

# NYO GAMES ALASKA OFFICIALS' HANDBOOK



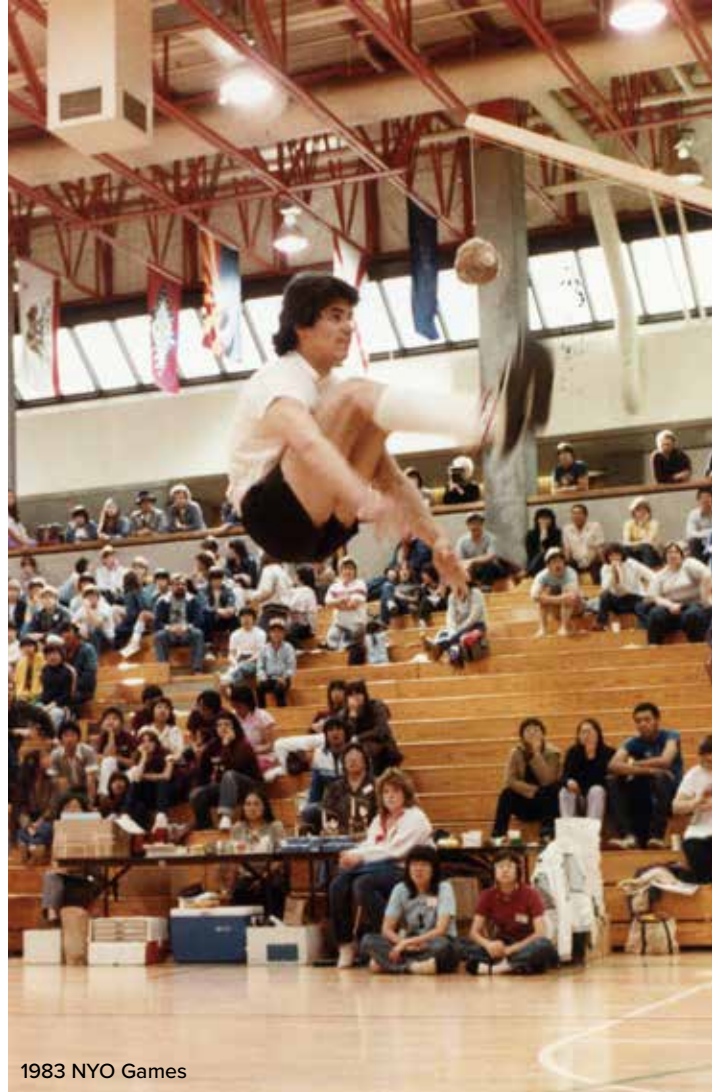
REVISED AND UPDATED FOR NYO 2026

# Welcome To The NYO Games!

Our Alaska Native ancestors created traditional games to test and build important skills for everyday life. Competition helped sharpen abilities needed for hunting and fishing brought people together to work as a team.

In 1971, students attending the Boarding Home Program School in Anchorage, Alaska organized the first Native Youth Olympics competition to celebrate the traditional games they played in their home communities. Twelve schools participated, with student athletes traveling from Sitka and Nome.

Since the first event, the number of athletes and enthusiasm for the Games has continued to grow. Today, hundreds of athletes compete at statewide events, carrying on the tradition of helping each other succeed in the games and in life.



## About CITC

Since 1986, Cook Inlet Tribal Council, Inc. (CITC) has proudly hosted the NYO Games Alaska statewide competition for both junior and senior athletes, in cooperation with communities throughout Alaska. As a Tribal nonprofit organization serving Alaska Native and American Indian people in Anchorage and southcentral Alaska, hosting NYO aligns with our Mission to work in partnership with Our People to develop opportunities that fulfill Our endless potential. Learn more at [citci.org](http://citci.org).

This handbook sets out the rules that govern CITC's NYO events.

### FOR MORE INFORMATION

To learn about NYO programs in your in your area, please contact your local school district. For information CITC's statewide NYO Games competition, email [nyo@citci.org](mailto:nyo@citci.org) or visit [nyogames.com](http://nyogames.com).



# NYO GAMES ALASKA OFFICIAL HANDBOOK

There are many ways our games are played throughout Alaska, and each community has its own traditional knowledge and understanding of the games.

To keep things fair for everyone, we will judge the events of the NYO Games using the rules found in this handbook.

