



2016 HANDBOOK

Vision

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

Purpose

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

Introduction

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 has increased as the NYO Games Alaska received state and national recognition.

Our Alaska Native ancestors developed traditional games in order to test and prove these 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 Native games in the hopes that the people of Alaska would not forget the traditional 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 our ancestors helping each other. Today, athletes competing in NYO Games carry on that tradition of passing on their knowledge to one another. 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 life.

Host

Cook Inlet Tribal Council, Inc. (CITC) is proud to host the NYO Games in cooperation with communities throughout the state as has been our practice since 1986. 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 production of the NYO Games Alaska: scheduling and renting site venues, fundraising; budget development and management, staff and volunteer services in the planning and production of the Games, work with the Jr.NYO Games Alaska and Sr.NYO Games Alaska, Games Advisory Committees; preparation and administration of team and participant registration, information dissemination to the participating communities and general public, production of the NYO Games Alaska Manuals, and maintenance of Games records.

The NYO Games Alaska Venues

Statewide Junior NYO Games Alaska

For students in grades 1-6; Held for 3 days:
February 19-21 at Mirror Lake Middle School, Chugiak

Anchorage Senior NYO Team Tryouts

For students in grades 7-12 or who are currently **enrolled** in a GED program with a **maximum age of 19-years-old**. Held for 2 days: April 2-3, Fairview Recreation Center, Anchorage

Statewide NYO Games Alaska (Senior games)

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

Held for 3 days: April 21-23, Alaska Airlines Center, UAA campus, Anchorage

Competition Categories and Games

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:

Statewide Junior NYO Games

1st & 2nd Graders: kneel jump, Eskimo stick pull and seal hop

NOTE: see page 13, 14 for seal hop

3rd & 4th Graders: arm pull, two foot high kick and wrist carry

5th & 6th Graders: Alaskan high kick, one foot high kick and scissor broad jump.

Statewide Senior NYO 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, and one arm reach.

Awards

Gold, Silver and Bronze Medals: Awarded to the 1st, 2nd, and 3rd place winners in each event for both the boys and girls.

Individual Trophies: In SNYO Male and Female Sportsmanship Selections determined by a vote of the Officials and coaches. Male and Female outstanding athletes are determined by overall points.

Gloria Walker Team Sportsmanship Award: Gloria Walker was actively involved in the games for many years as the NYO coordinator, competitor, coach and Official with the NYO Games Alaska/World Eskimo Indian Olympics.

Although Mrs. Walker has passed away, her dedication and love of the traditional games continues to provide inspiration for youth today. Selection of a Sr.NYO team based on outstanding sportsmanship is determined by a vote of the Officials and the coaches (one coach per team).

Team Trophies: Given to the top five Sr.NYO teams, 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 less 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.

Participant Eligibility

1. Students of all traditions may participate in the NYO Games Alaska; they need not be of Native descent.
2. All athletes must be in good standing at their school/ GED program. **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.**
3. **Statewide Junior NYO Games:** 1st through 6th grade (except Kindergarten) compete in the statewide Junior NYO Games. **Statewide Senior NYO Games:** students in grades 7-12, or who are currently enrolled in a GED programs (**max. age 19**) compete in the statewide Senior NYO Games.
4. For Sr.NYO we encourage school districts to enter no more than one team. We recognize that large districts may enter more than one team. Also, a tribal council/private school or home schooled students can enter a team.
5. All teams must be separately named and wear separate uniforms.
6. Junior NYO teams may have **three boys** and **three girls** compete per event. Sr.NYO teams may have **one boy** and **one girl** compete per event.

For Information

For more information regarding NYO Games played traditionally in your area, please contact the ANCSA regional corporation for that area. For information regarding NYO Games Alaska contact: NYO Games Alaska, Cook Inlet Tribal Council at (907) 793-3289. One free video handbook is available per school or team.

Registration and Event Times

1. Coaches will register their teams prior to the games, please check the NYO website page for procedures. There will be a reduce registration fee for the Sr. NYO Games if registered by the deadline.
2. Sr.NYO Coaches may make necessary changes at the coaches' meeting every morning.
3. Jr.NYO Coaches may make changes at the registration table one hour before each event.
4. Each competitor will be given a 1st, 2nd, and 3rd call.
5. Event times are subject to change during the competition.

Officials

Officials are selected by Cook Inlet Tribal Council's NYO Coordinator and the Head Officials based on their knowledge of the Native games. Officials are under official contract with CITC and have undergone the appropriate State and federal background checks.

The duties and responsibilities of the Officials include the following:

- (1) Decide the winners in each round of competition.
- (2) Assist in keeping orderly and correct records of the competition.
- (3) Oversee the competition and ensure the expedient completion of the games.

- (4) Make decisions about each athlete's performance and ensure equitable evaluation of each event.

The Head Officials decision is final during any competition.

Floor Officials:

Floor Officials/Score Keepers are selected by the NYO Coordinator and the Head Officials.
Responsibilities include:

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

NYO Advisory Committee

The NYO Advisory Committee is comprised of team coaches, former athletes and the NYO Games Alaska coordinator, who is a CITC employee. The Committee recommends the selection of official game events for NYO Games Alaska, the rules of conduct, and general suggestions. Recommendations are also taken from the comment box provided at the events as well as from Officials, scorekeepers, and volunteers.

Uniforms and Banners

Each team should have its own distinctive uniforms that clearly show the athletes name and team name. All attire must be appropriate competition athletic wear. For Sr.NYO, each team should have a banner for the Grand Entry of teams. Jr.NYO teams may bring one banner to hang in the gym.

