

3. STRADDLE LIFT

Equipment: None

Stance and Start: Competitor sits on floor with legs apart in straddle position. Another person sits between the legs of competitor with knees drawn up. Competitor grabs person under the knees.

Movement: From this position, lifter must stand up with person and return to the floor without dropping person to floor.

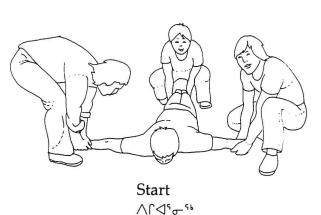
Judging and Scoring: Greatest number of lifts wins.

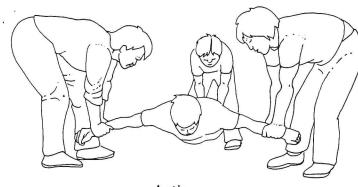
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4. AIRPLANE

Equipment: None

Stance and Start: Competitor lies on stomach with arms straight out at sides and feet firmly together. Body stays firm and rigid.

Movement: Competitor is lifted by three people, one holding his feet, and the other two on each of his arms. The competitor must remain rigid so that body is raised 2-3 feet above floor. When the body sags, the stomach should just touch floor (this is a good indicator of the height the competitor should be lifted). Competitor is carried in this position for as far as possible.

Judging and Scoring: Body must not sag. Shoulders should not drop below arms or bend at the elbow. The event is timed as well as distance measured since some carriers may walk faster than others. Carriers should try to keep a steady pace. *Girls* may want to try this event by bending their arms and getting lifted by elbows.

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5. EAR LIFT

Equipment: A weight is made with a loop for the ear and allowing for a number of weights to be put on the end. The rope measures about 2-3 feet long. There are weights ranging from 5 pounds to 15 pounds.

Stance and Start: The weight is looped around any ear and the competitor bends over slightly at the waist. Beginning with 5 pounds, the competitor will increase up to 15 pounds weight.

Movement: On a signal, the competitor walks forward lifting the weight off the floor and carrying it with his ear for as far a distance as his ear will allow.

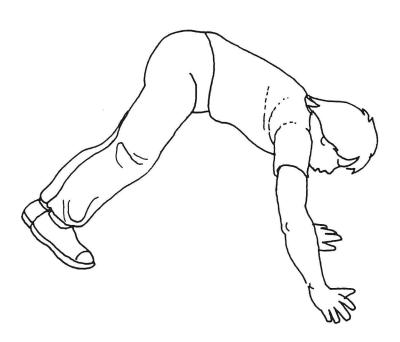
Judging and Scoring: Once the weight touches the floor or drops off the ear, the competitor stops and the distance is measured. The person carrying the heaviest weight the farthest is the winner.

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Rabbit Hop

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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.

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Owl Hop

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2. OWL HOP

Equipment: None

Stance and Start: Start on set line. Hook one foot behind the knee and bend half way down. Any leg will do.

Movement: Bounce or hop for as far as you can without quitting.

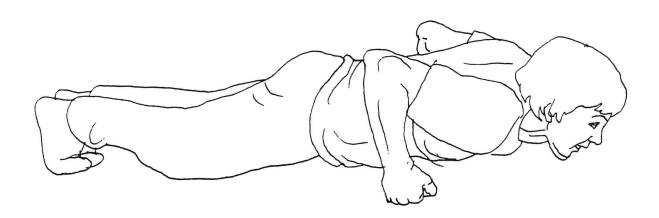
Judging and Scoring: Farthest distance wins. Hops must be continuous.

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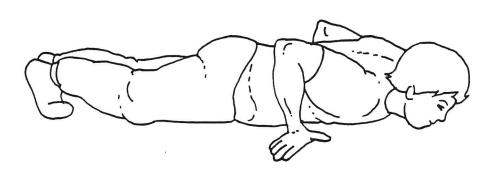
3. KNUCKLE HOP

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.

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4. PUSH-UP HOP

Equipment: None

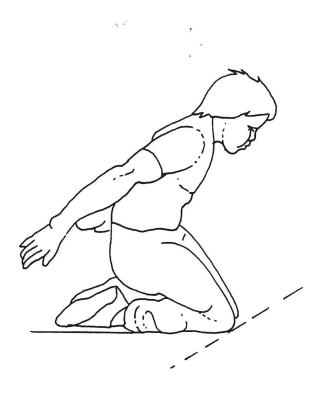
Stance and Start: Same position as knuckle hop except weight is placed on hands.

Movement: Hop on hands and feet for as far as you can. Stomach cannot touch floor and feet must be together.

Judging and Scoring: Farthest distance wins. Hops must be continuous.

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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.

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6. STANDING HIGH JUMP

Equipment: Rope

Stance and Start: Two people hold rope at a given height (starting at 2 feet).

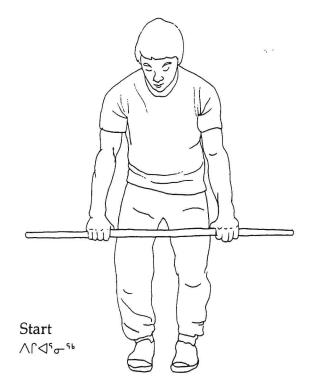
Movement: Competitor tries to jump over rope at a certain height without feet or body turning sideways on jump.

