

WHITEHORSE 2026



TECHNICAL PACKAGE for ARCTIC SPORTS



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Dedication

This Technical Package is dedicated to the memory of Ian Legaree. Ian served as the Technical Director of the Arctic Winter Games International Committee for more than 25 years. During that time he brought order, organization and consistency to the process of developing the Sport Technical Packages that guide the conduct of competitions at the Arctic Winter Games. Through his many hours of work and extensive technical knowledge of multiple sports, the clarity, quality, and functionality of the Sport Technical Packages improved continuously, always with the objective of improving the competition experience of all participants, while ensuring safe and fair competition. His dedication to this task has enhanced the Arctic Winter Games experience for thousands of participants, which is his lasting contribution to the Games.

1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

2. Eligibility

Please refer to Appendix F for detailed eligibility rules

3. Registering for the Games

- 3.1. All participants (athletes, coaches and chaperones) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro), including registering for specific events, no later than 14 days prior to the Opening Ceremony.
- 3.2. Chefs de Mission are responsible for ensuring compliance with 3.1 by all members of their jurisdiction's delegation.
- 3.3. Changes to team rosters in the final 14 days prior to the start of the Arctic Winter Games must be made through the Host Society.

4. Rules Governing Competition

- 4.1. See Appendix A, International Sport Federation Rules, and Appendix C, Arctic Winter Games Technical Rules for more detailed information.

5. Governing Body Sanction

- 5.1. It is not required that this competition be sanctioned by a sport governing body.
- 5.2. If this competition is sanctioned, the Host Society must advise the jurisdictions on sanctioning and any related matters that might affect their teams

6. Participants and Age Classes

- 6.1. Each Participating Unit may enter a team comprised of up to 18 athletes and four (4) coaches as shown in the table below.
- 6.2. All competitors must have been born in 2013 or earlier in order to meet the minimum age requirement of the AWG International Committee.

Class Name	Years of Birth	Athletes in Age Class	
		Male	Female
U17	2009-2013	5	5
Open	2008 and before	4	4
Coaches		2	2

- 6.3. If qualified coaches are available - or otherwise approved by the AWGIC Technical Director and Technical Coordinator – a minimum of one coach must be female and a minimum of one coach must be male.
- 6.4. If a coach from one gender is not available a chaperone of that gender must be substituted.
- 6.5. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

7. Competition Program

The competition program shall consist of these events

- 7.1. One Foot High Kick
- 7.2. Two Foot High Kick
- 7.3. Alaskan High Kick
- 7.4. Kneel Jump
- 7.5. Airplane (Open Male only)
- 7.6. One Hand Reach (Open Male and Female only)
- 7.7. Head Pull (Open Male only)
- 7.8. Arm Pull (Open Female and Junior categories only)
- 7.9. Knuckle Hop (Open Male only)
- 7.10. Triple Jump
- 7.11. All-Around

8. Competition Schedule

- 8.1. Competition shall be conducted as per the schedule below.
- 8.2. Alterations at the discretion of the Host Society must be approved by the AWGIC.
- 8.3. For details on the Host Society's process for developing competition schedules and their responsibilities in developing the schedule, please refer to Appendix G.

		Age Group and Event			
Day/Session		U17 Female	U17 Male	Open Female	Open Male
Sunday	AM	Open Practice – All Age Groups Officials Meeting			
	PM	Open Practice – All Age Groups Coaches Meeting			
	Eve	No Event	No Event	No Event	No Event
Monday	AM	Triple Jump			
	PM	Two-Foot High Kick	Two-Foot High Kick		
	Eve	Head Pull			
Tuesday	AM	Kneel Jump	Kneel Jump		
	PM	One Hand Reach			
	Eve	Two-Foot High Kick			
Wednesday	AM	Triple Jump	Triple Jump		
	PM	Alaskan High Kick Knuckle Hop			
	Eve	One-Foot High Kick		One-Foot High Kick	
Thursday	AM	Alaskan High Kick			
	PM	Arm Pull	Arm Pull	Arm Pull	Kneel Jump
	Eve	One-Foot High Kick			
Friday	AM	Alaskan High Kick	Alaskan High Kick	Kneel Jump	
	PM	One-Foot High Kick			
	Eve	Airplane			
Saturday		No Event	No Event	No Event	No Event

Event / Age Group / Gender										
Day	Arm Pull	Triple Jump	Two-Foot High Kick	Kneel Jump	Alaskan High Kick	One-Foot High Kick	One Hand Reach	Head Pull	Knuckle Hop	Airplane
Sunday										
Monday		Open M Open F	U17 M U17 F					Open M		
Tuesday			Open M Open F	U17 M U17 F			Open M Open F			
Wednesday		U17 M U17 F			Open M	U17 F Open F			Open M	
Thursday	U17 M U17 F Open F			Open M	Open F	U17 M				
Friday				Open F	U17 M U17 F	Open M				Open M
Saturday										

9. Equipment

See the individual event descriptions in Appendix C for details on equipment.

10. Competition Uniform

All uniforms must meet AWGIC Contingent Uniform Policy requirements.

11. Scoring

- 11.1. When the Games are held in Canada or the US, all measurements will be in imperial units (feet and inches)
- 11.2. When the Games are held in Kalaallit Nunaat, all measurements will be in metric units (meters and centimeters)
- 11.3. See event specific Appendix C rules determining rankings in individual events
- 11.4. See Appendix C rule 19 for tie-breaking rules for individual events
- 11.5. See Appendix C rule 20 for scoring rules for the Individual All-Around medal.

12. Medals

Ulu Color	Age Group	Individual Events	
		M	F
Gold	U17	8	8
	Open	10	10
Silver	U17	8	8
	Open	10	10
Bronze	U17	8	8
	Open	10	10

13. Major Officials

The major officials for Arctic Sports are:

- 13.1. 1 Head Official
- 13.2. 10 Officials
- 13.3. Head Scorekeeper
- 13.4. Event scorekeepers
- 13.5. 1 Master of Ceremonies

14. Resolution of Field of Play Disputes

- 14.1. Arctic Winter Games policies dictate that each sport shall establish a sport specific jury to deal with protests arising from the field of play as dictated by the rules specified in section 5 of this Technical Package.
- 14.2. Decisions resolved in accordance with existing rules are considered final.
- 14.3. Such decisions may only be appealed to the Games Jury under these conditions:
 - 14.3.1. Failure to follow the rules as specified in the AWGIC Sport Technical Package.
 - 14.3.2. An error in fact.
 - 14.3.3. Failure to follow the dispute resolution procedures specified in the relevant International Federation and/or National Governing Body rules and/or AWGIC Exceptions.
- 14.4. See Appendix B for details on the appeals process.