## Junior Games

### Grades 1 + 2:

Kneel Jump  
Inuit Stick Pull  
Seal Hop

### Grades 3 + 4:

Arm Pull  
Two-foot High Kick  
Wrist Carry

### Grades 5 + 6:

Alaskan High Kick  
One-foot High Kick  
Inuit Stick Pull  
Scissor Broad Jump

### Grades 7 + 8:

Kneel Jump  
Inuit Stick Pull  
Seal Hop  
Two-foot High Kick  
Wrist Carry  
Alaskan High Kick  
One-foot High Kick  
Scissor Broad Jump

## Senior Games

Scissor Broad Jump  
Seal Hop  
Inuit Stick Pull  
Dene Stick Pull  
One-foot High Kick  
Two-foot High Kick  
Wrist Carry  
Alaskan High Kick  
Kneel Jump  
Toe Kick  
One-hand Reach



# Registration

## NYO TEAM ELIGIBILITY

Teams may be sponsored by schools, school districts, Tribes, and Tribal organizations who are in Alaska.

**Non-school teams** must provide proof that all athletes are enrolled in an accredited school or actively participating in a GED program at the time of competition.

**Junior Games (JNYO)** are for athletes in Grades 1–8. Junior teams may have two boys and two girls compete per event.

**Senior Games (NYO)** are for athletes in Grades 7–12 or in a GED Program. Senior teams may have one boy and one girl compete per event.

- Districts with 60 or more participants may create an "A" and "B" team.

## ATHLETE ELIGIBILITY

All students are welcome to participate, regardless of heritage.

Athletes must be in good academic standing under their school, school district, or homeschool guidelines. Athletes in a GED program must be currently enrolled, in good academic standing under their program guidelines, and actively participating.

**Age Rule:** Athletes who turn nineteen (19) years of age on or before August 1 are not eligible to compete.

**Gender:** Teams must designate male and female athletes according to the gender assigned at birth.

**Weight Classes:** There are no weight classes or age categories aside from Junior and Senior games.

## STATE TEAM REGISTRATION

Teams must register by the event deadline.

Teams must provide completed **permission forms** for each athlete. Tribes and non-school teams must also provide proof of school or GED enrollment and be in good standing.

**A registration fee** is required and is non-refundable. Payment may be made online or on-site. Credit card, cash, and purchase orders are accepted.

Visit [nyogames.com](http://nyogames.com) for current pricing and competition schedules.

**Travel:** Teams are responsible for their own accommodations, food, and transportation. Discount information for airlines and hotels is available at [nyogames.com](http://nyogames.com).

Teams must have a coach or appointed person always managing the team during events.

Individuals may *not* create their own team if their school, organization or tribe has an established team.

## STATE BANNERS

Senior Games teams should present a banner during the Grand Entry of Teams.

JNYO teams may bring a banner to display in the venue.

## ANCHORAGE TEAM TRYOUTS

For Anchorage-area athletes eligible through Anchorage School District (ASD), including Anchorage homeschool students, CITC hosts tryouts to form the Anchorage teams:

- Schools may send any number of athletes to tryouts.
- First and second place finishers form the Anchorage A and B Teams for the Statewide Senior Games. Third-place finishers serve as alternates.
- A fee per athlete is required and may be paid online or on-site. We accept credit card, cash, and checks.



# Officials & Scorekeepers

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All members of the event team are responsible for promoting good sportsmanship and respectful behavior, maintaining athlete safety, ensuring fair play, and upholding cultural values.

## OFFICIALS

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### Safety & Fairness

Always prioritize the safety and well-being of athletes.

Make fair, unbiased calls with no favoritism based on team affiliation, race, gender, or other factors.

Manage the competition floor to ensure safety and event integrity. **Spectators are not permitted on the floor.**

### Professionalism & Conduct

Treat athletes, coaches, parents, and other officials with dignity, respect, and professionalism.

Maintain a positive, neutral presence. When officiating, **avoid cheering** or outward emotion to provide every athlete with an equal and consistent experience.

Set a positive example and encourage fair play and good conduct.

Do not engage in or permit horseplay or distracting behavior on the floor during competition.

### Rule Knowledge & Enforcement

Know the rules thoroughly and enforce them consistently.

Enforce time limits for attempts fairly and consistently.

### Dispute Resolution

**Stay calm** when faced with emotional reactions from athletes, coaches, or spectators.

Handle disputes respectfully and calmly. Clarify rule interpretations when necessary.

The **Head Official** serves as the final decision maker in all disputes.

## SCORE KEEPERS

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Track scores, call athletes to compete, and assist with measurements and spotting.

Tally results for the Head Official's certification at the end of each round.



