

NYOGAMES.COM



NYO GAMES  
ALASKA



# *NYO HANDBOOK*

Teamwork. Leadership. Respect.



**FOR MORE INFORMATION REGARDING NYO GAMES** played traditionally in your area, please contact the appropriate school for your area. For information regarding NYO Games, please email [nyo@citci.org](mailto:nyo@citci.org) or visit our website at [nyogames.com](http://nyogames.com).



**THE FIRST NYO GAMES ALASKA, HELD IN THE WINTER OF 1971,** were conceived and organized by students attending the Boarding Home Program School in Anchorage, Alaska. In the first year of competition, twelve schools participated, with student athletes traveling from Sitka and Nome. Since then, the number of athletes and enthusiasm surrounding the games have increased as the NYO Games Alaska received state and national recognition.

Our Alaska Native ancestors developed traditional games in order to test and prove crucial abilities that governed everyday life. Competition was created with each other to hone their ability to hunt and fish for daily survival in the traditional way of life. The creators of the NYO Games wanted an opportunity to demonstrate their favorite traditional Native contests of their forefathers. This admirable goal is now being realized and witnessed by more Alaskans than ever before, thanks to the involvement of numerous dedicated volunteers, the attention of the media, and the support of NYO Games Alaska's generous sponsors.

When our ancestors had successful hunting or fishing trips, they would return to the village to share how and where they were successful. Survival depended on their willingness to help each other. Today, athletes competing in NYO Games carry on the tradition of sharing their knowledge with their teammates and others. Native Games are the only sporting events in the world where athletes from different teams help each other to be successful in the games and in life.





## VISION

We believe in healthy lifestyles for young people reflected in the traditional contests of Native sports.

## HOST

Since 1986, Cook Inlet Tribal Council, Inc. (CITC) has proudly hosted the NYO Games Alaska in cooperation with communities throughout the state.

CITC looks forward to continuing the tradition of celebrating the rich cultural history of Alaska through Native sports.

As host, CITC provides the following services in support of the NYO Games each year in collaboration with the NYO Games advisory committee:



- *scheduling and renting site venues*
- *fundraising, budget development, and the management, planning, and production of the Games and related events*
- *preparation and administration of team and participant registration*
- *information dissemination and event promotion/marketing for participating communities and public*
- *production of NYO Games publications, schedules, and management of all Games events and related activities*

## PURPOSE & VALUES

The purpose of the Native Youth Olympics (NYO) Games is to promote:

- *Healthy lifestyles, positive self-esteem, and leadership skills*
- *Appreciation of Alaska Native traditions*
- *Good sportsmanship through friendly athletic competition*
- *Cross-cultural understanding*

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# REGISTRATION

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## PARTICIPANT ELIGIBILITY

- All students may participate in the Games and need not be of Alaska Native descent.
  - All athletes must be in good standing at their school/GED program in accordance with the guidelines established by their local school district. Teams that are not sponsored by their school or district must provide proof of enrollment in an accredited 7-12 grade school or GED program.
  - **Junior Games (JNYO):** Grades 1-6 compete in the statewide Junior Games. Junior teams may have three boys and three girls compete per event.
  - **Senior Games:** Students in grades 7-12, or who are currently enrolled in a GED programs (maximum 19 years of age), compete in the statewide Senior Games where teams may have one boy and one girl compete per event
  - All teams, including A & B teams, must have separate team names and wear separate uniforms.
- Refunds:** All sales are considered final. We do not offer refunds for any products or services purchased. In circumstances, such as weather, we may offer refunds at our discretion.

## REGISTRATION AND EVENT TIMES

Coaches will register their teams prior to the games; please visit [nyogames.com](http://nyogames.com) for details.

Please note separate permission forms are available on the website and are to be completed by parents or guardians, then submitted by coaches.

Name tags must be worn by all athletes and coaches during the event at all times. Each athlete will be given a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> call for competition.

If your team is not sponsored by a school or district, each member of the team must provide proof of enrollment in school or a GED program.

Event times are subject to change during the competition.

## COMPETITION CATEGORIES

There is a male and female division for each of the game events, with no weight class. The traditional Native games in which the participants compete include the following events:

### JUNIOR GAMES

- **1st & 2nd Graders:** Kneel Jump, Eskimo Stick Pull, and Seal Hop
- **3rd & 4th Graders:** Arm Pull, Two-foot High Kick, and Wrist Carry
- **5th & 6th Graders:** Alaskan High Kick, One-foot High Kick, Eskimo Stick Pull, and Scissor Broad Jump

### SENIOR GAMES

- Scissor Broad Jump, Seal Hop, Eskimo Stick Pull, Indian Stick Pull, One-foot High Kick, Two-foot High Kick, Wrist Carry, Alaskan High Kick, Kneel Jump, Toe Kick, and One-hand Reach.

## COACHING & TEAMS

**JUNIOR GAMES:** *For students in grades 1-6.*

- Participants are limited to three boys and three girls per event, per team.

We recommend hosting a preliminary competition in your school or community to narrow the participants to the top three. There is a \$15 fee per athlete which can be paid online or on-site during registration. Credit card, cash, and purchase orders are accepted.

### ANCHORAGE TEAM TRYOUTS

For Senior Games athletes in grades 7-12, or who are currently enrolled in a GED program (with a maximum age of 19).

- There is **no limit to the number of athletes** schools can send to the Anchorage Tryouts.
- The first and second-place athletes will **form two teams** to compete at the Statewide Senior Games.
- There is a **\$5 fee per athlete** which can be paid online or on-site at registration. Credit card, cash, and company checks are accepted.

