



12th Annual Arctic Sports Championship

2023 Technical Package



Championship Information

Location: Canada Games Centre – Flexihall

Date: November 29th, November 30th & December 1st, 2023

Daily Schedule:

8:00am Officials and Scorekeepers Meeting

8:30am-9:15am Athletes Arrive

9:20am Coaches Meeting

9:30am Opening Ceremony

9:40-2:00pm Arctic Sport Events

*11:00am-1:00pm Lunch/Snacks on second floor concourse (partnership with YFNED)

2:00-2:30pm Final Awards

Host Venue

The Canada Games Centre is a public venue. Your athletes will not need a wrist band, nor do you need to check in with the front desk. There are change rooms for the flexihall and bathrooms. There is a water fountain for water bottles or if the athletes forget their water. Please ensure your athletes are not roaming the CGC unsupervised when they are not competing.

If athletes leave anything behind, we will share on our Facebook page the items and hold them at our office 202D Strickland Street for pick up.

Arctic Sport Events

Grades	Events
Grades 2-4	Kneel Jump Inuit Stick Pull Triple Jump Seal Crawl <i>2-Foot-High Kick</i>
Grades 5-7	Kneel Jump Triple Jump One-Foot-High Kick Stick Pull (Dene Games) <i>Seal Hop</i>
Grades 8-12	Kneel Jump Triple Jump <i>Alaskan High Kick</i> One-Foot-High Kick Arm Pull One Hand Reach

**If we run out of time, we will cut an event.*

Registration Information

Athlete Eligibility

All students may participate in the Arctic Sports Championship and do not need to be of Indigenous decent.

Teachers/Schools select students for their teams – if there are any exemptions, please bring it forward to rose@yasc.ca or call and we can work something out (ex. If you are coming from a community or high school).

Athletes

Each school may bring up to their allowed maximum number of athletes listed below. You may bring as many coaches and support staff as you need.

Grades	Male	Female	Total per school
2	6	6	12
3	6	6	12
4	6	6	12
5	8	8	16
6	8	8	16
7	8	8	16
8	5	5	10
9	5	5	10
10	5	5	10
11	5	5	10
12	5	5	10

Registration:

Deadline for registration is **November 24th, 2023**. This allows us time to organize officials and scorekeepers and organize each station.

If you have any athletes with dietary concerns, please also let us know so that we may pass along to YFNED!

Please submit attached form to:

Inter-School Coordinator

Rose Inglangasuk

rose@yasc.ca

867-335-4051

Yukon Aboriginal Sport Circle

Officials and Score Keepers

Officials

Officials are selected based on their Arctic Sports knowledge. They are responsible for ensuring athletes and coaches are following the rules set out in the technical package. They assist in keeping an orderly and correct record of the competition. The head official's decision is final during the competition.

Score Keepers

Responsibilities include keeping score, spot and measure athletes jumps/kicks. They call athletes to compete and help tally results for the head official.

To ensure the games run timely and smoothly we have at least 12 officials each day and 6-8 score keepers and multiple other staff. We are hosting a training clinic for officials and score keepers on, *November 18th at Porter Creek Secondary School from 3-5pm.*



Our event wouldn't run smoothly without the help of our volunteers!

Scoring and Awards

Scoring

Double elimination brackets are used for scoring arm pull, Inuit stick pull and Dene stick pull. Final matches will be determining the 1st-3rd place winners. Once an athlete loses two rounds, they are out of the competition. If an athlete wins their round, they tell the scorekeeper their name and school.

Kicking Scoresheet Samples (One foot, Two foot, Alaskan, and One hand reach)

Event:				Officials:		Scorekeeper:	
Hit:  Miss: 							
First Name	Last Name	School	Starting Height				
Rose	Thomas	GMP					

Triple Jump/Kneel Jump Scoresheet Samples

Event:				Officials:		Scorekeeper:	
First Name	Last Name	School	Jump 1	Jump 2	Jump 3	Farthest	Place
Rose	Thomas	GMP					

Seal Hop/Crawl Scoresheet Sample

Event:				Officials:	Scorekeeper:		
First Name	Last Name	School	Distance	Place			
Rose	Thomas	GMP					

Tie Breaking

One foot high kick, two-foot-high kick, Alaskan high kick, and one hand reach

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 one 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

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 per grade.

Overall ribbons for 1st-3rd for each gender and grade.

School Banners

Given to the top three schools 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.

