



ASCNWT NORTHERN & DENE GAMES

RESOURCE MANUAL



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One-Foot High Kick

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The One-Foot High Kick is an Inuit game of agility that develops an individual's strength, quickness and body control.</p> <p>Hunters had to be quiet, fast, and agile to have successful hunts to provide for their families. For example, sneaking up on animals required the hunters to be quick on their feet making as little noise as possible.</p> <p>These Northern Games were also played by all to develop skills to deal with the different types of land conditions the Inuit people had to endure on their travels.</p> <p>The One-Foot High Kick is one of the most exciting Northern Games events. During competition, participants would challenge each other to see who could land the quietest while landing on their kicking foot to showcase their technical skills.</p>	<ol style="list-style-type: none">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.	<ul style="list-style-type: none">• 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



DID YOU KNOW?

The first Northern Games record for the One-Foot High Kick was set at 7'11". Currently, the Canadian record for the males is 9'2", held by Mervin Jacobson from Tuktoyaktuk, Northwest Territories. The open men's world record is 9'9", held by Tim Fields from Anchorage, Alaska. For the females, the world record is 7'10", held by Melanie Curtis from Grande Prairie, Alberta.

Two-Foot High Kick

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Two-Foot High Kick is an Inuit game of agility. It is a game that develops an individual's strength, quickness and body control.</p> <p>Hunters had to be quiet, fast, and agile to have successful hunts to provide for their families. For example, sneaking up on animals required the hunters to be quick on their feet, making as little noise as possible.</p> <p>This game helped young hunters deal with the different types of land conditions during the different hunting seasons throughout the year.</p> <p>The Two-Foot High Kick is considered one of the most difficult of the kicking games: an individual needed a lot of leg strength. It is also one of the most exciting Northern Games events. Participants would challenge each other to see who could kick the highest or land the quietest to showcase their technical skills.</p>	<ol style="list-style-type: none">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.4) Proper technique involves using your arms for momentum and legs to jump straight up. For good balance feet should be shoulder width apart.5) To start, the participant will bend their knees and go down to a squat position, with both arms swinging behind and above the back.6) The participant will jump pushing off both feet, bringing both knees together to their chest. The participant, while in the air, will do a kicking motion with both feet pointed forward to kick the seal target.7) After kicking the seal target the participant will use their arm momentum, bending their knees and bouncing on the balls of their toes to balance and gain control.8) To show balance and control, the participant must hold their stance with both feet together for a few seconds or bounce a few times for the attempt to be considered a success.9) Once all participants kick the set height, the seal target will be raised higher and higher to continue the competition.10) Whoever kicked the highest with proper technique would be declared the winner. Participants are given three attempts to kick the seal target.	<ul style="list-style-type: none">• 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



DID YOU KNOW?

For the males, the Canadian record for the Two-Foot High Kick is 8’1”, held by Sean Nipisar from Rankin Inlet, Nunavut. The world record is 8’8”, held by Brian Randazzo from Fairbanks, Alaska. And for the females, the record is 6’7”, held by Autumn Ridley from Anchorage, Alaska.

Alaskan High Kick

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Alaskan High Kick is an Inuit game of agility. This kicking game is considered one of the most technical body movements of the Northern Games events. Individuals who had strong core bodies showcased this game with elegance and style.</p> <p>This game was introduced to the Northwest Territories by families travelling from Alaska. The Inuvialuit adopted this game and made it part of the Northern Games events.</p> <p>The Alaskan High Kick showcased an individual's core strength. Elders would tell the young hunters to hit the seal target as slow as possible as this was meant to work on their core strength. This was also a time to showcase the strength of the young hunters from living off the land.</p>	<ol style="list-style-type: none">1) The following is an explanation of a right-foot dominant kick. Do the opposite for someone who is left-foot dominant.2) To start, the participant is sitting on the floor with their right leg stretched out and positioned below the seal target and their other leg bent in so their left foot is positioned against their inner right thigh.3) Their left hand is placed on the ground as close as possible behind their back for support.4) Once their target height is determined, they will bend their right knee, keeping their right foot flat on the floor. They will then grab the top part of their left foot with their right hand.5) From this ready position the participant will, all in one motion, lift their body and hip as high off the floor as possible, while simultaneously pulling their non-kicking foot up and towards towards the seal target, and pushing off their kicking foot. Then they will point their kicking foot up as high as they can to kick the target.6) Once they have kicked the seal target, they will land on their kicking foot with only their right foot and left hand touching the floor.7) To show balance and control, they must bounce a few times or hold for a few seconds before allowing other parts to touch the floor.8) A participant is allowed three attempts for the Alaskan High Kick. Once everyone has kicked the target, it will be raised higher and higher until there is only one remaining competitor to be declared the winner. As the seal target gets higher, the participants will position themselves closer beneath the seal target.	<ul style="list-style-type: none">• 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



DID YOU KNOW?