### SENIOR GAMES

*For students grades 7-12 or those currently enrolled in a GED program, with a maximum age of 19-years-old.*

- Participation is limited to **one boy and one girl per event**, per school/district, or tribal entity. Districts with 60 or more participants are required to hold a "Tryouts" event within their community to create an "A" and "B" team to attend Statewide Senior Games.
- **NEW!** Registration for the team costs \$50 for each athlete. Credit card, cash, company checks and purchase orders are accepted.



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# OFFICIALS & SCOREKEEPERS

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## OFFICIALS

Selected based on their knowledge of the Native games, officials are recruited and undergo the appropriate state and federal background checks. Responsibilities include:

- Decide the winners in each round of competition.
- Assist in keeping orderly and correct records of the competition.
- Oversee the competition and ensure the expedient completion of the games.
- Make decisions about each athlete's performance and ensure equitable evaluation of each event.

*The Head Official's decision is final during any competition.*

## FLOOR OFFICIALS/SCORE KEEPERS

Selected by the NYO coordinator and the head official. Responsibilities include:

- Keep score, spot, measure, and call athletes to compete.
- Tally results for head official's certification at the end of each round of competition.



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# ***RULES OF CONDUCT***

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All rules are in effect for the entire duration of the Games, beginning with the Opening Ceremonies and concluding with the final celebration event(s).

- Athletes, coaches, and officials are expected to conduct themselves in a courteous and sportsmanlike manner at all times. This includes being ready for competition at the scheduled times and remaining for the completion of the games to support other athletes.
- Any inappropriate conduct by NYO athletes, coaches, and officials—especially the use of profanity or horseplay—may be grounds for expulsion from competition.
- No headphones/ear buds/cell phones are allowed on the floor when competing.
- The athletes must be able to hear announcements, calls to compete, and directions from officials.
- All tobacco use (chewing and smoking) and vaping must comply with all municipal, state, and federal laws, as well as specific location requirements.
- NYO Games is a drug-, alcohol-, and weapons-free event.

## **GENERAL SAFETY AWARENESS**

The most important responsibility of the officials is to ensure the safety of the athletes. Safety is crucial in many events, as even a minor mistake can bring serious consequences. Report all unsafe behavior to a member of the event staff, and all accidents or injuries to the nurse on duty during events.

## **ACCOMMODATIONS AND TRANSPORTATION**

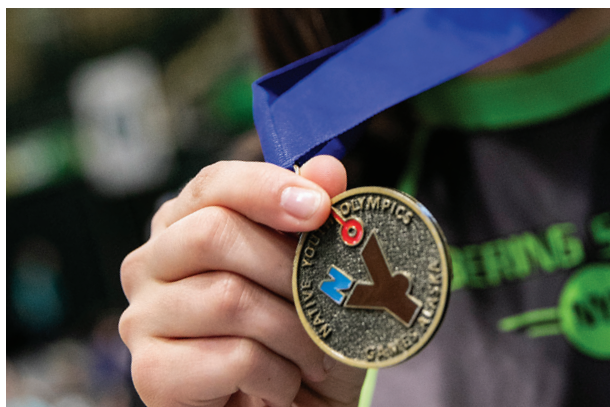
All teams are responsible for their own accommodations, food, and transportation while attending the NYO Games in Anchorage. Airlines and hotels will often offer discounts, so please email the NYO coordinator at [nyo@citci.org](mailto:nyo@citci.org) or visit the website at [nyogames.com](http://nyogames.com) for updated information.

Ground transportation in Anchorage is available through the public transit system. For more information about the People Mover bus schedules, visit [muni.org](http://muni.org). Other ground transportation includes car rentals and taxi services.

## **UNIFORMS AND BANNERS**

Each team must wear its own distinctive uniforms that clearly show the team name. All attire must be appropriate competition athletic wear. For the Senior Games, each team should present a banner during the Grand Entry of Teams. Junior teams may bring one banner to display in the venue.

# TIE BREAKING & AWARDS



## TIE BREAKING

### ONE-FOOT HIGH KICK, TWO-FOOT HIGH KICK, ALASKAN HIGH KICK, ONE-HAND REACH, AND TOE KICK

If two or more athletes in the top five places miss at the same height on their final kick, the athlete who has the least number of misses will be determined the winner.

If the athletes have the same number of misses, then the athlete who has the first miss at the lowest height will take the lower place.

If the athletes have the same number of misses and their misses are at the same height, the athletes will have a kick-off.

Athletes will kick-off one inch higher/further than the last successful kick. The athlete who has the least number of misses at the kick-off height/distance will be determined the winner.

### KNEEL JUMP AND SCISSOR BROAD JUMP

If a tie occurs between athletes in the top five places, the athlete who jumped the next greatest distance on his/her attempt will be given the higher placement.

## AWARDS

### GOLD, SILVER, AND BRONZE MEDALS

Awarded to the 1st, 2nd, and 3rd place winners in each event for both the boys and girls. Fourth and 5th place awards are also given.

### INDIVIDUAL TROPHIES

- **Male & Female Sportsmanship Awards:** In the Senior Games, selections for Male and Female Sportsmanship awards are determined by a vote of the officials and coaches.
- **Male & Female Overall Athlete Awards:** Given to the top performing male and female athletes based on the combined point accumulation of their participating events.

