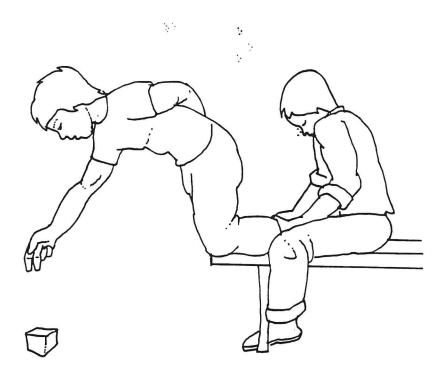
Bench Reach

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3. BENCH REACH

Equipment: Bench about 18" high, a small block of wood about 1-2 inches square, knee pads if desired

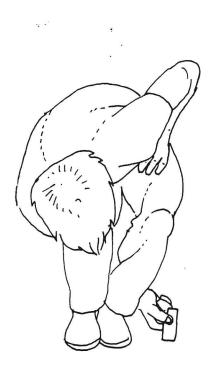
Stance and Start: Competitor kneels at the end of the bench with knee pads to protect knee caps. Another person holds onto competitor's legs to anchor down. Competitor holds block of wood in one hand while the other hand is behind the back.

Movement: Leaning down, competitor places the block of wood as far out as possible without putting pressure on the wood. Return to upright kneeling position.

Judging and Scoring: If block is dropped or pressure applied, it counts as an attempt. Three tries allowed. Next competitor tries to pick up block and place it farther than the previous attempt.

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4. SIDE REACH

Equipment: Small block of wood.

Stance and Start: Stand on a set line with feet together. Side of left foot is also placed on a side marker. Using right arm, grab block of wood and put left hand behind back.

Movement: Right hand with block of wood goes behind the knees and placed as far on the left side parallel to the toes as possible. Distance is measured and next competitor tries to better it.

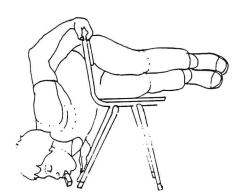
Judging and Scoring: Three attempts each try. If block of wood is dropped, it counts as a try. Block must be placed parallel to toes on line.

4. 4-1 Disujes

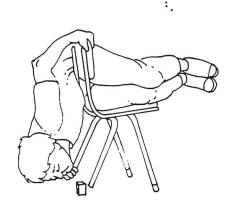
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Chair Twist Mouth Reach

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Placing Block



Block Placed ムー」J



Return to Position △ァベュ^c ▷∩・ハーリ

5. CHAIR TWIST MOUTH REACH

Equipment: Chair, small block of wood

Stance and Start: Sitting in chair sideways, place one hand on leg of chair behind you and the other hand on the corner of chair. Feet must be together at all times and the body must remain in chair.

Movement: Place block of wood in mouth and reach forward to place block on floor near the farthest leg (back) of chair from head. (See diagram.) Twist upper body around chair to grab wood with mouth and return to starting position. Next competitor tries to place wood farther.

Judging and Scoring: Three tries each time. Body must not touch floor. A dropped block counts as a try.

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Arm Pull

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1. ARM PULL

Equipment: None

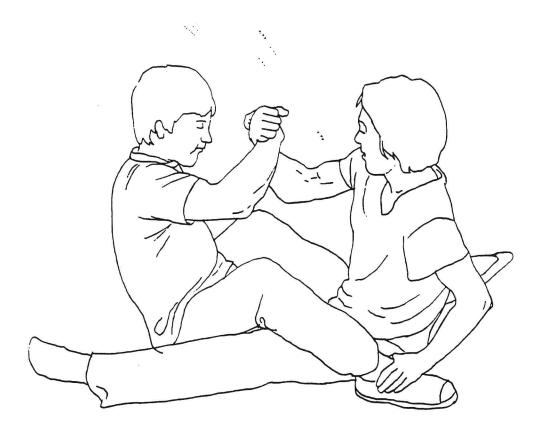
Stance and Start: In pairs, competitors face each other sitting on floor. One leg is bent and the other is straight. Competitors lock legs and hook right arms at the elbow. The other hand is holding ankle of opponent's bent leg. See diagram. Take watches off.

