoriarnerni amerlanernik amusisoq ajugaassaaq.



Træk med hovedet**Head Pull**

Udstyr: En lædersnor eller et bælte på ca 90 cm.

Udgangsposition: Deltagerne lægger sig parvis på maven med front mod hinanden. Tegn en linie på gulvet midt mellem deltagerne. Deres hoveder skal være ca. 60 cm fra hinanden. En lædersnor eller et bælte placeres rundt om deres nakker over ørerne.

Bevægelse: På et givet signal trækker deltagerne langsomt og jævnt med hovedet, hænderne er presset mod gulvet foran dem. Målet er at trække modstanderen over linien.

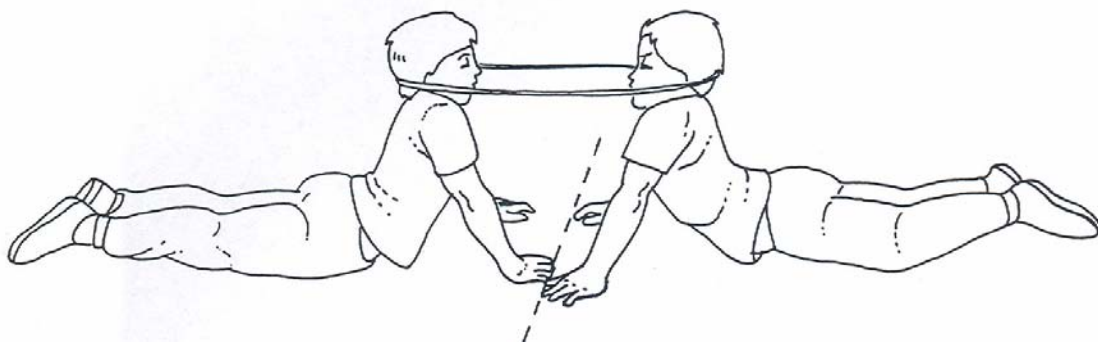
Regler og vurdering: Vinder er den, der kan få en del af modstanderens krop over midterlinjen eller tvinge hans hoved ned, så remmen glider af.

Atortut: Allunaat imlt. qitequt peqillugu 90 cm-inik takissusilik.

Aallartilernermi inissiffik: Unammisussat imminnut saallutik 60 cm-inik ungasitsigalutik natermut pallussapput. Tallit peqillugit assaat natermut patitinneqassapput. Unammisussat akunneqqinnaanni natermi titarsisoqassaaq. Allunaaq niaquinut siutaat qulaallugit naatinneqassaaq.

Iiuseq: Aallartinneqarnikkut arriitsumik pukusuk sukallugu unammisaq nutsunneqassaaq. Assaat siunermi natermik ajatsissutaassapput. Unammisaq nu-sunniarneqassaaq titarneq qaangersillugu.

Malittarisat naliliinerlu: Unammisap timaa titarneq qaangerlugu nusukkaanni imlt. sikisinneratigut allunaaq katatsikkaani ajugaanerussaaq.



Flyvemaskine**Airplane****Timmisartoq**

Udstyr: Intet

Udgangsposition: Deltageren lægger sig på maven med armene strakt ud til siden og benene fast samlede. Kroppen skal holdes strakt.

Bevægelse: Deltageren løftes af tre personer: 1 ved hver arm og 1 ved fødderne. Deltageren skal holde kroppen strakt, mens han løftes ca 75 cm over gulvet. Deltageren bæres nu så langt som muligt i denne position.