### BEN SNOWBALL TEAM SPORTSMANSHIP AWARD

Ben Snowball was actively involved in the NYO Games for many years as an ambassador, judge, and official. He was part of the inspiration behind the creation of the Junior NYO Games. Before officials started distributing medals for the top five athletes in each event, Ben hand-carved trophies for NYO winners. He served as an ambassador for NYO, sharing the history behind the Games and advocating for inclusion of the Games in schools.

Following his passing in 2018, the sportsmanship award was named in his honor.

Selection of a Senior Games team based on outstanding sportsmanship is determined by a vote of the officials and coaches (one coach per team).

### TEAM TROPHIES

Given to the top five teams in the Senior Games and based on the combined point accumulation of their members. The top five scoring individuals in each event will acquire points. If a tie occurs between any of the top five ranking athletes in an event, each athlete will be awarded the full points dictated by the placement. If there are fewer than five athletes in one event, each athlete will be awarded the placement points only. A team cannot earn more than ten points per event.

*Example: Scoring for Outstanding Athlete & Teams:*

Standard		Tie	
1st	5	1st	5
2nd	4	2nd	4
3rd	3	2nd	4
4th	2	4th	2
5th	1	5th	1





## NYO GAMES ALASKA EVENTS

The following pages are step-by-step instructions of the above mentioned games. We recognize that there are many different ways these games are played throughout Alaska; however, we will be judging based on the following instructions.

Origins for NYO's competitive events were collected by University of Alaska Anchorage (UAA) students during an internship with Cook Inlet Tribal Council. We recognize that there are a variety of origins for each game among Alaska's indigenous peoples. These histories reflect the traditional knowledge of the persons interviewed.

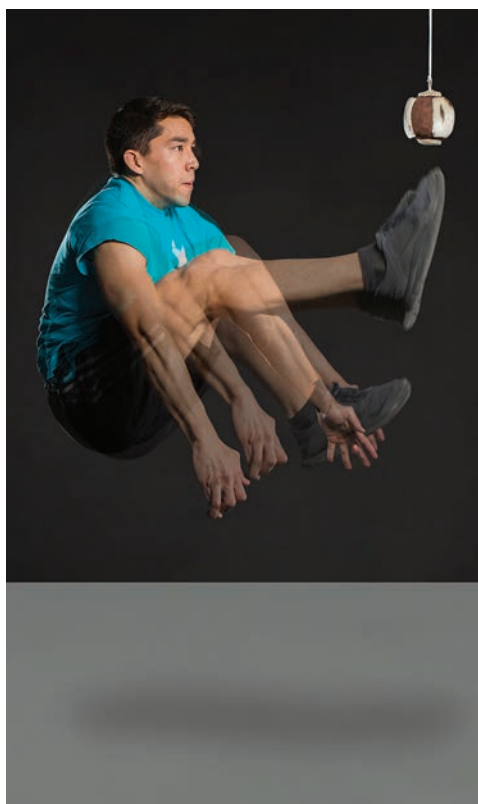


# TWO-FOOT HIGH KICK

The Two-Foot High Kick was used to communicate a successful hunt in spring.



Each athlete must jump off the ground with both feet simultaneously.



He/she will then kick the ball with both feet, land with both feet, and maintain his/her balance. The ball does not have to be hit with both feet as long as both feet and heels are parallel and even.



Both feet must hit the floor at the same time when landing. Hopping on both feet simultaneously is okay when attaining balance.

## JR. GAMES STARTING HEIGHT:

24" for girls / 30" for boys

## SR. GAMES STARTING HEIGHT:

42" for girls / 50" for boys

Each athlete will be allowed three attempts at each height. The ball will be raised in increments of four inches after each round. There will be a one-minute time limit set for each kick in the preliminary rounds. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds. When five athletes remain, or at the discretion of the head official, the ball will then be raised in no less than two-inch increments until the record is attained.

When three or fewer athletes remain there will be a three-minute time limit set for each kick during the final round. The winner will be the athlete who successfully kicks the ball at the highest measured competition height. In the event of a tie, see tie breaking rules on [page 8](#).

When the athlete's leg(s) bend at the knee, it will be considered an attempt to kick the ball. Practice jumps will be allowed during actual competition. The athlete can spot check the height by jumping up and down in front of the ball (without bending the knees) before the actual jump is attempted.

Bare feet, mukluks, or shoes are allowed.