# 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).

## GENERAL CONDUCT & SPORTSMANSHIP

Only **two coaches per team** are allowed on the floor. All coaches on the floor must be registered through the official registration process and **wear identification badges** displaying their name and team.

Accommodations will be made for medical or accessibility needs. Please contact [nyo@citci.org](mailto:nyo@citci.org) in advance to coordinate.

All participants, staff, volunteers, and spectators must be respectful to each other.

Athletes, coaches, and officials are expected to always conduct themselves in a **courteous and sportsmanlike manner**.

Any individual who behaves in a threatening manner or engages in harassing or discriminatory conduct will be removed from the event.

Inappropriate conduct by athletes, coaches, or officials—including the use of profanity or horseplay—may result in expulsion from competition.

## DRESS CODE

**Allowed:** Bare feet, mukluks, and shoes.

**No socks are allowed** unless competing in the Alaskan High Kick or One-Hand Reach and the athlete holding their sock.

No jewelry, sports tape, braces, chalk, or compression socks allowed while competing.

No Band-Aids/adhesive bandages or other sticky substances.

**No headphones or earbuds** on the floor.

### Additional dress codes for events:

#### Wrist Carry, Arm Pull, Inuit Stick Pull

All jewelry, sports tape, clothing, wrist/arm braces, and other material **must be removed** from the arms.

#### One-Hand Reach

**No long/artificial/extended fingernails** allowed. All jewelry, sports tape, clothing, wrist/arm braces, and other material **must be removed** from the arms.

#### Dene Stick Pull

Athletes **must use their bare hands**, with no jewelry, tape, or braces.

#### Kneel Jump

**No kneepads** are allowed. Only water can be used or applied to floor or skin.

## COMPETITION FLOOR RULES

Icing on the floor is not allowed.

Athletes must be **ready to compete one-hour prior** to their scheduled event time and remain through the end of the event to support other athletes.

Athletes must be able to hear announcements, calls to compete, and directions from officials.

**Calling System:** Each athlete will receive a 1st, 2nd, and 3rd call for competition.

After the first call, a timer begins. If time expires before the athlete competes, it counts as an unsuccessful attempt or a loss.

The same process follows for the 2nd and 3rd call, if necessary.

## SUBSTANCE-FREE POLICY

NYO Games are tobacco-free, drug-free, alcohol-free, and weapons-free.

No smoking, chewing tobacco, or vaping is permitted at the event.

# Scoresheet Samples

Accurate scorekeeping is key to making sure the NYO Games are fair for every athlete. It is important to carefully record every measurement, distance, and round so the results are clear and correct.

Below are sample score sheets for each event that scorekeepers, athletes, and coaches can use to study and prepare.

## 1 One-hand Reach and Kick events score sheet

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

## 2 Scissor Broad Jump and Kneel Jump score sheet

| 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"          |       |

## 3 Seal Hop and Wrist Carry score sheet

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

## 4 Inuit/Dene Stick Pull and Arm Pull scoring

Double elimination brackets are used for scoring the Inuit Stick Pull, Dene 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 with the exception of determining 5th and 6th place.

# Tie Breaking & Event Awards

## TIE BREAKING

**One-Foot High Kick**      **Two-Foot High Kick**  
**Alaskan High Kick**      **One-Hand Reach**  
**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 is declared 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, until a winner is determined or have reached the height the athletes missed, eliminating them from competition. The athlete who has the least number of misses at the kick-off height/distance will be determined the winner.

**Kneel Jump**      **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 other attempts will be given higher placement.

## AWARDS

### POINT SYSTEM

The top five scoring individuals in each event will earn 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.

### INDIVIDUAL EVENT AWARDS

Medals are awarded to the 1st, 2nd, and 3rd place in each event for males and females. The 4th and 5th place winners receive ribbons.

### TEAM TROPHIES

Team trophies are given to the top five teams in the Senior Games and based on the combined point accumulation of their members.



# Other Awards

In the NYO Games, many awards celebrate personal achievements and the hard work athletes put in to reach their goals. These honors recognize individual success and help show the true spirit of the games.

## AUTUMN APOK RIDLEY OVERALL ATHLETE AWARDS

**Autumn Ridley** was a traditional games athlete, who held world records in Alaskan High Kick, One-Foot High Kick, and the Two-Foot High Kick. She inspired others to do their personal best. Following her passing in 2023, the overall athlete awards were named in her honor. The **Autumn Apok Ridley Overall Athlete Awards** are given to the top performing male and female athletes, based on combined point accumulation of their participating events.