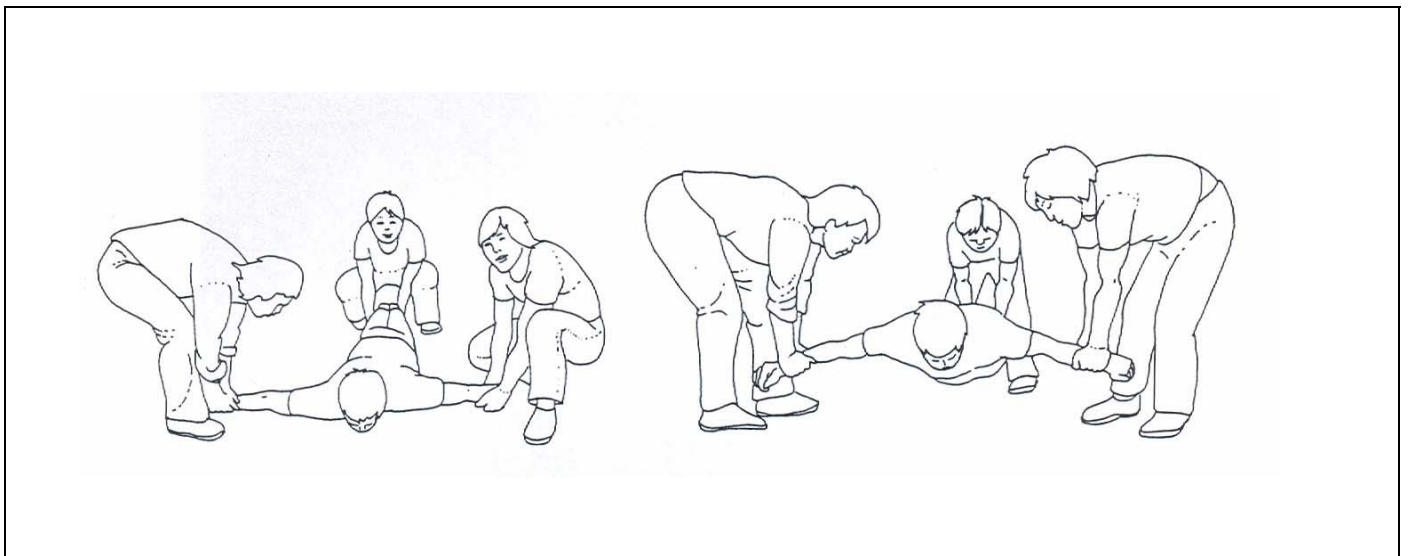
Regler og vurdering: Kroppen må ikke bue. Skuldrene må ikke sænkes til under armhøjde, og albuerne må ikke bøjes. Bagdelen må ikke hæves over armhøjde. Deltagerne bæres af de samme tre personer, der skal holde samme tempo for alle deltagere. Bærerne skal forsøge at gå så jævnt som muligt. Vinder er den, der bæres længst. *Piger* kan lave øvelsen med bøjede arme og løft ved albuerne.

Atortut: soqanngilaq

Aallartilernermi inissiffik: ‘Timmisartoq’ natermut pallussaaq talini avammut siaarlugit, nissuni katillugit timini avatinilu tamaasa qeratatillugit/sukallugit.

Iliuseq: ‘Timmisartoq’ inunnit pingasunit kivinneaqassaaq; ataatsip isigaasigut marlullu immikkut ta-liisigut. ‘Timmisartoq natermiit 75 cm-inik qummut kivinneaqluni taamatut qeratatigaluni ingerlanneqassaaq

Malittarisat naliliinerlu: Timeq tikkoqalluni narlungassaaq; qaarajunnani, tuit tallit ataannut apparneqassanngillat, tallit peqinneqassanngillat, tallit i-nissinneri uppatit qulaatissanngilaat. Kivitsisut taakkujuartussat aalajaatsumik sukkassuseqarlutik ingerlaqatigiillutillu ‘timmisartoq’ ingerlatissavaat. ‘Timmisartoq sivisunermik/tannermik ingerlanneqartoq ajugaassaaq. *Niviarsiaqqat* talitik peqillugit ikutsimikkut kivitsillutik pinnguaatigisinnaavaat.



Hop på knoerne

Udstyr: Intet

Udgangsposition: Deltageren lægger sig på gulvet som til almindelige armbøjninger, sætter knoerne i gulvet og holder albuerne tæt til kroppen.

Bevægelse: Idet han udnytter afstanden fra knoer til albuer, hopper han på tæer og knoer så langt som muligt.

Regler og vurdering: Bagdelen må ikke hæves over kropsplan.

Hver deltager har ét forsøg.

Den, der hopper længst, er vinder.

