

# 2008



**TECHNICAL PACKAGE  
ARCTIC SPORTS**

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**2008 ARCTIC WINTER GAMES**

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## **ARCTIC SPORTS**

### **1. RULES:**

This competition will be conducted under the rules as developed and approved by the Arctic Winter Games International Committee (see individual event rules).

### **2. CATEGORIES:**

- (a) Open Male
- (b) Open Female
- (c) Junior Male           Born in 1991 or later
- (d) Junior Female        Born in 1991 or later

### **3. EVENTS:**

#### 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

#### Open Female/Junior Male & Female

One-Foot High Kick  
Two-Foot High Kick  
Alaskan High Kick  
Kneel Jump  
Arm Pull  
Sledge Jump  
Triple Jump  
All Around (Best three individual even)

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Competitors must enter a minimum of four and can enter no more than seven events (excludes the All Around Event; see scoring process below). If an athlete does not compete in the minimum number of events her/his team shall be excluded from consideration for the all around medals in that category.

If a team does not enter a full compliment of open male athletes a male coach from that unit may compete as an open athlete. If a team does not enter a full compliment of open female athletes a female coach from that unit may compete as an open athlete.

**4. TEAM COMPOSITION:**

Each Games unit may enter a team comprised of a maximum of twenty (20) players and two (2) coaches as follows:

Open Male	5
Open Female	5
Junior Male	5
Junior Female	5
Coaches	2

Athletes can only register in one category.

One coach must be female and one male. If a coach from one gender is not available a chaperon must be substituted.

**5. MEDALS:**

Gold	-35
Silver	-35
Bronze	-35

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**6. Arctic Winter Games Rules:**

1. Officials

- a. 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.
- b. Judges – A minimum of six judges (preferably eight) shall be appointed to oversee the competitions. Judges shall enforce the rules of each competition and advise the head official on any disputes. Judges and the head official are only to offer advice to athletes and coaches in the interpretation of the rules and are not to provide instruction or other forms of advice.
- c. Score Keepers – A minimum of four score keepers shall be appointed for the competition.

Note: If two or more competitions are run simultaneously during the preliminary events additional judges and score keepers may be required.

2. Scheduling

In events with preliminaries and finals a maximum of five (5) individuals shall advance to the finals.

3. Video Tape or Photographs

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

4. Registration

Competitors must register for all events they wish to compete in one-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, an athlete may be excused from competition in an event he/she has registered to compete in. Where a competitor has been excused from an event for reasons of injury or illness the head official may allow an athlete to late register for an alternate event.

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Unit coaches shall insure that athletes enter the minimum number of events required and do not enter more than indicated in the *Events* section above. The Head Official shall verify entry totals as required during the competition.

5. Scoring for All Around Event

Points will be awarded for the best (5) placings in each category as follows:

1 <sup>st</sup>	-5 points
2 <sup>nd</sup>	-4 points
3 <sup>rd</sup>	-3 points
4 <sup>th</sup>	-2 points
5 <sup>th</sup>	-1 points

All Around Event –The athlete(s) who receive the most points in each category shall be awarded the All Around Ulus.

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 placings 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:

- 1<sup>st</sup> place -5 points
- 2 tied for 2<sup>nd</sup> place -4 points each
- 3<sup>rd</sup> place - 2 points
- 4<sup>th</sup> place - 1 point
- 5<sup>th</sup> place - 0 points

6. Tie Breaking for Individual Events

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

- For first place - two gold Ulus and a silver Ulu are awarded - no bronze Ulu is awarded

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- For second place - one gold and two silver Ulus are awarded - no bronze Ulu is awarded
- For third place - two bronze Ulus are awarded

7. Disputes

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

- a. 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.
- b. 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 rules of each event.
- c. Coaches may file an appeal may be filed 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.
- d. 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.
- e. 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 they an appeal can be justified as detailed in Section 9 of the AWGIC Discipline Policy.