Movement: On signal, opponents pull slowly and steadily at the elbow. The object is to try to pull other opponent over or until opponent's hand touches chest of winner.

Judging and Scoring: If hand touches floor, slips off opponent's ankle, or if opponent turns sideways to touch floor, start over. Best out of three attempts.

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2. WRIST PULL

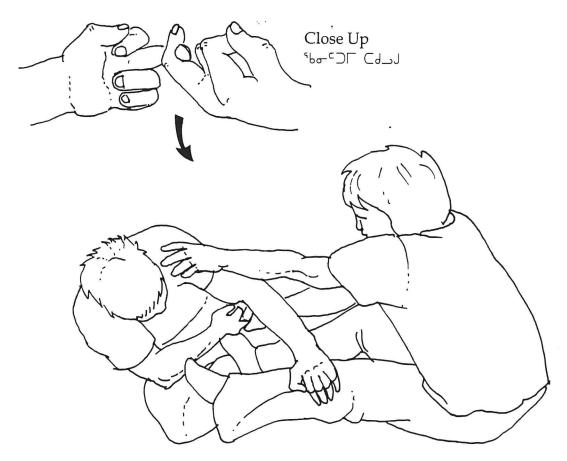
Equipment: None

Stance and Start: Same as for Arm Pull but wrist is locked instead of elbows.

Movement: With slow, steady pull, try to pull opponent's wrist to chest.

Judging and Scoring: Same as for Arm Pull.

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3. FINGER PULL

Equipment: None

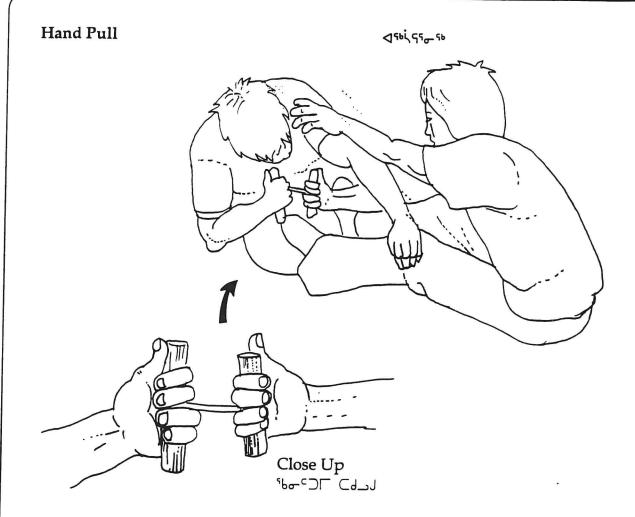
Stance and Start: Competitors sit facing each other in pairs. One leg is bent and the other straight out, competitors lock legs. Same position as Arm Pull. Using both right hands or both left hands, competitors hook the middle fingers.

Movement: On a signal, competitors pull slowly and steadily until the arm is fully extended or until a competitor gives up. Switch hands.

Judging and Scoring: Three tries with each hand.

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4. HAND PULL

Equipment: Two small pieces of antler about 4 inches long with small holes drilled in the middle. A thong is threaded through the holes and measures about 3 inches long.

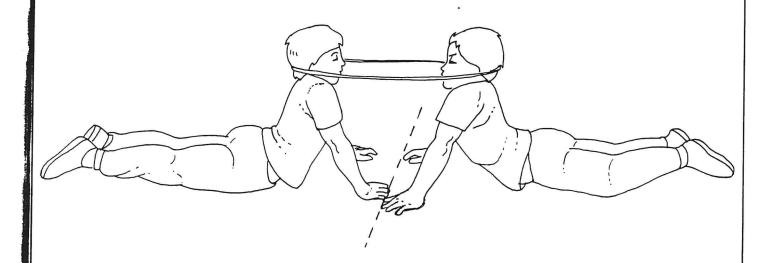
Stance and Start: Same as for Finger Pull position except competitors grab the hand-pull antlers instead of hooking fingers.