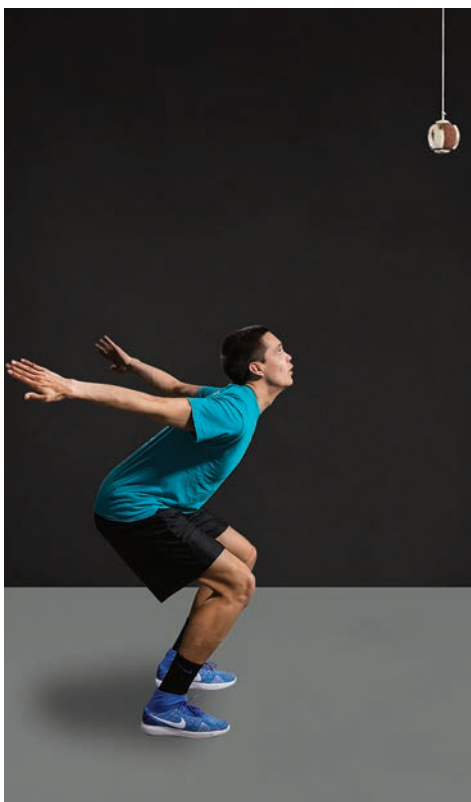


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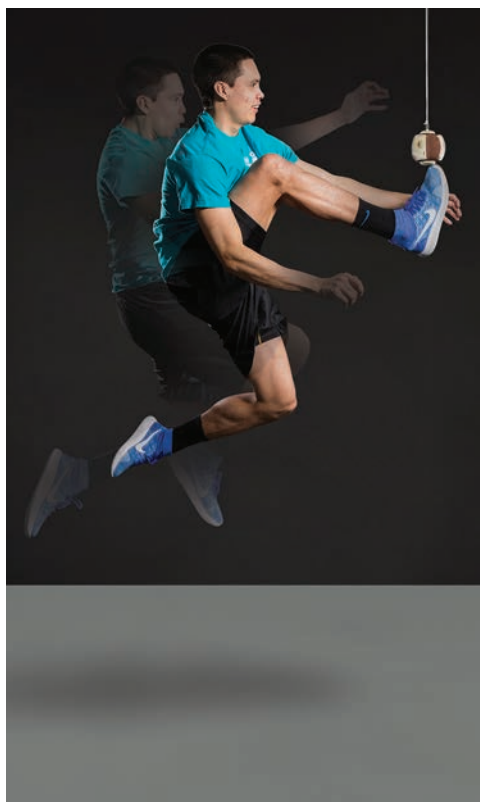
# ONE-FOOT HIGH KICK

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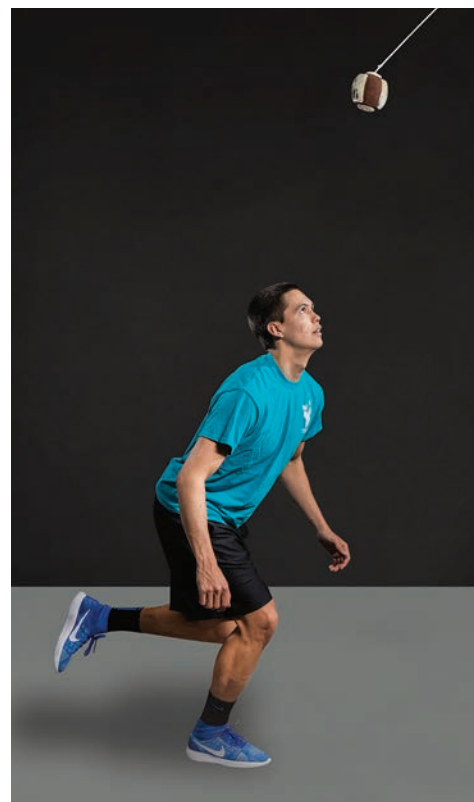
The One-Foot High Kick was used to signal a successful hunt.



Each athlete must jump off the ground with both feet simultaneously.



Kick the ball with one foot and land on the kicking foot while maintaining balance and control.



Hopping on one foot is allowed while attaining balance. Landing on both feet, landing on the opposite foot, or falling will be counted as a missed attempt.

## JR. GAMES STARTING HEIGHT:

36" for girls / 48" for boys

## SR. GAMES STARTING HEIGHT:

46" for girls / 56" for boys

Each athlete will be allowed three attempts at each height. The ball will be raised in increments of four inches after each round. There will be a one-minute time limit set for each kick in the preliminary rounds. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds. When five athletes remain, or at the discretion of the head official, the ball will then be raised in no less than two-inch increments until the record is

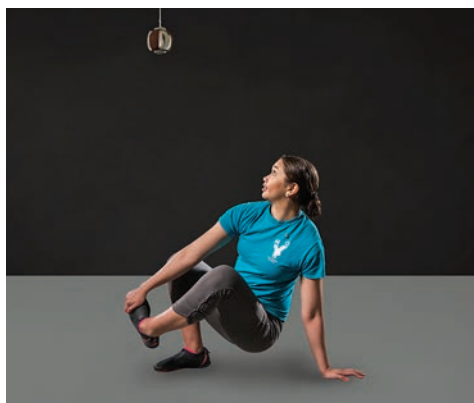
attained. When three or fewer athletes remain, there will be a three-minute time limit set for each kick during the final round. The winner will be the athlete who successfully kicks the ball at the highest measured competition height. In the event of a tie, see tie breaking rules on [page 8](#).

When an athlete's leg(s) bends at the knee, it will be considered an attempt to kick the ball. Practice jumps will be allowed during actual competition. The athlete can spot check the height by jumping up and down in front of the ball (without bending the knees) before the actual jump is attempted.

Bare feet, mukluks, or shoes are allowed.

# ALASKAN HIGH KICK

The Alaskan High Kick was played inside in the winter to help develop coordination, upper body strength, and concentration.



To prepare for the kick, the athlete will sit on the floor facing the ball. The athlete balances on either the right or left foot while reaching across the torso to hold any part of the other foot with the opposing hand.



Leaning back on the hand opposite of the balancing foot, the athlete thrusts the balancing foot upward, and kicks the ball. Athletes may start their kick from a seated or raised position.



The athlete must land on the same foot, and maintains balance. Athlete must take off and land on the same side of his/her body.

## JR. GAMES STARTING HEIGHT:

24" for girls / 30" for boys

## SR. GAMES STARTING HEIGHT:

36" for girls / 42" for boys

No double kicks are allowed. Athletes may balance on the palm, fingers, or knuckles. Athletes cannot pivot or move their hand off the floor. Once the athlete's kicking foot is off the floor, it is counted as an attempt. Practice jumps will be allowed during actual competition.