Rules of Conduct

1. All rules are in effect for the entire duration of the NYO Games, beginning with the Opening Ceremony and concluding at the end of the final event the Athletes dance.
2. Athletes, coaches and floor officials are expected to conduct themselves in a courteous and sportsmanlike manner at all NYO events. This includes readiness for competition at scheduled times and remaining for the completion of the games to support other athletes.
3. Any inappropriate conduct by NYO athletes, coaches and officials- especially the use of profanity or horseplay -- may be grounds for expulsion from competition.
4. **No headphones/IPODS/cell phones** are allowed on the floor during competitions. The athletes must be able to hear announcements, their names being called, and directions from the Scorekeepers and Officials.
5. All tobacco usage (chewing and smoking) must occur outside the facility and comply with all Municipal, State, Federal laws and building requirements.
6. NYO GAMES ALASKA IS A DRUG-, ALCOHOL- & WEAPONS-FREE EVENT.

General Safety Awareness

The most important responsibility of the officials is to ensure the safety of the athletes. Safety becomes crucial in many of the events because even the smallest mistake can bring serious consequences.

Report all unsafe behavior to coaches, or officials; all accidents or injuries to the nurse on duty at the 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 call the NYO Coordinator at 907 793-3289 or go on line at www.citci.org for more up to date information. Ground transportation in Anchorage is available through the public transit system. For more information about the “People Mover” bus schedules, call (907) 343-6543. Other ground transportation includes car rentals and taxi services.

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 1 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.

Attention JUNIOR NYO Coaches

February 19th-21st, 2016
Mirror Lake Middle School
22901 Lake Hill Drive Chugiak, AK 99567

Group and individual registration forms must be received by **February 15th** via **online registration** to prepare for continued growth; we have limited the number of participants to **three boys** and **three girls** per event, per school. We recommend hosting a preliminary competition in your school or community to narrow the participants to the top three. Please note that we have separate **JNYO Waivers** to be completed by parents or guardians but turned in by the coaches, available on the website: **www.citci.org**. Each team **must provide frontal name tags** for athletes and coaches at all times. There is a \$5 fee per athlete, that can be paid at the registration table, must be turned in by coach not parents.

Attention ANCHORAGE TRY-OUT Coaches

April 2nd-3rd, 2016
Fairview Community Recreation Center, Anchorage AK

Team **online** registrations are due by **March 28th**. Please note that we have separate **Waivers** to be completed by parents or guardians but turned in by the coaches at the registration table, forms available on the website: **www.citci.org**. 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 NYO Games.

Attention SENIOR NYO Coaches

April 21st-23rd, 2016
Alaska Airlines Center, UAA Campus Anchorage, AK

Group and individual registration forms must be received by **April 18th, for early online registration**. If your team is not sponsored by a school or district, each member of your team must provide proof that they are enrolled in a 7-12 grade school or a GED program. To prepare for continued growth, we have limited the number of participants to **one boy** and **one girl** per event, per school. We recommend hosting a preliminary competition in your school or community to narrow the participants to the top athletes. Please note that we have separate **SNYO Waivers** to be completed by parents or guardians but turned in by the coaches at the registration table, forms available on the website: **www.citci.org**. Keep referring to our website for any updated information on the coaches' meeting and dance. Lastly, each team must provide frontal name tags for athletes and coaches at all times.

The early registration fee will be \$300 per team for the 2016 season. Late registration is \$350 per team. Teams that are under five athletes the fee will be \$150. Late registration will be \$175. Please bring a check to the registration table or pay online. Each Team will be responsible for parking in and around the Alaska Airlines Center, please refer to our website: **www.citci.org** Water will be provided for the athletes.

2016 JUNIOR NYO Games Alaska Schedule of Events

**All times are tentative and are subject to change*

***Friday, February 19: 5th & 6th grade students**

- 1-2 p.m.** Registration, all coaches check-in (parents find coaches)
- 2 p.m.** Welcome
- 2:30 p.m.** **Alaskan High Kick & Awards**
- 4:30 p.m.** **Scissor Broad Jump & Awards**
- 6:30 p.m.** **One-Foot High Kick & Awards**

***Saturday, February 20: 3rd & 4th grade students**

- 9 a.m.** Registration, all coaches/parents check-in at table in Multi-Purpose Room
- 10 a.m.** Welcome
- 10:15 a.m.** **Two-Foot High Kick & Awards**
- 12:15 p.m.** **Arm Pull & Awards**
- 2:15 p.m.** **Wrist Carry & Awards** *(Demo Before)*

***Sunday, February 21: 1st & 2nd grade students**

- 9 a.m.** Registration, all coaches/parents check-in at table in Multi-Purpose Room
- 10 a.m.** Welcome
- 10:15 a.m.** **Kneel Jump & Awards**
- 12:30 p.m.** **Eskimo Stick Pull & Awards**
- 2:30 p.m.** **Seal Hop & Awards** *(See pages 13 and 14 for more information)*

2016 SENIOR NYO Games Alaska Schedule of Events

**All times are tentative and are subject to change*

Thursday, April 21

10 a.m.	Registration
Noon	Coaches' meeting
1 p.m.	Opening Ceremonies; Grant Entry of Teams
2 p.m.	Kneel Jump & Awards
3:30 p.m.	Wrist Carry & Awards
5:30 p.m.	Alaskan High Kick & Awards

