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) 793-3412; nyo@citci.org.
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 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 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.

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

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 though 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 JNYO Games Alaska and SNYO Games Alaska and 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.
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 JNYO Games.
4. 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 SNYO Games.
5. All teams must be separately named and wear separate uniforms.
6. JNYO teams may have three boys and three girls compete per event. SNYO teams may have one boy and one girl compete per event.
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 reduced registration fee for the SNYO Games if registered by the deadline.
2. SNYO Coaches may make necessary changes at the coaches’ meeting every morning.
3. JNYO 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.

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
   » 3rd & 4th Graders: Arm pull, Two-foot high kick, and Wrist carry
   » 5th & 6th Graders: Alaskan high kick, One-foot high kick, and Eskimo stick pull.

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.
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 Waivers for CITC to be completed by parents or guardians, but turned in by the coaches, available on the website.

Each team must provide frontal name tags for athletes and coaches at all times.

There is a $5 fee per athlete which can be paid online or on-site at registration. Credit card, cash, and purchase orders are accepted.
» Please note that we have separate Waivers for CITC to be completed by parents or guardians, but turned in by the coaches, available on the website.

» There is no limit to the number of athletes schools can send to the Anchorage Tryouts.

» Each team must provide frontal name tags for athletes and coaches at all times.

» The first and second place athletes will form two teams to compete at the Statewide Senior NYO Games.

» There is a $5 fee per athlete which can be paid online or on-site at registration. Credit card, cash, and purchase orders are accepted.
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.

Each team must provide frontal name tags for athletes and coaches at all times.

The registration fee for teams with 5 or more athletes will be $300 per team. For teams that are under five athletes, the fee will be $150. Credit card, cash, company checks and purchase orders are accepted.
**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 Official’s 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.
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-, AND WEAPONS-FREE EVENT.
RULES OF CONDUCT

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, and 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) 793-3412 or go online at https://citci.org/partnerships-events/nyo-games/ 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.

Uniforms and Banners

Each team should have its own distinctive uniforms that clearly show the athlete’s name and team name. All attire must be appropriate competition athletic wear. For SNYO, each team should have a banner for the Grand Entry of teams. JNYO teams may bring one banner to hang in the gym.
RULES OF CONDUCT

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.
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 SNYO team based on outstanding sportmanship is determined by a vote of the Officials and the coaches (one coach per team).

» Team Trophies: Given to the top five SNYO 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 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.
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.
Elders report that the Two-Foot High Kick was done to communicate a successful or unsuccessful catch after hunting in the 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 together. Both feet must hit the floor at the same time when landing. Hopping on both feet simultaneously is okay when attaining balance. The JNYO starting height is 24” for the girls and 30” for the boys. The SNYO 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 3 athletes remain, or at the discretion of the head official, the ball will then be raised in 1” increments. When 3 or fewer athletes remain there will be a 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 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.
One-foot High Kick

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

Each athlete must jump off the ground with both feet simultaneously, kick the ball with one foot, land on the 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 JNYO starting height will be 36” for the girls and 48” for the boys. The SNYO 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 3 athletes remain, or at the discretion of the head official, the ball will then be raised in 1” increments. When 3 or fewer athletes remain there will be a 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 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.
Alaskan High Kick

Nicole Johnston of Nome, an accomplished NYO 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.

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. The athlete must take off and land on the same side of his/her body. No double kicks are allowed. Athletes may balance on the palm, fingers, or knuckles. Athletes cannot 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 not be allowed during actual competition. The JNYO starting height for the girls is 24” and 30” for the boys. The SNYO 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 3 athletes remain or at the discretion of the head official the ball will then be raised in 1” inch increments. When 3 or fewer athletes remain there will be a 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 4. Bare feet, mukluks, or shoes are allowed.
**WRIST CARRY**

Donna Elliot of Bethel, a long time NYO participant and official, says the Wrist Carry shows the significance of a successful hunt, traditionally tests the strength and endurance of hunters, and shows 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. 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. Each athlete will be given one attempt 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 SNYO. The 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 JNYO, carriers are parents/coaches. JNYO athletes will be timed and their carriers must walk forward at a pace of the athlete’s choosing. The Jr. athlete who hangs on the longest while moving forward is the winner. No jewelry, tape, braces, etc., can be worn.
Note: Seal Hop body position for Jr. boys is the same as the body position for Jr. and Sr. girls.