Judging and Scoring: Three tries at each height. Highest jumper wins.

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Stick Jump



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7. STICK JUMP

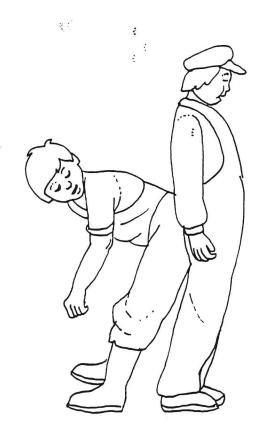
Equipment: Broom handle

Stance and Start: With feet together, grab broom handle in overhand grip about the distance of shoulders apart.

Movement: Without loosening grip, jump over the broom handle and back again without resting or pausing.

Judging and Scoring: Each jump is measured by the distance of grip on broom handle. If the jump is completed, move hands in together two inches on each hand. This makes the jump harder. Hands keep moving together until hands join up and jump must go through the loop in arms. Three tries per jump.

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8. BUTT BUMP

Equipment: None

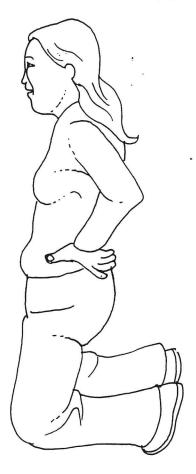
Stance and Start: Two partners stand back to back with feet together and butts apart by about 6 inches. Measure the distance by placing your thumb on your butt and reach out with hand and place little finger on butt of partner keeping thumb in place.

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

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

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9. SQUAT JUMP

Equipment: None

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Stance and Start: In squat position and hands on hips, have feet slightly apart.

Movement: Move from squat position to knees and back again in quick movements.

Judging and Scoring: The longest time a competitor squat jumps is the winner.

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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.

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.

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12. SEALSKIN/CARIBOU SKIPPING

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.

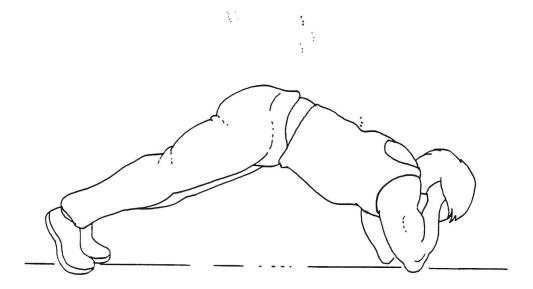
Stance and Start: Two persons hold rope and swing it back and forth. Competitors must jump into the swing and begin jumping.

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.

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.

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13. ELBOW WALK

Equipment: None

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

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

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

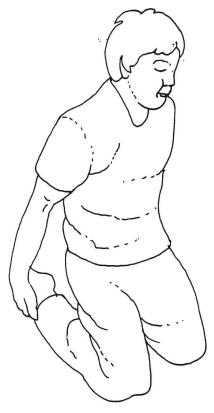
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Knee Walk

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14. KNEE WALK

Movement: Competitors get down on knees and grab feet behind back lifting them off the floor. In this position, competitors walk on knees for as far as possible. The farthest knee walker is the winner. The feet cannot touch the floor.

15. MISIQTUKTUT (SKIPPING)

Equipment: Long skipping rope

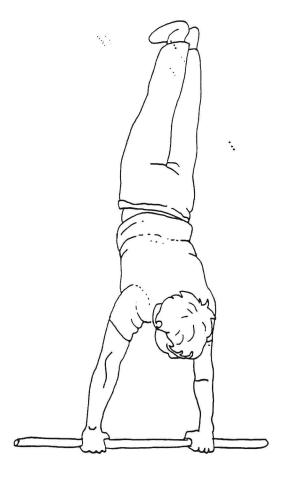
Movement: One or more jumpers may skip at a time. Jumpers hop from one leg to the other, alternating feet at each turn of the rope.

Judging and Scoring: The person who jumps the longest and fastest wins.

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16. STICK WALK

Equipment: Broom handle

Stance and Start: From a set line, the competitor grabs the broom handle with fists at a comfortable distance apart.

Movement: Still holding onto the broom handle, the competitor gets into a handstand position and walks on his knuckles still holding the broom. If successful, bring hands together an inch so that maintaining balance becomes harder.

Judging and Scoring: Three tries are given. The person who goes the farthest distance with their hands closest together is the winner.

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Missittanguak (Window Jump)

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17. MISSITTANGUAK (WINDOW JUMP)

Equipment: Igloo ice window or frosted glass window

Stance and Start: Two posts are placed in the wall of the igloo right in front of the ice window. Three small dots are made on the window with a warm fingertip. Each dot is about an inch apart, one higher than the other.

Movement: Players grab the posts and jump from a standing position placing the tongue on the window as close to the top dot as possible.

Judging and Scoring: The mark left by the tongue is easily noticed. The person who reaches the highest with their tongue is the winner. Sometimes this is done without the posts requiring more leg strength.