## BEN SNOWBALL SPORTSMANSHIP AWARDS

**Ben Snowball** was actively involved NYO as an ambassador, judge, and official, and hand-carved trophies for the NYO winners in the early days of competition. He was part of the inspiration behind the creation of the Junior NYO Games. Following his passing in 2018, the Senior Games sportsmanship awards were named in his honor.

**Male and Female Sportsmanship** awards are determined by a vote of the officials and coaches.

The team sportsmanship is determined by a vote of the officials and coaches (one coach per team).

## HIGH FIVE ACADEMIC EXCELLENCE AWARDS

The **High Five Academic Excellence Awards** recognize NYO teams that demonstrate outstanding commitment to academic achievement. Awards are given in two categories based on team size: teams of 7 or fewer athletes and teams of 8 or more athletes. Winners are determined by the highest cumulative team GPA, celebrating the value of balancing athletic and academic success.

## HEALTHY COACH AWARD

The **Healthy Coach Award** is determined by a vote of officials and coaches and recognizes a coach who best exemplifies the purpose and values of NYO Games Alaska. This award honors a coach who promotes healthy lifestyles, good sportsmanship, cultural appreciation, and positive leadership both on and off the competition floor.

## BEST TEAM BANNER AWARD

The **Best Team Banner Award** celebrates creativity, cultural pride, and team spirit. Each team creates a banner representing their school or community and their vision for the games. The banner that best captures these elements is recognized by a panel of judges.

## LOUISE LEONARD HEALTHY ATHLETE AWARD

The **Louise Leonard Healthy Athlete Award** was established in 2023 to honor the legacy of **Louise Leonard**, whose dedication to first aid and athlete well-being has been an inspiration in the NYO Games community. This award recognizes an athlete who exemplifies commitment to maintaining their health and safety alongside their athletic performance. It celebrates athletes who prioritize healthy habits that support their overall well-being, serving as both a tribute to Louise Leonard's contributions and an encouragement for all participants to value their health in all aspects of their lives. Athletes may nominate themselves and explain in their own words how they embody the values of this award. A panel of judges selects the athlete who best demonstrates commitment to health, safety, and overall well-being.



# Toe Kick

This game was played traditionally to develop skills for jumping from ice floe to ice floe, or crossing creeks by hopping to rocks or logs to get to the other side.



Toe Kick  
**DEMO VIDEO**  
Watch it in action!



## STATEWIDE RECORDS

|                |                    |      |          |
|----------------|--------------------|------|----------|
| Raven Phillips | .....Aniak.....    | 2012 | .....76" |
| Steven Ugale   | .....Unalaska..... | 2014 | .....99" |

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

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

**3** 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

38" for girls  
48" for boys

Warm-ups start four inches less than the starting distance.

Officials are placed to get the best view of both feet.

### ATTEMPTS

Athletes have three attempts at each distance.

Unsuccessful attempts include uneven feet while tapping the stick, hitting the stick with only one foot, missing the stick completely, landing on the stick, and not maintaining balance after successfully kicking the stick.

### INCREMENTS

The stick will be moved in increments of four inches away from the start line each round.

When three athletes remain, or more, at the discretion of the head official, the stick will be moved in no less than two-inch increments until the record is attained.

### TIME

A one-minute time limit is set for each attempt in the preliminary rounds. When three or fewer athletes remain, each athlete will have a 90-second time limit per attempt. If an athlete is interrupted by clapping from other athletes, an official may stop the clock and then restart the clock for the 90 seconds.

Official will signal when time begins and will raise their hand when thirty seconds remain unless a time clock is provided.

Coaches are responsible for warnings during the remaining thirty seconds.

When three or fewer athletes remain, time may be stopped and restarted, at the discretion of the official.

### AWARDS

The winner is 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 6.

### EQUIPMENT

The stick has a one-inch diameter and a 12-inch length.

# 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.



Wrist Carry  
**DEMO VIDEO**  
Watch it in action!



**1** 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.

**2** The athlete's fist and wrist must remain free of obstruction; their face or free hand cannot touch the stick or be used as added support to the carrying hand.

## STATEWIDE RECORDS

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



Wrist positioning



## FORM

The fist must remain closed and cannot grip the stick. If the fist opens and grabs the stick, the athlete will be stopped. The hand gripping the forearm may not regrip. Regripping will stop the athlete.

The athlete may choose any appropriate sitting position, usually a cross-legged position is chosen.

## ATTEMPTS

Athletes have one attempt.

## TIME

The athlete has one minute to be lifted, before being disqualified.