Knuckle Hop

Atortut: soqanngilaq

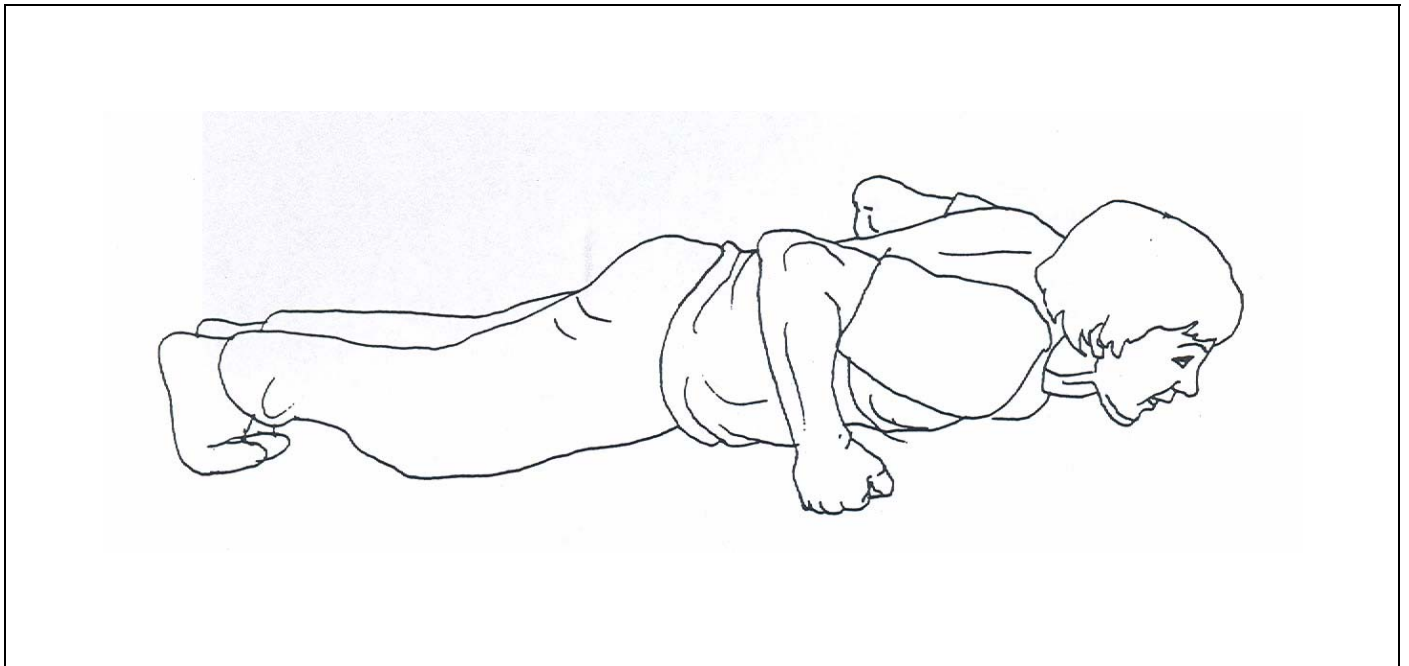
Aallartilernermi inissiffik: Unammisussat natermut pallorlutik timimik natermiit qangattartaartinnissaattut inississapput; naggussatik natermut tutsillugit ta-litik/ikusitik timimut attuutsillugit.

Iliuseq: Naggussat ikusillu ungasissusaat iluaqutsiullugit naggussat putukkullu atorluarlugit ungasinneqqusaalluni pissittoqassaaq.

Malittarisat naliliinerlu: Uppatit timimit qutsinne-rulissanngillat.

Unammisut ataasiaannarsinnaapput.

Tannermik pissittoq ajugaassaaq.



Knæhop

Udstyr: Intet

Udgangsposition: Deltageren lægger sig på knæ med vristen fladt på gulvet under sig. Kontroller med fingerspidserne, om knæene ligger helt op til den linie, der er optegnet på gulvet.

Bevægelse: Ved at udnytte overkroppens fremdrift, kastes hele kroppen fremad. Landing skal ske på fødderne og balancen holdes.

Regler og vurdering: Det er tilladt at svinge med armene.
Der gives tre forsøg. Springets længde måles fra den del af kroppen, der er længst bagude, til startlinien.