Appendix A

International Sport Federation Rules

Appendix A – International Sport Federation Rules

15. International Sport Federation Rules

- 15.1. There is no international sport governing body rulebook for the Arctic Sports events at the Arctic Winter Games. Arctic Sports competition at the Arctic Winter Games shall be governed by the rules in Appendix C below



Appendix B

Games Jury and Review Board

Appendix B – Games Jury and Review Board

All field of play disputes will be resolved according to the governing rules cited in Rule 4 of this Technical Package. This Appendix deals with the appeal of any decisions arising from action on the Field of Play (FOP) which one party believes to be in contravention of proper application of those rules

16. Games Jury

16.1. Composition and of the Games Jury

The Games Jury shall include the following members:

16.1.1. AWGIC Technical Director.

16.1.2. Host Society Sport Manager.

16.1.3. All Chefs de Mission, or designees, with these exclusions:

- the Chef de Mission representing the Contingent filing the appeal;
- the Chef de Mission of the Contingent against which the appeal is being filed is excluded from the Games Jury.

16.2. Games Jury Chair and Quorum

16.2.1. The AWGIC Technical Director will chair the Games Jury.

16.2.2. A minimum of three (3) members must be present to carry out the business of the Games Jury.

16.2.3. No discussion of an appeal may occur, nor may the business before the Games Jury be conducted, without a quorum.

16.2.4. Should the Games Jury lose quorum during a proceeding, the proceeding shall be suspended until there is a quorum.

16.3. Basis for Submitting an Appeal to the Games Jury.

An appeal will be heard by the Games Jury in the following circumstances:

16.3.1. Failure to follow the Rules as specified in the AWGIC Sport Technical Package, including the failure to correctly apply the applicable International Federation and/or National Governing Body rules and/or AWGIC exceptions.

16.3.2. Failure to follow the dispute resolution procedures specified in the relevant International Federation and/or National Governing Body rules specified in Rule 4 of this Technical Package and/or AWGIC exceptions.

16.4. Who Can Submit an Appeal to the Games Jury

16.4.1. A Chef de Mission or their identified designee.

16.4.2. The Head Official of a sport.



- 16.5. Submitting an Appeal.
 - 16.5.1. An appeal must be submitted to the AWGIC Technical Director or their designee at technical@arcticwintergames.org.
 - 16.5.2. An appeal must be submitted within five hours of the Contingent receiving the decision made under the specific sport's dispute resolution process or receiving notice that the sport will not be hearing a matter.
 - 16.5.3. An appeal must be submitted using the attached form, as set out in Appendix A—this Form is also available online at: <https://xxxxx> (AWGIC Google Workspace).
 - 16.5.4. The AWGIC Technical Director or their designee will screen all appeals submitted to the Games Jury.
- 16.6. Determination of Eligibility of the Appeal to Be Heard
 - 16.6.1. The AWGIC Technical Director or their designee determines whether an appeal does or does not fall within the identified grounds under Section 16.3
 - 16.6.2. If the AWGIC Technical Director or their designee judges the appeal to fall within the identified ground under section 16.3, the appeal shall be heard.
 - 16.6.3. If the AWGIC Technical Director or their designee judges that the appeal does not fall within the identified ground under section 16.3, the appeal shall be dismissed.
 - 16.6.4. The decision of the AWGIC Technical Director or their designee to dismiss the appeal may not be reviewed or appealed.
- 16.7. Communication of Decision to Hear or Dismiss
 - 16.7.1. The AWGIC Technical Director shall inform the respective Chef de Mission of the screening decision, who will inform the individual(s) involved of the decision of the AWGIC Technical Director to hear/not hear the appeal.
 - 16.7.2. If the decision is to hear the appeal, the AWGIC Technical Director shall inform the Chef de Mission responsible for the individuals and/or team against whom the appeal has been made.
 - 16.7.3. The AWGIC Technical Director shall provide the Chef de Mission of the Respondents, if applicable, with a copy of the appeal form submitted to the Games Jury.
- 16.8. Hearing schedule:
 - 16.8.1. The Games Jury shall convene as soon as is practical.
 - 16.8.2. If the AWGIC Technical Director determines that sufficient time has passed, they may proceed with the appeal process, provided there is a quorum to do so.
 - 16.8.3. The AWGIC Technical Director may appoint AWGIC staff or designate someone to record the hearing.

16.9. Hearing and Deliberation

- 16.9.1. The Respondents may represent themselves before the Games Jury or name a representative to do so on their behalf.
- 16.9.2. Representatives may not testify (i.e., give evidence) on behalf of a Respondent.
- 16.9.3. After hearing the description and reasons for the appeal, as well as any relevant testimony and evidence related to the appeal, the Games Jury will deliberate and render a decision in writing.
- 16.9.4. In extraordinary circumstances, the Games Jury may first issue a verbal decision, with the full written decision, with reasons, to be issued as soon as possible following the verbal decision.
- 16.9.5. In making its decision, the Games Jury will have no greater authority than that of the original decision-maker. The Games Jury may decide to:
 - Reject the appeal and confirm the decision being appealed;
 - Uphold the appeal and refer the matter back to the initial decision-maker for a new decision, or;
 - Uphold the appeal and vary the decision.

16.10. Notification of Games Jury Decision

The AWGIC Technical Director will communicate Games Jury decisions to the appropriate parties, including:

- 16.10.1. To the Chef de Mission of the Respondents
- 16.10.2. To the Chef de Mission of the jurisdiction of the individual(s)/Contingent who brought the issue to the Games Jury.
- 16.10.3. The AWGIC Technical Director is the only person authorized to speak on behalf of the AWGIC to the media regarding Games Jury appeal decisions.
- 16.10.4. A summary of the decision of the Games Jury will be made publicly available on the AWGIC website. No identifying information about any individual participant(s) will be included in the summary.



17. Review Board

17.1. Review Board Process.

- 17.1.1. Following the decision, the AWGIC Technical Director must inform the Chefs de Mission of the parties involved of the option to apply for a review of a Games Jury decision by the Review Board.
- 17.1.2. Only the individual(s) and/or teams directly affected can apply for a review of a Games Jury decision to the Review Board.
- 17.1.3. The review must be submitted to the AWGIC Technical Director in writing, stating the exact reasons for the review and emailed to technical@arcticwintergames.org.
- 17.1.4. The request for review must be submitted within five hours of receiving the Games Jury's decision.

17.2. Basis for Request for Review

- 17.2.1. A review of a Games Jury decision will be heard by the Review Board if the request for review meets at least one of the following grounds:
 - The Games Jury failed to correctly apply the applicable bylaws, rules and policies.
 - The decision of the Games Jury was unreasonable.

17.3. Composition of the Review Board.

The Review Board consists of three members.

- 17.3.1. Two AWGIC directors who are not involved in the complaint process
- 17.3.2. The Host Society President/Chair or General Manager.