Movement: On signal, competitors pull slowly and steadily until the arm is fully extended, the opponent gives up or is pulled off balance. Switch hands.

Judging and Scoring: Best out of three tries for each hand.

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5. NECK PULL

Equipment: Leather thong or belt

Stance and Start: Two competitors lie on floor on stomach facing each other. A line is drawn between two competitors equal distance and competitors' heads are about two feet apart. A leather thong or belt is placed around their heads.

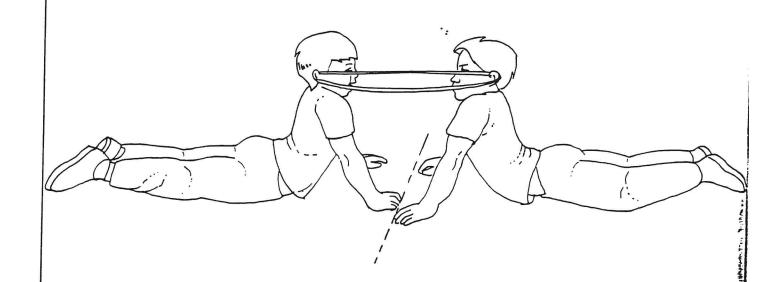
Movement: On a signal, opponents pull with the head bracing their hands out in front and using whole body strength to pull steadily. The object is to pull the opponent over the line.

Judging and Scoring: Best out of three attempts. When the thong or belt slips off head, it counts as a point for opponent. When any part of the body goes over the line, opponent wins. The thong must be above the ears at all times.

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6. EAR PULL

Equipment: Light thong or string

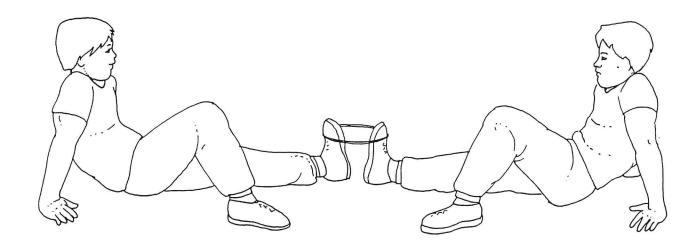
Stance and Start: Same as for neck pull. A thong or string is placed around the back outer lobe of each competitor's ear. Either ear may be used.

Movement: On a signal, competitors pull steadily. The strongest ear wins.

Judging and Scoring: Best out of three attempts. If thong or string comes off ear, it counts as point for opponent. Some regions have opponents sitting on floor facing each other.

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7. FOOT PULL

Equipment: Leather thong or belt

Stance and Start: Competitors sit on floor with line between them equally. One leg is thrust straight out in front and the other leg is bent at the knee. Either leg may be used. A belt or thong is placed around the upturned feet about 2-3 feet apart.

Movement: On a signal, opponents pull back with foot using full body strength and arms. Opponent who pulls competitor over the line or causes the thong to come off foot wins.

Judging and Scoring: Best out of three attempts.

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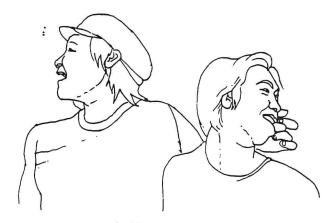
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Mouth Pull



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8. MOUTH PULL

Equipment: None

Stance and Start: Both competitors stand side by side on set line. Inside feet are meeting. Each competitor grabs mouth of opponent with inside hand by going around the neck and grabbing outside corner of opponent's mouth with middle finger.

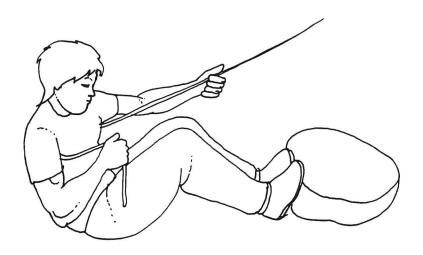
Movement: On a signal, competitors try to pull opponent to their side of the line. Strongest mouth wins.