The official will signal when time begins. Coaches are responsible for other warnings.

## SPECIAL DRESS CODE

All jewelry, sports tape, clothing, wrist/arm braces, and other material **must be removed** from the arms.

## SENIOR GAMES

Wrist Carry is a team effort for the Senior Games. Carriers may walk or run at a pace that is comfortable for the contestant. Carriers can be borrowed from another team. Team practice is essential for success.

Distance is measured from the start line to the body part that touches the floor after the athlete is lifted from the start line.

Measurements are to the quarter inch.

The team with the athlete carried the furthest wins.

## JUNIOR NYO

For JNYO, wrist carry is based on time, rather than distance.

Carriers are parents/coaches. Carriers must walk forward at the pace of the athlete's choosing.

The athlete who hangs on the longest while moving forward is the winner.

# Alaskan High Kick

This game was played inside small houses and huts in the winter to develop coordination, upper body strength, and concentration.



Alaskan High Kick  
**DEMO VIDEO**  
Watch it in action!



**1** To prepare for the kick, the athlete will sit on the floor, facing the ball. The athlete reaches across the torso to hold any part of the foot of their opposing foot. The foot they are not holding onto will be used as their kicking foot.

**2** Leaning back on the hand opposite of the kicking foot, the athlete thrusts the kicking foot upward and kicks the ball. Athletes may start their kick from a seated or raised position. Athletes may balance on the palm, fingers, or knuckles.

**3** The athlete must land on the same foot they kick with and maintain their balance. Athlete must take off and land on the same side of his/her body. Athletes cannot pivot or move their hand off the floor.

## STATEWIDE RECORDS

|                    |                |                 |     |
|--------------------|----------------|-----------------|-----|
| Autumn Apok Ridley | .....Anchorage | ..... 2014..... | 83" |
| Andrew White       | .....LKSD      | ..... 2009..... | 93" |
| Yako McCarr        | .....LKSD      | ..... 2010..... | 93" |

## JR. GAMES STARTING HEIGHT :

24" for girls' grades 1-6 / 30" for boys' grades 1-6  
32" for girls' grades 7-8 / 38" for boys' grades 7-8

## SR. GAMES STARTING HEIGHT :

40" for girls / 50" for boys

Warm-ups start four inches below starting height.

## RAISE INCREMENTS

The ball is raised four inches each round.

When three athletes remain, or more 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.

## ATTEMPTS

Athletes are allowed three attempts at each height.

Once the athlete's kicking foot is off the floor, it is counted as an attempt.

No double kicks are allowed.

## TIME

A one-minute time limit is set for each kick in the preliminary rounds. When three or fewer athletes

remain, each athlete will have a 90-second time limit per attempt. If an athlete is interrupted by clapping from other athletes, an official may stop the clock and then restart the clock for the 90 seconds.

Official must signal when time begins. Coaches are responsible for time warnings.

In the final round, the time may be stopped and restarted at the discretion of the official.

## AWARDS

The winner will be the athlete who successfully kicks the ball at the highest measured competition height. Tie breaking rules are on page 6.

# Scissor Broad Jump

Traditionally, the Scissor Broad Jump was played to help develop the skills hunters needed to jump from one ice floe to another or assist with crossing creeks.



Scissor Broad Jump  
**DEMO VIDEO**  
Watch it in action!



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

**2** Landing on one foot is acceptable.

**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. You cannot pump the knee forward before you crossover/scissor.

Jump forward with the free foot.

**4** Then jump forward to a two-foot landing position, both feet must land simultaneously. 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 entire jump. Stopping, stepping over the start line, sliding on landing, and not maintained balance results in that attempt being considered a scratch.

## ATTEMPTS

Athletes have three attempts to achieve their longest jump.

## TIME

There is a one-minute time limit per attempt.

Official will signal when time begins and will raise their hand when thirty seconds remain unless a time clock is provided. Coaches are responsible for warnings in the remaining 30 seconds.

## MEASUREMENT

Measurements are taken in feet and inches to the quarter inch from the heel of the foot closest to the starting line.

## AWARDS

The winner is the athlete who jumps the farthest distance. Tie breaking rules are on page 6.

## STATEWIDE RECORDS

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

# Inuit Stick Pull

The Inuit Stick Pull was a game played to help develop the skills hunters needed for seal hunting, pulling seals out of the water and up onto the ice.



Inuit Stick Pull  
**DEMO VIDEO**  
Watch it in action!



