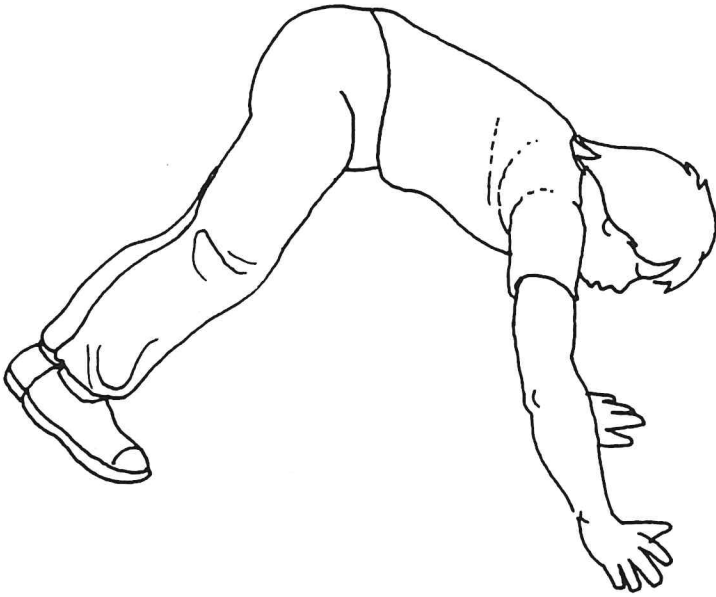


Rabbit Hop

ᐅᑲᑲᑦᑲᑦᑲᑦ ᑦᑲᑲᑦᑲᑦᑲᑦ



1. RABBIT HOP

Equipment: None

Stance and Start: Competitor stands on a set line.

Movement: Thrusting body forward with legs, put both hands on floor in front of you and hop into squat position. Do another hop in the same way, and then leap forward as far as you can in broad jump fashion. You must land on two feet.

Judging and Scoring: Competitor must land balanced on two feet. Farthest distance wins. Distance is measured from the line to the point of landing. The best out of three jumps.

1. ᐅᑲᑲᑦᑲᑦᑲᑦ ᑦᑲᑲᑦᑲᑦᑲᑦ

ᐱᐱᐅᑦᑲᑦᑲᑦ: ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ

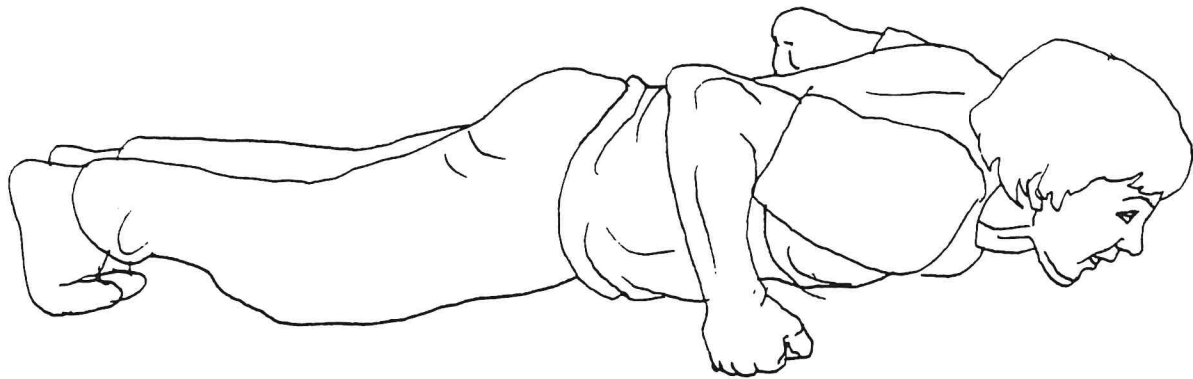
ᐱᐱᐅᑦᑲᑦᑲᑦ: ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᑲᑲᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦ.

ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦ: ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ.

ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ: ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᐱᐱᐅᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ.

Knuckle Hop

ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ



3. KNUCKLE HOP

Equipment: None

Stance and Start: From a push-up position place knuckles on floor, elbows at side.

Movement: Using the height from knuckles to elbows, hop on toes and knuckles for as far as possible. Farthest continuous hop wins.

3. ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ

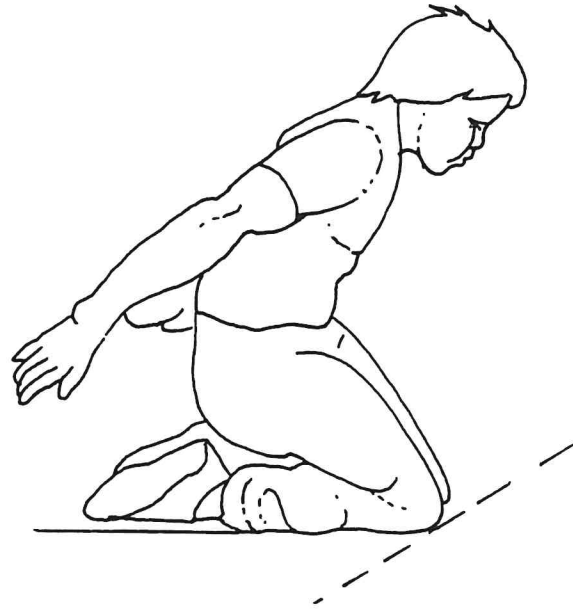
ᑲᑦᑲᑦᑲᑦ: ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ

ᑲᑦᑲᑦᑲᑦ: ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ, ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ.

ᑲᑦᑲᑦᑲᑦ: ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ.

Kneel Jump

ገናዎገሎታል ላይ የሚገኝ ጥንቃቄ ጥራት



5. KNEEL JUMP

Equipment: None

Stance and Start: Kneel on floor with feet tucked under and flat on floor. Measure knees to be right on line by using finger tips to line knees up with marked line on floor.

Movement: Using upper body momentum, thrust body forward to land on feet. Keep balance.

Judging and Scoring: The best out of three tries. Measurement is taken from the heel closest to the line, or any part of your body that falls backwards.

5. ገናዎገሎታል ላይ የሚገኝ ጥንቃቄ ጥራት

ላይታላይ: ለገናዎገሎታል ጥንቃቄ ጥራት

ሰርገናዎገሎታል: ላይታላይ ገናዎገሎታል, ለገናዎገሎታል ላይታላይ ጥንቃቄ ጥራት ላይታላይ ጥንቃቄ ጥራት.

ላይታላይ ጥንቃቄ ጥራት: ገናዎገሎታል ላይታላይ ጥንቃቄ ጥራት ላይታላይ ጥንቃቄ ጥራት.

ላይታላይ ጥንቃቄ ጥራት: ለገናዎገሎታል ላይታላይ ጥንቃቄ ጥራት.

Butt Bump

ᐃᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᐃᑦᑲᑦᑲ



8. BUTT BUMP

8. ᐃᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᐃᑦᑲᑦᑲ

Equipment: None

ᐃᑦᑲᑦᑲ: ᐱᑦᑲᑦᑲᐃᑦᑲᑦᑲᑦᑲ

Stance and Start: Two partners stand back to back with feet together and butts apart by about 6 inches. Measure the distance by placing your thumb on your butt and reach out with hand and place little finger on butt of partner keeping thumb in place.

ᐃᑦᑲᑦᑲ ᑦᑲᑦᑲ ᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲ ᑲᑲᑲᑲᑲᑲ ᐃᑦᑲᑦᑲ ᐃᑦᑲᑦᑲ 6" ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑲᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ.

Movement: Using butt, try and push opponent off balance. Keep feet in place thrust with butt to touch partner. You cannot look behind you.

ᐃᑦᑲᑦᑲᑦᑲᑦᑲ: ᐃᑦᑲᑦᑲ ᐃᑦᑲᑦᑲ ᐱᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲ ᐃᑲᑲᑲ ᑲᑦᑲᑲᑲᑲᑲᑲᑲᑲᑲᑲ ᑲᑦᑲᑲ ᐃᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ.

Judging and Scoring: Best out of three tries. Person who knocks the most people off balance wins.

ᐃᑦᑲᑦᑲᑦᑲᑦᑲ: ᐱᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲ ᐃᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲ.

Sitorktaq

ᠰᠢᠲᠣᠷᠬᠲᠠᠬᠤ



10. SITORKTAQ

Equipment: None

Stance and Start: In squat position with hands free.

Movement: Legs are thrust out in front alternatively (similar to Russian type dancing).

Judging and Scoring: The person who kicks the longest is the winner.

10. ᠰᠢᠲᠣᠷᠬᠲᠠᠬᠤ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

11. TWO STRIDE JUMP

Equipment: None

Stance and Start: From a running start, competitor approaches line.

Movement: Competitor jumps from a set line with a two stride jump landing on one foot for the first jump and two feet on the second. Take off is on one foot.

Judging and Scoring: The farthest jumper wins.

11. ᠰᠢᠲᠣᠷᠬᠲᠠᠬᠤ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ

ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ ᠠᠴᠢᠰᠢᠨ



12. SEALSKIN/CARIBOU SKIPPING

12. ᑖᑦᑕᑦᑎᑦ ᑖᑦᑎᑦᑎᑦᑎᑦ

Equipment: Long skipping rope with a sealskin or caribou skin wrapped around the middle of rope. The sealskin or caribou hide measures at least one foot thick.