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**ONE FOOT HIGH KICK RULES**

1. **START:** A Player may be standing at any distance from the target when he/she starts her/his approach to the jump.
2. **MOVEMENT:** The player 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 player must maintain balance and control on the landing.
3. **ATTEMPTS:** Each player has three (3) attempts at each height. An attempt is made when the knee of the kicking foot is “broken” in the course of the jump. A player is charged with one attempt when she/he does not clearly strike the target with one foot, or when s/he fails to land properly and maintain balance in accordance with Rule 2, even if she/he strikes the target.

A Player will be allowed a maximum of three (3) minutes in which to complete one (1) attempt. When there is one (1) minute left in the attempt, a designated official shall raise a flag to signal that one (1) 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. The player shall be charged with an attempt if the three (3) minute maximum is exceeded.

The Head Official shall rule on any disputed attempts.

The following starting heights will apply for the competition:

	<b>Warm Up Height</b>	<b>Starting Height</b>
Open Male	6 feet (183 cm)	6 feet 6 inches (198 cm)
Open Female	5 feet (152 cm)	5 feet 6 inches (168 cm)
Junior Male	5 feet (152 cm)	5 feet 6 inches (168 cm)
Junior Female	4 feet (122 cm)	4 feet 6 inches (137 cm)

At the completion of attempts at each height, the target shall be raised 4 inches (10 cm) for Open and Junior Male categories and 2 inches (5 cm) for Open and Junior Female categories. When there are 4 competitors left in the male categories, 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.

4. **SCORING:** If a player misses her/his first attempt he must make her/his second and third attempt, if necessary, in secession. A player is eliminated when, after three (3)

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attempts at a given height he/she fails to clearly strike the target or land properly according with Rule 2.

The player who kicks the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch (2.5 cm) and the competitors will each have three attempts at that height. If no winner is determined at the lower level, the competitor with the lowest number of overall misses will be declared the winner. If this still results in a tie, the athlete who missed at the lowest height will be awarded second place with the other athlete being declared the winner. .

5. **COMPETITION FORMAT:** The rotation of the kickers will be established by draw. The same rotation will be maintained throughout the 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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**TWO FOOT HIGH KICK RULES**

1. **START:** A player may be standing at any distance from the target when he/she starts her/his approach for the jump.
2. **MOVEMENT:** The player may start with a running or standing approach. On take off, both feet must be no more than shoulder width apart. The target must be clearly struck while both feet are parallel. Upon landing both feet must hit the floor at the same time and be no more than shoulder width apart. The player must maintain balance and control on landing.
3. **ATTEMPTS:** Each player has three (3) attempts at each height. An attempt is made when the knees are “broken” in the course of the jump. A player is charged with one attempt when he does not clearly strike the target with both feet together, or when he fails to land properly and maintain balance in accordance with Rule 2, even if he/she strikes the target.

A player will be allowed a maximum of three (3) minutes with which to complete one (1) attempt. When there is one (1) minute left in the attempt, a designated official shall raise a flag to signal that one (1) 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. The player shall be charged with an attempt if the three (3) minute maximum is exceeded.

The Head Official shall rule on any dispute attempts.

The following starting heights will apply for the competition:

	<b>Warm Up Height</b>	<b>Starting Height</b>	
Open Male	5 feet 6 inches (168 cm)	6 feet	(183 cm)
Open Female	4 feet 6 inches (137 cm)	5 feet	(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)

At the completion of attempts at each height, the target shall be raised 4 inches (10 cm) for the Open Male category and 2 inches (5 cm) for Open and Junior Female and Junior Male categories. When there are 4 competitors left in the male categories, 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.

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- 4. SCORING:** If a player misses his/her first attempt he/she must make her/his second and third attempt, if necessary, in succession. A player is eliminated when, after three (3) attempts at a given height he/she fails to clearly strike the target or land properly according to Rule 2.

The player who kicks the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch (2.5 cm) and the competitors will each have three attempts at that height. If no winner is determined at the lower level, the competitor with the lowest number of overall misses will be declared the winner. If this still results in a tie, the athlete who missed at the lowest height will be awarded second place with the other athlete being declared the winner.