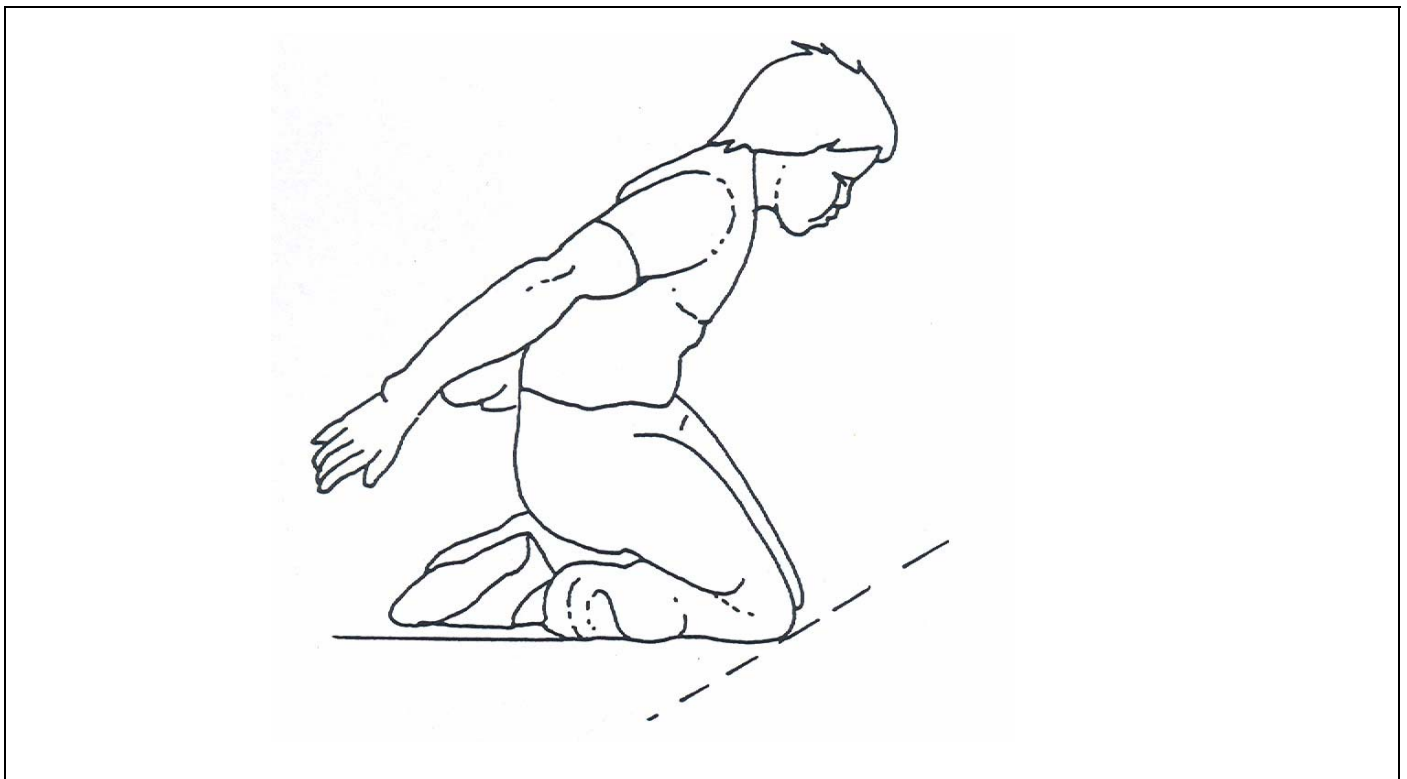
Kneel Jump

Atortut: soqanngilaq

Aallartilernermi inissiffik: Unammisussaq seeqqumiarluni singernini nanerlugit natermut ingissaaq. Seeqqut natermi titarnermut attuumalluarnersut inuammik misissorneqasapput.

Iliuseq: Timi iluaqtsiullugu siumut pississaaq. I-sikkanut ataatsikkoortillugit illuttut natermut tussaaq uppinnaveersaarlunilu.

Malittarisat naliliinerlu: Tallit issartillugit aalatinneqarsinnaapput. Pingasoriarluni periartoqarsinnaavoq. Pissinnerup ta-kissusia naatsorneqassaaq seeqqummeqqanermi ti-mip tunumut killinganiit pissiffimmut.



Slædehop

Udstyr: 10 slæder eller tilsvarende med dimensionerne: højde 50 cm, bredde på toppen 50 cm, bredde ved jorden 70 cm og længde mellem 150 og 200 cm. Slæderne placeres på en lige linie med 50 cm afstand.

Bevægelse: På et givet signal hopper deltageren **med samlede fødder** over slæderne, vender med et hop og hopper tilbage, vender med et hop osv.

Regler og vurdering: Deltageren skal i hele forløbet holde fødderne samlet. Han må ikke

- lande eller sætte af med spredte fødder
- skubbe til slæden
- røre en af slæderne med en kropsdel over taljehøjde
- falde

Hver deltager har tre forsøg, hvoraf det bedste tæller.

Vinder er den, der hopper over flest slæder.

