

2024



TECHNICAL PACKAGE

ARCTIC SPORTS

TECHNICAL PACKAGE
2024 ARCTIC WINTER GAMES

Sport: Arctic Sports

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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. Rules

Rules for Arctic Sports are derived from the traditional practices of the peoples of the Arctic. In general, this competition will be conducted under these rules as described in the following sections and approved by the Arctic Winter Games International Committee.

3. Participants

Each Participating Unit may enter a team comprised of a maximum of eighteen (18) competitors and four (4) coaches as listed below. All age categories are based upon an athlete's age as of December 31 prior to the Games.

Competitors

Females 16 years of age or under as of December 31, 2023 Year of birth: 2007 or later (U17)	5
Males 16 years of age or under as of December 31, 2023 Year of birth: 2007 or later (U17)	5
Female (Open) Year of birth: n/a	4
Male (Open) Year of birth: n/a	4

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Staff

Coaches	4
Support Staff	0

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

4. Eligibility

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
 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.
 1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
 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.

Athletes eligible for the younger age category may compete in the older age category at the discretion of their Chef de Mission. Should they choose to do so, the athlete may only compete in the older age category for all events. Requests to have an athlete compete in an older age category must be submitted to the AWGIC Technical Director and Technical Coordinator a minimum of 14 days prior to the start of the Games.

Competitors can only register in one category.

See Appendix L for additional eligibility requirements.

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5. Competition

Format

The competition shall take place abiding by the rules as prescribed by the AWGIC as published on January 1 of the year of the Games.

Events

- a. Open Male
 - One-Foot High Kick
 - Two-Foot High Kick
 - Alaskan High Kick
 - Kneel Jump
 - Airplane
 - One Hand Reach
 - Head Pull
 - Knuckle Hop
 - Sledge Jump
 - Triple Jump
 - All Around

- b. Open Female
 - One-Foot High Kick
 - Two-Foot High Kick
 - Alaskan High Kick
 - Kneel Jump
 - Arm Pull
 - One Hand Reach
 - Sledge Jump
 - Triple Jump
 - All Around

- c. Junior Male & Female
 - One-Foot High Kick
 - Two-Foot High Kick
 - Alaskan High Kick
 - Kneel Jump
 - Arm Pull
 - Sledge Jump
 - Triple Jump

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- All Around
- d. All Around Competitions
 - 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 seven (7) events
- e. Coach Participation
 - If a team does not enter a full complement of open male athletes a male coach from that unit may compete as an open athlete. If a team does not enter a full complement of open female athletes a female coach from that unit may compete as an open athlete.
- f. Minimum Heights for Kicking Events
 - All kicking events and the one hand reach include starting heights. Athletes who cannot successfully achieve these heights in training should not be entered in that event.

Schedule

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). The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered "final".

The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

The Host Society shall:

- Create a process for stakeholders to provide input and request changes to the schedule;

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- 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;
- Refer to the Arctic Sports Competition Manual;
- Schedule prescribed warm up and competition times;
- Include a pre-competition review of the Technical Package and rules by officials and coaches from each Unit.

Note: Once the competition time period begins warm up activities are not allowed in the competition area.

The Host Society, to the best of their ability shall:

- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshalling for opening and closing ceremonies;
- 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).

6. Scoring

Points will be awarded for the top (5) positions in each event as follows:

1 st	-5 points
2 nd	-4 points
3 rd	-3 points
4 th	-2 points
5 th	-1 points

Tie Breaking

The Tie Breaking rule for each individual event applies to determine the first place finisher. In the case of ties in any of the other positions the following will apply for assigning points for the All Around Event:

All competitors tied for a placing will receive points for that placing. The next lowest placing will receive the points for the placing according to the number of competitors finishing ahead. For Example:

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Place	Points	Medals Awarded
Tie for 1 st	5 points each	Gold Ulu for both athletes
3 rd place (no second)	3 points	Bronze Ulu
4 th place	2 points	n/a
5 th place	1 point	n/a
6 th and subsequent places	0 points	n/a