- 5. COMPETITION FORMAT:** The rotation of the kickers will be established by draw. The same rotation will be maintained throughout the 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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**ALASKAN HIGH KICK RULES**

1. **START:** A player starts on the floor by grasping the sole of one foot with the opposite hand. The palm of the hand must be placed by the ball of the foot (i.e. the foot cannot be held by the toes or the top). The supporting hand is placed flat on the floor with the palm down. The player then raises off the ground balancing on her/his free hand and leg. The player may grasp either right or left foot.
2. **MOVEMENT:** On start, the player must be in a stationary position with their buttocks on the floor. She/he then kicks 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 player must take off and land on the same side of his/her body. The target must be clearly struck by the kicking foot. The landing must be on the kicking foot. The player must not let go of the other foot at any time throughout the kick. .
3. **ATTEMPTS:** Each player has three (3) attempts at each height. A player is charged with an attempt when
  5. He/she does not clearly strike the target with the free foot, or
  6. When he/she fails to land properly and maintain balance, or,
  7. When he/she lets go of the other foot in accordance with Rule 2 even if he/she strikes the target, or
  8. When the kicking foot leaves the floor even if an attempt to kick the target is not made.

A player will be allowed a maximum of three (3) minutes with which to complete one (1) attempt. When there is one (1) minute left in the attempt, a designated official shall raise a flag to signal that one (1) 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. The player shall be charged with an attempt if the three-(3) minute maximum is exceeded. The Head Official shall rule on any disputed attempts.

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The following starting heights will apply for the competition.

	<b>Warm Up Height</b>	<b>Starting Height</b>	
Open Male	5 feet 6 inches (168 cm)	6 feet	(183 cm)
Open Female	4 feet 6 inches (137 cm)	5 feet	(152 cm)
Junior Male	4 feet 6 inches (137 cm)	5 feet	(152 cm)
Junior Female	4 feet (122 cm)	4 feet 6 inches	(137 cm)

At the completion of attempts at each height, the target shall be raised 4 inches (10 cm) for open Male and Junior Male categories and 2 inches (5 cm) for Open and Junior Female categories. When there are 4 competitors left in the male categories, the height shall be raised 2 inches (5cm) at the completion of each round of attempts by all athletes until a winner has been declared.

4. **SCORING:** If a player misses her/his first attempt he/she must make her/his second and third attempt, if necessary, in succession. A player is eliminated when, after three (3) attempts at a given height he/she fails to clearly strike the target or land properly according with Rule 2.
5. The player who kicks the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch (2.5 cm) and the competitors will each have three attempts at that height. If no winner is determined at the lower level, the competitor with the lowest number of overall misses will be declared the winner. If this still results in a tie, the athlete who missed at the lowest height will be awarded second place with the other athlete being declared the winner.
6. **COMPETITION FORMAT:** The rotation if the kickers will be established by draw. The same rotation will be maintained throughout the competition.
7. **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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**KNEEL JUMP RULES**

1. **START:** The player starts in a kneeling position, with her/his buttocks resting on her/his heels with toes pointed back, hands on knees and both knees behind the starting line. The knees should be as close together as possible.
2. **MOVEMENT:** The player may move her/his upper body in a rocking motion to gain momentum. Swinging of the arms is permitted. The player jumps by thrusting the body up and arms forward. The legs are extended as far forward as possible. The landing must be balanced and controlled in the squat position, with the feet planted no further than shoulder width apart. The arms must be positioned forward. The player must be wearing clothing that allows the judges an unobstructed view of his/her lower body.
3. **ATTEMPTS:** Each player has three (3) attempts. A player may be charged with an attempt if the contact between the heels and buttocks, or between knees and floor is broken. A player is charged with an attempt if he/she does not land in accordance with Rule 2.
4. **SCORING:** The distance of a successful jump shall be measured from the starting line to the heel closest to the starting line. The player must remain balanced in place for the measurement or the jump is disallowed.