Friday, April 22

9 a.m.	Coaches' meeting
10 a.m.	Eskimo Stick Pull & Awards
<i>12:30 p.m.</i>	<i>Celebration of High School & GED Graduates</i>
<i>12:45p.m.</i>	<i>Academic Excellence Awards</i>
<i>1pm</i>	<i>Cultural/Entertainment Performance TBA</i>
1:30 p.m.	Scissor Broad Jump & Awards
3:30 p.m.	One-Hand Reach & Awards
5:30 p.m.	Two-foot High Kick & Awards

Saturday, April 23

9 a.m.	Coaches' meeting
10 a.m.	Indian Stick Pull & Awards
Noon	<i>Pilot Bread Recipe Contest winners announced</i>
12:15 p.m.	<i>Cultural/Entertainment performance TBA</i>
12:30 p.m.	One-Foot High Kick & Awards
3 p.m.	Seal Hop & Awards
5 p.m.	<i>Alaska Native Dance performances & Closing Ceremonies</i>
8-11 p.m.	<i>NYO Athlete Dance (for NYO athletes only)</i>

The 2016 NYO Games Alaska events are:

Statewide Junior NYO Games

Grades 1-6

5th & 6th Graders: Alaskan high kick, one foot high kick and scissor broad jump

3rd & 4th Graders: Two-Foot High Kick, Arm Pull and Wrist Carry*

** Coaches or Parents will carry athletes*

1st & 2nd Graders: Kneel Jump, Eskimo Stick Pull and Seal Hop*

** Both Boys and Girls have the same body position for Seal Hop see pages 13 and 14*

Statewide Senior NYO Games

Grades 7-12

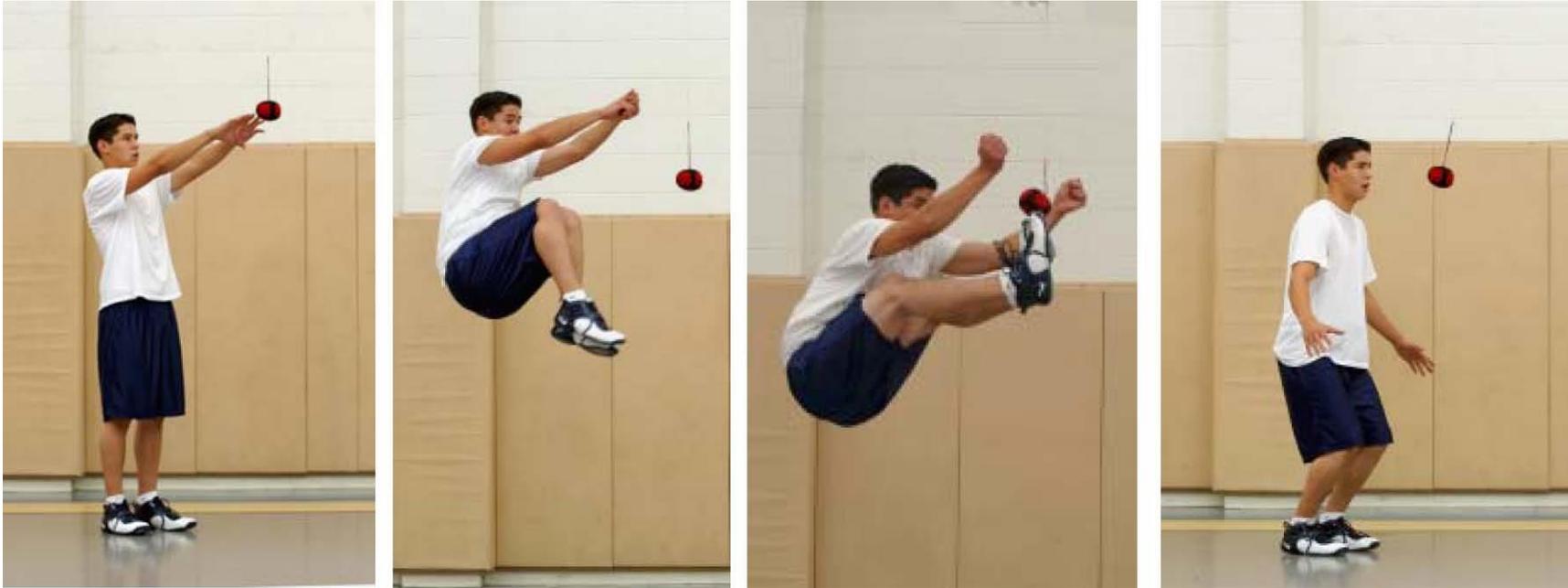
Scissor Broad Jump, Seal Hop, Eskimo Stick Pull, Indian Stick Pull, Two-Foot High Kick, Wrist Carry, Alaskan High Kick, One-Foot High Kick, Kneel Jump, and One-Hand Reach

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.

To assist coaches and athletes, NYO Games Alaska now offers a Video Handbook. This video covers the 2005-2010 and is free to each school or team by calling (907) 793-3183. The 2016 NYO Handbook will only be available on the CITC web site citci.org

Two-Foot High Kick



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 together. Both feet must hit the floor at the same time when landing. Hopping on both feet simultaneously is okay when attaining balance. The **Jr. NYO** starting height is **24"** for the girls and **30"** for the boys. The **Sr. NYO** starting height is **42"** for the girls and **50"** for the boys. Each athlete will be allowed three attempts at each height. The ball will be raised in increments of 4" after each round. There will be a **1 minute** time limit set for each kick in the preliminary rounds. When three (3) athletes remain, or at the discretion of the head official, the ball will then be raised in 1" increments. When three (3) or less athletes remain there will be a three (3) 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 four (4). When the athlete's leg(s) bend at the knee, it will be considered an attempt to kick the ball. Practice jumps will not 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.