Judging and Scoring: Wash hands before competition. Best out of three tries.

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9. WALRUS PULL

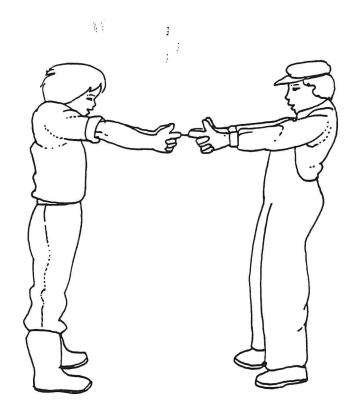
Equipment: Long, heavy rope, obstacle to brace against

Stance and Start: One person wraps the rope around the back and under the arm. This person is the 'walrus'. He braces himself behind an obstacle that is firm while one or more people try to pull the 'walrus'.

Movement: One person tries to pull the walrus over the object. If he is not successful, another person joins him to pull the walrus. Another person is added until the walrus is moved. Winner is declared by the number of people he can hold.

Judging and Scoring: Gloves can be used by competitors. Three attempts per person are given to move the 'walrus'.

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10. MATCH STICK PULL

Equipment: Match stick

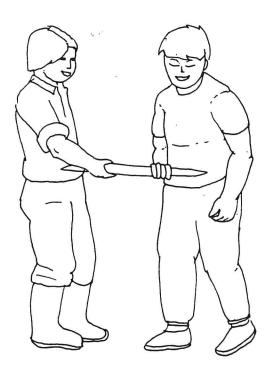
Stance and Start: Competitors stand facing each other within arms reach. Each player clasps his hands together with index (pointing) fingers out. Players hold the same match stick between their index fingers.

Movement: Each player pulls match stick without bending index fingers.

Judging and Scoring: Three chances are given to pull the match stick out of the opponent's hand. Best out of three.

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11. INDIAN STICK PULL

Equipment: Tapered stick about 8 inches long

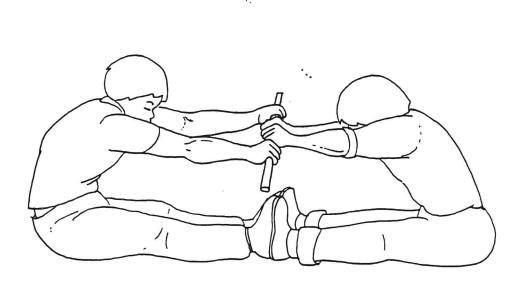
Stance and Start: Both competitors face each other with feet at a comfortable distance. Standing within arms reach, competitors grab the same stick at the ends.

Movement: Opponents pull straight back on the stick and attempt to take the stick out of the opponent's hand.

Judging and Scoring: Best out of three attempts.

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12. STICK PULL

Equipment: Broom handle

Stance and Start: In pairs, competitors sit on floor facing each other with legs straight out in straddle position. Feet match up. Competitors grab the same broom handle so that one man has the outside grip and the other has the inside grip. Knuckles must always be facing up.

Movement: Using arm and leg strength, try to pull opponent over on side.

Judging and Scoring: Best of three tries. Flip a coin for first position of hands then alternate grip for next try.

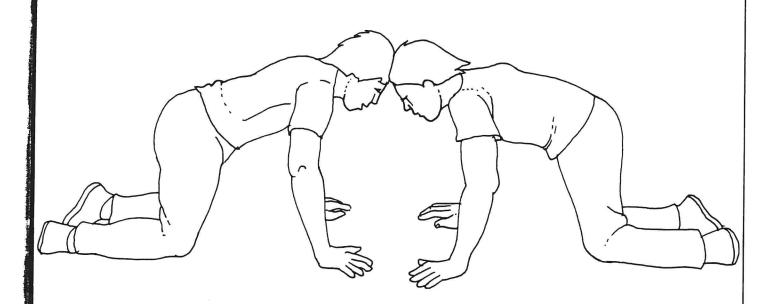
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Head Push

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1. HEAD PUSH

Equipment: None

Stance and Start: Competitors kneel on all fours and place foreheads together.