**1** 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 approximately a 90-degree angle. A stick, 20" long and 1-¼" in diameter, is placed above their toes. Both athletes must grip the stick with their hands, with palms facing the floor and thumb under the stick. 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.

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

Their opponent grips on the outside. All hands of both athletes will be touching.

## FORM

The athlete who wins two out of three attempts will be declared the winner of the match.

After pulling begins, athletes may not change their grip or re-grip the stick. If an athlete attempts to regrip 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.

If a third repull is required, the head official will be called to assist.

## WARNINGS

Each athlete is given two warnings to correct form. Warnings carry throughout the entire competition. On the third infraction, the athlete will lose that pull.

Warnings include pulling before the word "pull", jerking, twisting, not actively pulling, and leaning to the side.

## SPOTTERS

All spotters must remain in place and not in the way of the pullers and the stick.

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.

## SPECIAL DRESS CODE

All jewelry, sports tape, clothing, wrist/arm braces, and other material **must be removed** from the arms.

## AWARDS

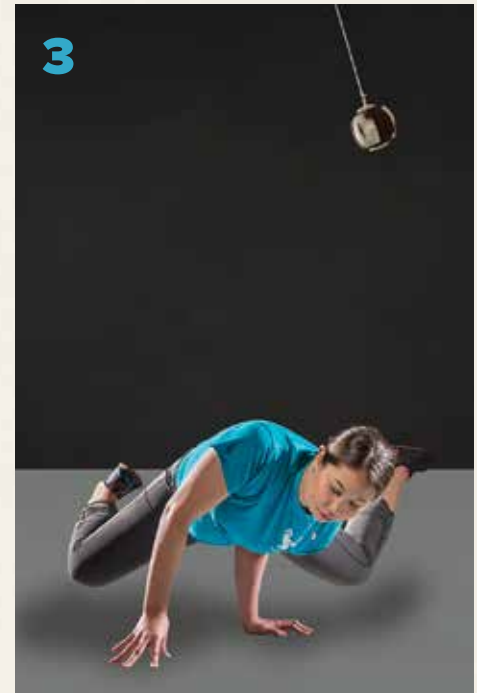
Double elimination brackets determine the winner.

# One-Hand Reach Sr Games only

This game was traditionally played in winter to help keep the Native people of the north in shape, helping to build strength, endurance, agility, and concentration.



One-Hand Reach  
**DEMO VIDEO**  
Watch it in action!



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

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

**3** 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

## **NYO STARTING HEIGHT**

42" for girls / 46" for boys

Warm-ups start four inches below starting height.

## **ATTEMPTS AND INCREMENTS**

Athletes are allowed three attempts at each height.

The ball will be raised in increments of four inches after each round.

When three athletes remain, or more, 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.

## **TIME**

A one-minute time limit is set for each reach in the preliminary rounds. When three or fewer athletes remain, each athlete will have a 90-second time limit per attempt. If an athlete is interrupted by clapping from

other athletes, an official may stop the clock and then restart the clock for the 90 seconds.

Official must signal when time begins. Coaches are responsible for time warnings.

In the final round, the time may be stopped and restarted at the discretion of the official.

## **SPECIAL DRESS CODE**

No long/artificial/extended fingernails allowed.

All jewelry, sports tape, clothing, wrist/arm braces, and other material **must be removed** from the arms.

## **AWARDS**

The winner is the athlete who successfully touches the ball at the highest measured competition height. Tie breaking rules are on page 6.

## **STATEWIDE RECORDS**

Sophie O'Connell..... Dillingham..... 2003..... 62"  
Anatoly Fomin..... Unalaska ..... 2025..... 70"

# Two-Foot High Kick

The Two-Foot High Kick was historically used to communicate an unsuccessful hunt in spring.



Two-Foot High Kick  
**DEMO VIDEO**  
Watch it in action!



- 1** Each athlete must jump off the ground with both feet simultaneously.
- 2** They will then kick the ball with one or both feet, land with both feet, and maintain his/her balance. Both feet must be even.
- 3** 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 grades 1-6 / 30" for boys grades 1-6  
32" for girls grades 7-8 / 40" for boys grades 7-8

## SR. GAMES STARTING HEIGHT:

46" for girls / 56" for boys

*Warm-ups start four inches below starting height.*

## RAISE INCREMENTS

The ball is raised four inches each round.

When three athletes remain, or more at the discretion of the head official, the ball will be raised in no less than two-inch increments until the record is attained.

## ATTEMPTS

Athletes are allowed three attempts at each height.

If an athlete's knee(s) bends during the jump, on the way up, it is considered an attempt.