Elders report that the two foot high kick was done to communicate a successful or unsuccessful catch after hunting in the Spring.

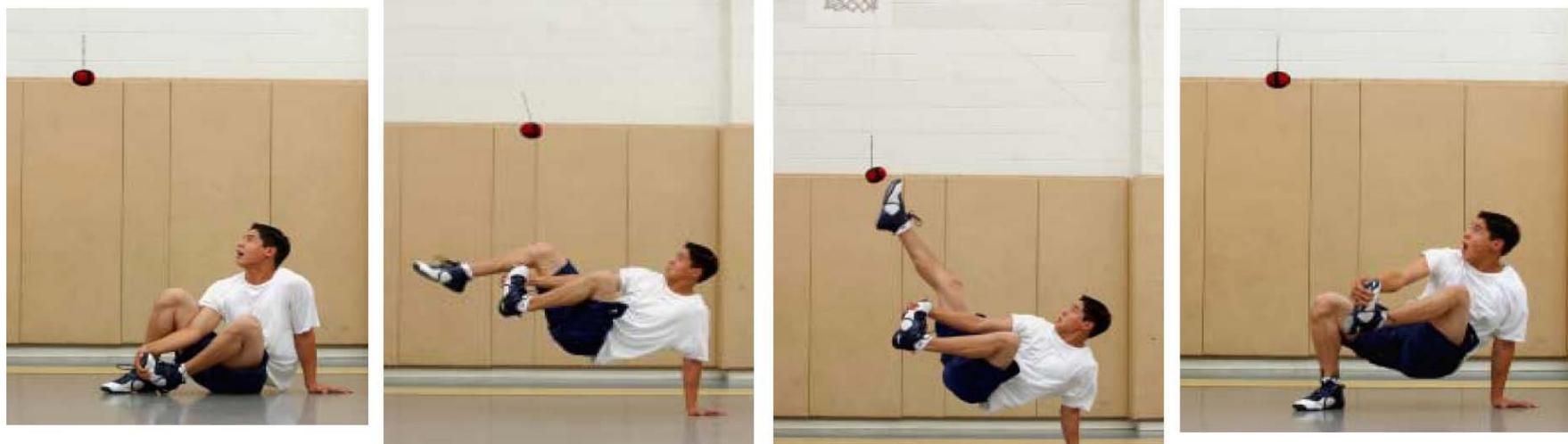
One-Foot High Kick



Each athlete must jump off the ground with both feet simultaneously, kick the ball with one foot, land with the same kicking foot and maintain balance/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. The **Jr. NYO** starting height will be **36"** for the girls and **48"** for the boys. The **Sr. NYO** starting height will be **46"** for the girls and **56"** for the boys. Each athlete will be allowed three attempts at each height. The ball will be raised in increments of 4" inches after each round. There will be a **1 minute** time limit set for each kick in the preliminary rounds. When three (3) athletes remain, or at the discretion of the head official, the ball will then be raised in 1" increments. When three (3) or less athletes remain there will be a three (3) 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 four (4). When the athlete's leg(s) bend at the knee, it will be considered an attempt to kick the ball. Practice jumps will not 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.

Barbara Fratis of Barrow, remembers stories of the One Foot High Kick signaling a successful hunt.

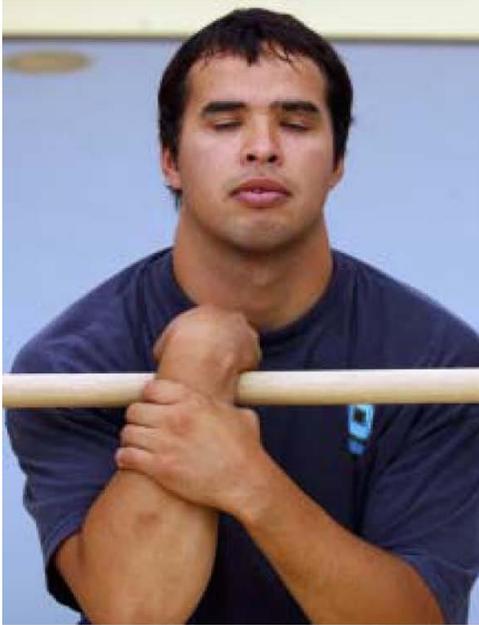
Alaskan High Kick



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 the other foot with the opposing hand. Leaning back on the hand opposite the balancing foot, the athlete thrusts the balancing foot upward, kicks the ball, lands on the same foot and maintains balance. No double kicks are allowed. You may balance on your palm, fingers or knuckles. The athlete must take-off and land on the same side of his/her body. Athletes cannot move their hand off the floor. Once the athletes kicking foot is off the floor, it is counted as an attempt. Practice jumps will not be allowed during actual competition. The **Jr. NYO** starting height for the girls is **24"** and **30"** for the boys. The **Sr.NYO** starting height for the girls is **36"** and **42"** for the boys. Each athlete will be allowed three attempts at each height. The ball will be raised in increments of 4" inches after each round. There will be a **1 minute** time limit set for each kick in the preliminary rounds. When three (3) athletes remain or at the discretion of the head official the ball will then be raised in 1" inch increments. When three (3) or less athletes remain there will be a three (3) 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 four (4). Bare feet, mukluks or shoes are allowed.