Sledge Jump

Atortut: Qamutit qulit imlt. assingusut uuttuutillit imak: 50 cm-inik portussusillit, qaarpiaat 50 cm-inik silissusillit, naqqi 70 cm-inik silissusillit kiisalu 150 cm-iniit 200 cm-isut takitigisut. Qamutit narlusuumik 50 cm-inik akunnilerlugit inissitserneqassapput.

Iliuseq: Aallartinneqarnikkut isikkat ataatsimoortittuarlugit qamutit tamaasa qulaattarlugit unammisoq pissittaassaaq. Sanileriit naagunigit aamma pissilluni qamutit saariarlugit pissittaarluni utissaaq taa-matullu aallarteqqilluni.

Malittarisat naliliinerlu: Pissitaqattaarnermi nissut imlt. isikkat ataatsimoortinneqartuassapput.

Imaalisinnaanngilaq:

- qamutit ajallugit
- allaalaarluni pissilluni imlt. tulluni
- qamutit qitermiit qummut timermik atorlugit
- orlulluni

Unammisut tamarmik pingasoriarlutik periarfissaqarput. Taakkunanga torrallaaffik naatsorsuusaassaaq. Qamutinik amerlanermik qarsussisoq ajugaassaaq.

*Trespring***Triple Jump**

Udstyr: Intet

Udgangsposition: Deltageren må starte med eller uden tilløb. Startlinien skal være tydeligt markeret (103 x 25 cm)

Bevægelse: På et givet signal hopper deltageren tre hop **med samlede ben**.

Regler og vurdering: Deltageren må ikke berøre startlinien.

Hver deltager har tre forsøg.

Den, der hopper længst, er vinder.

Atortut: soqanngilaq

Aallartilernermi inissiffik: Unammisoq aallartiffimminit aallartissinnaavoq imlt. arpalersoqqaarsinnaavoq. Aallartiffik ersarissumik killigaassaaq: 103 cm x 25 cm.

Iliuseq: Aallartinneqarnikkut nissuni ataatsimoortillugit unammisoq pingasoriarluni pississaaq.

Malittarisat naliliinerlu: Pissilluni aallartiffissaaq ti-tarneq attorneqassanngilaq. Unammisoq pingasoriarsinnaavoq. Tannermik pissittoq ajugaassaaq.

2002



RULES

**ARCTIC SPORTS
INUIT GAMES**

ARCTIC SPORTS (INUIT GAMES) TECHNICAL PACKAGE
2002 ARCTIC WINTER GAMES

ONE FOOT HIGH KICK RULES

1. **START:** A Player may be standing at any distance from the target when he/she starts her/his approach to the jump.
2. **MOVEMENT:** The player may start with a running or standing approach. On the take-off both feet must be together. The target must be clearly struck by one foot. The landing must be on the same foot with which the target was kicked. The player must maintain balance on the landing on that foot.
3. **ATTEMPTS:** Each player has three (3) attempts at each height. An attempt is made when the knee of the kicking foot is "broken" in the course of the jump. A player is charged with one with attempt when he does not clearly strike the target with one foot, or when he fails to land properly and maintain balance in accordance with Rule 2, even if he/she strikes the target.

A Player will be allowed a maximum of three (3) minutes in which to complete one (1) attempt. The player shall be charged with an attempt if the three (3) minute maximum is exceeded.

The Head Official shall rule on any disputed attempts.

The following starting heights will apply for the competition:

	<u>Warm up</u>	<u>Starting Height</u>
Open Male	6 feet	6 feet 6 inches
Open Female	5 feet	5 feet 6 inches
Junior Male	5 feet	5 feet 6 inches
Junior Female	4 feet 6 inches	5 feet

At the completion of attempts at each height, the target shall be raised 4 inches for Open and Junior Male categories and 2 inches for Open and Junior Female categories.

4. **SCORING:** If a player misses her/his first attempt he must make her/his second and third attempt, if necessary, in secession. A player is eliminated when, after three (3) attempts at a given height he/she fails to clearly strike the target or land properly according with Rule 2.

The player who kicks the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch and the competitors will each have three attempts at that height. If no winner is determined at the lower level, the winner will be determined by counting the total number of kicks of each competitor, with the lowest number of kicks being the winner.

5. **COMPETITION FORMAT:** The rotation of the kickers will be established by draw. The same rotation will be maintained throughout the competition. The Head Official will establish the starting height after consultation with the competitors. The target will be raised two (2") inches for each round.
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.