The athlete can spot check the height by jumping up and down in front of the ball (without bending the knees on the way up) before the actual jump is attempted.

## TIME

A one-minute time limit is set for each kick in the preliminary rounds. When three or fewer athletes

remain, each athlete will have a 90-second time limit per attempt. If an athlete is interrupted by clapping from other athletes, an official may stop the clock and then restart the clock for the 90 seconds.

Official must signal when time begins. Coaches are responsible for warnings.

In the final round, the time may be stopped and restarted at the discretion of the official.

## AWARDS

The winner is the athlete who successfully kicks the ball at the highest measured competition height.

Tie breaking rules are on page 6.

## STATEWIDE RECORDS

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

# Kneel Jump

The Kneel Jump developed the skills hunters needed for jumping up quickly to get away if an animal that snuck up behind them.



Kneel Jump  
**DEMO VIDEO**  
Watch it in action!



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

**2** 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.

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

## FORM

Each athlete will have three attempts. At the end of each jump, 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.

## TIME

Athletes will have one minute each attempt. Official will signal when time begins and will raise their hand when thirty seconds remain unless a time clock is provided. Coaches are responsible for warnings in the remaining thirty seconds.

## MEASUREMENTS

Measurement will be taken in inches to the quarter inch from the starting line to the heel closest to the starting line.

## SPECIAL DRESS CODE

No kneepads are allowed. Only water can be used or applied to floor or skin.

## AWARDS

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

## STATEWIDE RECORDS

|                     |               |           |      |
|---------------------|---------------|-----------|------|
| Apaay Campbell..... | BSSD.....     | 2013..... | 55½" |
| Dylan Magnusen..... | Unalaska..... | 2013..... | 67"  |

# Dene Stick Pull

The Dene Stick Pull represents grabbing a slippery salmon and develops hand and arm strength.



Dene Stick Pull  
**DEMO VIDEO**  
Watch it in action!



**1** 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 opponents inside foot. The inside hand is the pulling hand. The outside hand may rest against the hip or the small of the back, but this is not required. The stick is placed evenly between the opponents. Athletes grip the stick behind the center line.

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

Body contact of any kind is not allowed.

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

A pull is also won, if the athlete's opponent moves their feet or repeats an infraction after their second warning.

## FORM AND WARNINGS

During the competition, the stick cannot be raised above the tallest opponent's shoulder.

Jerking, twisting, turning, or adjusting the grip on the stick is allowed.

You cannot leverage to force your opponent off balance.

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.

Warnings will be given for: not gripping at the same time when the officials say "grip", adjusting grip before the word "pull", gripping over the line, pulling before the official says "pull", not actively pulling, and body contact.

In the second round, athletes switch hand and leg positions.

If a third pull is necessary, the official will flip a coin to determine which hand will be used to pull for the final round.

An athlete must win two out of the three rounds to win the match.

## DRESS CODE

Athletes must use their bare hands, with no jewelry, tape, or braces.

## AWARDS

This is a double elimination event where the winner is determined by the bracket.

# One-Foot High Kick

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



One-Foot High Kick  
**DEMO VIDEO**  
Watch it in action!



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

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

**3** 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' grades 1-6 / 48" for boys' grades 1-6  
46" for girls' grades 7-8 / 56" for boys' grades 7-8

## SR. GAMES STARTING HEIGHT :

54" for girls / 72" for boys

Warm-ups start four inches below starting height.

## STATEWIDE RECORDS

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

## RAISE INCREMENTS

The ball is raised four inches each round.

When three athletes remain, or more at the discretion of the head official, the ball will be raised in no less than two-inch increments until the record is attained.

## ATTEMPTS

Athletes are allowed three attempts at each height.

If an athlete's leg(s) extends or bends at the knee on the way up during a jump, it is considered an attempt.

The athlete can spot check the height by jumping up and down in front of the ball (without bending the knees on the way up) before the actual jump is attempted.

## TIME

A one-minute time limit is set for each kick in the preliminary rounds. When

three or fewer athletes remain, each athlete will have a 90-second time limit per attempt. If an athlete is interrupted by clapping from other athletes, an official may stop the clock and then restart the clock for the 90 seconds.

Official must signal when time begins. Coaches are responsible for warnings on remaining time.

In the final round, the time may be stopped and restarted at the discretion of the official.

## AWARDS

The winner is the athlete who successfully kicks the ball at the highest measured competition height.

Tie breaking rules are on page 6.