The player who jumps the greatest distance will be the winner. In the case of a tie, another jump will be made with the player making the longest jump the winner.

5. **COMPETITION FORMAT:** The rotation of players will be established by draw and will be maintained throughout the event. Each player is allowed one (1) attempt for each rotation.
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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**AIRPLANE RULES**

- 1. START:** The player 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 at the elbow.

- 2. MOVEMENT:** Four to five assistants, designated by the Head Official, lift the player 2-3 feet (60 to 90 cm) above the floor, one grasping the player by the top of each foot (on top of the instep) and one by each fist. He will be lined up with his shoulders to a preset 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 player is carried in this position over the 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 player is allowed one attempt only.

- 4. SCORING:** The competitor shall be carried over the pre-set course.

A player 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.

A player's distance is measured and marked from the shoulders to the floor. The player carried the longest distance will be declared the winner.

- 5. COMPETITION FORMAT:** The order of the players will be established by draw. The course will be pre-set.

- 6. COURSE:** The course will be pre-set, marked and measured. 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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**ONE HAND REACH RULES**

1. **START:** The player 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 player should be braced with the elbow of the balancing arm tucked into the body.
2. **MOVEMENT:** The player begins by lifting his feet off the floor and balancing on his hands. When balancing, the palm must be facing the floor (flat or raised on the fingers). The athlete cannot balance on their knuckles. With one hand the player reaches out to strike the target clearly while maintaining his balance on the other hand. No portion of the body may touch the floor during the attempt and the player must return the striking hand to the floor and maintain balance and control with the feet off the floor. The player must maintain control all the way through the movement and the striking hand must touch the ground before any other part of the body.
3. **ATTEMPTS:** Each player has three attempts at each height. An attempt is made when the striking hand is lifted towards the target. A player is charged with one attempt when he does not clearly strike the target, or when he allows 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.

A player will be allowed a maximum of three minutes with which to complete one attempt. When there is one (1) minute left in the attempt, a designated official shall raise a flag to signal that one (1) 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. The player shall be charged with an attempt if the two minutes is exceeded.

The Head Official shall rule on any disputed attempts.

The following starting heights will apply for the competition:

	<b>Warm Up Height</b>		<b>Starting Height</b>	
Open Male	4 feet	(122 cm)	4 feet 6 inches	(137 cm)

At the competition of attempts at each height, the target shall be raised 2 inches (5 cm).

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4. **SCORING:** If a player misses his first attempt he must make the second and third attempt, if necessary, in succession. A player 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 player who strikes the target at the highest height will be declared the winner. In the event of a tie, the target will be lowered one (1") inch (2.5 cm) and the tied competitors will each have three attempts at the height. If a winner is not determined at the lower height, the competitor with the lowest number of overall misses will be declared the winner. If this still results in a tie, the athlete who missed at the lowest height will be awarded second place with the other athlete being declared the winner.

5. **COMPETITION FORMAT:** The rotation of the players will be established by draw. The same rotation will be maintained throughout the 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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**HEAD PULL RULES**

1. **START:** Two players lie on the floor on their stomachs facing each other. A centre line is drawn between the competitors and two additional lines from the centre line. A looped leather thong or belt is placed over the back of the players' heads above the ears.
2. **MOVEMENT:** Players raise to a "push-up" position with only hands and feet touching the floor and on signal from one of the judges, pull with their head, bracing their hands out in front and using their whole body strength to pull steadily backward. The pull must be directly back and parallel to the ground. The object is to clearly put the opponent over the line parallel to the centre line.
3. **ATTEMPTS:** This competition consists of one "pull" to determine a winner.
4. **SCORING:** The winner of the "pull" is declared if the opponents 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:** Single elimination. Initial pairs determined by draw.
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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**ARM PULL RULES**

1. **START:** In pairs, players face each other sitting on the floor. The choice of arm for the first pull is dictated in Section 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. 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. If the left arm is chosen for the first pull the reverse of the above is utilized.