Or

Place	Points	Medals Awarded
1 st place	5 points	Gold Ulu
Tie for 2 nd place	4 points each	Silver Ulu for both athletes
4 th place (no third)	2 points each	n/a (no Bronze Ulu awarded)
5 th place	1 point	n/a
6 th and subsequent places	0 points	n/a

Or

Place	Points	Medals Awarded
1 st place	5 points	Gold Ulu
2 nd place	4 points	Silver Ulu
Tie for 3 rd place	3 points each	Bronze Ulu for both athletes
5 th place (no 4 th place)	1 point each	n/a
6 th and subsequent places	0 points	n/a

Tie Breaking for Knuckle Hop, Airplane, Sledge Jump, Kneel Jump, and Triple Jump

In the case of a tie, for 1st through 5th place, the total combined distance of an athlete's successful jumps shall be used to determine each place. If a tie still exists a jump off shall be held to determine medals point scoring positions. Only those athletes tied for a position (i.e. two tied for first) shall jump off for that position and the next place.

If a tie exists after the completion of all attempts in Knuckle Hop, Airplane, Sledge Jump and the Triple Jump duplicate medals and points shall be awarded to the athletes who are tied as follows:

- For first place - two gold Ulus and a bronze Ulu are awarded; no silver Ulu is awarded, no points are awarded for second place
- For second place - one gold and two silver Ulus are awarded; no bronze Ulu is awarded, no points are awarded for third place;

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- For third place - two bronze Ulus are awarded; no points are awarded for fourth place;
- For fourth place – both finishers are awarded fourth place points, no fifth place points are awarded.

Tie Breaking for Kicking Events and One Hand Reach

The competitor who kicks or reaches the target at the highest height for One Foot High Kick, Two Foot High Kick, Alaskan High Kick and One Hand Reach will be declared the winner. In the event of a tie, the following procedure will be used to determine 1st through 5th place:

Ties for 1st to 5th Place

If two or more competitors are tied for one of these places, the competitor with the lowest number of overall misses will be declared the winner for that place. The competitor with the next lowest number of overall misses will be awarded the next placing and so on.

If a tie still exists for a place, the competitor with the lowest number of misses at the lowest height achieved by all competitors who are tied for that place will be declared the winner for that place. The competitor with the next lowest number of overall misses will be awarded the next placing and so on.

If a tie still exists for a place, a kick-off will be held as follows:

- The target will be lowered one (1) inch (2.5 cm) from the last unsuccessful height and the competitors will each have three attempts at that height.
- The competitor achieving that height in the least of number of kicks shall be declared the winner of that place.

If a tie still exists the competitors will be awarded medals and points as described below.

7. Medals

Medals shall be awarded individually as follows:

- Gold - 35
- Silver - 35
- Bronze - 35

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Note: Potential ties could impact the amount of ulus awarded.

8. Equipment

All equipment must abide by AWGIC rules.

Taping and Braces

Competitors are not allowed to use joint or body braces of any type. Competitors are not allowed to use taping or compression stockings or similar equipment. Any competitor seen using any of the above apparatuses will be asked to remove them before competition.

9. Competition Uniform

All uniforms must meet AWGIC Contingent Uniform Policy requirements.

10. Registration

All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

At Games-time, competitors must register for all events they wish to compete in one-hour (1 hour) prior to the start time of the first event in their category.

In the case of injury or sickness - and at the discretion of the Head Official - a competitor may be excused from competition and the event that they have registered to compete in. Where a competitor has been excused from an event for reasons of illness or injury, the Head Official may allow the competitor to late register for an alternate event.

Unit coaches shall ensure that athletes enter the minimum number of events required. The Head Official shall verify entry totals as required during the competition.

11. Protests & Appeals

Field of Play disputes should be managed in accordance with the [AWGIC Field of Play conduct Policy and Protest Procedure](#) and each International Federation's (IFs) rules.