17.4. Review Board Process

- 17.4.1. The Review Board will determine if there are sufficient grounds to warrant a review.
- 17.4.2. The Review Board will designate one of its members to notify the parties to the request for review of the Games Jury's decision as to whether the request will or will not be reviewed.
- 17.4.3. The Review Board may appoint AWGIC staff or designate someone to record the review process.
- 17.4.4. If the Review Board determines that there are sufficient grounds, the Review Board will conduct a review of the Games Jury's decision based on the written decision of the Games Jury, as well as any supporting written documentation submitted to the Games Jury.
- 17.4.5. The Review Board will determine whether the Games Jury's decision was reasonable, or unreasonable, and will
 - Overturn the decision or
 - Uphold the decision.
- 17.4.6. The Review Board's determination is final.



Appendix C

Arctic Winter Games Technical Rules for Arctic Sports

Appendix C – Arctic Winter Games Technical Rules for Arctic Sports

18. Items Prohibited During Competition

- 18.1. Use of any of these or similar items are prohibited from the time the competition begins until the individual competitor has ceased to compete
 - 18.1.1. Braces, sports tape, ice, massage guns, rollers, compression clothing, etc.
- 18.2. These items may be worn during the time between a competitor's attempts but not while making an attempt
 - 18.2.1. Jewelry, head phones, ear buds or other wearable items that may become detached and create a safety hazard.

19. Breaking Ties in Individual Events

- 19.1. Ties will only be broken to determine the winners of ulus. From fourth place on, the competitor's best mark will be their final result. Ties from fourth place down will not use the tie-breaking rules.
- 19.2. Vertical Events (High Kicks and One-Hand Reach)

If two or more athletes in medal-winning positions reach the same maximum height in the competition, the tie will be broken thusly

 - 19.2.1. The athlete with the lowest total number of misses over the entire competition will be ranked highest. If still tied
 - 19.2.2. The athlete(s) with a miss at the lowest height will be ranked lower/lowest
 - 19.2.3. If the athletes are still tied after the first two tie-breaking steps, there will be a kick-off or reach-off among the tied competitors. The starting height will be one inch higher than the highest successful attempt during the competition.
- 19.3. Horizontal Events (Kneel Jump and Triple Jump)

If two or more athletes in medal-winning positions reach the same maximum distance in the competition, the tie will be broken thusly

 - 19.3.1. The athlete who jumped the greater/greatest distance on their second-best attempt will be given the higher placement. If still tied,
 - 19.3.2. The athlete who jumped the greater/greatest distance on their third-best attempt will be given the higher placement.
 - 19.3.3. If the athletes are still tied after the first two tie-breaking steps, there will be a jump-off among the tied competitors.



20. Scoring for the All-Around Competition

20.1. All-Around Competitions.

20.1.1. To be eligible for consideration in the All-Around event, competitors in

- Junior Female must enter in a minimum of four (4) events
- Junior Male must enter in a minimum of four (4) events
- Open Female must enter in a minimum of four (4) events
- Open Male must enter in a minimum of sixseven (6) events

20.1.2. See event specific appendix for Individual event scoring rules. For the All Around event, scoring will be as follows

20.1.3. Points will be awarded for each individual event for the purposes of determining the winners of the All-Around events (one for each category)

1 st place=10 pts	3 rd = 8 points	5 th = 6 points	7 th = 4 points	9 th = 2 points
2 nd = 9 points	4 th = 7 points	6 th = 5 points	8 th = 3 points	10 th = 1 point
No points are awarded to competitors ranked 11 th place or below				

20.1.4. Ties among the first three places will be determined as per Appendix C, rule 17.

20.1.5. In the case of ties for medal-winning positions which remain after all tie-breaking procedures have been used, refer to Appendix E for how ulus will be awarded.

20.1.6. When two competitors tie for a place among the 10 highest-ranked, both competitors shall receive the number of points assigned to that place. No points will be awarded for the next-lowest place.

Example: two competitors tie for 4th place. Both receive 7 points. The next-highest-ranked competitor is ranked 6th and receives 6th-place points. No competitors receive 5th-place points.

20.1.7. When three competitors tie for a place among the 10 highest-ranked, all three competitors shall receive the number of points assigned to that place. No points will be awarded for the next two lowest places.

Example: three competitors tie for 4th place. All three receive 7 points. The next-highest-ranked competitor is ranked 7th and receives 7th-place points. No competitors receive 5th-place or 6th-place points.



21. One Foot High Kick

21.1. Start

A Competitor may be standing at any distance from the target when they start their approach to the jump.

21.2. Movement

- 21.2.1. The competitor may start with a running or standing approach.
- 21.2.2. On takeoff, both feet must leave the floor at the same time, natural take off.
- 21.2.3. The target must be clearly struck by one foot.
- 21.2.4. The landing must be on the same foot with which the target was kicked.
- 21.2.5. The competitor must maintain balance and control on the landing.

21.3. Attempts

- 21.3.1. Each competitor has three (3) attempts at each height.
- 21.3.2. During initial rounds each competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
- 21.3.3. When three competitors remain, each competitor will be allowed three (3) minutes to complete one (1) attempt.
- 21.3.4. In all rounds, when there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
 - No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.
- 21.3.5. A competitor is charged with one attempt when:
 - The knee of the kicking foot is "broken" when moving upward toward the target,
 - They do not clearly strike the target with one foot,
 - When they fail to land properly and maintain balance in accordance with Rule 21.2, even if they strike the target,
 - The maximum time limit is exceeded.
- 21.3.6. The Head Official shall rule on any disputed attempts.
- 21.3.7. The following starting heights will apply for the competition:

Age Group	Warm Up Height	Starting Height
Open Male	6 feet 0 inches (183 cm)	6 feet 6 inches (198 cm)
Open Female	5 feet 0 inches (152 cm)	5 feet 6 inches (168 cm)
Junior Male	5 feet 6 inches (168 cm)	6 feet 0 inches (183 cm)
Junior Female	4 feet 6 inches (137 cm)	5 feet 0 inches (152 cm)

21.4. Height Increments

- 21.4.1. At the completion of attempts at each height the target shall be raised 4 inches (10 cm) for all categories.
- 21.4.2. When there are 4 competitors left in a category (or more than 4 at the discretion of the Head Official), the height shall be raised 2 inches (5 cm) at the completion of each round,
- 21.4.3. If a winner is declared during this phase of the competition, the winner may continue to jump, increasing the height in 2" / 5cm increments until the AWG record is equaled or surpassed.
- 21.4.4. Once a single winner equals or surpasses the record during this phase, refer to the rule 21.5.1-21.5.4, Record Attempts