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TWO FOOT HIGH KICK RULES

1. **START:** A player may be standing at any distance from the target when he/she starts her/his approach for the jump.
2. **MOVEMENT:** The player may start with a running or standing approach. On take off, both feet must be together. The target must be clearly struck while both feet are together. Upon landing both feet must hit the floor at the same time and be no more than 4 inches apart and the player must maintain balance.
3. **ATTEMPTS:** Each player has three (3) attempts at each height. An attempt is made when the knees are "broken" in the course of the jump. A player is charged with one attempt when he does not clearly strike the target with both feet together, or when he fails to land properly and maintain balance in accordance with Rule 2, even if he/she strikes the target.

A player will be allowed a maximum of three (3) minutes with which to complete one (1) attempt. The player shall be charged with an attempt if the three (3) minute maximum is exceeded.

The Head Official shall rule on any dispute attempts.

The following starting heights will apply for the competition:

	<u>Warm Up</u>	<u>Starting Height</u>
Open Male	5 feet 6 inches	6 feet
Open Female	4 feet 6 inches	5 feet
Junior Male	5 feet	5 feet 6 inches
Junior Female	4 feet	4 feet 6 inches

At the completion of attempts at each height, the target shall be raised 4 inches for the Open Male category and 2 inches for Open and Junior Female and Junior Male categories.

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

The player who kicks the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch and the competitors will each have three attempts at that height. If no winner is determined at the lower level, the winner will be determined by counting the total number of kicks of each competitor, with the lowest number of kicks being the winner.
5. **COMPETITION FORMAT:** The rotation of the kickers will be established by draw. The same rotation will be maintained throughout the competition. The Head Official will establish the starting height after consultation with the competitors. The target will be raised two (2) inches for each round.
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.

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ALASKAN HIGH KICK RULES

1. **START:** A player starts on the floor by grasping one foot by the sole with the opposite hand. The player then raises off the ground balancing on her/his free hand and leg (see diagram). The player may grasp either right or left foot.
2. **MOVEMENT:** The player must start with their buttocks on the floor. She/he kicks 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 target must be clearly struck by the kicking foot. The player must take off and land on the same side of his/her body. The landing must be on that foot. The player must not let go of the other foot at any time throughout the kick. The athlete must compete with both shoes on or both shoes off.
3. **ATTEMPTS:** Each player has three (3) attempts at each height. An attempt is when the kicking foot leaves the floor. A player is charged with one attempt when he does not clearly strike the one (1) foot, or when he/she fails to land properly and maintain balance or lets go of the other foot in accordance with Rule 2, even if he/she strikes the target.

A player will be allowed a maximum of three (3) minutes with which to complete one (1) attempt. The player shall be charged with an attempt if the three-(3) minute maximum is exceeded. The head Official shall rule on any disputed attempts.

The following starting heights will apply for the competition.

	<u>Warm Up</u>	<u>Starting Height</u>
Open Male	5 feet 6 inches	6 feet
Open Female	4 feet 6 inches	5 feet
Junior Male	4 feet 6 inches	5 feet
Junior Female	4 feet	4 feet 6 inches

At the completion of attempts at each height, the target shall be raised 4 inches for open Male and Junior Male categories and 2 inches for Open and Junior Female categories.

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

The player who kicks the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch and the competitors will each have three attempts at that height. If no winner is determined at the lower level, the winner will be determined by counting the total number of kicks of each competitor, with the lowest number of kicks being the winner.

5. **COMPETITION FORMAT:** The rotation if the kickers will be established by draw. The same rotation will be maintained throughout the competition. The Head Official will establish the starting height after consultation with the competitors. The target will be raised two (2") inches for each round.
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.

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KNEEL JUMP RULES

1. **START:** The player starts in a kneeling position, with her/his buttocks resting on her/his heels with toes pointed back, hands on knees and both knees behind the starting line (see diagram).
2. **MOVEMENT:** The player may move her/his upper body in a rocking motion to gain momentum. Swinging of the arms is permitted. The player jumps by thrusting the body up and arms forward. The legs are extended as far forward as possible. The landing must be balanced and controlled. In the squat position, on two feet with arms forward.
3. **ATTEMPTS:** Each player has three (3) attempts. A player is charged with an attempt if he/she does not land in accordance with Rule 2.
4. **SCORING:** The distance of a successful jump shall be measured from the starting line to the heel closest to the standing line. The player must remain balanced in place for the measurement or the jump is disallowed.