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Disputes

The Host Society shall establish an appeals/dispute protocol consistent with the following:

- The Arctic Winter Games International Committee Discipline Policy shall be the governing authority for the establishment of an Arctic Sports/Dene Games sport Technical Appeals Committee. The AWGIC Discipline Policy shall prevail in all matters not clearly covered by the technical appeals committee and in any disagreement between the two.
- The Technical Appeals Committee shall consist of the Head Official as designated by the Technical Package and two other officials appointed by the Host Society. At least one of these officials must have a good understanding of the 2024 Arctic Sports Technical Package's rules for each event.
- Coaches may file an appeal with the Head Official in verbal form within (3) three minutes of the conclusion of an event. Results shall not be announced prior to this (3) minute deadline passing.
- The Coach must then provide a written summary of the appeal on the Arctic Winter Games appeal forms within (30) minutes of the completion of the event.
- The Technical Appeals Committee shall meet and render a decision on the appeal as soon as possible. Only the Head Official will announce the decision of the appeal to the parties involved. All sport technical decisions of the Technical Appeals Committee are final unless an appeal can be justified as detailed in Section 9 of the AWGIC Discipline Policy.

12. AWG General Rules

Officials

Head Official

- A Head Official shall be appointed by the Host Society to oversee all competitions at each venue. The Head Official shall enforce the rules of each competition and rule on any disputes. Her/his decision on points of fact connected with the competition shall be final so far as the result of the competition is concerned.

Judges

- A minimum of ten judges (in addition to the Head Official) and two intern judges, shall be appointed to oversee the competitions. Judges shall

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enforce the rules of each competition and advise the head official on any disputes. The Head official shall attempt to appoint, at minimum, one judges from each contingent.

Scorekeepers

- A minimum of four score keepers, with experience, shall be appointed for the competition. A head score keeper is required, see description of duties in the Arctic Sports section of the Staging Manual.

Note: If two or more competitions are run simultaneously, additional judges and scorekeepers may be required.

Video Tape or Photographs

Videotapes, photographs or other similar devices cannot be used by officials or the appeals committee to rule on any matter.

Arctic Sports Manual

For reference purposes only, Competitors and coaches may wish to refer to the Arctic Sports Manual for assistance in training and understanding each of the Games. The descriptions and rules in the manual are for instruction purposes only. The official rules and instructions for each event for Arctic Winter Games competitions are contained in the appendices of this technical package.

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13. Appendix A: One Foot High Kick Rules

1. **START:** A Competitor may be standing at any distance from the target when they start their approach to the jump.
2. **MOVEMENT:** The competitor may start with a running or standing approach. On the take-off both feet must be no more than shoulder width apart. The target must be clearly struck by one foot. The landing must be on the same foot with which the target was kicked. The competitor must maintain balance and control on the landing.
3. **ATTEMPTS:**
 - I. Each competitor has three (3) attempts at each height.
 - II. During initial rounds each competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. When three competitors remain each competitor will be allowed three (3) minutes to complete one (1) attempt.
 - III. 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.
 - IV. A competitor is charged with one attempt when:
 - a. The knee of the kicking foot is “broken” in the course of the jump,
 - b. They do not clearly strike the target with one foot,
 - c. When they fail to land properly and maintain balance in accordance with Rule 2, even if they strike the target,
 - d. The maximum time limit is exceeded.
 - V. The Head Official shall rule on any disputed attempts.
 - VI. The following starting heights will apply for the competition:

	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)

- VI. At the completion of attempts at each height:
 - a. The target shall be raised 4 inches (10 cm) for all categories.
 - b. When there are 4 (or more at the discretion of the Head Official) competitors left in a category, the height shall be raised 2 inches (5 cm)

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at the completion of each round of attempts by all athletes until a winner has been declared.