- 21.4.5. If more than one competitor equals or surpasses the Arctic Winter Games record height during this phase of the competition, refer to rules 21.5.5-21.5.8, Record Attempts.
- 21.5. Record attempts
- If a single winner equals the Arctic Winter Games record height:
- 21.5.1. The height of the target may be raised to any height requested by the winner, in increments of not less than 1".
- 21.5.2. Once raised, the target height may not be lowered
- 21.5.3. The winner has three attempts to break the record at the height requested.
- 21.5.4. If the winner breaks the record, the winner can request another increase in the height of the target, in increments of not less than 1"
- If more than one athlete equals the AWG record before a winner is declared
- 21.5.5. The height of the target may be raised to any height requested by those remaining in the competition, in increments of not less than 1".
- 21.5.6. If the competitors request different increases in height, the target will be raised to the lower(est) of the requested heights.
- 21.5.7. Once raised, the target height may not be lowered
- 21.5.8. Each athlete remaining in the competition has three attempts to break the record at the height requested.
- 21.5.9. If one or more athletes break the record, the athlete(s) remaining in the competition can request another increase in the height of the target, in increments of not less than 1"
- 21.6. Scoring and Determining a Winner
- 21.6.1. If a competitor misses her/his first attempt he must make her/his second and third attempt, if necessary, in secession.
- 21.6.2. A competitor is eliminated when, after three (3) attempts at a given height they fail to clearly strike the target or land properly according with Rule 3.
- 21.6.3. The competitor who kicks the target at the highest height will be declared the winner.
- 21.6.4. In the event of a tie for the medal winning positions, see rule 19.2 for tie-breaking rules
- 21.6.5. Ties for 4th place and lower will not be broken by the tie-breaking procedure – competitors shall remain tied for those positions.
- 21.6.6. If the ulu-winning competitors remain tied after the tie-breaking procedures, see Appendix E - Ties Within the Medal-Winning Positions.
- 21.7. Competition Format
- 21.7.1. The rotation of the kickers will be established by draw.
- 21.7.2. The competition shall be a finals event only with no preliminary competition.
- 21.8. Equipment
- 21.8.1. A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target.
- 21.8.2. The target should be a small soft object, usually stuffed fur and is suspended by a rope from the horizontal arm of the stand.
- 21.8.3. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.



22. Two Foot High Kick

22.1. Start

- 22.1.1. A Competitor may be standing at any distance from the target when they start their approach to the jump.

22.2. Movement

- 22.2.1. The competitor may start with a running or standing approach.
 22.2.2. On takeoff, both feet must leave the floor at the same time, natural take off.
 22.2.3. The target must be clearly struck by either foot provided the top of the toes are even and parallel. The feet do not have to be together.
 22.2.4. Upon landing both feet must hit the floor at the same time.
 22.2.5. The competitor must complete a natural landing and maintain balance and control.

22.3. Attempts

- 22.3.1. Each competitor has three (3) attempts at each height.
 22.3.2. During initial rounds each competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
 22.3.3. When three competitors remain each competitor will be allowed three (3) minutes to complete one (1) attempt.
 22.3.4. In all rounds when there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
 - No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.
 22.3.5. A competitor is charged with one attempt when:
 - One or both knees "break" when moving upward toward the target
 - They do not clearly strike the target with one foot or both feet,
 - When they fail to land properly and maintain balance in accordance with Rule 22.2, even if they strike the target,
 - The maximum time limit is exceeded.
 22.3.6. The Head Official shall rule on any disputed attempts.
 22.3.7. The following starting heights will apply for the competition:

Age Group	Warmup Height	Starting Height
Open Male	5 feet 6 inches (168 cm)	6 feet (183 cm)
Open Female	4 feet 4 inches (137 cm)	4 feet 8 inches (152 cm)
Junior Male	5 feet (152 cm)	5 feet 6 inches (168 cm)
Junior Female	4 feet (122 cm)	4 feet 4 inches (132 cm)

22.4. Height Increments

- 22.4.1. At the completion of attempts at each height the target shall be raised 4 inches (10 cm) for all categories.
 22.4.2. When there are 4 competitors left in a category (or more than 4 at the discretion of the Head Official), the height shall be raised 2 inches (5 cm) at the completion of each round,
 22.4.3. If a winner is declared during this phase of the competition, the winner may continue to jump, increasing the height in 2"/5cm increments until the AWG record is equaled or surpassed.



- 22.4.4. Once a single winner equals or surpasses the record during this phase, refer to the rule 22.5.1-22.5.4, Record Attempts
- 22.4.5. If more than one competitor equals or surpasses the Arctic Winter Games record height during this phase of the competition, refer to rules 22.5.5-22.5.8, Record Attempts.
- 22.5. Record attempts
 - If a single winner equals the Arctic Winter Games record height:
 - 22.5.1. The height of the target may be raised to any height requested by the winner, in increments of not less than 1".
 - 22.5.2. Once raised, the target height may not be lowered
 - 22.5.3. The winner has three attempts to break the record at the height requested.
 - 22.5.4. If the winner breaks the record, the winner can request another increase in the height of the target, in increments of not less than 1"
 - If more than one athlete equals the AWG record before a winner is declared
 - 22.5.5. The height of the target may be raised to any height requested by those remaining in the competition, in increments of not less than 1".
 - 22.5.6. If the competitors request different increases in height, the target will be raised to the lower(est) of the requested heights.
 - 22.5.7. Once raised, the target height may not be lowered
 - 22.5.8. Each athlete remaining in the competition has three attempts to break the record at the height requested.
 - 22.5.9. If one or more athletes break the record, the athlete(s) remaining in the competition can request another increase in the height of the target, in increments of not less than 1"
- 22.6. Scoring and Determining a Winner
 - 22.6.1. If a competitor misses their first attempt they must make their second and third attempt, if necessary, in succession.
 - 22.6.2. A competitor is eliminated when, after three (3) attempts at a given height, they fail to clearly strike the target or land properly according to Rule 22.2.
 - 22.6.3. The competitor who kicks the target at the highest height will be declared the winner.
 - 22.6.4. In the event of a tie for the medal winning positions, see rule 19.2 for tie-breaking rules
 - 22.6.5. Ties for 4th place and lower will not be broken by the tie-breaking procedure – competitors shall remain tied for those positions.
 - 22.6.6. If the ulu-winning competitors remain tied after the tie-breaking procedures, see Appendix E - Ties Within the Medal-Winning Positions.
- 22.7. Competition Format
 - 22.7.1. The rotation of the kickers will be established by draw.
 - 22.7.2. The competition shall be a finals event only with no preliminary competition.

22.8. Equipment

- 22.8.1. A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target.
- 22.8.2. The target should be a small soft object, usually stuffed fur and is suspended by a rope from the horizontal arm of the stand.
- 22.8.3. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.



23. Alaskan High Kick

23.1. Start

- 23.1.1. A competitor starts on the floor by grasping one foot with the opposite hand.
- 23.1.2. The competitor can hold any part of the foot.
- 23.1.3. The supporting hand is placed on the floor, flat palm, on fingers (bridged), or on their knuckles (fist).
- 23.1.4. The competitor then raises off the ground balancing on her/his free hand and leg.
- 23.1.5. The competitor may grasp either right or left foot.

23.2. Movement

- 23.2.1. On start, the competitor must be in a stationary position with their buttocks on the floor.
- 23.2.2. They then kick with her/his free foot at the target while maintaining her/his hold on the other foot and balancing on her/his free hand.
- 23.2.3. The competitor must take off and land on the same side of their body. The target must be clearly struck by the kicking foot.
- 23.2.4. The landing must be on the kicking foot.
- 23.2.5. The landing must be balanced and controlled and the competitor's buttocks cannot touch the floor.
- 23.2.6. The competitor must not let go of the other foot at any time throughout the kick.