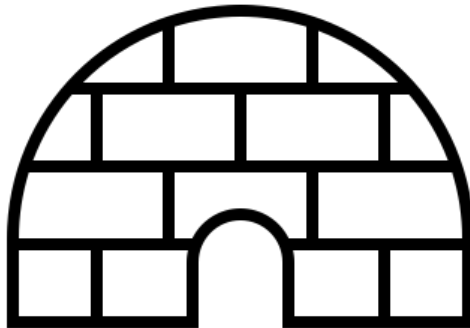
For 2023 we will be trying to give out medals throughout the day and the overall athletes/schools at the end. In order to wrap up faster so that athletes can leave by 2:30 on the buses.

Arctic Sports Championship Record Holders

We are hoping to have this information for the AS Championship this year!

SEAL CRAWL

The seal crawl is a game of endurance that allows you to practice sneaking up on seals.



Athletes start with their hands directly behind the start line laying on their stomachs. The head official will say “Ready, Up” and athletes lift their chest up with their legs crossed behind them. Then the official will indicate when to go.

Athletes must remain in this position and pull themselves towards the finish line as quickly as possible.

Bottoms must not be higher than the shoulders at any given time. The winner is the athlete who crosses the line first.

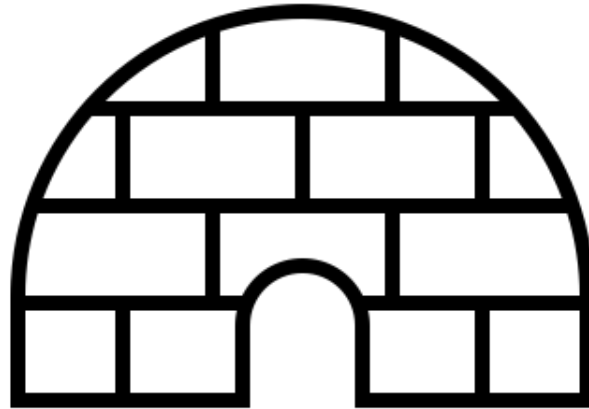
Attempts: Athletes times will not be counted if their hands are not touching the starting line, they don't not keep their legs crossed during the race or use any other body part to help them cross the finish line the fastest.

Scoring: This is a timed event. The athlete that goes the fastest across the finish line will win.

Competition Area: Each lane will be 13m long and 2 m wide.

SEAL HOP

The Seal Hop is a game of endurance that allows you to practice sneaking up on seals.



Athletes start with their hands directly behind the start line laying on their stomachs. The head official will say “Ready, Up” and athletes assume a push up position. Then the official will indicate when to go.

Athletes must remain in this position and hop in a continuous fluid forward motion on their hands and toes only at the same time.

Bottoms must not be higher than the shoulders at any given time. The winner is the athlete who travels the farthest distance without stopping. Athletes may cross the designated line and do a 180° so long as both hands cross the line.

Attempts: Athletes will only have one go at this. The officials will give them two warnings to correct their form. The third infraction the athlete will receive a tap on the shoulder, and they would be scored at whatever distance they got on their 3rd warning.

Scoring: Placing will be based on distance – they will measure where your shoulder is on the ground. Once the athlete is finished remaining put until an official can mark your shoulder.

Competition Area: We will have six lanes and each lane is about 13 metres long.

INUIT STICK PULL OR ESKIMO STICK PULL

This game was developed to develop hand strength allowing hunters to pull seals from the ice.



Two athletes begin by sitting on the floor facing each other with the soles of their feet touching. Each athlete's feet must be parallel and together, and their knees bent at a 90° 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 their palms facing the floor. Grip positions alternate after each round of competition. One athlete's hands are on the inside and the other athlete's hands are on the outside.

Each athlete tries to pull their opponent steadily towards them without jerking.

Attempts: Athletes will lose the round if they are pulled over by their opponent, release their grip with one or both their hands, or fall sideways. Each athlete is given two warnings to correct form. If a third pull is needed the official on site will do a coin toss to determine who gets which grip.

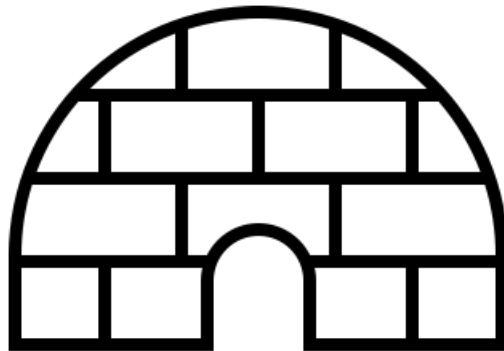
Athletes may wear mukluks or properly tied shoes or even go barefoot. All jewelry and sports tape must be removed for each pull.