- c. The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.
 - d. After a winner has been declared, the Gold medal athlete only may attempt additional jumps to establish a new Arctic Winter Games record under the following conditions:
 - i. The target can be raised by any height requested by this athlete.
 - ii. Once raised, the target cannot be lowered.
 - iii. The athlete has a maximum of three (3) attempts at each new height.
- 4. SCORING:** If a competitor misses her/his first attempt he must make her/his second and third attempt, if necessary, in secession. 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 2.
- The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.
- 5. COMPETITION FORMAT:** The rotation of the kickers will be established by draw. The competition shall be a finals event only with no preliminary competition.
- 6. EQUIPMENT:** A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small soft object, usually stuffed fur and is suspended by a rope from the horizontal arm of the stand. 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.

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14. Appendix B: Two Foot High Kick Rules

1. **START:** A competitor may be standing at any distance from the target when they start their approach for the jump.
2. **MOVEMENT:** The competitor may start with a running or standing approach. On takeoff, both feet must leave the floor at the same time, natural take off. The target must be clearly struck by either foot provided both feet are even and parrallel. Upon landing both feet must hit the floor at the same time. The competitor must complete a natural landing and maintain balance and control.
3. **ATTEMPTS:**
 - I. Each competitor has three (3) attempts at each height.
 - II. During initial rounds each competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. When three competitors remain each competitor will be allowed three (3) minutes to complete one (1) attempt.
 - III. 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.
 - IV. A competitor is charged with one attempt when:
 - a. They do not clearly strike the target with both feet together,
 - b. When they fail to land properly and maintain balance in accordance with Rule 2, even if they strike the target,
 - c. The maximum time limit is exceeded.
 - V. The Head Official shall rule on any disputed attempts.
 - VI. The following starting heights will apply for the competition:

	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	5 feet (152 cm)	5 feet 6 inches	(168 cm)
Junior Female	4 feet (122 cm)	4 feet 4 inches	(132 cm)

- VI. At the completion of attempts at each height:
 - a. The target shall be raised 4 inches (10 cm) for Open and Junior Male and Open and Junior Female categories.
 - b. When there are 4 (or more at the discretion of the Head Official) competitors left in a category, the height shall be raised 2 inches (5 cm) at

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the completion of each round of attempts by all athletes until a winner has been declared.

- c. The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.
 - d. After a winner has been declared, the Gold medal athlete only may attempt additional jumps to establish a new Arctic Winter Games record under the following conditions:
 1. The target can be raised by any height requested by this athlete.
 2. Once raised, the target cannot be lowered.
 3. The athlete has a maximum of three (3) attempts at each new height.
- 4. SCORING:** If a competitor misses their first attempt they must make their second and third attempt, if necessary, in succession. 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 2.

The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

- 5. COMPETITION FORMAT:** The rotation of the kickers will be established by draw. The competition shall be a finals event only with no preliminary competition.
- 6. EQUIPMENT:** A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small soft object, usually stuffed fur and is suspended by rope from the horizontal arm of the stand. 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.

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15. Appendix C: Alaskan Kick Rules

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

- 2. MOVEMENT:** On start, the competitor must be in a stationary position with their buttocks on the floor. 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. The competitor must take off and land on the same side of their body. The target must be clearly struck by the kicking foot. The landing must be on the kicking foot. The landing must be balance and controlled and the competitor's buttocks cannot touch the floor. The competitor must not let go of the other foot at any time throughout the kick.

- 3. ATTEMPTS:**
 1. Each competitor has three (3) attempts at each height.
 2. A Competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. When three competitors remain, each competitor will be allowed three (3) minutes to complete one (1) attempt. 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.
 3. A competitor is charged with one attempt when:
 - a. They do not clearly strike the target with the free foot,
 - b. When they fail to land properly and maintain balance, or,
 - c. When they let go of the other foot in accordance with Rule 2 Movement even if they strike the target,
 - d. When the kicking foot leaves the floor even if an attempt to kick the target is not made.
 - e. The maximum time limit is exceeded.
 4. The Head Official shall rule on any disputed attempts.