Nicole Johnston of Nome, an accomplished athlete, coach, and official, shares that the Alaskan High Kick was played inside in the winter to help develop coordination, upper body strength, and concentration.

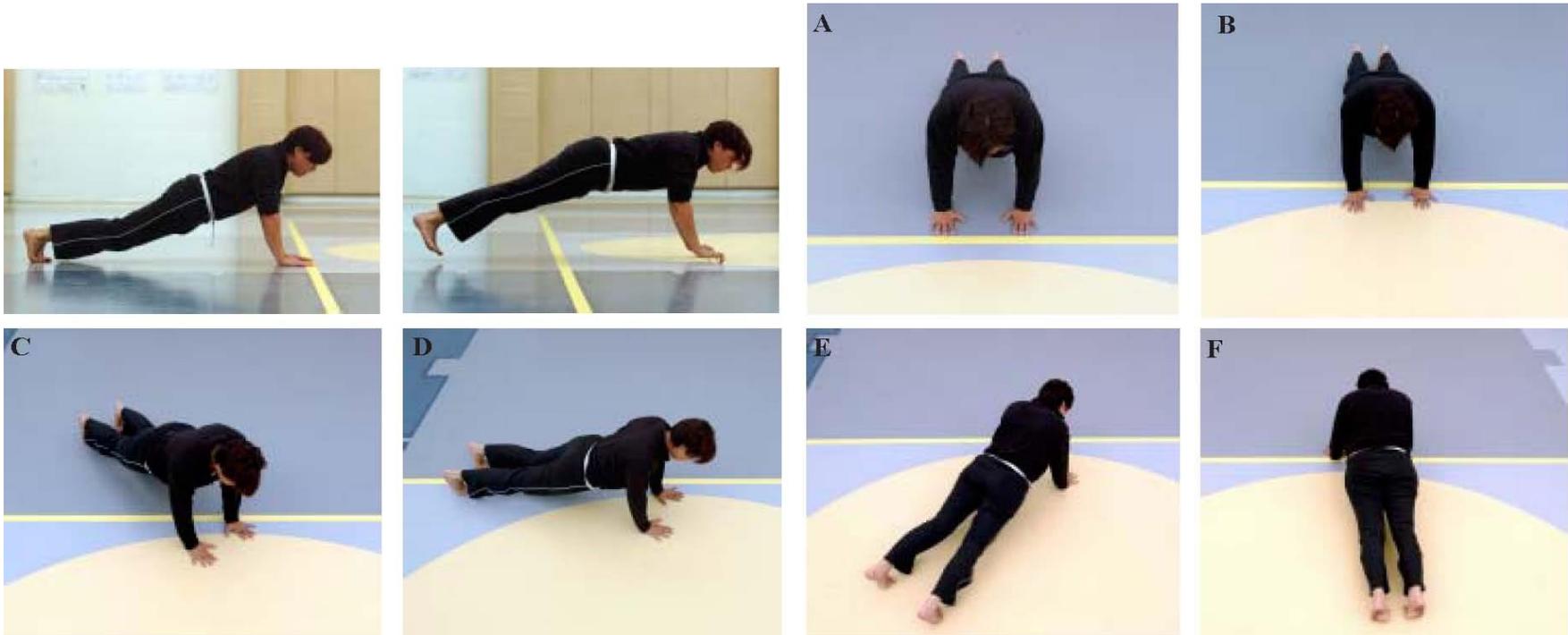
Wrist Carry



To begin, the athlete sits on the floor at a marked starting point. The stick carriers will place the stick in front of the athlete. The athlete will then place their wrist (right or left) in a hook position around the middle of the stick, and with the other hand grip with thumb wrapped around the forearm. 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 **1 minute** to be lifted or to make an attempt before being disqualified. The athlete may choose any appropriate sitting position, but the event is most commonly executed in a cross-legged position. Two people will carry the athlete on a stick that is 48 inches long, and 1-5/16 inches in diameter. Each athlete will be given one try to go his/her farthest distance. The measurement will begin at the back of the rump and end when any part of the body touches the floor. All measurements will be to the ¼ inch. The wrist carry is a team effort for Sr. NYO. The carriers can either walk in a fast pace, run, or go a pace that is comfortable for the contestant, so remember to practice together. Jr. NYO carriers are parents/coaches. Jr. NYO athletes will be timed and must walk forward at a pace of their choosing. The Jr. athlete who hangs on the longest while moving forward is the winner. No jewelry, tape, braces, etc. can be worn.

Donna Elliot of Bethel, a long time NYO participant and Official, says the wrist carry shows the significance of a successful hunt and traditionally, tests the strength and endurance of hunters, and shows appreciation for the animal giving itself.

Girl's Seal Hop



Note: Jr. boys have the same body position as the girls seal hop.

The event starts with six to eight athletes in each heat and one (1) 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 their 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 ¼ inch. **Both of the athlete's fingertips must cross the designated line, and 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 their 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 the knees/stomach onto the floor. Athletes must not move from the spot where they stop before the Official measures the distance.