Movement: Using head strength, try to push opponent out of circle drawn around competitors or until the opponent gives up.

Judging and Scoring: The circle measures about 8 feet in diameter. Best out of three attempts.

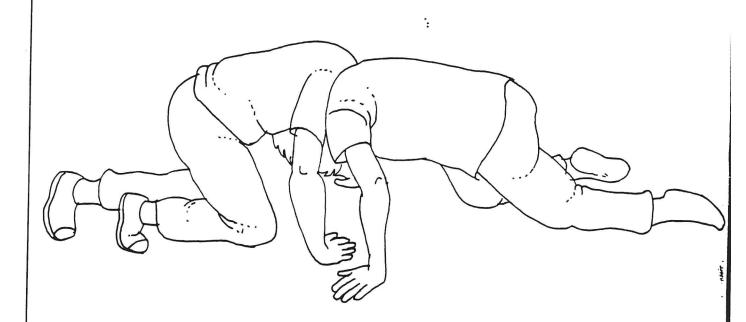
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Musk Ox Fight

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2. MUSK-OX FIGHT

Equipment: None

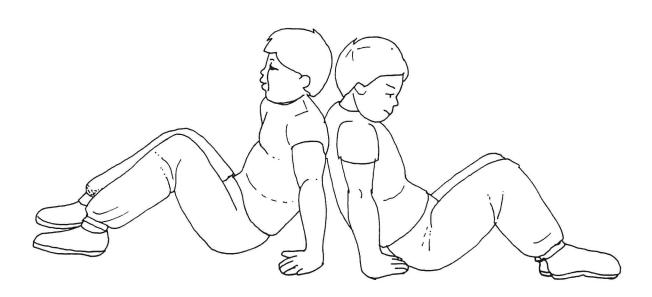
Stance and Start: Competitors get on all fours in the middle of a set circle. Place heads under collar bone of opponent so that opponents press shoulder to shoulder. Head is tucked under.

Movement: Using body weight and strength, opponents try to push each other out of the circle or until the other person gives up.

Judging and Scoring: Best out of three attempts. The circle measures about 8 feet in diameter.

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3. BACK PUSH

Equipment: None

Stance and Start: Both opponents sit on floor with backs together. Place right hand on floor between legs and the left hand on the outside of left leg. Knees are bent with feet flat on floor.

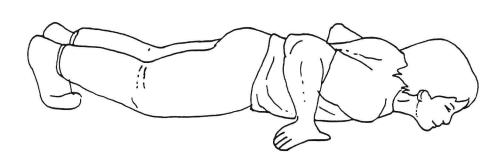
Movement: Opponents may be in circle or have two lines at either end. Using leg, arm and body strength, try to push opponent out of circle or over the line.

Judging and Scoring: Losers foot has to go out of circle or over line. Three tries are given with the best out of three. One try with right hand between legs, one with left hand between legs and the third try, if a tie, will be Eastern style with both hands outside legs.

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Eskimo Style Push Ups



4. ESKIMO STYLE PUSH-UPS

Equipment: None

Stance and Start: Push-up position.

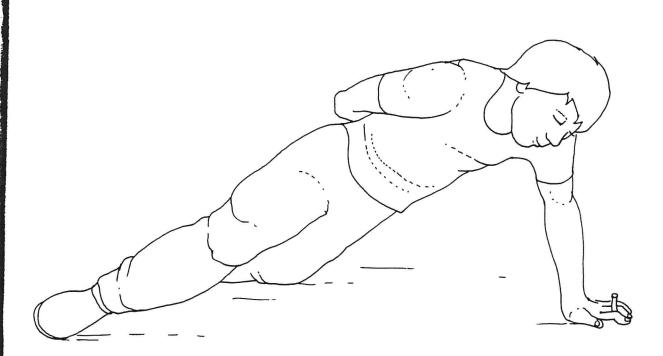
Movement: Push-up and clap hands once in front of chest, push up and clap hands twice, then three times. Push up and swing hands behind back. Clap behind back and then clap in front of chest. Repeat this pattern as many times as you can.