23.3. Attempts

- 23.3.1. Each competitor has three (3) attempts at each height.
- 23.3.2. A Competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
- 23.3.3. When three competitors remain, each competitor will be allowed three (3) minutes to complete one (1) attempt.
- 23.3.4. When there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
 - No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.
- 23.3.5. A competitor is charged with one attempt when:
 - They do not clearly strike the target with the free foot,
 - They fail to land properly and maintain balance, or,
 - They let go of the other foot in accordance with Rule 23.2.6, even if they strike the target,
 - The kicking foot leaves the floor even if an attempt to kick the target is not made.
 - They do not land on the same side of the body from which they take off, as per rule 23.2.3.
 - The maximum time limit is exceeded.
- 23.3.6. The Head Official shall rule on any disputed attempts.



23.3.7. The following starting heights will apply for the competition:

Age Group	Warm Up Height	Starting Height
Open Male	5 feet 6 inches (168 cm)	6 feet (183 cm)
Open Female	4 feet 4 inches (137 cm)	4 feet 8 inches (152 cm)
Junior Male	4 feet 6 inches (137 cm)	5 feet (152 cm)
Junior Female	4 feet (122 cm)	4 feet 4 inches (137 cm)

23.4. Height Increments

- 23.4.1. At the completion of attempts at each height the target shall be raised 4 inches (10 cm) for all categories.
- 23.4.2. When there are 4 competitors left in a category (or more than 4 at the discretion of the Head Official), the height shall be raised 2 inches (5 cm) at the completion of each round,
- 23.4.3. If a winner is declared during this phase of the competition, the winner may continue to jump, increasing the height in 2"/5cm increments until the AWG record is equaled or surpassed.
- 23.4.4. Once a single winner equals or surpasses the record during this phase, refer to the rule 23.5.1-23.5.4, Record Attempts
- 23.4.5. If more than one competitor equals or surpasses the Arctic Winter Games record height during this phase of the competition, refer to rules 23.5.5-23.5.8, Record Attempts.

23.5. Record attempts

If a single winner equals the Arctic Winter Games record height:

- 23.5.1. The height of the target may be raised to any height requested by the winner, in increments of not less than 1".
- 23.5.2. Once raised, the target height may not be lowered
- 23.5.3. The winner has three attempts to break the record at the height requested.
- 23.5.4. If the winner breaks the record, the winner can request another increase in the height of the target, in increments of not less than 1"

If more than one athlete equals the AWG record before a winner is declared

- 23.5.5. The height of the target may be raised to any height requested by those remaining in the competition, in increments of not less than 1".
- 23.5.6. If the competitors request different increases in height, the target will be raised to the lower(est) of the requested heights.
- 23.5.7. Once raised, the target height may not be lowered
- 23.5.8. Each athlete remaining in the competition has three attempts to break the record at the height requested.
- 23.5.9. If one or more athletes break the record, the athlete(s) remaining in the competition can request another increase in the height of the target, in increments of not less than 1"

23.6. Scoring and Determining a Winner

- 23.6.1. If a competitor misses her/his first attempt they must make her/his second and third attempt, if necessary, in succession.
- 23.6.2. A competitor is eliminated when, after three (3) attempts at a given height they fail to clearly strike the target or land properly according with Rule 23.2.3 or 23.3.5.
- 23.6.3. The competitor who kicks the target at the highest height will be declared the winner.
- 23.6.4. In the event of a tie for the medal winning positions, see rule 19.2 for tie-breaking rules
- 23.6.5. Ties for 4th place and lower will not be broken by the tie-breaking procedure – competitors shall remain tied for those positions.
- 23.6.6. If the ulu-winning competitors remain tied after the tie-breaking procedures, see Appendix E - Ties Within the Medal-Winning Positions.

23.7. Competition Format

- 23.7.1. The rotation of the kickers will be established by draw.
- 23.7.2. The competition shall be a finals event only with no preliminary competition.

23.8. Equipment

- 23.8.1. A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target.
- 23.8.2. The target should be a small soft object, usually stuffed fur and is suspended by rope from the horizontal arm of the stand.
- 23.8.3. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

**24. Kneel Jump****24.1. Start**

- 24.1.1. The competitor starts in a natural kneeling position; with her/his buttocks resting on her/his heels with toes pointed back, both knees behind the starting line.

24.2. Movement

- 24.2.1. The competitor may swing their arms, raise their body up and down, and/or lift their knees off the floor, before they jump.
- 24.2.2. The jump involves thrusting the body and arms up and then forward.
- 24.2.3. The legs are then extended as far forward as possible.
- 24.2.4. The legs may move forward under or beside the body.
- 24.2.5. The landing must be a natural landing, i.e. balanced, controlled and maintained until the official indicates that the feet can be moved.
- 24.2.6. The competitor's feet cannot move, slide, or pivot during or after landing
- 24.2.7. The competitor must be wearing clothing that allows the judges an unobstructed view of their lower body.

24.3. Attempts

- 24.3.1. Each competitor has three (3) attempts.
- 24.3.2. A competitor is charged with an attempt if they do not land in accordance with Rules 24.2.5. and 24.2.6
- 24.3.3. A competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
- 24.3.4. In all rounds, when there are 60 seconds (1 minute) left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
- No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.

24.4. Scoring

- 24.4.1. The distance of a successful jump shall be measured in inches or centimeters from the starting line to the heel closest to the starting line.
- 24.4.2. The competitor must remain balanced in place for the measurement or the jump is disallowed.
- 24.4.3. The competitor who jumps the greatest distance will be the winner.
- 24.4.4. In the event of a tie for the medal winning positions, see rule 19.3 for tie-breaking rules
- 24.4.5. Ties for 4th place and lower will not be broken by the tie-breaking procedure – competitors shall remain tied for those positions.
- 24.4.6. If the ulu-winning competitors remain tied after the tie-breaking procedures, see Appendix E - Ties Within the Medal-Winning Positions.

24.5. Competition Format

- 24.5.1. Each competitor is allowed one (1) attempt for each rotation.
- 24.5.2. The competition shall be a finals event only with no preliminary competition.

24.6. Competition Area:

- 24.6.1. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.



