



TRADITIONAL GAMES CHAMPIONSHIPS

2021 COVID-19 Edition

The Traditional Games Championships (TGC) were established to increase participation and awareness of Northern and Dene Games at a territorial level. Due to COVID-19 outbreak, the Aboriginal Sports Circle of the NWT (ASCNWT) have decided to revise the traditional rules of the event. To keep our NWT communities safe, the event will not be taking place in Yellowknife and athletes/coaches will not be travelling out of their communities. Schools will compete against other schools by submitting their results to ASCNWT. The games will be open to all schools in the NWT and will take place over a certain period of time.

The objectives of the NWT Traditional Games Championships are to:

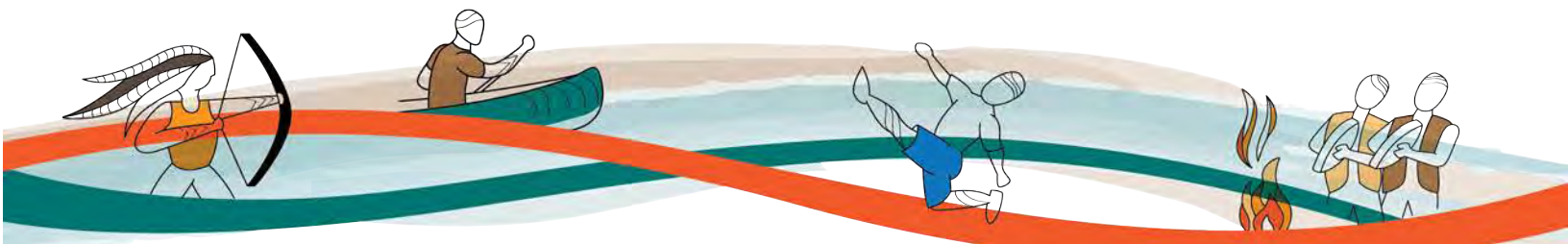
1. Increase the number of NWT residents participating in traditional games.
2. Support athletes with an interest in traditional games and who wish to pursue these games at a higher level.
3. Involve all NWT communities in traditional games events.
4. Develop and maintain traditional aboriginal culture as well as social components of the traditional games.
5. Showcase the talents of NWT residents in traditional activities.
6. Keep our communities safe.

The Traditional Games Championships will now include 6 Events that can be broken down into 3 Northern Games and 3 Dene Game Events. The following document will outline the procedures, eligibility, rules, and regulations regarding participation in the Traditional Games Championships.

Teams & Age Categories

All schools across the NWT will be invited to participate in the TGC as follows:

- a) Participants must be between the ages of 10 and 12 years as of December 31st, 2020.
- b) Each school may sign up to, but no more than 20 students. Maximum 20 students allowed per school. Minimum of 5 students must be signed up.



- c) Athletes must be enrolled and in good standing with their school.
- d) Exemptions will be made for over/under age athletes than the required age category. Priority will be given to the 10-12 Age Group. *This rule applies to all NWT Community Schools except for Yellowknife Schools*
- e) Heights, distances and times need to be recorded, so they can be compared to other schools.
 - a. ASCNWT will provide score sheets to each school after the registration deadline
- f) All events will be recorded in either distance (ft.), height (ft.) or time (min:sec), except for Stick Pull.
 - a. Each school will provide an individual winner for Stick Pull. Each winner will win a separate prize not related to the overall team score.

Events

Team events will be excluded in this year's 2021 TGC. Only individual games will be allowed in competition.

1. Snowshoe Race – 500 meters
2. Snow Snake.
3. Stick Pull – double elimination format
4. Wrist Hang
5. One-Foot High Kick – Starting height: Girls = 1'6", Boys = 2'0"
6. Triple Jump

Snow Snake



How to Play:

1. Snow Snake competitions must be played on hard-packed snow or an ice surface. The playing area should be at least 500 ft long and 10 ft wide, with ridges on both sides of the track.

2. There should be a spray-painted line to mark the starting line and clearly marked distances along the track.
3. To play, the snow snake is gripped in the center and must be held from the bottom of the spear (palm facing up).
4. The participant releases the snake at the throwing line with an underhand throw (below the hip).
5. Each player has 3 attempts. The farthest attempt is recorded as the participants score.

Equipment Needed:

- The snow snake is made from a dry spruce or pine stick. 1.4 meters (4'6") in length and 31.75 millimeters (1 1/4") in diameter
- Surface filed, planed, sanded smoothly and pointed at on end
- Spray paint
- Flexible measuring tape

Instructions for Building Track

- Here is ASCNWT's recommendation for building a Snow Snake track
- Attach a pallet to the back of a snowmobile.
- Add weight to the pallet if needed
- Drive the snowmobile up and down the track to create beams on both sides, while dragging the pallet behind the snowmobile

One Foot High Kick



How to Play

1. Using a base that holds the kickstand and the arm, a string is looped to the arm with the target set at a pre-determined height.
2. The participant has three options of how they wish to approach and kick the seal target: from a standstill, a walk or a run approach.
3. Proper technique involves using your arms for momentum and your legs to jump straight up. For good balance, feet should be shoulder width apart.
4. To start, the participant will bend their knees and go down in a squat position with both arms swinging behind and above the back.
5. The participant will jump pushing off both feet, bringing their knees together to their chest. While in the air, the participant will do a kicking motion with their dominant foot pointed forward to kick the seal target. They must land on the same foot they kicked with, and that one foot only.
6. After kicking the seal target, the participant will land using their arm momentum, bending their knee and bouncing on the balls of their toes to balance themselves to gain control.
7. To show balance and control, the participant must hold their stance on that same kicking foot for a few seconds, or bounce a few times for the attempt to be considered a success.
8. Once all participants kick the set height, the seal target will be raised higher and higher to continue the competition.
9. Whoever kicks the highest with proper technique would be declared the winner. Participants are given three attempts to kick the seal target.