Scoring: The athlete that wins two out of three pulls – once an athlete wins, they must go to the scorekeeper and state their full name and school. Double elimination brackets will be used for this competition. The athlete that goes the furthest in the bracket will be the winner.

Competition Area: There will be six stations. Once we are down to the top ten, we will lessen the number of stations.

STICK PULL (DENE GAMES)

This game representing grabbing slippery fish out of the water.



Two athletes stand next to each other facing opposite directions. Their stance should be staggered – their inside foot should be touching the opponents foot and the outer foot back. The athletes inside hand is the pulling hand, and the outside hand is placed behind your back. Once the official greases the stick they place it in the middle of the athletes. The official will say “grip” and both athletes grip the stick at the same time behind the centre line. The athletes then wait for the official to say “go” to pull.

Attempts: During the competition, both athletes must be actively pulling. The stick cannot be raised higher than the tallest opponent’s shoulder, and intentional contact is not allowed. Athletes may not wipe their hands until a winner of the pulls is determined. Jerking, twisting, turning, moving your feet, or adjusting your grip is not allowed. Officials will give each athlete two warnings, and the third warning will result in the opponent winning that round.

Scoring: The competition is best of three pulls. If necessary, a coin flip will determine the third pull. The winner of a pull is declared when the stick is pulled from the hand of the opponent. Once a winner is determined they must go to the scorekeeper with their full name and school.

Competition Area: There will be six stations and once we get to the top ten, we will reduce the number of stations.

ARM PULL

Arm Pull tests athletes strength.



Two athletes sit on the floor facing each other. With one leg under their opponents bent knee. Using the same side arm as your bent knee lock arms at the elbow. Your free hand is placed on the ankle or foot of your opponent.

On a signal from the official the athletes begin to pull straight back.
The athlete must pull their opponents arm straight or pull them over.

Attempts: For the second round the athlete's alternate arm and leg positions. At no time can an athlete rest their elbow on their knee or leg during the pull. Athletes will be given two warnings to correct their form; on the third infraction, the athlete will lose that pull. If an athlete re-grips their elbow or foot during the pull they will lose that pull.
All jewelry, sport tape and clothing must be removed from the arm.

Scoring: Athletes must win two out of three pulls. If a third pull is needed the official will toss a coin. This is a double elimination event – so once an athlete wins the round, they must get the scorekeeper their full name and school. The athlete that makes it the furthest wins the competition.

Competition Area: There will be six stations set up with mats.

KNEEL JUMP

Practicing the Kneel Jump strengthened your legs allowing you to jump from ice patch to ice patch and lifting animals while hunting.



Athletes start in a kneeling position behind the start line with the tops of their feet and toes flat on the floor.

While in this position athletes may move their body up and down and swing their arms to gain momentum. The athlete leaps forward from this kneeling position.

The athlete then lands with both feet simultaneously, without moving afterwards.

Attempts: The student must remain where they land until the official measures the length of the jump. The landing must be controlled with no other body parts touching the floor. Athlete is given 3 attempts and will have one minute to complete each jump. No kneepads are allowed. Athletes may wear mukluks, gym shoes, or be bare foot.

Scoring: The winner is the athlete that jumps the farthest distance. The measurement is taken from the heel closest to the starting line.

Competition Area: There will be stations and athletes are to form a line. Athletes will jump and go around the competition area and get to the back of the line to await their next jump.

TRIPLE JUMP

They practiced triple jump to hop from iceberg to iceberg to get back to land safely and swiftly.



Athletes may take a running start or standing start.

The athletes jump 3 consecutive times with both feet moving simultaneously (no galloping). Athletes must land their jump and not fall over. Athletes may continue down the competition area after their 3rd jump without penalty.

Attempts: Athletes are allowed 3 attempts. The athlete's feet must not cross the starting line during their first jump, and they must take off with both feet simultaneously.

Scoring: The official will measure from the back of the heel closest to the start line. Athletes are allowed 3 attempts, and their greatest distance will be their result. The athlete with the greatest distance jumped will be the winner.

Competition Area: The starting line will be clearly indicated prior to start of the jumps. There should be 10m prior to the start line and the lanes should be 30m long and 2m wide.

ONE FOOT HIGH KICK

The One Foot High Kick was used as a signal for a successful hunt.



Each athlete must jump off the ground with both feet simultaneously.

The athlete kicks the ball with one foot and lands on that same kicking foot while maintaining balance and control.

Hopping on one foot is allowed while maintaining balance. Landing on both feet, landing on the non-kicking leg, or falling over will be counted as a missed attempt.