25. Airplane

25.1. Start

- 25.1.1. The competitor begins lying face down on the floor, legs and feet together, arms extended straight out at right angles to the body and the body firm and rigid.
- 25.1.2. Shoulders should be in line with the starting line.
- 25.1.3. Competitors must maintain a locked arm position with the body remaining above the wrists.
- 25.1.4. This locked position may be at an angle not to exceed 45 degrees between the shoulders, elbows, and the fists

25.2. Movement

- 25.2.1. Four to six assistants, designated by the Head Official, lift the competitor 2-3 feet (60 to 90 cm) above the floor, one or two grasping the competitor by the ankle and one by each wrist.
- 25.2.2. The competitor will be lined up with his shoulders to a pre-set starting line.
- 25.2.3. The competitor must remain rigid and fully extended with shoulders and torso supported by the downward pressure of the fists and feet.
- 25.2.4. The competitor is carried in this position over a pre-set course.
- 25.2.5. The same core group of 4 to 6 assistants will be used to carry each competitor over the course at the same pace.
- 25.2.6. A pacer shall be used to ensure a consistent pace is maintained by the assistants for each competitor.
- 25.2.7. The same pacer shall be used for all competitors.

25.3. Attempts

- 25.3.1. Each competitor is allowed one attempt only
- 25.3.2. A competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
- 25.3.3. In all rounds, when there are 60 seconds (1 minute) left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
 - No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.

25.4. Scoring

- 25.4.1. The competitors shall be carried over the pre-set course.
- 25.4.2. The competitor traveling the longest time shall be declared the winner.
- 25.4.3. Second and subsequent positions shall be determined by the competitor travelling the second longest time and so on.
- 25.4.4. A competitor shall be stopped when, in the opinion of the Head Official, the body of the competitor sags below the arms, or the buttocks rises above the arms, or the arms bend and the elbows beyond 45 degrees.
- 25.4.5. The Head Official shall advise all competitors of this rule at the start of the competition.
- 25.4.6. No warnings will be issued during a competitor's attempt.
- 25.4.7. In the event of a tie, duplicate medals and scoring will be awarded.

25.5. Competition Format

- 25.5.1. The order of the competitors will be established by draw.

- 25.5.2. The course will be pre-set.
- 25.5.3. The competition shall be a finals event only with no preliminary competition.
- 25.6. Course
 - 25.6.1. The course will be pre-set and marked.
 - 25.6.2. The course lay out should avoid sharp corners.
 - 25.6.3. Host officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

26. One Hand Reach

- 26.1. Start
 - 26.1.1. The competitor should be positioned so that the target will not be any further away than the fingertips when the arm is extended parallel to the floor.
 - 26.1.2. In the starting position the competitor should be braced with the elbow of the balancing arm tucked into the body.
- 26.2. Movement

The competitor begins by:

 - 26.2.1. Lifting their feet off the floor and balancing on their hands.
 - 26.2.2. When balanced, any natural hand position can be used, the palm flat, raised on the fingers, or on their knuckles.
 - 26.2.3. With one hand the competitor reaches out to strike the target clearly while maintaining their balance on the other hand.
 - 26.2.4. No portion of the body may touch the floor during the strike attempt.
 - 26.2.5. After the strike attempt, the competitor must return the striking hand to the floor and maintain balance and control with their feet off the floor.
 - 26.2.6. The competitor must maintain control all the way through the movement.
 - 26.2.7. The striking hand must touch the ground before any other part of the body.
 - 26.2.8. The official shall signal to the competitor at the end of each attempt if it was successful or not.
- 26.3. Attempts
 - 26.3.1. Each competitor has three (3) attempts at each height.
 - 26.3.2. A Competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
 - 26.3.3. When three (3) competitors remain each competitor will be allowed three (3) minutes to complete one (1) attempt.
 - 26.3.4. When there is one (1) minute left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
 - No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.
 - 26.3.5. A competitor is charged with one attempt when:
 - The striking hand is lifted towards the target and crosses the line of the elbow of the balancing arm.
 - The shoulder of the reaching arm is raised as if to reach
 - They do not clearly strike the target with one hand,
 - When they allow any part of his body to touch the floor before regaining balance with the striking hand returned to the floor, even if he strikes the target.



- The 90 second maximum time limit is exceeded.
- 26.3.6. The Head Official shall rule on any disputed attempts.
- 26.3.7. The following starting heights will apply for the competition:

Age Group	Warm Up Height	Starting Height
Open Male	4 feet (122 cm)	4 feet 6 inches (137 cm)
Open Female	3 feet (91 cm)	3 feet 6 inches (107 cm)

26.4. Height Increments

- 26.4.1. At the completion of attempts at each height the target shall be raised 4 inches (10 cm) for all categories.
- 26.4.2. When there are 4 competitors left in a category (or more than 4 at the discretion of the Head Official), the height shall be raised 2 inches (5 cm) at the completion of each round,
- 26.4.3. If a winner is declared during this phase of the competition, the winner may continue to jump, increasing the height in 2"/5cm increments until the AWG record is equaled or surpassed.
- 26.4.4. Once a single winner equals or surpasses the record during this phase, refer to the rule 26.5.1-26.5.4, Record Attempts
- 26.4.5. If more than one competitor equals or surpasses the Arctic Winter Games record height during this phase of the competition, refer to rules 26.5.5-26.5.8, Record Attempts.

26.5. Record attempts

If a single winner equals the Arctic Winter Games record height:

- 26.5.1. The height of the target may be raised to any height requested by the winner, in increments of not less than 1".
- 26.5.2. Once raised, the target height may not be lowered
- 26.5.3. The winner has three attempts to break the record at the height requested.
- 26.5.4. If the winner breaks the record, the winner can request another increase in the height of the target, in increments of not less than 1"

If more than one athlete equals the AWG record before a winner is declared

- 26.5.5. The height of the target may be raised to any height requested by those remaining in the competition, in increments of not less than 1".
- 26.5.6. If the competitors request different increases in height, the target will be raised to the lower(est) of the requested heights.
- 26.5.7. Once raised, the target height may not be lowered
- 26.5.8. Each athlete remaining in the competition has three attempts to break the record at the height requested.
- 26.5.9. If one or more athletes break the record, the athlete(s) remaining in the competition can request another increase in the height of the target, in increments of not less than 1"

26.6. Scoring and Determining a Winner

- 26.6.1. If a competitor misses his first attempt, he must make the second and third attempt, if necessary, in succession.
- 26.6.2. A competitor is eliminated when, after three attempts at a given height he fails to clearly strike the target or maintain balance in accordance with Rule 26.3.5.

- 26.6.3. The competitor who touches the target at the highest height will be declared the winner.
- 26.6.4. In the event of a tie for the medal winning positions, see rule 19.2 for tie-breaking rules
- 26.6.5. Ties for 4th place and lower will not be broken by the tie-breaking procedure – competitors shall remain tied for those positions.
- 26.6.6. If the ulu-winning competitors remain tied after the tie-breaking procedures, see Appendix E - Ties Within the Medal-Winning Positions.
- 26.7. Competition Format
 - 26.7.1. The rotation of the competitors will be established by draw.
 - 26.7.2. The competition shall be a finals event only with no preliminary competition.
- 26.8. Equipment
 - 26.8.1. A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target.
 - 26.8.2. The target should be a small, soft object, usually stuffed with fur and is suspended by rope from the horizontal arm of the stand.
 - 26.8.3. Host officials will attempt to keep the jumping area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

**27. Head Pull****27.1. Start**

- 27.1.1. Two competitors lie on the floor on their stomachs facing each other.
- 27.1.2. The floor shall have three parallel lines that are 60 centimeters (24 inches) from the centre line.
- 27.1.3. A looped leather thong or belt is placed over the back of the competitors' heads above the ears.