Judging and Scoring: Competitor who does the most claps in repetition wins.

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5. ONE HAND PUSH-UP

Equipment: None

Stance and Start: In push-up position, use one arm to hold body up and the other arm is kept off the ground at side. A match stick is placed between index and middle finger of push-up hand. Feet can be resting on ground, crossed over or flat. Knees must be raised off floor.

Movement: Using arm strength, try to pick up match stick with mouth and return to starting position. Then, put match stick back in fingers again.

Judging and Scoring: Winner is declared by number of lifts (push-ups). If match stick is dropped, start over. Push-ups must be continuous. 4) LYC: AC 6 L 4 6 6 7) 5 6

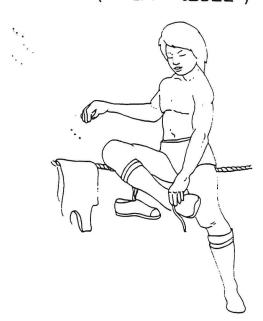
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Rope Gymnastics



Rope Gymnastics (Freestyle) トトレニューション (トトレートン・ションムーシ)



1. ROPE GYMNASTICS

Equipment: Sturdy poles, rope about 3 inches in diameter. Set up support poles and string rope about 7-8 feet high. The rope must be taut with no sags.

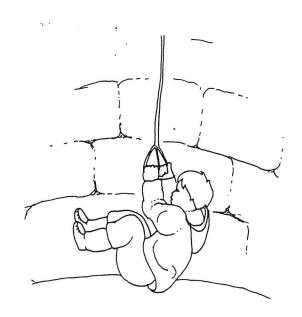
Stance and Start: Competitor grabs rope with one hand overhand and the other opposite with knuckles facing away from body.

Movement: Lift body with arms and try to rotate body around rope without touching stomach to rope. Competitor must not rest on rotation, but movement must be continuous. The person doing the most rotations wins.

Freestyle: Competitor can do anything he wants ... balance on rope with knees or on one hand, jump on rope, do handstand, take off clothes, rotate around knife etc. The competitor with the most original and daring feat wins.

Nalaujamut Nusuunnguanik (Rope Pulling)

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2. NALAUJAMUT NUSUUNNGUANIK (ROPE PULLING)

Equipment: Played inside an igloo usually, this game is a variation of rope gymnastics. A rope is tied to a piece of wood which is placed outside the igloo and dangles inside the igloo. Two loops are made from the rope about eye level.

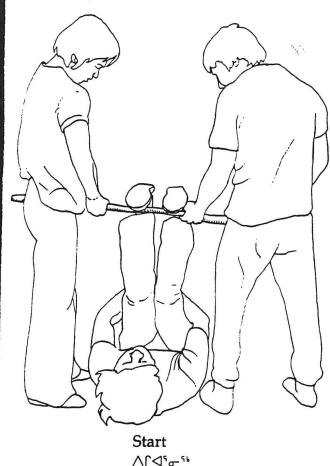
Movement: Competitors grab onto the loops and do all sorts of acrobatic movements such as forward and backward rolls, hanging from the feet, chin-ups, balances and swings. The person doing the most imaginative and daring feat wins.

Traditional rope gymnastics was played in a similar way with the rope strung through the igloo from one end to the other providing many hours of fun and enjoyment.