Each athlete will be allowed three attempts at each height. The ball will be raised in increments of four inches after each round. There will be a one-minute time limit set for each kick in

the preliminary rounds. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds. When five athletes remain, or at the discretion of the head official, the ball will then be raised in no less than two-inch increments until the record is attained.

When three or fewer athletes remain there will be a three-minute time limit set for each kick during the final round. The winner will be the athlete who successfully kicks the ball at the highest measured competition height. In the event of a tie see tie breaking rules on [page 8](#).

Bare feet, mukluks, or shoes are allowed.



# WRIST CARRY

The **Wrist Carry** shows the significance of a successful hunt and tests the strength and endurance of hunters, while showing appreciation for the animal giving itself.



To begin, the athlete sits on the floor at a marked starting point. Two people will carry the athlete on a stick that is 48" long and 1-5/16" in diameter. The stick carriers will place the stick in front of the athlete.



The athlete will then hook his/her wrist (right or left) around the middle of the stick, then use the other hand to grip the forearm of the hooked arm. Athletes may sit facing forward or backward.



The athlete's wrist must remain free from obstruction; his/her face or free hand cannot touch the stick or be used as added support to the carrying hand.

The athlete has one minute to be lifted or to make an attempt before being disqualified. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds. The athlete may choose any appropriate sitting position, but the event is most commonly executed in a cross-legged position.

Each athlete will be given one attempt to go their own farthest distance. The measurement will begin at the body part that touches the start line and end where any part of the body touches the floor after the athlete is lifted from the start line. All measurements will be to the quarter of an inch.

The Wrist Carry is a team effort for the Senior Games. Carriers can either walk in a fast pace, run, or maintain a pace that is comfortable for the contestant; therefore, team practice is essential for success.

For the Junior Games, carriers are parents/coaches. JNYO athletes will be timed and their carriers must walk forward at a pace of the athlete's choosing. The junior athlete who hangs on the longest while moving forward is the winner.

No jewelry, tape, braces, etc., can be worn.

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# ***GIRLS' SEAL HOP (AND JR. BOYS)***

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**The Seal Hop** is a game of endurance and stamina that reflects sneaking up on seals on the ice.



The event starts with six to eight athletes in each heat and one official for each athlete. Each athlete will be in a push-up position with her arms straight, palms down flat. The athlete must remain in this position and hop across the floor on hands and toes only.



The rump must not be at a higher position than the shoulders at any time. All athletes shall begin upon a signal given by the Head Official. The winner is the athlete who travels the farthest distance without stopping.

Distances will be measured to the quarter inch. Both of the athlete's fingertips must cross the designated line; then, as the athlete turns 180 degrees, he/she must maintain a continual hop while completing the turn. Athletes will be given two verbal warnings to correct their form; on the third infraction, the athlete will be stopped by a touch on the shoulder. Athletes will be stopped

for pausing and restarting or touching the knees/stomach onto the floor.

Athletes must not move from the spot where they stop before the official measures the distance from the start line to the athlete's fingertips.



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## ***BOYS' SEAL HOP (SR. GAMES ONLY)***

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**The Seal Hop** is a game of endurance and stamina that reflects sneaking up on seals on the ice.



The event starts with six to eight athletes in each heat, and one official for each athlete. Each athlete will be in a lowered push-up position, with elbows bent and tucked close to the body. The fingers of both hands must be curled under so that the athlete is supported by the heel of the hand and the first knuckles.



The athlete must remain in this position and hop across the floor on his hands and toes only. All athletes shall begin upon a signal given by the head official. The winner is the athlete who travels the farthest distance without stopping.

Distance will be measured to the quarter inch. Both of the athlete's first knuckles must hit the designated line; then as the athlete turns 180 degrees, the athlete needs to maintain a continual hop while completing the turn.

The athlete will be given two verbal warnings to correct his form; on the third infraction the athlete

will be stopped by a touch on their shoulder. Athletes will be stopped for pausing and restarting or touching their knees/stomach onto the floor.

Athletes must not move from the spot where they stop before the official measures the distance from the start line to the athlete's shoulder.

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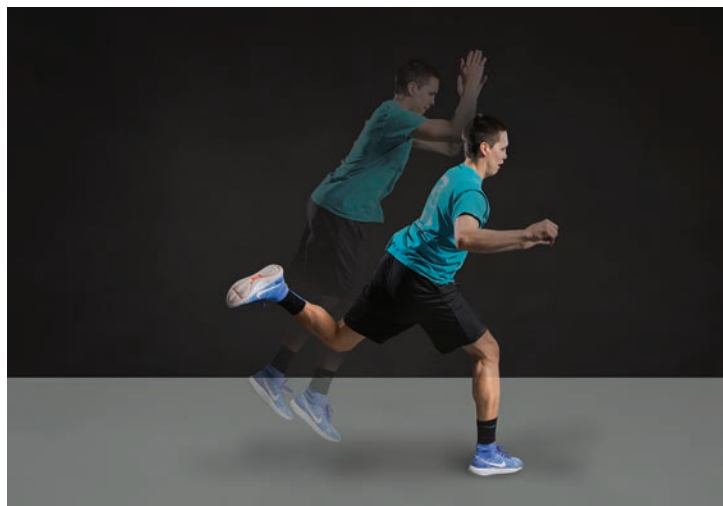
# SCISSOR BROAD JUMP

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The **Scissor Broad Jump** traditionally was used to practice balance needed when jumping on ice floes, and to keep warm.



**Step 1:** Starting from a standing position, with both feet parallel, athletes will jump forward simultaneously off both feet.