27.2. Movement

- 27.2.1. Competitors rise to a position with only hands and feet touching the floor.
- 27.2.2. On signal from the judges, pull backwards with their head, bracing their hands out in front and using their whole body strength to pull steadily backward.
- 27.2.3. The pull must be directly back and parallel to the ground. Incidental contact by the knees or thighs on the ground is acceptable.
- 27.2.4. The competitor must be wearing clothing that allows the judges an unobstructed view of their lower body.
- 27.2.5. A winner is determined when one competitor pulls the other's hands across the line parallel to the centre line on their side of the competition area or they pull the strap off of their opponent's head.

27.3. Attempts

- 27.3.1. This competition consists of one "pull" to determine a winner.

27.4. Scoring

- 27.4.1. The winner of the "pull" is declared if the opponent's hands cross the line (the line parallel to the centre line on their side of the competition area), or if the opponent drops his head allowing the loop to be pulled off or in any part of the body, other than the hands and feet, touches the floor.

27.5. Competition Format

- 27.5.1. Double elimination
- 27.5.2. Initial pairs are determined by draw.
- 27.5.3. The competition shall be a finals event only with no preliminary rounds.
- 27.5.4. The competition format shall include pulls to determine 3rd, 4th and 5th placings, if necessary.
- 27.5.5. Competition Brackets are included in the Arctic Winter Games Staging Manual, Section 7.22.

27.6. Equipment

- 27.6.1. A looped leather thong or belt approximately three feet (90 cm) long and one and one half (1 ½") inches (4 cm) wide.
- 27.6.2. Host Officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.

28. Arm Pull**28.1. Start**

- 28.1.1. In pairs, competitors face each other sitting on the floor.
- 28.1.2. The choice of arm for the first pull is dictated in Section 28.3.2.
- 28.1.3. If the right arm is chosen for the first pull, the left leg is straight and the right leg is bent over the opponent's straightened leg.
- 28.1.4. Competitors lock right arms at the bent elbow, with the left hand holding the opponent's right ankle or foot.
- 28.1.5. Positions are reversed for the left arm pull.
- 28.1.6. A competitor may not grab the other competitor's arm to get their arm in place.
- 28.1.7. If the left arm is chosen for the first pull the reverse of the above is utilized.
- 28.1.8. All watches, bands and other objects must be removed.
- 28.1.9. Competitors' shoulders are parallel to each other.

28.2. Movement

- 28.2.1. Athletes set their arms and legs as described above.
- 28.2.2. If the competitors cannot assume the correct starting position after two attempts, the officials will place the competitor's arms and legs in the correct starting position.
- 28.2.3. On signal from the official, competitors pull slowly and steadily at the elbow while bracing the opposite hand on the opponent's ankle.
- 28.2.4. Contact between the knee and elbow is not allowed.
- 28.2.5. The pulling motion must be straight back, with no twisting.
- 28.2.6. The object is to pull the opponent's arm straight

28.3. Attempts

- 28.3.1. The competition consists of the best of three (3) "pulls".
- 28.3.2. If the athletes cannot agree on which arm to start with the first "pull" shall be determined by a flip of a coin.
- 28.3.3. The second "pull" is with the other arm and the third "pull", if necessary, shall be determined by a flip of a coin.
- 28.3.4. If coin flips are required, the first shall be called by the athlete who at the top of the draw, and the second will be called by the other athlete.
- 28.3.5. When in the opinion of the official there is a failed attempt, the attempt shall be restarted using the same arm.
- 28.3.6. Officials may issue warnings to athlete during their attempts. Warnings may include: jerking, starting to pull before the signal is given, twisting or leaning to the side.
- 28.3.7. A 3rd infraction results in a loss.

28.4. Scoring

- 28.4.1. The winner of a "pull" is declared if the opponent is pulled over the top of them, if the opponent's hand touches the chest or if the opponent's arm is straightened out.
- 28.4.2. If a competitor falls sideways, regrips with the pulling arm, or releases the grip of their opponent's foot/ankle, the "pull" is awarded to the opponent.

28.5. Competition Format

- 28.5.1. Double elimination.
- 28.5.2. Initial pairs are determined by draw.
- 28.5.3. The competition shall be a finals event only with no preliminary rounds.
- 28.5.4. The competition shall include pulls to determine 3rd, 4th and 5th places, if necessary.
- 28.5.5. Competition brackets are includes in the Arctic Winter Games Staging Manual.

28.6. Equipment

- 28.6.1. The competition will be held on cushioned mats that are at least 10 feet (3 meters) long by 5 feet (1.5 meters) wide.
- 28.6.2. Host officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.



29. Knuckle Hop

29.1. Start

A competitor starts face down on the floor:.

29.1.1. In a push up position with legs straight.

29.1.2. Elbows/arms bent at the sides of the body and not at an angle away from the body.

29.1.3. Hands are clenched into a fist, resting on the knuckles.

29.1.4. The thumbs must be placed over the top of the fingers.

29.2. Movement

29.2.1. The competitor lifts their body off the floor, no higher than the top of the elbows.

29.2.2. Only the knuckles and toes can touch the floor.

29.2.3. With a quick push off of the knuckles, and toes, the competitor hops forward landing again on both knuckles and toes simultaneously.

29.2.4. The body must remain off the floor and is extended upward with each hop to the height of the elbows with the buttocks not to extend above the plane of the body.

29.2.5. The Head official shall advise all competitors of this rule at the start of the competition.

29.2.6. No warnings will be issued during a competitor's attempt.

29.2.7. The Head Official and Officials designated as counters may disqualify a competitor for any infraction included in the Technical Package

29.3. Attempts

29.3.1. A competitor is allowed one attempt only.

29.3.2. A competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.

29.3.3. In all rounds, when there are 60 seconds (1 minute) left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".

- No other signal or sound will be provided.
- A coach may choose to advise the athlete of the time remaining.

29.4. Scoring

29.4.1. The distance the competitor can hop before quitting or lowering his body to the floor is measured in feet and inches, or meters and centimeters, from the shoulders at the start to the position of the shoulders at the completion.

29.4.2. The competitor who hops the longest distance will be declared the winner. In the event of a tie, duplicate medals and scoring will be awarded.

29.5. Competition Format

29.5.1. The order of the competitors will be established by draw.

29.5.2. The competition shall be a finals event. There is no preliminary competition.

29.6. Medical Services:

29.6.1. Participants must be provided with immediate access to medical services upon the completion of this event.



30. Triple Jump

30.1. Start

- 30.1.1. A competitor may use a running start or standing start.
- 30.1.2. The start line shall be a clearly marked line on the floor that will be 103 cm in length and 2.5 cm wide and completely filled in by colour different than the underlying floor.
- 30.1.3. The competitor will approach the start line perpendicular to the length of the start line.