Boy's Seal Hop

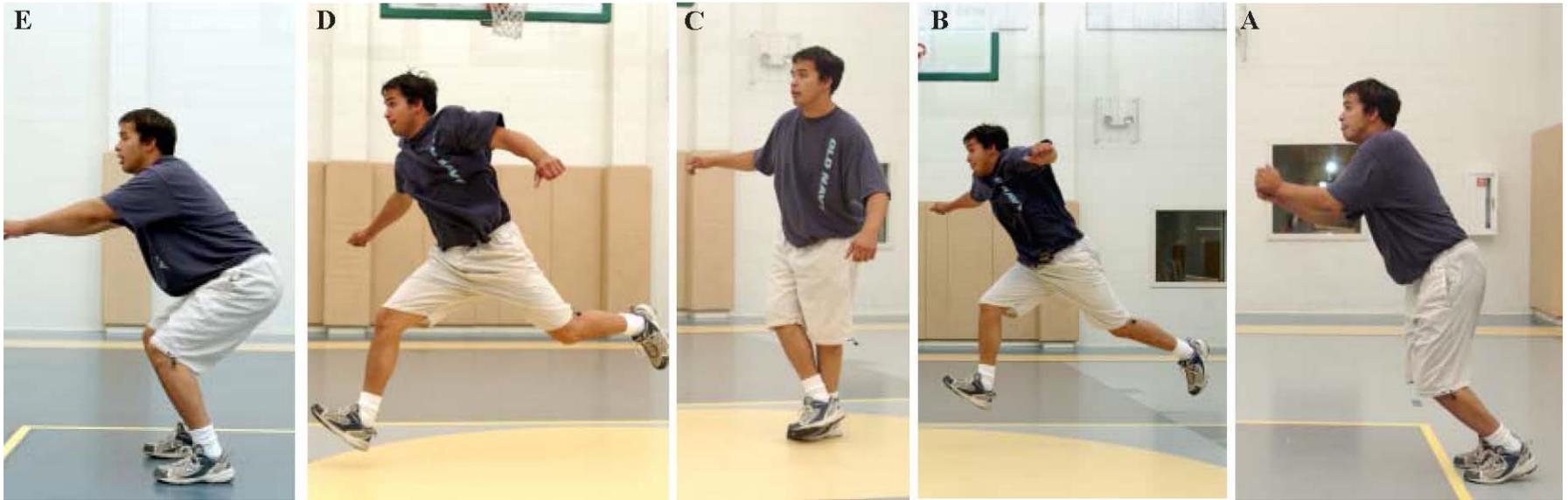


NOTE: Sr. NYO boys only

The event starts with six to eight athletes in each heat, and one (1) Official for each athlete. Each athlete will be in a lowered push-up position, elbows bent, and tucked close to the body with their first knuckles down. The hand must have the fingers curled down 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 $\frac{1}{4}$ inch. **Both of the athlete's first knuckles must hit the designated line, and 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 their 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.

Phillip Blanchett, originally of Bethel who has played, coached and officiated NYO games, shared that the Seal Hop is a variation of the Inuit Knuckle Hop. This is a game of endurance and stamina; reflected sneaking up on a seal on the ice.

Scissor Broad Jump



This event requires athletes to make four continuous hops/steps without losing their balance. Athletes will have three (3) 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 (4). Measurements will be taken to the ¼ inch from the heel of the foot closest to the starting line. Athletes can use shoes, mukluks or bare feet. There is a **1 minute** time limit. The sequence of hops/steps is as follows:

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.

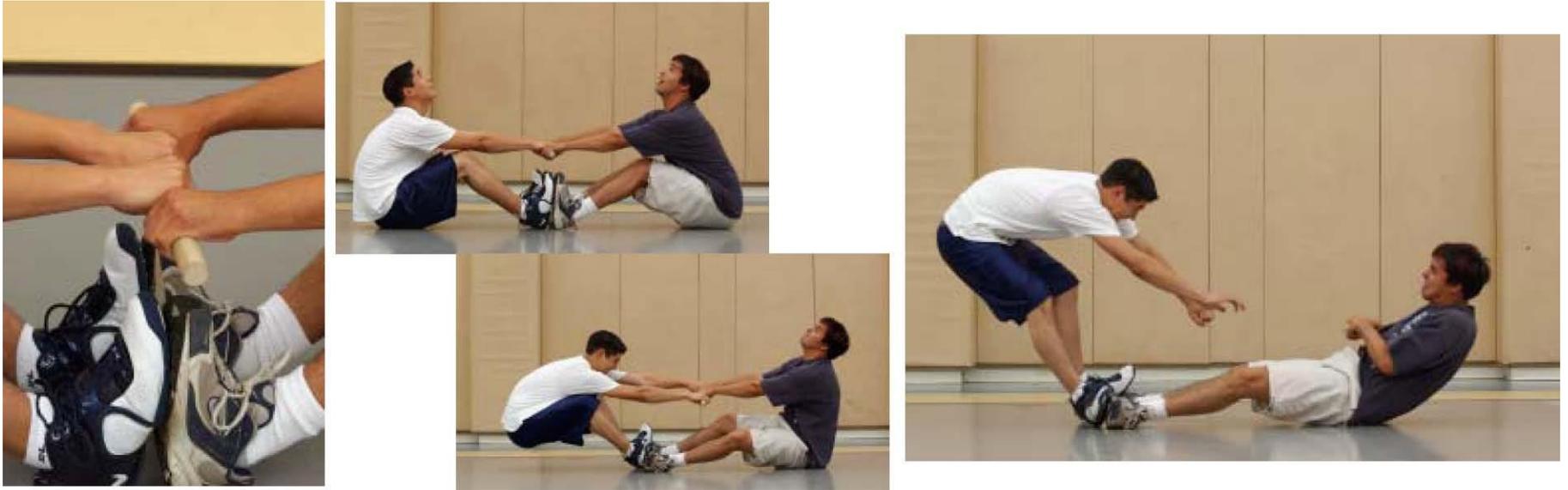
Step 3: Keeping forward momentum, swing the free leg behind the leg that was landed on and shift your weight to it so that the foot you landed on is now free. **Note:** When crossing your leg behind the landing leg, do not swing or move your body to one side and make sure to maintain forward momentum. You must show your cross-over around the leg you land on, not just behind the foot. 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 (2) foot landing position. The body must be facing forward when landing. Do not move either foot and if any part of the body touches the floor it will counted as a scratch in the attempt. Movement **must** be continued throughout the entire jump. Stopping will result in that attempt being considered a scratch.