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 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; then, as the athlete turns 180 degrees, he/she must maintain a continual hop while completing the turn. The athlete will be given two verbal warnings to correct his/her 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.
Phillip Blanchett, originally of Bethel, has played, coached, and officiated NYO games; he shared that the Seal Hop is a variation of the Inuit Knuckle Hop. This is a game of endurance and stamina, and represents sneaking up on a seal on the ice.

NOTE: Applies to SNYO 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, 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 heal 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 ¼ 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.
Paul J. Paul of Kipnuk shares that the Scissor Broad Jump is a game used to keep warm and to practice the balance needed when jumping on ice.

This event requires athletes to make four continuous hops/steps without losing their balance. Athletes will have 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-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 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.
Eskimo Stick Pull

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

Two athletes begin by sitting on the floor facing each other with the soles of their feet touching. (Athletes may wear mukluks or properly tied shoes, or may be barefoot.) 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 ¼” in diameter, is placed above their toes. Both athletes must grip the stick with their hands, with palms 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 toward him/herself without jerking. If the Official sees an athlete re-grip or jerk while pulling, the other athlete will win that round. Athletes will lose the round if they are pulled over by their opponent, release their grip with one or both hands, or 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 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 feed for Sr. athletes. All spotters must remain in place and not in the way of the pullers or the stick. Jr. spotters should place their feet against the sides of an athlete’s feet or ankles and the sides of the athlete’s hips. Grades 1 and 2 spotters place their feet against the sides of an athlete’s feet and the sides of the athletes hips. Grades 5-12 spotters are only placed at the feet.
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.

Athletes start in a kneeling position, 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 athletes must leap up and land on both feet simultaneously, without moving after landing. The athlete must remain where they land 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 4. The measurement will be taken to the ¼ 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 1 minute to make an attempt at each jump. No kneepads will be allowed. Mukluks, gym shoes, or bare feet are acceptable.
ARM PULL (UNYO)

Tommy Bayayok of Bethel tells us the arm pull was played as a test of 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 floor 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 or 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 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 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.
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. The SNYO 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 3 athletes remain or at the discretion of the head official the ball will then be raised in 1” inch increments. When 3 or fewer athletes remain, there will be a 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 4. Wrist bands, wrist guards, etc., will not be allowed.
INDIAN STICK PULL

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.

Start: Two athletes stand upright, next to each other, facing opposite directions. They stand in a staggered position, placing their 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.

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, the athletes attempt 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 is 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 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 is held past the hip for 10 seconds.

Competition Format: 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” long, 1” in diameter at the center, and tapered to approximately ½” 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.
**TOE KICK**

*(info only; not included in the 2017 Games)*

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

Starting from a standing position behind a line, the athlete must jump with both feet together 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. 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 3 athletes remain or at the discretion of the head official the stick will then be moved in 1” inch increments. When 3 or fewer athletes remain there will be a 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 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.
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.

This score sheet is used for the kicking events and the One-Hand reach.

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Team</th>
<th>Height 60”</th>
<th>Height 64”</th>
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<tr>
<td>Mary</td>
<td>John</td>
<td>ANC</td>
<td>○ ○</td>
<td>○ ○</td>
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This score sheet is used for Scissor Broad Jump and Kneel Jump.

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<thead>
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<th>Team</th>
<th>1st Attempt</th>
<th>2nd Attempt</th>
<th>3rd Attempt</th>
<th>Farthest Attempt</th>
<th>Place</th>
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</thead>
<tbody>
<tr>
<td>Melissa</td>
<td>Smith</td>
<td>Nome</td>
<td>34 1/4”</td>
<td>35”</td>
<td>37 3/4”</td>
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<td></td>
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This score sheet is used for Seal Hop and Wrist Carry.