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

	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)

6. At the completion of attempts at each height:

- a. The target shall be raised 4 inches (10 cm) for Open and Junior Male and Open and Junior Female categories.
- b. When there are 4 competitors left in a category, the height shall be raised 2 inches (5 cm) at the completion of each round of attempts by all athletes until a winner has been declared.
- c. The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.
- d. After a winner has been declared, the Gold medal athlete only may attempt additional jumps to establish a new Arctic Winter Games record under the following conditions:
 - i. The target can be raised by any height requested by this athlete.
 - ii. Once raised, the target cannot be lowered.
 - iii. The athlete has a maximum of three (3) attempts at each new height.

4. SCORING: If a competitor misses her/his first attempt they must make her/his second and third attempt, if necessary, in succession. 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 2.

The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

5. COMPETITION FORMAT: The rotation of the kickers will be established by draw. The competition shall be a finals event only with no preliminary competition.

6. EQUIPMENT: A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small soft object, usually stuffed fur and is suspended by rope from the horizontal arm of the stand. 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.

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16. Appendix D: Kneel Jump Rules

1. **START:** 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.
2. **MOVEMENT:**
 - a) The competitor may swing their arms.
 - b) The jump involves thrusting the body and arms up and then forward. The legs are then extended as far forward as possible. The legs may move forward under or beside the body.
 - c) The landing must be a natural landing, i.e. balanced, controlled and maintained until the official indicates that the feet can be moved. The competitor cannot slide forward after landing.
 - d) The competitor must be wearing clothing that allows the judges an unobstructed view of their lower body.
3. **ATTEMPTS:** Each competitor has three (3) attempts. A competitor is charged with an attempt if they do not land in accordance with Rule 2.

Competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. A coach may choose to advise the athlete of the time remaining.

4. **SCORING:** The distance of a successful jump shall be measured from the starting line to the heel closest to the starting line. The competitor must remain balanced in place for the measurement or the jump is disallowed.

The competitor who jumps the greatest distance will be the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

5. **COMPETITION FORMAT:** Each competitor is allowed one (1) attempt for each rotation. The competition shall be a finals event only with no preliminary competition.
6. **COMPETITION AREA:** 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.

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17. Appendix E: Airplane Rules

- 1. START:** 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. Shoulders should be in line with the starting line.

Competitors must maintain a locked arm position with the body remaining above the wrists. This locked position may be at an angle not to exceed 45 degrees between the shoulders and the fist.

- 2. MOVEMENT:** 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 top of each foot (on top of the instep) and one by each wrist. The competitor will be lined up with his shoulders to a pre-set starting line. The competitor must remain rigid and fully extended with shoulders and torso supported by the downward pressure of the fists and feet. The competitor is carried in this position over a pre-set course. The same assistants will carry each competitor over the course at the same pace. A pacer shall be used to ensure a consistent pace is maintained by the assistants for each competitor. The same pacer shall be used for all competitors.
- 3. ATTEMPTS:** Each competitor is allowed one attempt only.
- 4. SCORING:** The competitors shall be carried over the pre-set course. The competitor travelling the longest time shall be declared the winner. Second and subsequent positions shall be determined by the competitor travelling the second longest time and so on.

A competitor shall be stopped when, in the opinion 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. The Head Official shall advise all competitors of this rule at the start of the competition. No warnings will be issued during a competitor's attempt.

In the event of a tie, duplicate medals and scoring will be awarded.

- 5. COMPETITION FORMAT:** The order of the competitors will be established by draw. The course will be pre-set. The competition shall be a finals event only with no preliminary competition.

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- 6. COURSE:** The course will be pre-set and marked. The course lay out should avoid sharp corners. 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.

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18. Appendix F: One Hand Reach Rules

1. START: 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. In the starting position the competitor should be braced with the elbow of the balancing arm tucked into the body.