Paul J. Paul of Kipnuk shares that it is a game to practice balance needed when jumping on ice and to keep warm.

Eskimo Stick Pull



The two athletes begin by sitting on the floor facing each other with the soles of their feet touching. Athletes can use bare feet, mukluks or shoes (tied). Both athletes must have their feet parallel and together with the knees bent at a 45 degree angle. A stick, 20 inches long and 1 ¼ inches in diameter, is placed above their toes. Each athlete starts by gripping the stick with his/her hands. The grip of the hands must be positioned so that palms are facing the floor. All jewelry, sports tape, etc. must be removed before each pull. Grip position on the stick will alternate after each round of competition. Once the pulling begins, the athletes may not change their grip or re-grip the stick. Each athlete tries to pull his/her opponent steadily towards him/her without jerking. If the Official sees the athlete re-grip or jerk while pulling, the other athlete will win that round. An athlete will lose the round if they allow themselves to be pulled over by their opponent, release their grip with one or both hands, or allows themselves to fall sideways. If both athletes pull each other sideways at the same time, the athletes will re-start the pull. The athlete who wins 2 out of 3 attempts will be declared the winner of the match. A coin toss will determine the grip of the third pull is 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 Sr. athletes. Make sure that all spotters are in place and not in the way of the pullers or the stick. Jr. spotters should place their feet against the sides of the athlete's feet/ankles and the sides of the athlete's hips.

Glen Solomon of Anaktuvik Pass shares that this game is practice for pulling seals out of the ice.

Kneel Jump



Athletes start in a kneeling position. Sitting on their heels, with feet and toes flat on the floor, the athlete leaps forward from a kneeling position. While in the kneeling position, the athlete can move their body up and down; swinging their arms to gain momentum. The athletes must land on both feet simultaneously, without movement. The athlete **must remain where they land** until the Official measures the length of their 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 (4). The measurement will be taken to the $\frac{1}{4}$ inch from the heel closest to the starting line. Athletes will lineup in a row to make each of their three attempts. Athlete's will have **1 minute** to make an attempt at each jump. No kneepads will be allowed. Mukluks, gym shoes or bare feet are acceptable.

Terenty Fratis of Barrow recalls the Kneel Jump as a game to strengthen the leg muscles for jumping from ice to ice and also for lifting dead animals when hunting.

Arm Pull (JNYO)



Two athletes sit on the floor facing each other with one leg over and one 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 floor official they begin pulling straight back with no jerking, re-gripping or twisting. The athlete must pull their opponent's arm straight or pull them over to them. The second round they alternate arm and leg positions. At no time can the athletes pulling arm rest or touch their knee or leg during the pull. Athletes will be warned for jerking, twisting or their arm touching their knee or leg. Athletes who re-grip or let go of their opponent's ankle or foot, will lose that round. You must win 2 out of the 3 rounds to win the match. In the event of a tie, the official will flip a coin to determine which arm will be pulled with 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.

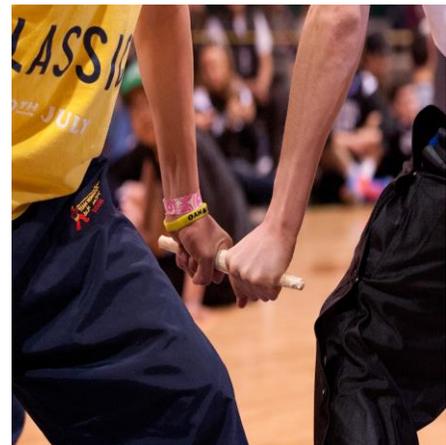
Tommy Bayayok of Bethel tells us the arm pull was played to test your strength.

One-Hand Reach



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 their free hand and touch the ball. Once they touch the ball they must bring their free hand down to the floor and show balance without any portion of their body (except their hands) touching the floor. **Control must be demonstrated.** The Sr.NYO height shall begin at 42" for the girls and 46" for the boys. Each athlete will be allowed three attempts at each height. The ball will be raised in increments of 4" inches after each round. There will be a **1 minute** time limit set for each reach in the preliminary rounds. When three (3) athletes remain or at the discretion of the head official the ball will then be raised in 1" inch increments. When three (3) or less athletes remain there will be a three (3) 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 four (4). WRIST BANDS, GUARDS, etc. will not be allowed.

Indian Stick Pull



Start: Two athletes stand upright, next to each other, facing opposite directions. They stand in a staggered position, placing their inside foot next to the outside 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 is not required. The stick is placed evenly between the opponents. Each opponent then grips the stick behind the center line.

Movement: 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 official says go. On the signal to start, each athlete attempts to pull the stick out of their opponent's hand. 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 the stick will be 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.