The player who jumps the greatest distance will be the winner. In the case of a tie, another jump will be made with the player making the longest jump the winner.

5. **COMPETITION FORMAT:** The rotation of players will be established by draw and will be maintained throughout the event. Each player is allowed one (1) attempt for each rotation.
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.

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AIRPLANE RULES

- 1. START:** The player 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 at the elbow.

- 2. MOVEMENT:** Three assistants, designated by the Head Official, lift the player 2-3 feet above the floor, one grasping the player by the top of each foot and one by each fist. The competitor must remain rigid and fully extended with shoulders and torso supported by the downward pressure of the fists and feet. The player is carried in this position over the pre-set course. The same three 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 player is allowed one attempt only.

- 4. SCORING:** The competitor shall be carried over the pre-set course.

A player 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 (see diagram).

The player carried the longest distance will be declared the winner.

- 5. COMPETITION FORMAT:** The order of the players will be established by draw. The course will be pre-set.

- 6. COURSE:** The course will be pre-set, marked and measured. The course lay out should avoid sharp corners. A typical lay out diagram is attached. 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.

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ONE HAND REACH RULES

1. **START:** The player should be positioned so that the target will not be any further away than the finger tips when the arm is extended parallel to the floor. In the starting position the player should be braced with the elbow of the balancing arm tucked into the body.
2. **MOVEMENT:** The player begins by lifting his feet off the floor and balancing on his hands. With one hand the player reaches out to strike the target clearly while maintaining his balance on the other hand (see diagram). No portion of the body may touch the floor during the attempt and the player must return the striking hand to the floor and maintain balance and control with the feet off the floor.
3. **ATTEMPTS:** Each player has three attempts at each height. An attempt is made when the striking hand is lifted towards the target. A player is charged with one attempt when he does not clearly strike the target, or when he allows any part of his body to touch the floor before regaining balance with the striking hand returned to the floor, even if he strikes the target.

A player will be allowed a maximum of two minutes with which to complete one attempt. The player shall be charged with an attempt if the two minutes is exceeded.

The Head Official shall rule on any disputed attempts.

The following starting heights will apply for the competition:

	<u>Warm Up</u>	<u>Starting Height</u>
Open Male	4 feet	4 feet 6 inches

At the competition of attempts at each height, the target shall be raised 2 inches.

4. **SCORING:** If a player misses his first attempt he must make the second and third attempt, if necessary, in succession. A player is eliminated when, after three attempts at a given height he fails to clearly strike the target or maintain balance in accordance with Rule 2.

The player who strikes the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch and the tied competitors will each have three attempts at the height. If a winner is not determined at the lower height, the winner will be determined counting the total number of attempts of each competitor, with the lowest number of attempts being the winner.

5. **COMPETITION FORMAT:** The rotation of the players will be established by draw. The same rotation will be maintained throughout the competition. The Head Official will establish the starting height after consultation with the competitors. The target will be raised two (2") inches for each round.
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 with 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.

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HEAD PULL RULES

1. **START:** Two players lie on the floor on their stomachs facing each other (see diagram). A centre line is drawn between the competitors and two additional lines from the centre line. A looped leather thong or belt is placed over the back of the players' heads above the ears.
2. **MOVEMENT:** Players raise to a "push-up" position with only hands and feet touching the floor and on signal from one of the judges, pull with their head, bracing their hands out in front and using their whole body strength to pull steadily backward. The pull must be directly back and parallel to the ground. The object is to clearly put the opponent over the line parallel to the centre line.
3. **ATTEMPTS:** This competition consists of one "pull" to determine a winner.
4. **SCORING:** The winner of the "pull" is declared if the opponents 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:** Double elimination. Initial pairs determined by draw.
6. **EQUIPMENT:** A looped leather thong or belt is used. It is approximately three feet long and one and one half (1 ½") inches wide. 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.

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ARM PULL RULES

1. **START:** In pairs, players face each other sitting on the floor (see diagram). The left leg is straight and the right leg is bent over the opponent's straightened leg. Competitors lock right arms at the bent elbow, with the left hand holding the opponent's right ankle or foot. Positions are reversed for the left arm pull.

All watches, bands and other objects should be removed.