2. MOVEMENT:

The competitor begins by:

- a) Lifting their feet off the floor and balancing on their hands.
- b) When balanced, Any natural hand position can be used, the palm flat, raised on the fingers, or on their knuckles.
- c) With one hand the competitor reaches out to strike the target clearly while maintaining their balance on the other hand.
- d) No portion of the body may touch the floor during the strike attempt.
- e) 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.
- f) The competitor must maintain control all the way through the movement.
- g) The striking hand must touch the ground before any other part of the body.
- h) The judge shall signal to the competitor at the end of each attempt if it was successful or not.

3. ATTEMPTS:

1. Each competitor has three (3) attempts at each height.
2. A Competitor will be allowed a maximum of 90 seconds in which to complete one (1) attempt. When three (3) competitors remain each competitor will be allowed three (3) minutes to complete one (1) attempt. 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.
3. A competitor is charged with one attempt when:
 - a. The striking hand is lifted towards the target and crosses the line of the elbow of the balancing arm.
 - b. They do not clearly strike the target with one hand,
 - c. 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.
 - d. The 90 second maximum time limit is exceeded.
4. The Head Official shall rule on any disputed attempts.

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

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

6. At the completion of attempts at each height:
- The target shall be raised 4 inches (10 cm).
 - When there are 4 (or more at the discretion of the Head Official) competitors left in a category, the height shall be raised 2 inches (5 cm) at the completion of each round of attempts by all athletes until a winner has been declared.
 - The 2 inch (5cm) adjustments must be adhered to, i.e. athletes cannot choose to have the height raised by a different amount.
 - After a winner has been declared, the Gold medal athlete only may attempt additional reaches to establish a new Arctic Winter Games record under the following conditions:
 - The target can be raised by any height requested by this athlete.
 - Once raised, the target cannot be lowered.
 - The athlete has a maximum of three (3) attempts at each new height.

4. **SCORING:** If a competitor misses his first attempt he must make the second and third attempt, if necessary, in succession. 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 2.

The competitor who kicks the target at the highest height will be declared the winner. In the event of a tie, see Arctic Winter Games General Rules, Section 6.

5. **COMPETITION FORMAT:** The rotation of the competitors will be established by draw. The competition shall be a finals event only with no preliminary competition.
6. **EQUIPMENT:** A self-supporting stand, adjustable for height and with a horizontal arm for suspending the target. The target should be a small, soft object, usually stuffed with fur and is suspended by rope from the horizontal arm of the stand. 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.

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19. Appendix G: Head Pull Rules

- 1. START:** Two competitors lie on the floor on their stomachs facing each other. The floor shall have three parallel lines that are 60 centimetres (24 inches) from the centre line. A looped leather thong or belt is placed over the back of the competitors' heads above the ears.
- 2. MOVEMENT:**
 - a) Competitors rise to a position with only hands and knees and feet touching the floor.
 - b) 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.
 - c) The pull must be directly back and parallel to the ground.
 - d) 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 opponents head.
- 3. ATTEMPTS:** This competition consists of one "pull" to determine a winner.
- 4. SCORING:** The winner of the "pull" is declared if the opponent's hands cross the line, 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.
- 5. COMPETITION FORMAT:**
 - a) Double elimination.
 - b) Initial pairs are determined by draw.
 - c) The competition shall be a finals event only with no preliminary rounds.
 - d) The competition format shall include pulls to determine 3rd, 4th and 5th placings, if necessary.
 - e) Competition Brackets are included in the Arctic Winter Games Staging Manual, Section 7.22.
- 6. EQUIPMENT:** A looped leather thong or belt is used. It is approximately three feet (90 cm) long and one and one half (1 ½") inches (4 cm) wide. 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.