Equipment Needed

- A target made of seal – usually a miniature seal or a small ball
- A kickstand with an arm and a base
- A piece of string – used to suspend the target from the kickstand arm
- A tape measure – used to control and adjust the height of the target

Wrist Hang

How to Play

1. There are 3 variations of the Wrist Hang: Male grip; Female Grip; and the Youth Grip. Students will use the **Youth Grip** for the 2021 TGC
2. The participant will sit in a seated position with their legs crossed like a pretzel. There are two stick carriers standing on either side of the athlete.
3. *Youth Grip*: The athlete will grip the stick with both hands, palms towards their face, and lift themselves off the floor. Carriers will lift up and the athlete will hold the position in a stand still position. The event will be timed and end once the person touches the floor with any part of their body.

4. Athletes must keep the dowel in front of their face. They cannot have their chin hanging on or above the dowel, and their arms must always be in a flexed position. Full arm extension is not allowed



Equipment Needed

- A dowel – 1 ¼” thick x 48 “ long
- Two carriers.
- Timer (i.e. iPhone or stopwatch)

Triple Jump

How to Play

1. Athletes attempt to make three (3) consecutive jumps in a straight-line motion. Athletes may use a running, or standing starting position.
2. Athletes must take off and land with two feet in unison (no galloping). Feet do not have to be together for landing, just land simultaneously.
3. The three jumps must flow together, no stopping between jumps.
4. Final measurements are taken from the athletes back heel, closest to the start line.
5. Furthest jump of the three attempts will be marked as their score.

Equipment Needed

- Tape measure
- Open gym space
- Must determine a starting line.

Dene Stick Pull



How to Play

1. The stick is greased thoroughly with Crisco lard
2. The two participants stand side by side, facing each other, with their hips close enough to make contact. The two inside feet of the participants are also side by side, with the outsides of their feet making contact
3. Players with long sleeves must roll their sleeves up above their elbows. Players may look down to see where they are gripping the stick.
4. With their pulling arms extended straight down towards the ground, each athlete must grasp the stick with their thumb and index fingers facing each other. The elbow of their pulling hand must stay in this locked position. The heels or toes of their feet cannot be raised off the floor.
5. Competitors begin pulling on the official's signal, without any jerking motions.
6. The opponents pull strong and steadily, focusing on pulling the stick past their hip or buttocks
7. The match is over when one competitor can pull the stick out of their opponent's hand or when they can hold the stick past their own hip for 8 seconds.
8. This is played in a best out of 3 format.

9. The event will be played in a Double Elimination format.

Equipment Needed

- Spruce, Pine or Birch stick pull and shaved to a size that can be gripped comfortably
- Measured: 30cm long with a center diameter at 2.5cm, the stick tapers off approx. 1.3cm at each end
- The stick must be polished smoothly to avoid injury
- The stick will either have 1 or 3 marked lines. One at the center point and the other two 1.3cm on both sides of the center line
- Crisco Lard (Not Tender Flake)
- Paper towel

Snowshoe Race

How to Play

1. Athlete will line up across the starting line.
2. Once signalled to start, the timer will begin for the athlete.
3. Athlete will run for 500 meters.
4. Once the athlete has crossed the line, the timer will end, and a time will be determined for their score.

Equipment

- Any pair of snowshoes. Either traditional or modern style is acceptable.
- Timer (i.e. iPhone or stopwatch)
- Tape measure to determine 500 meters.
- Must determine a starting and finishing line.

Rules & Regulations

- a) Schools will compete in their communities and compare results with other schools in the territory.
- b) All games must be completed within a **2-month time frame**. (March 1st, 2021 to April 30th, 2021). Teams may choose multiple dates to complete competition (ie. March 10th – Snow Snake, March 25th – One-Foot High Kick, etc)
- c) All participants must compete in all 6 events.
- d) Teams may not compete in certain events but this will affect their overall TGC score.
- e) Reminder that Stick pull is the only event that will not be associated with the overall TGC team score.

- f) Each school must provide one person to be in contact with ASCNWT. This person will relay all results from school competitors to ASCNWT.
- g) Any disputes during competition will be handled by the school's main contact for TGC.
- h) Schools may create a Snow Snake track and meet ASCNWT regulations and standards. Full instructions on building a Snow Snake track will be available in the Snow Snake section.
- i) All competition must follow the ASCNWT Northern and Dene Games rules.

Equipment

- a) ASCNWT will provide all registered schools with the proper equipment to compete in the 2021 TGC format.
- b) Kick stands, snow snakes, snowshoes and dowels will be available.

Registration

- a) \$100 Registration fee is required to compete in the 2021 TGC
- b) DEADLINE for school registration is **February 15, 2021**
- c) DEADLINE to submit participation names is **February 26th, 2021**
- d) Extensions may be granted upon request.