Grade 5-7 Starting Height

Girls: 36" Boys: 43"

Grade 8-12 Starting Height

Girls: 46" Boys: 56"

Attempts: Athletes will be allowed a warmup kick then they are allowed 3 attempts at each height. When the athletes knee bends it will be marked as an attempt. Athletes are allowed to do a spot check by jumping vertically (without bending the knees) in front of the ball. The ball will be raised in 4" increments after each round. There is a time limit of one minute in the preliminary rounds. When only 5 athletes remain, the ball will be raised by 2" until the record is set, and the time limit will be increased to 3 minutes.

Scoring: The winner will be the athlete who successfully kicks the ball at the highest measured competition height. In the event of a tie, see the tie breaking rules.

Competition Area: There will be 6 kicking stations with kick stands and balls. Athletes may be bare foot, have mukluks or gym shoes.

TWO FOOT HIGH KICK

Two Foot High Kick signaled a successful hunt in the springtime.



Athletes must jump off the ground with both feet simultaneously.

Athletes then kick the ball with both feet, land, and maintain their balance. The ball does not have to be hit with both feet as long as both feet and heels are parallel and even.

Both feet must hit the floor at the same time when landing. Hopping on both feet simultaneously is okay while maintaining balance.

Grade 5-7 Starting Height

Girls: 24" Boys: 30"

Grade 8-12 Starting Height

Girls: 42" Boys: 50"

Attempts: Athletes will be allowed a warmup kick then they are allowed 3 attempts at each height. When the athletes' knees bend it will be marked as an attempt. Athletes are allowed to do a spot check by jumping vertically (without bending the knees) in front of the ball. The ball will be raised in 4" increments after each round. There is a time limit of one minute in the preliminary rounds. When only 5 athletes remain, the ball will be raised by 2" until the record is set, and the time limit will be increased to 3 minutes.

Scoring: The winner will be the athlete who successfully kicks the ball at the highest measured competition height. In the event of a tie, see the tie breaking rules.

Competition Area: There will be 6 kicking stations with kick stands and balls. Athletes may be bare foot, have mukluks or gym shoes.

ALASKAN HIGH KICK

This game was played inside igloos in the wintertime to help develop coordination, concentration and upper body strength.



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 opposite foot. Leaning back on the hand opposite of balancing foot, the athlete thrusts the balancing foot upwards, and kicks the ball. Athletes may start their kick from a seated position. The athlete must land on the same foot that kicked and maintain balance. Athlete must take off and land on the same side of their body.

Grade 5-7 Starting Height	Grade 8-12 Starting Height
Girls: 24” Boys: 30”	Girls: 36” Boys: 42”

Attempts: No double kicks are allowed. Athletes may balance on the palm, fingers or knuckles. Athletes cannot pivot or move their hand off the floor. Once the athlete’s kicking foot is off the floor, it is counted as an attempt. There will be a warmup kick, then each athlete is allowed 3 attempts at each height. The ball will be raised in 4” increments after each round. There is a time limit of one minute in the preliminary rounds. When only 5 athletes remain, the ball will be raised by 2” until the record is set, and the time limit will be increased to 3 minutes

Scoring: The winner will be the athlete who successfully kicks the ball at the highest measured competition height. In the event of a tie, see the tie breaking rules.

Competition Area: There will be 6 kicking stations with kick stands and balls. Athletes may be bare foot, have mukluks or gym shoes.

ONE HAND REACH

One Hand Reach develops balance and strength. This game was easily played in smaller spaces.



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 the athlete touches the ball, they must bring their 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.

Grade 8-12 Starting Height

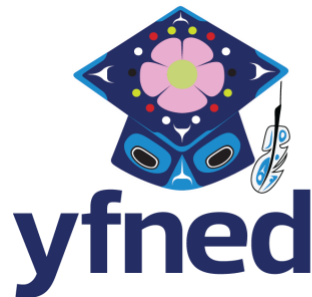
Girls: 42” Boys: 46”

Attempts: Athletes will be allowed a warmup reach then they are allowed 3 attempts at each height. The ball will be raised in 4” increments after each round. There is a time limit of one minute in the preliminary rounds. When only 5 athletes remain, the ball will be raised by 2” until the record is set, and the time limit will be increased to 3 minutes.

Scoring: The winner will be the athlete who successfully reaches the ball at the highest measured competition height. In the event of a tie, see the tie breaking rules.

Competition Area: There will be 6 kicking stations with kick stands and balls. Athletes cannot wear wristbands or wrist guards etc.

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