All watches, bands and other objects should be removed.

2. **MOVEMENT:** On signal, competitors pull slowly and steadily at the elbow while bracing the opposite hand on the opponent's ankle. Contact between the knee and elbow is not allowed. The pulling motion must be inside the elbows, not in an outward direction. The object is to pull the opponent over or touch the opponent's hand to the chest.
3. **ATTEMPTS:** The competition consists of the best of three (3) "pulls". The choice of arm for 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, is with the first choice of arms.

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, if the opponent's hand touches the chest or if the opponent's arm is straightened out. If a player falls sideways or her/his left or right hand touches the floor, the "pull" is started over.
5. **COMPETITION FORMAT:** Elimination. Initial pairs determined by draw.
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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**KNUCKLE HOP RULES**

1. **START:** A player starts face down on the floor in a push up position with straight legs, elbows 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 tucked into a fist
2. **MOVEMENT:** Lifting the body off the floor, then with a quick push off the knuckles, and toes, the player hops forward landing again on both knuckles and toes simultaneously. 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.
3. **ATTEMPTS:** Each player 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.

A player will be verbally warned only once if, in the opinion of the judge, the body angle is too high for proper form. A Player will be disqualified if he does not correct his form as directed.

The player who hops the longest distance will be declared the winner.

5. **COMPETITION FORMAT:** The order of the players will be established by draw.
6. **COURSE:** The course will be pre-set, marked and measured. The course lay out 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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**SLEDGE JUMP RULES**

1. **START:** A player starts in a standing position with both feet together (no more than shoulder width apart) and behind a line marked in front of the course.
2. **MOVEMENT:** On signal from the referee, the player jumps over the 10 sledges placed in the competition area, turns around using one jumping movement, and then jumps back over the 10 sledges. The player turns around and continues to jump until he/she displaces one of the sledges with any part of the body, lands or takes off without both feet together, touches one of the sledges with any part of his/her body above the waist or falls to the ground. A maximum of 5 seconds is allowed to turn at the end of the row of 10 sledges. Jumping over sledges should be a continuous action with no appreciable time allowed between jumps. Legs must stay together during the jumping motion (no more than shoulder width apart).
3. **ATTEMPTS:** Each player is allowed two attempts. The attempt where the greatest number of sledges are jumped over is scored as the player's best attempt.
4. **SCORING:** The number of sledges jumped over determines the player's score. The player who jumps over the greatest number of sledges is declared the winner. The second greatest number finishes in second place and so on.
5. **COMPETITION FORMAT:** The order of the players will be established by draw. Players will make all three attempts in the same order as drawn.
6. **COURSE:** The sledges are placed in a straight line with each unit marked so that movement can be determined. The sledges are numbered consecutively and placed 50 cm apart. The course shall be flat and level.
7. **EQUIPMENT:** For all categories, sledges are made of wood and shall be 50 cm in height, 50 cm width at the top and 70 cm width at the bottom, and between 150 and 200 cm in length. Note – sledges will be broken during competition so the Host Society is advised to keep extra on hand.

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**TRIPLE JUMP RULES**

1. **START:** A player 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 25 cm wide and completely filled in by colour different than the underlying floor. The player will approach the start line perpendicular to the length of the start line.
2. **MOVEMENT:** On signal from the referee, the player completes three consecutive jumps. At all times from the start of the jump through to the completion both feet must stay together (no more than shoulder width apart). The player'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 player's body. The player's feet must not touch the start line during the first jump.

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

The player must exit the jumping area through the end of the course.

3. **ATTEMPTS:** Each player is allowed three attempts. The attempt measuring the longest is scored as the player's result.
4. **SCORING:** The player who jumps the greatest distance is declared the winner. The second greatest distance finishes in second place and so on.
5. **COMPETITION FORMAT:** The order of the players will be established by draw. Players will make all three attempts in the same order as drawn.
6. **COURSE:** The course shall be flat and level and at least 5 meters wide and 30 meters long. The run up area shall be a minimum of 10 meters.