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20. Appendix H: Arm Pull Rules

1. **START:** In pairs, competitors face each other sitting on the floor.
 - a) The choice of arm for the first pull is dictated in Section 3.
 - b) 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.
 - c) Competitors lock right arms at the bent elbow, with the left hand holding the opponent's right ankle. Positions are reversed for the left arm pull.
 - d) A competitor may not grab the other competitor's arm to get their arm in place.
 - e) If the left arm is chosen for the first pull the reverse of the above is utilized.
 - f) All watches, bands and other objects must be removed.
 - g) Competitor's shoulders are parallel and square to each other.

2. **MOVEMENT:**
 - a) On signal from the official, competitors pull slowly and steadily at the elbow while bracing the opposite hand on the opponent's ankle.
 - b) Contact between the knee and elbow is not allowed.
 - c) The pulling motion must be straight back, with no twisting.
 - d) The object is to pull the opponent's arm straight.

3. **ATTEMPTS:** The competition consists of the best of three (3) "pulls". If the athletes can not agree on which arm to start with the first "pull" shall be determined by a flip of a coin. The second "pull" is with the other arm and the third "pull", if necessary, shall be determined by a flip of a coin.

When in the opinion of the official there is a failed attempt, the attempt shall be restarted using the same arm.

4. **SCORING:** 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. If a competitor falls sideways or her/his hand lets go of their opponent's foot/ankle, the "pull" is awarded to the opponent.

5. **COMPETITION FORMAT:**
 - a) Double elimination.
 - b) Initial pairs are determined by draw.
 - c) The competition shall be a finals event only with no preliminary rounds.
 - d) The competition format shall include pulls to determine 3rd, 4th and 5th

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- placings, if necessary.
- e) Competition Brackets are included in the Arctic Winter Games Staging Manual, Section 7.22.
- 6. COMPETITION AREA:** 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.

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21. Appendix I: Knuckle Hop Rules

- 1. START:** A competitor starts face down on the floor in a push up position with straight legs, elbows/arms bent at the sides of the body and not at an angle away from the body, resting on the knuckles of the hands that are clenched into a fist. The thumbs must be placed over the top of the fingers.
- 2. MOVEMENT:**
 - a) The competitor lifts their body off the floor. Only the knuckles and toes can touch the floor.
 - b) With a quick push off of the knuckles, and toes, the competitor hops forward landing again on both knuckles and toes simultaneously.
 - c) 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.
 - d) The Head Official shall advise all competitors of this rule at the start of the competition. No warnings will be issued during a competitor's attempt.

Note - The Head Official and Officials designated as counters may disqualify a competitor for any infraction included in the Technical Package.
- 3. ATTEMPTS:** Each competitor is allowed one attempt only.
- 4. SCORING:** The distance the competitor can hop before quitting or lowering his body to the floor is measured from the shoulders at the start to the position of the shoulders at the completion. 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.
- 5. COMPETITION FORMAT:** The order of the competitors will be established by draw. The competition shall be a finals event only with no preliminary competition.
- 6. COURSE:** The course will be pre-set, marked and pre-measured. The course layout should avoid sharp corners and can be the same as used for the Airplane event. The course should be clean and clear of any dirt or debris. 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.
- 7. MEDICAL SERVICES:** Participants must be provided with immediate access to medical services upon the completion of this event.

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22. Appendix J: Sledge Jump Rules

1. **START:** A competitor starts in a standing position and behind a line marked in front of the course.

2. **MOVEMENT:**

On signal from the referee:

1. The competitor begins jumping over the sledges
2. At the end of the sledge line, the competitor turns around by using one jumping movement from both legs simultaneously, and then continues jumping
3. The competitor is allowed a maximum of five (5) seconds to complete the turning motion at the end of the 10 sledges. Officials timing this action will start the clock when the competitor's feet hit the floor and stop the watch when they leave the floor for the first sledge jump.
4. The competitor continues to jump until:
 - a. They displace one of the sledges with any part of the body,
 - b. Lands or takes off without both feet landing or leaving the ground at the same time (i.e. galloping),
 - c. Touches one of the sledges with any part of their body from the knee up
 - d. Touches one of the sledges with any part of their body below the knee and the sledge move (no movement, no disqualification),
 - e. Falls to the ground,
 - f. Touches the floor with their arm(s) while turning around
5. Jumping over the sledges must be a continuous rhythmic action with no appreciable time allowed between jumps.
6. During the jumping action the legs must be continuously up and over each sledge without swinging legs to the side. under the core of the body, i.e. they cannot be moved off to one side during the jump
7. Contact with the sledge below the knees is permitted provided the sledge does not move.