**Step 2:** Land on one foot. Either foot is acceptable.



**Step 3:** Keeping forward momentum, swing the free leg behind the leg that was landed on and shift your weight to it so that the foot you landed on is now free. You must show your crossover/scissor around the leg and foot you land on. No double pump of the knee. Keep shoulders square.



**Step 4:** Jump forward with the free foot.

**Step 5:** Then jump forward to a two-foot landing position. The body must be facing forward when landing. Do not move either foot. If any part of the body touches the floor the attempt will be counted as a scratch. Movement must be continuous and fluid during the entire jump. Stopping will result in that attempt being considered a scratch.

This event requires athletes to make four continuous hops/steps without losing their balance. Athletes will have three attempts to achieve their longest jump. The winner will be the one who jumps the farthest distance. In the event of a tie, see tie breaking rules on [page 8](#). Measurements will be

taken to the quarter inch from the heel of the foot closest to the starting line. Athletes can use shoes, mukluks, or bare feet. There is a one-minute time limit per attempt. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds.

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# ESKIMO STICK PULL

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**The Eskimo Stick Pull** was used to develop balance and hand strength as practice for pulling seals from the ice.



Two athletes begin by sitting on the floor facing each other with the soles of their feet touching. Each athlete's feet must be parallel and together, and each athlete must sit with their knees bent at a 90-degree angle. A stick, 20" long and 1-1/4" in diameter, is placed above their toes. Both athletes must grip the stick with their hands, with palms facing the floor. Grip position on the stick will alternate after each round of competition. One athlete grips the stick in the center. Their opponent grips on the outside. All hands of both athletes will be touching.



Each athlete tries to pull his/her opponent steadily toward him/herself without jerking. Athletes will lose the round if they are pulled over by their opponent, release their grip with one or both hands, or fall sideways.

Once the pulling begins, the athletes may not change their grip or re-grip the stick. If an athlete attempts to re-grip or jerks the stick while pulling, the opposing athlete will win that round. If both athletes pull each other sideways at the same time, the athletes re-start the pull. The athlete who wins two out of three attempts will be declared the winner of the match (a coin toss will determine the grip positions for the third pull, if needed.)

Double elimination brackets will be used for the competition. For safety purposes, arm braces, casts, and jewelry are prohibited. Spotters will only be used at the feet for Senior Games athletes. All spotters must remain in place and not in the

way of the pullers or the stick.

Junior Games spotters should place their feet against the sides of an athlete's feet or ankles and the sides of an athlete's hips. Grades 1-2 spotters place their feet against the sides of an athlete's feet and the sides of an athlete's hips. Grades 5-12 spotters are only placed at the feet.

Athletes may wear mukluks or properly tied shoes, or may be barefoot. All jewelry, sports tape, etc., must be removed before each pull.

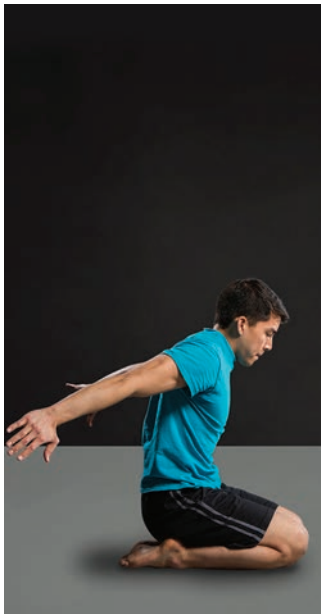


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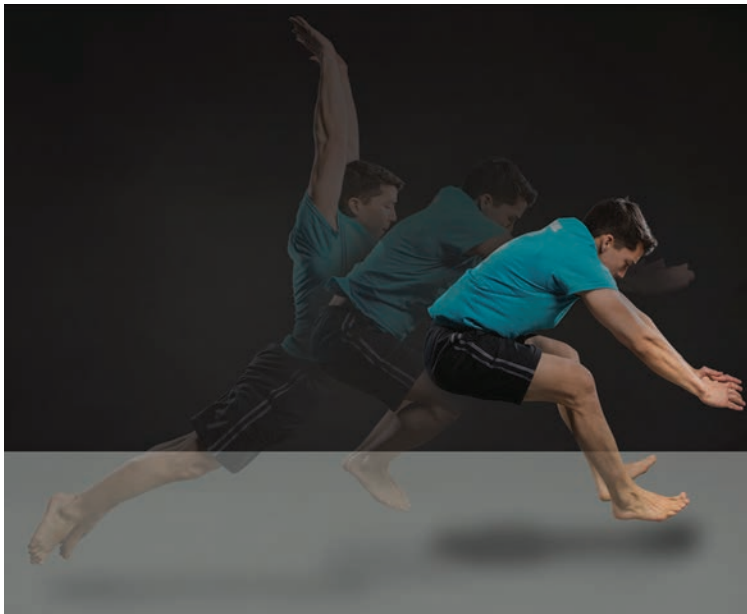
# KNEEL JUMP

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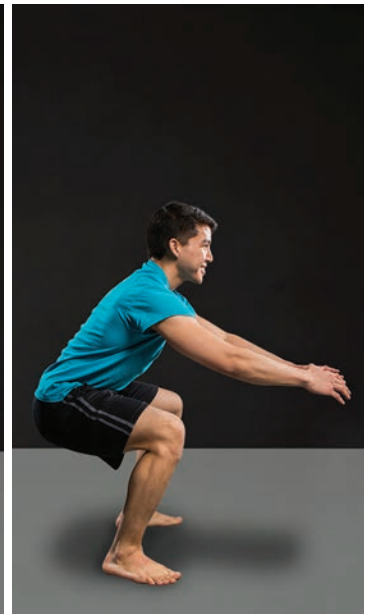
**The Kneel Jump** was used to strengthen the leg muscles for jumping from ice floe to ice floe and for lifting fallen prey when hunting.