# Sr. Boys' Seal Hop

The Seal Hop was traditionally played to help build strength and endurance to pain while they hop along the ice, imitating the motion of a seal.



Boys' Seal Hop  
**DEMO VIDEO**  
Watch it in action!



**1** The event starts with five or more athletes in each heat. Each athlete will be in a lowered push-up position, legs straight, with elbows bent and tucked in closely 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. Athletes are lined up with their knuckles at the start line.

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

## MEASUREMENT

Distances are measured to the quarter inch.

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

## FORM

For Senior Games, the athlete's coach or designated person may accompany the athlete and official(s) during the hop. If this is chosen, warnings about form will be given by an official to the athlete's coach/designated person, who is responsible for communicating with the athlete. Failure of the coach/designated person to communicate with the athlete does not affect the number of warnings that will be issued by an official.

Athletes will be given two verbal warnings to correct their form; warnings will be given for rump hopping above shoulders, bent knees, and hands and feet not hopping simultaneously. On the third infraction,

the athlete is stopped by a touch on the shoulder.

A coach, or a designated person, may provide additional advice or warnings which will not count as official warnings.

For turns, both knuckles must cross the designated line; then, as the athlete turns 180 degrees, he must maintain a continual hop while completing the turn.

Athletes are stopped by the official immediately for pausing, failing to cross the designated line before turning or touching the knees/stomach onto the floor, or hands and feet not hopping simultaneously.

Failure of the coach/designated person to communicate with the athlete does not affect the number of warnings that will be issued by an official.

## AWARDS

The winner is the athlete who continuously hops the furthest distance.

## STATEWIDE RECORD

Sigfurd Dock .....LKSD .....2015 ..... 188'

# Girls' Seal Hop/JNYO

The Seal Hop was traditionally played to help build strength and endurance to pain while they hop along the ice, imitating the motion of a seal.



Girls' Seal Hop  
**DEMO VIDEO**  
Watch it in action!



**1** The event starts with five or more athletes in each heat. Each athlete will be in a push-up position with arms and legs straight, palms down flat. The athlete must remain in this position during the end. Athletes must hop continuously across the floor on hands and toes only.

**2** The rump must not be at a higher position than the shoulders at any time. All athletes begin upon a signal given by the Head Official. This applies to girls and Junior Boys.

## MEASUREMENT

Distances are measured to the quarter inch.

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.

## FORM

For Senior Games, the athlete's coach or designated person may accompany the athlete and official(s) during the hop. If this is chosen, warnings about form will be given by an official to the athlete's coach/designated person, who is responsible for communicating with the athlete. Failure of the coach/designated person to communicate with the athlete, does not affect the number of warnings that will be issued by the official.

Athletes are given two verbal warnings to correct their form; warnings will be given for rump hopping above shoulders, hands and feet not hopping simultaneously, and bending of knees.

On the third infraction, the athlete is stopped by a touch on the shoulder.

A coach, or a designated person, may provide additional advice or warnings which will not count as official warnings.

For turns, both fingertips must cross the designated line; then, as the athlete turns 180 degrees, she/he must maintain a continual hop while completing the turn.

Athletes are stopped by the official immediately for pausing, failing to cross the designated line before turning or touching the knees/stomach onto the floor, or hands and feet not hopping simultaneously.

Failure of the coach/designated person to communicate with the athlete does not affect the number of warnings that will be issued by an official.

## AWARDS

The winner is the athlete who continuously hops the furthest distance.

## STATEWIDE RECORD

Dajan Treder.....Anchorage A.....2012 .....160' 9½"

# Arm Pull

JNYO, Grades 3 and 4

The Arm Pull was played to develop the skills hunters needed to build strength, endurance and endurance to pain.



Arm Pull

**DEMO VIDEO**

Watch it in action!



**1** 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.

**2** If the competitors cannot assume the correct starting position after two attempts, the official will place the competitors' arms and legs in the correct starting position.

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

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

## FORM

Athletes will be warned for jerking, twisting, or letting their arm touch their knee or leg, scooting forward, and not actively pulling.

Athletes who re-grip or let go of their opponent's ankle or foot will lose that round.

In the second round, athletes switch arm and leg positions.

If a third pull is necessary, the official will determine which arm will be used to pull for the final round by either a coin toss or rock, paper scissors.

An athlete must win two out of the three rounds to win the match.

## SPECIAL DRESS CODE

All jewelry, sports tape, clothing, wrist/arm braces, and other material **must be removed** from the arms.

## AWARDS

This is a double elimination event where the winner is determined by the bracket.