Attempts: The competition consists of a best of three (3) "pulls". If necessary, the third pull is determined by the flip of a coin.

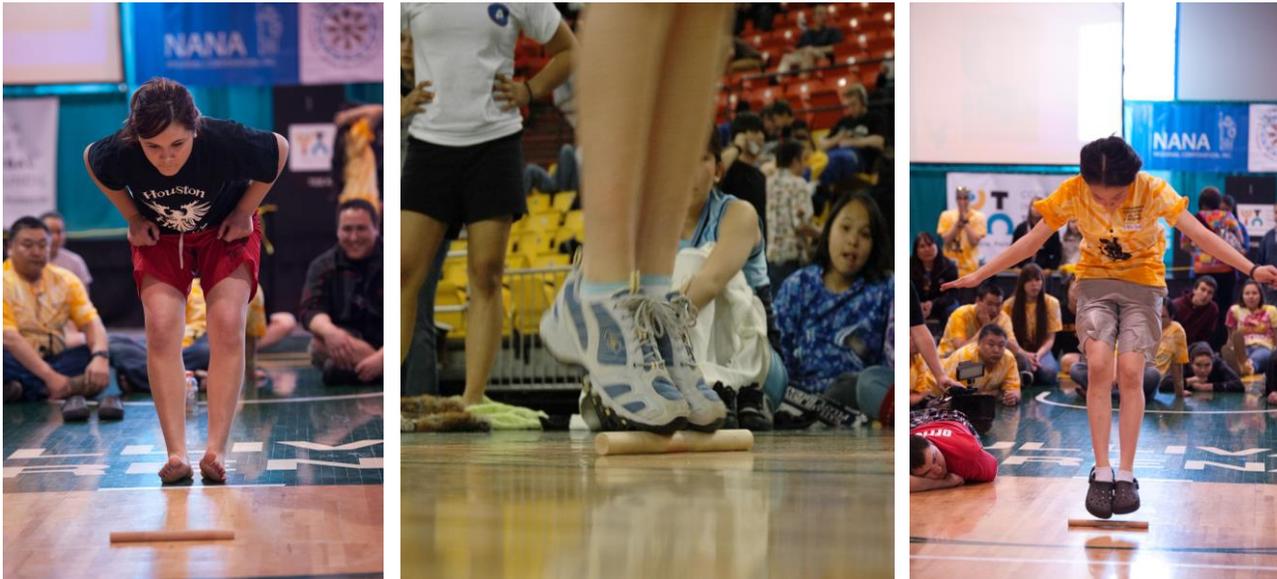
Scoring: The winner of a "pull" is declared when the stick is pulled from the hand of the opponent or if held past the hip for 10 seconds.

Competition Format: Double elimination format. Initial pairs determined by draw.

Equipment: The stick is a hardwood dowel that can be gripped comfortably. The stick is approximately 12" long and 1" in diameter at the center and tapered to approximately 1/2" diameter at each end. The center point of the stick is marked with a notch or line. The stick is to be greased with Crisco type lard to make it tougher to grip. Athletes must use their bare hands.

Brian Walker of Anvik, former Team Alaska Dene coach, shares that this Dene game represents grabbing a slippery salmon. It develops hand and arm strength.

Toe Kick (info only: not included in the 2016 games)



Start from a standing position behind a line, jumping simultaneously with both feet together over the stick, tapping the stick with both feet between the tips of the toes and balls of the feet, moving it backwards evenly, 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. Officials are placed on the floor to get the best view of both feet. Starting distance for boys is 48" inches and 34" inches for girls. The diameter of the stick is 1" 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 4" inches away from the start line after each round. There will be a **1 minute** time limit set for each kick in the preliminary rounds. When three (3) athletes remain or at the discretion of the head official the stick will then be moved in 1" inch increments. When three (3) or less athletes remain there will be a three (3) 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 four (4). 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

Shelia Randazzo of Shishmaref shares that Toe Kick teaches individuals to be light on their feet, like when jumping from ice flow to ice flow.

Sample Score Sheets

⊗ = a hit ⊖ = a miss

This score sheet is used for the kicking events and the one hand reach.

Scorekeeper				
Team	First Name	Last Name	Height 60''	Height 64''
ANC	Mary	John	⊖ ⊖ ⊗	⊖ ⊖ ⊗

This score sheet is used for scissor broad jump and kneel jump.

Scorekeeper						
Team	First Name	Last Name	1 st Jump	2 nd Jump	3 rd Jump	Place
Nome	Mary	John	34 1/4''	35''	37 3/4''	

This score sheet is used for seal hop and wrist- carry.

Scorekeeper				
Team	First Name	Last Name	Distance	Place
Wasilla	Mary	John	59' 6 1/4''	

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 2 rounds, they are out of the competition.

Statewide Records

Kneel Jump	Apaay Campbell	BSSD	2013	55 ½"
	Dylan Magnusen	Unalaska	2013	67"
Two Foot High Kick	Autumn Ridley	Anchorage A	2014	79"
	Brian Randazzo Jr	Anchorage A	2011	101"
One Hand Reach	Sophie O'Connell	Dillingham	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 ¼"
	SigFurd Dock	LKSD	2015	188' New Record
Scissor Broad Jump	Angelica Whitley	SWRS	2005	28' 9 ¼"
	Alan Velasco	Cordova	1993	36' 6 ¼"
Wrist Carry	Lyndsey Mercurief	Anchorage	2006	662' 4"
	Joshua Hughes	Mat-Su	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 over 10 years**



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