Athletes start in a kneeling position behind the start line with the tops of their feet and toes flat on the floor.



The athlete leaps forward from this kneeling position. While in this position, the athlete can move their body up and down and swing their arms to gain momentum.



The athlete lands on both feet simultaneously, without moving after landing.

The athlete must remain where he or she lands until the official measures the length of the jump. The landing must be controlled, with no other part of the body touching the floor.

The winner will be the athlete who jumps the farthest distance. In the event of a tie, see tie breaking rules on **page 8**.

The measurement will be taken to the quarter inch from the heel closest to the starting line. Athletes will line up in a row to make each of their three attempts.

Athletes will have one minute to make an attempt at each jump. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds.

No kneepads are allowed. Mukluks, gym shoes, or bare feet are acceptable.

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# ***ARM PULL (JR. GAMES ONLY)***

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The Arm Pull was played to test strength.



Two athletes sit on the floor facing each other with one leg over and the other leg under their opponent's legs. Using the arm on the same side of the leg that is over the opponent's leg, the athletes will lock arms at the inside of the elbow. The free hand is placed on the opponent's ankle or foot.



On a signal from the official, the athletes begin pulling straight back with no jerking, re-gripping, or twisting.



The athlete must pull his/her opponent's arm straight or pull them over.

For the second round, the athletes alternate arm and leg positions. At no time can an athlete's pulling arm rest on or touch their knee or leg during the pull. Athletes will be warned for jerking, twisting, or letting their arm touch their knee or leg.

Athletes who re-grip or let go of their opponent's ankle or foot will also lose that round. An athlete must win two out of the three rounds to win the

match. In the event of a tie, the official will flip a coin to determine which arm will be used to pull for the final round. This is a double elimination event.

All jewelry, sports tape, clothing, etc., must be removed from the arms. There is no weight class.

# ONE-HAND REACH (SR. GAMES ONLY)

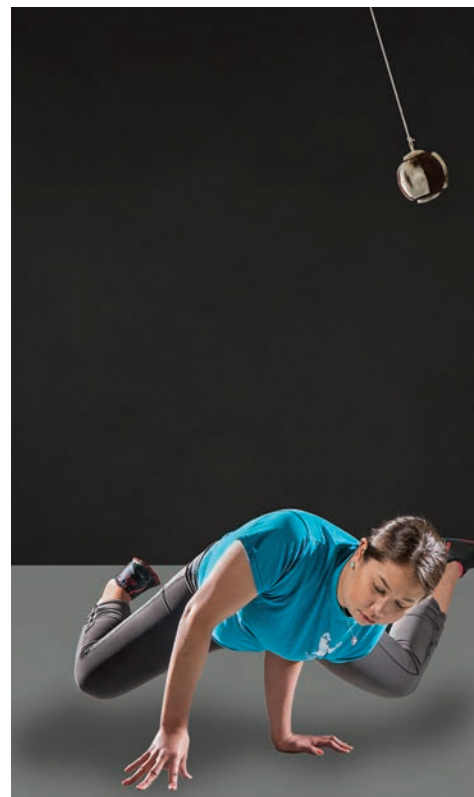
The **One-Hand Reach** uses skill, balance, and strength. It requires little room to perform and could be played indoors or in tight spaces.



Athletes must balance their body on one arm in a squat position. The athlete may balance on the palm, knuckles, or bridged hand.



Once balance has been established, the athlete shall reach up with his/her free hand and touch the ball.



Once the athlete touches the ball, he/she must bring the free hand down to the floor and show balance without any portion of the body (except the hands) touching the floor. Control must be demonstrated.

## **NYO STARTING HEIGHT:** 42" for girls / 46" for boys

Each athlete will be allowed three attempts at each height. The ball will be raised in increments of four inches after each round. There will be a one-minute time limit set for each reach in the preliminary rounds. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds. When five athletes remain or at the discretion of

the head official the ball will then be raised in no less than two-inch increments until the record is attained. When three or fewer athletes remain, there will be a three-minute time limit set for each reach during the final round. The winner will be the athlete who successfully touches the ball at the highest measured competition height. In the event of a tie, see tie breaking rules on **page 8**.

Wrist bands, wrist guards, etc., are not allowed.



# INDIAN STICK PULL

The **Indian Stick Pull** is a Dené game representing grabbing a slippery salmon and develops hand and arm strength.



Two athletes stand upright, next to each other, facing opposite directions. They stand in a staggered position, placing the outer edge of their inside foot next to the outer edge of their opponent's inside foot. Intentional body contact of any kind is not allowed. The inside hand will be the pulling hand. The outside hand usually rests against the hip or the small of the back, but this is not required. The stick is placed evenly between the opponents. Each opponent then grips the stick behind the center line.



Once the stick is set by the official and the athletes have gripped the stick, the athletes cannot initiate any movement of the hand. On the signal to start, the athletes attempt to pull the stick out of their opponent's hand.



The competition consists of a best of 3 pulls. If necessary, the third pull is determined by the flip of a coin.

The winner of a "pull" is declared when the stick is pulled from the hand of the opponent.

During the competition, the stick cannot be raised any higher than the tallest opponent's shoulder. Intentional body contact is not allowed. Jerking, twisting, or turning, or adjusting the grip on the stick is not allowed.