<table>
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<th>Team</th>
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<th>Last Name</th>
<th>Distance</th>
<th>Place</th>
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</thead>
<tbody>
<tr>
<td>Wasilla</td>
<td>Mary</td>
<td>John</td>
<td>59’ 6 1/4”</td>
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# Statewide Records

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

<table>
<thead>
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<th>Event</th>
<th>Name</th>
<th>School</th>
<th>Year</th>
<th>Record</th>
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</thead>
<tbody>
<tr>
<td>Kneel Jump</td>
<td>Apaay Campbell</td>
<td>BSSD</td>
<td>2013</td>
<td>55 ½”</td>
</tr>
<tr>
<td></td>
<td>Dylan Magnusen</td>
<td>Unalaska</td>
<td>2013</td>
<td>67”</td>
</tr>
<tr>
<td>Two-foot High Kick</td>
<td>Autumn Ridley</td>
<td>Anchorage A</td>
<td>2014</td>
<td>79”</td>
</tr>
<tr>
<td></td>
<td>Brian Randazzo Jr.</td>
<td>Anchorage A</td>
<td>2011</td>
<td>101”</td>
</tr>
<tr>
<td>One-hand Reach</td>
<td>Sophie O’Connell</td>
<td>Dilligham</td>
<td>2003</td>
<td>62”</td>
</tr>
<tr>
<td></td>
<td>Bernard Clark</td>
<td>Mat-Su A</td>
<td>2011</td>
<td>69”</td>
</tr>
<tr>
<td>One-foot High Kick</td>
<td>Miriam Wamsley</td>
<td>Valdez</td>
<td>2012</td>
<td>92”</td>
</tr>
<tr>
<td></td>
<td><strong>John Miller III</strong></td>
<td>Barrow</td>
<td>2003</td>
<td><strong>114”</strong></td>
</tr>
<tr>
<td></td>
<td>Tim Field</td>
<td>NWABSD</td>
<td>2009</td>
<td>114”</td>
</tr>
<tr>
<td></td>
<td>Stuart Towarak</td>
<td>BSSD</td>
<td>2013</td>
<td>114”</td>
</tr>
<tr>
<td>Seal Hop</td>
<td>Dajan Treder</td>
<td>Anchorage A</td>
<td>2012</td>
<td>160’ 9 ¼”</td>
</tr>
<tr>
<td></td>
<td>SigFurd Dock</td>
<td>LKSD</td>
<td>2015</td>
<td>188’</td>
</tr>
<tr>
<td>Scissor Broad Jump</td>
<td>Madeline Ko</td>
<td>Tanana Chiefs</td>
<td>2017</td>
<td>30’ 1”  NEW RECORD</td>
</tr>
<tr>
<td></td>
<td><strong>Alan Velasco</strong></td>
<td>Cordova</td>
<td>1993</td>
<td><strong>36’ 6 ¼”</strong></td>
</tr>
<tr>
<td>Wrist Carry</td>
<td>Lyndsey Merculief</td>
<td>Anchorage</td>
<td>2006</td>
<td>662’ 4”</td>
</tr>
<tr>
<td></td>
<td>Joshua Hughes</td>
<td>Mat-Su A</td>
<td>2014</td>
<td>730’ 6”</td>
</tr>
<tr>
<td>Alaskan High Kick</td>
<td>Autumn Ridley</td>
<td>Anchorage</td>
<td>2014</td>
<td>83”</td>
</tr>
<tr>
<td></td>
<td>Andrew White</td>
<td>LKSD</td>
<td>2009</td>
<td>93”</td>
</tr>
<tr>
<td></td>
<td>Yako McCarr</td>
<td>LKSD</td>
<td>2010</td>
<td>93”</td>
</tr>
<tr>
<td>Toe Kick</td>
<td>Raven Phillips</td>
<td>Aniak</td>
<td>2012</td>
<td>76”</td>
</tr>
<tr>
<td></td>
<td>Steven Ugale</td>
<td>Unalaska</td>
<td>2014</td>
<td>99”</td>
</tr>
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</table>