ᐱᑕᑎᑦᑎᑦ: ᐱᑦᑎᑦᑎᑦ ᑕᑦᑕᑦᑎᑦ ᑖᑦᑕᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ.

Stance and Start: Two persons hold rope and swing it back and forth. Competitors must jump into the swing and begin jumping.

ᐱᑦᑎᑦᑎᑦᑎᑦ: ᑖᑦᑕᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ.

Movement: The rope is swung back and forth without going over the head of competitor. Competitor must jump over the rope where the skin is always facing the rope. He cannot jump sideways. On third or fourth swing, rope goes over head of competitor.

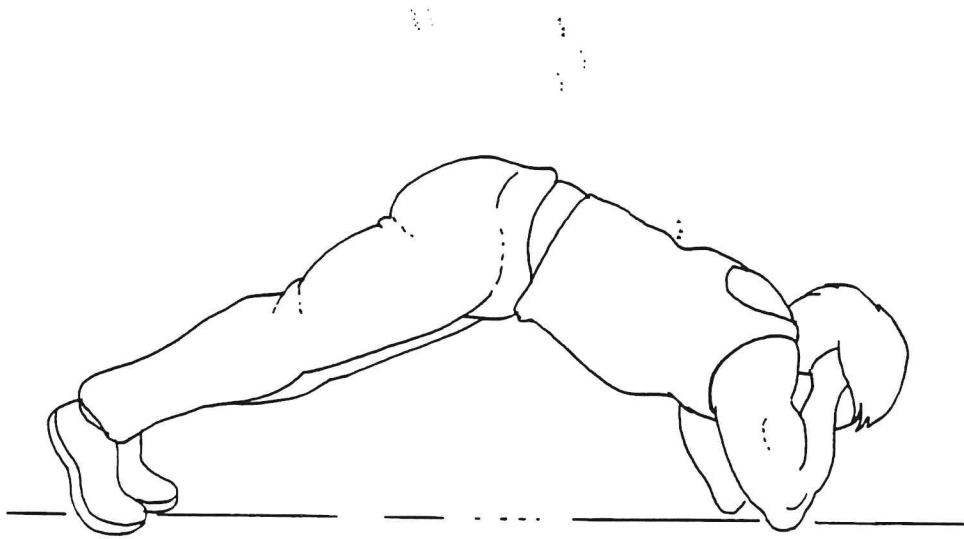
ᐱᑦᑎᑦᑎᑦᑎᑦ: ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ.

Judging and Scoring: Winner is declared by greatest number of jumps (continuous). The rope can touch the jumper, as long as the jumper maintains balance and keeps jumping.

ᑖᑦᑎᑦᑎᑦ: ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ ᑖᑦᑎᑦᑎᑦ.

Elbow Walk

Δδρῶν Ἰὰ Ἀρῶν



13. ELBOW WALK

13. Δδρῶν Ἰὰ Ἀρῶν

Equipment: None

Ἀπὸ τὸν ἀγωνιστὴν ἀπαιτεῖται: Ἄνευ ἐξοπλισμοῦ

Stance and Start: Lying flat on stomach, competitor grabs ears so that elbows are upright and feet are together.

Ἀποστολή: Ὄντας ἐπί τῆς κοιλίας, ὁ ἀγωνιστὴς ἔπαιρνε τὰ ὦτα, ὡς νὰ ῥυθμισθῶν ἵνα ἡ ἀκροαπὸν ῥηθῶν ὀρθῶν καὶ ἡ πόδια ῥηθῶν.

Movement: Lifting body completely off floor, weight is placed on elbows and toes. Walk in this position for as far as possible.

Ἀποστολή: Ὁ ἀγωνιστὴς ἔγειρε τὸ σῶμα ἀπὸ τὸ ἔδαφος, ἵνα ἡ ἀκροαπὸν καὶ ἡ πόδια ῥηθῶν ὀρθῶν. Ὁ ἀγωνιστὴς ἔπαιρνε τὰ ὦτα, ὡς νὰ ῥυθμισθῶν ἵνα ἡ ἀκροαπὸν ῥηθῶν ὀρθῶν καὶ ἡ πόδια ῥηθῶν.

Judging and Scoring: Winner is measured by farthest distance walked. Body cannot drop to floor.

Ἡ ἀποστολή: Ὁ ἀγωνιστὴς ἔπαιρνε τὰ ὦτα, ὡς νὰ ῥυθμισθῶν ἵνα ἡ ἀκροαπὸν ῥηθῶν ὀρθῶν καὶ ἡ πόδια ῥηθῶν.