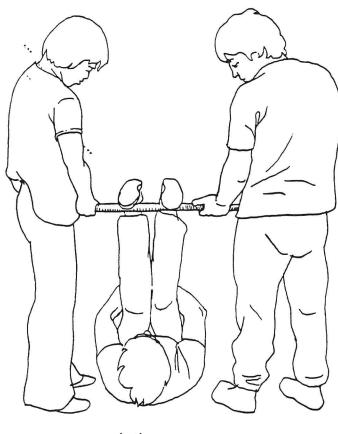
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Toe Hang



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3. TOE HANG

Equipment: A strong pole such as a broom handle

Stance and Start: Have two people hold the pole about 4 feet high. The competitor hangs toes from the pole with or without shoes on. Arms are locked behind the knees and feet are together.

Movement: Lift the body completely off the floor. Competitor hangs on with toes for as long as he can while the pole carriers walk slowly forward or can stay in one place.

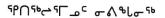
Judging and Scoring: Three tries. The longest time for toe hanging wins. Distance is not a factor.

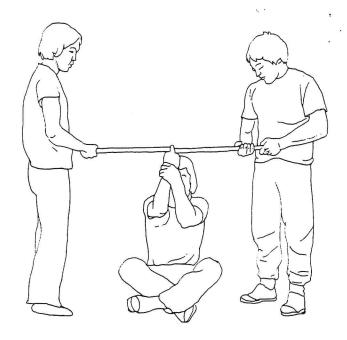
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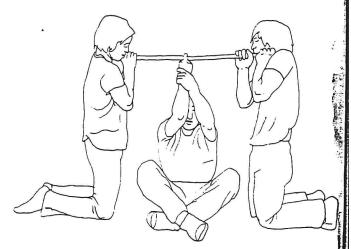
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Finger Hang





Standing position lift ఆర్ట్రార్గాన్ కిగ్రాక్



Kneeling position lift

4. FINGER HANG

Equipment: Broom handle

Stance and Start: Two people grab the broom handle at the ends about 4 feet high. The competitor grabs the broom with the middle finger only of one hand. The other hand grabs the wrist of the hand hanging from the broom. Legs are lifted off the floor and crossed.

Movement: Competitor must hang from the one finger until he gives up. Feet must be off the floor as the two pole carriers move slowly forward or can stay in one place.

Judging and Scoring: The best of three tries. The longest finger hanger wins.

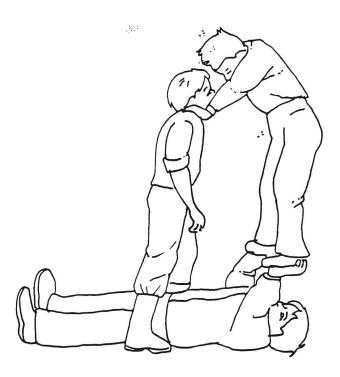
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Eskimo Push Up

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1. ESKIMO PUSH-UP

Equipment: None

JL & Co

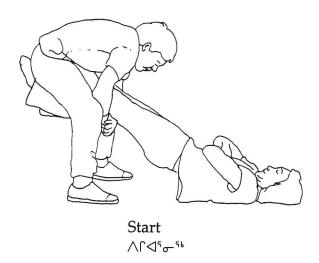
Stance and Start: Competitor lies flat on back with feet outstretched and arms beside head with palms facing up.
Another person stands on hands facing the feet of the competitor lying down.
There is a person standing astride the competitor facing his head who acts as brace and support for the person to be lifted.

Movement: The competitor lifts the standing person so that arms are fully extended and returns him to floor. Once the lift is completed, another lift can be attempted.

Judging and Scoring: The greatest number of continuous lifts wins. Three tries are given for each attempt. Arms must be fully extended in order to count as a lift. The same person should be lifted by each competitor in order for it to be fair.

AJLDO DICDYLOGIC NC PLOTED PARTICION

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2. DEAD MAN WEIGHT LIFT

Equipment: None

Stance and Start: A person lies flat on his back with legs straight out, hands are at the sides or crossed over the chest. The body must remain rigid.

Movement: A competitor grabs the "dead" person around the knees and lifts him off the floor to almost a standing position. Then he returns him to the floor.

Judging and Scoring: The person who does the most continuous lifts wins.

2. AJ&T PSCAJIPAYIDES

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