2. **MOVEMENT:** On signal, competitors pull slowly and steadily at the elbow while bracing the opposite hand on the opponent's leg, foot, or ankle. The pulling motion must be inside the elbows, not in an outward direction. The object is to pull the opponent over or touch the opponent's hand to the chest.
3. **ATTEMPTS:** The competition consists of the best of three (3) "pulls". The choice of arm for 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, is with the first choice of arms.

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, if the opponent's hand touches the chest or if the opponent's arm is straightened out. If a player falls sideways or her/his left or right hand touches the floor, the "pull" is started over.
5. **COMPETITION FORMAT:** Double elimination. Initial pairs determined by draw.
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.

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KNUCKLE HOP RULES

1. **START:** A player starts face down on the floor in a push up position with straight legs, elbows bent at the sides of the body and not at an angle away from the body, resting on the knuckles of the hands which are clenched into a fist (see diagram).
2. **MOVEMENT:** Lifting the body off the floor, then with a quick push off the knuckles, and toes, the player hops forward landing again on both knuckles and toes simultaneously. The body must remain off the floor and is extended upward with each hop to the height of the elbows with the buttocks not to extend above the plane of the body.
3. **ATTEMPTS:** Each player is allowed one attempt only.
4. **SCORING:** The distance the competitor can hop before quitting or lowering his body to the floor is measured from the knuckles at the start to the position of the knuckles at the completion.

A player will be verbally warned if, in the opinion of the judge, the body angle is too high for proper form. A Player will be disqualified if he does not correct his form as directed.

The player who hops the longest distance will be declared the winner.

5. **COMPETITION FORMAT:** The order of the players will be established by draw.
6. **COURSE:** The course will be pre-set, marked and measured. The course lay out should avoid sharp corners and can be the same as used for the Airplane event. The course should be clean and clear of any dirt or debris. 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.

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SLEDGE JUMP RULES

1. **START:** A player starts in a standing position with both feet together and behind a line marked in front of the course.
2. **MOVEMENT:** On signal from the referee, the player jumps over the 10 sledges placed in the competition area, turns around using one jumping movement, and then jumps back over the 10 sledges. The player turns around and continues to jump until he/she displaces one of the sledges with any part of the body, lands or takes off without both feet together, touches one of the sledges with any part of his/her body above the waist or falls to the ground. A maximum of 5 seconds is allowed to turn at the end of the row of 10 sledges. Jumping over sledges should be a continuous action with no appreciable time allowed between jumps. Legs must stay together during the jumping motion.
3. **ATTEMPTS:** Each player is allowed three attempts. The attempt where the greatest number of sledges are jumped over is scored as the player's best attempt.
4. **SCORING:** The number of sledges jumped over determines the player's score.

The player who jumps over the greatest number of sledges is declared the winner. The second greatest number finishes in second place and so on.
5. **COMPETITION FORMAT:** The order of the players will be established by draw. Players will make all three attempts in the same order as drawn.
6. **COURSE:** The sledges are placed in a straight line with each unit marked so that movement can be determined. The sledges are numbered consecutively and placed 50 cm apart. The course shall be flat and level.
7. **EQUIPMENT:** For all categories, sledges are made of wood and shall be 50 cm in height, width at the top is 50 cm, width at the bottom is 70 cm, length between 150 and 200 cm.

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TRIPLE JUMP RULES

1. **START:** A player may use a running start or standing start. The start line shall be a clearly marked line on the floor that will be 103 cm in length and 25 cm wide and completely filled in by colour different than the underlying floor. The player will approach the start line perpendicular to the length of the start line.
2. **MOVEMENT:** On signal from the referee, the player completes three consecutive jumps. At all times from the start of the jump through to the completion both feet must stay together. The player's result is determined by measuring the shortest distance from the back of the start line to the nearest point touched by any part of the player's body. The player's feet must not touch the start line during the first jump.

The referee shall determine whether a jump is complete properly. If it is, he/she shall hold the flag in a downward position. Measurements will only be taken of properly completed jumps.

The player must exit the jumping area through the end of the course.

3. **ATTEMPTS:** Each player is allowed three attempts. The attempt measuring the longest is scored as the player's result.
4. **SCORING:** The player who jumps the greatest distance is declared the winner. The second greatest distance finishes in second place and so on.
5. **COMPETITION FORMAT:** The order of the players will be established by draw. Players will make all three attempts in the same order as drawn.
6. **COURSE:** The course shall be flat and level and at least 5 meters wide and 30 meters long. The run up area shall be a minimum of 10 meters.