3. **ATTEMPTS:** Each competitor is allowed three attempts. The attempt where the greatest number of sledges are jumped over is scored as the competitor's best attempt.

4. **SCORING:** The number of sledges jumped over determines the competitor's score. The competitor who jumps over the greatest number of sledges is declared the

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winner. The second greatest number finishes in second place and so on. If a tie exists the total of all three jumps shall be used to determine places. If a tie still exists a jump off shall be held to determine medals point scoring positions. Only those athletes tied for a position (i.e. two tied for first) shall jump off for that position and the next place.

- 5. COMPETITION FORMAT:** The order of the competitors will be established by draw. Competitors will make all three attempts in the same order as drawn. The competition shall include at least three sets of sledges running simultaneously. The competition shall be a finals event only with no preliminary competition.
- 6. COURSE:** Ten sledges are placed in a straight line with each unit marked by chalk (or some other method that does not impede the course) so that movement can be determined. The sledges are numbered consecutively and placed 55 cm apart. The course shall be flat and level and at least 20 meters long.
- 7. EQUIPMENT:** Sledges are made of wood and shall meet the specifications outlined in the Arctic Winter Games Staging Manual. Note – two sizes of sledges are required and the Host Society is advised to keep extra available as some will be broken during competition. Add sledge dimensions to the equipment.

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23. Appendix K: Triple Jump Rules

1. **START:** A competitor may use a running start or standing start. 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. The competitor will approach the start line perpendicular to the length of the start line.

2. **MOVEMENT:**
 - a) On signal from the referee, the competitor completes three consecutive jumps.
 - b) The jumping action must be from both legs simultaneously (no galloping).
 - c) The competitor's result is determined by measuring 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.
 - d) The competitor's feet must not touch the start line during the first jump. The competitor must land their final jump on both feet.
 - e) The competitor may continue to move forward after the successful completion of the third jump without penalty or disqualification.
 - f) The competitor must exit the jumping area through the end of the course.
 - g) If a competitor falls back after the landing their distance is measured from the point of their body closest to the start line.
 - h) 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.

The referee shall determine whether a jump is completed properly. If it is, they shall hold the flag in a downward position. Measurements will only be taken of properly completed jumps.

3. **ATTEMPTS:** Each competitor is allowed three attempts. The attempt measuring the longest is scored as the competitor's result.

4. **SCORING:** The competitor who jumps the greatest distance is declared the winner. The second greatest distance finishes in second place and so on. If a tie exists the total of all three jumps shall be used to determine places. If a tie still exists a jump off shall be held to determine medals point scoring positions. Only those athletes tied for a position (i.e. two tied for first) shall jump off for that position and the next place.

5. **COMPETITION FORMAT:** The order of the competitors will be established by draw. Competitors will make all three attempts in the same order as drawn. The

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competition shall be a finals event only with no preliminary competition.

6. **COURSE:** The course shall be flat and level and at least 2 meters wide and 30 meters long. The run up area shall be a minimum of 10 meters long and 2 meters wide the course must be clearly defined by markings of some type (including side lines).

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24. Appendix L

AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY

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 and cultural participants for their teams.

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
 - a. 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.
 - i. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
 - ii. 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.
2. 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.
3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
 - a. 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);

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- b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;
- c. 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;
- d. comply with all rules and regulations of their Contingent.

NOTE #1.1: '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.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: 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.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

* 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.