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18. HEEL KICKS

Stance and Start: Players stand on floor with feet slightly apart.

Movement: Players jump straight up in the air from two feet and click heels together in mid-air. Continue to do this until your endurance gives up. Planting feet farther apart makes it harder.

19. HAND WALK

Competitors go into a handstand position and walk on their hands for as far as possible. The longest hand walker wins. The feet cannot touch the floor.

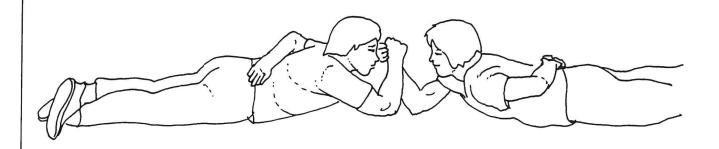
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Wrist Twist



1. WRIST TWIST

Equipment: None

Stance and Start: Two competitors lie on floor facing each other on their stomachs. Each grab right hands with other arm behind back. Right elbows are resting on the floor.

Movement: On signal, opponents try to twist each other's arm to floor. Legs are crossed.

Judging and Scoring: The best out of three attempts. If legs become uncrossed, the twist must be redone. The elbows should not be lifted off the floor during play.

1. ALDASLE SPARTASES

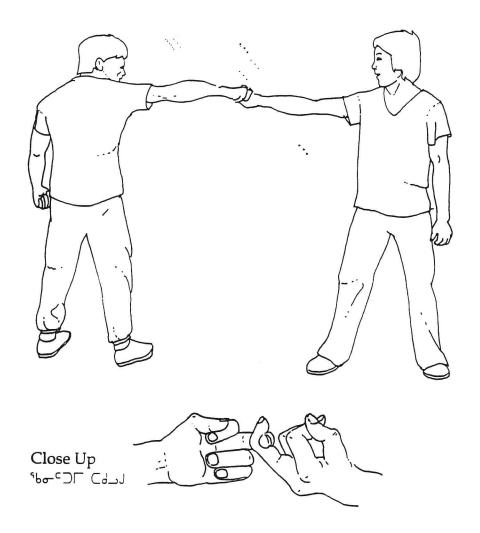
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Finger Twist

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2. FINGER TWIST

Equipment: None

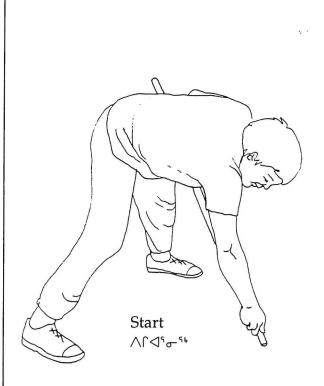
Stance and Start: Both competitors stand facing each other with arm fully extended (either arm may be used). Lock middle fingers of the right hand with feet at comfortable distance.

Movement: On signal, opponents try to twist finger to the left or right until opponent gives up. Then try other hand.

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

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Twist Around Stick



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3. TWIST AROUND STICK

Equipment: Broom handle

Stance and Start: Measure tip of broom handle from nose to outstretched hand. With one hand, hold at the point measured and with the other, hold anywhere on the broom handle.

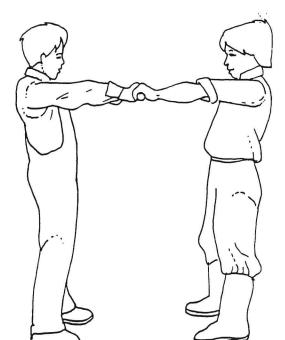
Movement: Place broom handle in front on floor and slowly twist around the handle keeping it firmly on the floor. Feet must also remain in position. If successful, decrease the distance by two inches on broom handle so that the handle is shorter from the distance of the hand to the floor. Head must rotate under arms on twist.

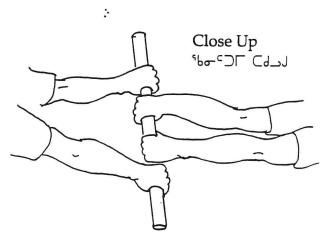
Judging and Scoring: The competitor who can do the most twists closest to the floor wins.

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Stick Twist





4. STICK TWIST

Equipment: Broom handle

Stance and Start: Two competitors face each other standing. The broom handle is held by both competitors with one person having outside grip and the other person having inside grip of both hands. Feet are at a comfortable distance apart.

Movement: With forward rotation curl, try to twist opponent's hands downwards. Knuckles are facing up and the curl will force knuckles back towards the chest of opponent. Switch grip.

Judging and Scoring: Flip a coin to determine first grip. Best out of three attempts.

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5. NECK TWIST

Equipment: None

Stance and Start: Two competitors kneel on floor side by side on given line with inside knees touching. Knees can be spread at a comfortable distance. Players grab each other around the neck with inside arm and clasp their free hand in front by chin of opponent.

Movement: Using arm strength, both competitors try and twist or flip opponent over the line. First grab (position of arms) is decided by flip of coin.

Judging and Scoring: Best out of three attempts.

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