30.2. Movement

On signal from the referee:

- 30.2.1. The competitor completes three consecutive jumps.
- 30.2.2. The jumping action must be from both legs simultaneously (no galloping).
- 30.2.3. The competitor's result is determined by measuring in feet and inches, or meters and centimeters, the shortest distance from the back of the start line to the nearest point touched by any part of the competitor's body on the completion of the third jump
- 30.2.4. The competitor's feet must not touch the start line during the first jump.
- 30.2.5. The competitor must land their final jump on both feet.
- 30.2.6. The competitor may continue to move forward after the successful completion of the third jump without penalty or disqualification.
- 30.2.7. The competitor must exit the jumping area through the end of the course.
- 30.2.8. If a competitor falls back after the landing their distance is measured from the point of their body closest to the start line.
- 30.2.9. If a competitor touches the side line while making the jump, the attempt will be scored as a fault/missed attempt and no measurement will be taken.
- 30.2.10. If the official determines that a jump was completed according to the rules, the referee will hold the flag in a downward position.
- 30.2.11. The official shall determine whether a jump is completed properly.
- 30.2.12. If it is, they shall hold the flag in a downward position.
- 30.2.13. Measurements will only be taken of properly completed jumps.

30.3. Attempts

- 30.3.1. Each competitor is allowed three attempts.
- 30.3.2. A competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt.
- 30.3.3. In all rounds, when there are 60 seconds (1 minute) left in the attempt, a designated official shall raise a flag and announce that "one minute remains in the attempt".
 - No other signal or sound will be provided.
 - A coach may choose to advise the athlete of the time remaining.

30.4. Scoring

- 30.4.1. The attempt measuring the longest is scored as the competitor's result.
- 30.4.2. The competitor who jumps the greatest distance is declared the winner.
- 30.4.3. The second greatest distance finishes in second place and so on.
- 30.4.4. In the event of a tie for the medal winning positions, see rule 19.3 for tie-breaking rules
- 30.4.5. Ties for 4th place and lower will not be broken by the tie-breaking procedure – competitors shall remain tied for those positions.



- 30.4.6. If the ulu-winning competitors remain tied after the tie-breaking procedures, see Appendix E - Ties Within the Medal-Winning Positions.

30.5. Competition Format

- 30.5.1. The order of the competitors will be established by draw.
- 30.5.2. The competition shall be a finals event. There is no preliminary competition.
- 30.5.3. Competitors will make all three attempts in the same order as drawn.
- 30.5.4. The course shall be flat and level and at least 2 meters wide and 30 meters long.
- 30.5.5. The run up area shall be a minimum of 10 meters long and 2 meters wide
- 30.5.6. The course must be clearly defined by markings of some type (including side lines)
- 30.5.7. Host officials will attempt to keep the playing area clean of debris and moisture but it is the athletes' responsibility to ensure the area is safe.



Appendix C2

Technical Support Information



Appendix D

Age Class Naming Convention

Appendix D – Age Class Naming Convention

101. Age Class Naming Convention

Arctic Winter Games age classes are named according to this formula:

“U” followed by a number equal to 1 plus the age in years, on December 31 of the calendar year prior to the Games, of an athlete born in the earliest year of eligibility for that class

Example: oldest year of birth for class “x” = 2007

Age of a person born in 2007 on December 31, 2025 = 18 years old

$1 + 18 = 19$

“U” + “19” = Age class name is U19.

Appendix E

Ties Within the Medal-Winning Positions

Appendix E – Ties Within the Medal-Winning Positions

201. Ties Within the First Three Places

In the case of ties for medal-winning positions, two medals will be awarded for that position, and no medals awarded for the next position.

201.1. In the case of a tie for the Gold Ulu, no Silver ulu will be awarded.

201.2. In the case of a tie for the Silver Ulu, no Bronze ulu will be awarded.

201.3. In the case of a tie for the Bronze Ulu, two Bronze ulus will be awarded.



Appendix F

Eligibility and Age Requirements

Appendix F – Eligibility and Age Requirements

Preamble:

The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose:

This policy provides direction and guidance to the participating contingents when selecting athletes, cultural and youth ambassador program participants for their teams.

Sport Participation:

As the guardian and rights holder of the biennial premier circumpolar sport and cultural event for northern youth, the Arctic Winter Games International Committee (AWGIC) offers male and female sport competition for Arctic Winter Games participants.

The AWGIC board, membership, and stakeholders remain committed to ongoing collaboration and monitoring developments within the global sport community. While remaining true to its core values of respect and a participant-centred approach, the AWGIC will continue to act with integrity and be accountable for its decisions.

General Eligibility Rules – for all Participants

301. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes, Cultural delegates and Youth Ambassador Program participants shall:
 - 301.1. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);
 - 301.2. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;
 - 301.3. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
 - 301.4. comply with all rules and regulations of their Contingent.

302. Residence

- 302.1. 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.
- 302.2. An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

303. Jurisdictional Residency Standards

Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

304. Minimum Age Requirement

All participants must have reached the age of 12 as of the December 31 immediately preceding the Arctic Winter Games in which they will participate.

305. Minimum Age Waiver

- 305.1. Applications for exceptions to the minimum age rule must be submitted by the Chef de Mission to the Technical Director not less than 30 days prior to the Opening Ceremony of the Games
- 305.2. Applications must be submitted on the form provided ([URL HERE](#))

306. Aging Up

- 306.1. If a participant wishes to compete in an older age group, the Chef de Mission submit an application to the Technical Director not less than 30 days prior to the Opening Ceremony of the Games
- 306.2. Applications must be submitted on the form provided ([URL HERE](#))

Athlete Eligibility

307. To participate in the Arctic Winter Games as an athlete, each participant must meet the definition of a "Developing Athlete"

- 307.1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
- 307.1.1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
- 307.1.2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

Cultural Delegate Eligibility

308. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.

Youth Ambassador Program Eligibility

309. To be eligible to participate in the Arctic Winter Games, a Youth Ambassador Program participant shall comply with the eligibility requirements included in the current Youth Ambassador Program Technical Package.

Yamal Suspension

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.



Appendix G

Schedule Development Process

Appendix G – Schedule Development Process

- 401. Master Sport Schedule
 - 401.1. First Draft

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony).
 - 401.2. Final Schedule

The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC.

 - 401.2.1. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered "final".
 - 401.2.2. The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required.
 - 401.2.3. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.
- 402. Host Society is required to:
 - 402.1. Create a process for stakeholders to provide input and request changes to the schedule;
 - 402.2. Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games;
 - 402.3. Refer to the AWGIC Staging Manual to view approved sport schedule templates.
- 403. Host Society must do their best to:
 - 403.1. Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
 - 403.2. Respect the timing required for participant feeding, transportation and marshaling for opening and closing ceremonies;
 - 403.3. Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last).