Feet must remain in place on the floor. Movement of the feet will result in the player losing that pull. Each athlete will be given two warnings (throughout the entire competition) to correct form; on the third infraction, the athlete will lose that pull.

The competition is double elimination format. Initial pairs are determined by draw.

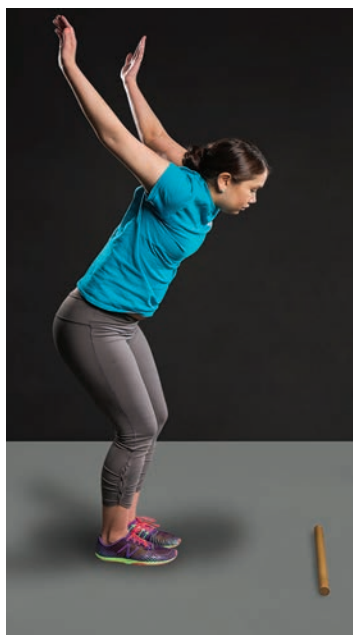
**Equipment:** The stick is a hardwood dowel that can be gripped comfortably. The stick is approximately 12-inches long, one-inch in diameter at the center, and tapered to approximately half-inch diameter at each end. The center point of the stick is marked with a line. The stick is to be greased with Crisco-type lard to make it tougher to grip. Athletes must use their bare hands.

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# TOE KICK

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The Toe Kick teaches individuals to be light on their feet, when jumping from ice flow to ice flow.



Starting from a standing position behind a line, the athlete must jump with both feet even and parallel over the stick.



The athlete must tap the stick with both feet, between the tips of the toes and balls of the feet, moving the stick evenly backwards, before landing.



After the stick has been successfully hit, the athlete must land in front of the original position of the stick and maintain balance by hopping on both feet at the same time. The goal is to tap the stick farthest away from the starting line.

## NYO STARTING DISTANCE:

34" for girls / 48" for boys

Officials are placed on the floor to get the best view of both feet. The diameter of the stick is one inch and the length is 12 inches. Each athlete will be allowed three attempts at each distance. The stick will be moved in increments of four inches away from the start line after each round. There will be a one-minute time limit set for each kick in the preliminary rounds. Official will raise their hand when thirty seconds remain. Coach will be responsible for the remaining thirty seconds.

When five athletes remain or at the discretion of the head official the stick will then be moved in no less than two-inch increments until the record is attained. When three or fewer athletes remain there will be a three-minute time limit set for each kick during the final round. The winner will be the athlete who successfully kicks the stick at the farthest measured competition distance. In the event of a tie, see tie breaking rules on [page 8](#).

Unsuccessful attempts include: uneven feet while tapping, hitting the stick with only one foot, missing the stick completely, or landing on the stick after the kick.

# SCORESHEET SAMPLES

Double elimination brackets are used for scoring the Eskimo Stick Pull, Indian Stick Pull, and Arm Pull. Final matches will determine the 1st-5th place winners. Once an athlete loses two rounds, they are out of the competition.

**This score sheet is used for the kicking events and the One-hand Reach.**

					Officials: _____		
					Scorekeeper: _____		
⊖ = miss    ☒ = hit							
First Name	Last Name	Team	Height 60"	Height 64"	68"		
Mary	Jones	ANC	⊖ ⊖ ☒	⊖ ⊖ ☒	○○○	○○○	○○○

**This score sheet is used for Scissor Broad Jump and Kneel Jump.**

Officials: _____				Scorekeeper: _____			
First Name	Last Name	Team	Attempt 1	Attempt 2	Attempt 3	Farthest Attempt	Place
Jane	Doe	Nome	34 1/4"	35"	37 1/4"	37 1/4"	

**This score sheet is used for Seal Hop and Wrist Carry.**

Scorekeeper: _____				
First Name	Last Name	Team	Distance	Place
Jane	Doe	Wasilla	59' 6"	



# STATEWIDE RECORDS

## KNEEL JUMP

Apaay Campbell	BSSD	2013	55' 1/2"
Dylan Magnusen	Unalaska	2013	67"

## TWO-FOOT HIGH KICK

Autumn Ridley	Anchorage A	2014	79"
Brian Randazzo Jr.	Anchorage A	2011	101"
Colton Paul	MEHS	2023	101"

## ONE-HAND REACH

Sophie O'Connell	Dilligham	2003	62"
Bernard Clark	Mat-Su A	2011	69"

## ONE-FOOT HIGH KICK

Miriam Wamsley	Valdez	2012	92"
John Miller III	Barrow	2003	114'
Tim Field	NWABSD	2009	114"
Stuart Towarak	BSSD	2013	114"

## SEAL HOP

Dajan Treder	Anchorage A	2012	160' 9 1/2"
SigFurd Dock	LKSD	2015	188'

## SCISSOR BROAD JUMP

Madeline Ko	Tanana Chiefs	2017	30' 1"
Colton Paul	MEHS	2023	38' 7"

## WRIST CARRY

Lyndsey Mercurief	Anchorage	2006	662' 4"
Joshua Hughes	Mat-Su A	2014	730' 6"

## ALASKAN HIGH KICK

Autumn Ridley	Anchorage	2014	83"
Andrew White	LKSD	2009	93"
Yako McCarr	LKSD	2010	93"

## TOE KICK

Raven Phillips	Aniak	2012	76"
Steven Ugale	Unalaska	2014	99"

\* Names in RED signify records held for more than 10 years.