For the males, the Canadian record is 7’4”, held by Matthew Anikina from Tuktoyaktuk, Northwest Territories. The world record is held by Elijah Cabinboy from Anchorage, Alaska at 8’0”. The female record is at 6’11”, held by Autumn Ridley from Anchorage, Alaska.

Swing Kick

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Swing Kick is an Inuit game of agility. It is a game that develops an individual's strength, quickness and body control. Elders introduced this game as a way to showcase the participant's strength and balance. This game helped hunters develop good balance using their core body strength.</p> <p>Everyone had different strengths and abilities. This was a time for young hunters to share and help each other learn different techniques and challenge each other.</p> <p>The Swing Kick is an entertaining game because each individual uses different body movements to balance themselves to quickly hit the target. Some individuals had a lot of strength to stay up and balance so they could "pendulum" to hit the seal target.</p> <p>It is a fun activity to play and especially fun for spectators to watch.</p>	<ol style="list-style-type: none">1) The Swing Kick is a stationary game and can be played on a smooth surface with a kickstand and a seal target.2) The athlete gets into position by sitting on the floor with their knees together and bent and with both feet flat on the floor.3) A belt, about 90cm, will be looped around both knees and placed around their neck. The distance between their face and their knees should be 3" apart.4) The athlete places both hands flat on the floor at each side of their hips, with their legs stretched out.5) The participant will lift themselves off the floor, balancing their body with their legs stretched out and their feet together. They will start to "pendulum" their body back and forth and try to hit the seal target with both feet.6) Once the participant has hit the seal target, they will maintain their balance with only their hands touching the floor, or they can have their hands and feet touching the floor for a few seconds before letting go. Each participant will have three attempts to hit the target.	<ul style="list-style-type: none">• A 90cm (3ft) belt or loop• 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

Arm Pull

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Arm Pull is an Inuit game of strength and endurance.</p> <p>Hunters needed to have strong upper body strength for carrying the animals they had harvested. Animals like the seal and caribou can weigh up to 100lbs! They also needed the strength to pull seals out of the seal hole and pull a whale on the edge of the ice flow or on to the beach. Harvesting caribou in the fall meant carrying the meat carcass for long distances back to their camps.</p> <p>This game helped build the strength to endure carrying such weight for long distances and mimicked the strength and weight of an animal, since most hunters were out hunting alone. So to ensure success while harvesting, this is one of the only strength games the elders had everyone play to ensure they would build strength so they would have confidence to make it back home.</p>	<ol style="list-style-type: none">1) To begin, the official will assist to position the participants. Both participants will be in a sitting position, facing each other. They will be about shoulder to elbow distance from each other.2) Participants always pull with their right arms first.3) They will position their right knee bent with their right foot flat to the floor and extend their left leg straight out.4) Participants will place their right leg over their opponents left leg and each participant will grab their opponent's right ankle with their left hands. From that point, each participant will extend their right arm out and lock evenly with their opponent at the elbow.5) From this point, the official will ensure the backs of the participants are straight and parallel with each other and that their elbows are locked and centered above their knees. The official will have the participants tighten up their pull, and on signal, begin pulling without any jerking motions. The participants pull without stopping.6) The objective is to try and pull their opponent over or have their opponent's hand touch the chest of the participant who is pulling.7) If any hand touches the floor or slips off their opponent's ankle, or if the opponent turns side-ways to touch the floor, they will have to start over. This is a best of three attempts.8) In the event of a tie after the first two attempts, a coin toss will determine who gets to decide which arm to use on the third attempt. Whoever won the first attempt gets to make the coin call.	No equipment required



DID YOU KNOW?

ASCNWT runs an annual Traditional Games Championships (TGC) in early Spring. All communities are invited to attend and can bring one team per school to participate. This event is for youth aged 10-12 years old and the team should be made up of four female and four male students, along with two coaches.



Head Pull

	HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
	<p>The Head Pull is an Inuit game of strength and endurance. This game was played by everyone to build endurance to handle long distance travel in the fall and winter.</p> <p>Families traveling long distances could only carry the essential equipment and tools needed for survival. These items included caribou skins and hunting tools.</p> <p>The women and children would use the looped belt with netting to load up with moss and willows so they could have material to make fire. This was an important necessity to have.</p> <p>Using a looped belt about 36 inches or longer around their forehead was another way to carry extra gear on their journey. Hunters would use their dogs to carry additional equipment or tools on their journey.</p>	<ol style="list-style-type: none">1) To start, participants lie on their stomachs on the floor facing each other with their elbows and hands flat on the floor in front of their bodies. The participants' heads are about two feet apart.2) A leather loop or belt is placed around the backs of their heads and above their ears.3) A center line is drawn between the two participants, equal distance from their start line.4) When the belt is properly positioned around both participants' heads, the official will tell the participants to lift themselves off the floor with only their hands and feet touching the floor. The official will signal the participants to create tension in the belt by slowly pulling apart, without using any jerking motions.5) The participants will use their hands to brace the floor in front of their body. Once the belt is level and has enough tension, the official will signal for the participants to pull, without jerking motions.6) The object of this game is to pull the opposing participant past the center line or have the loop slip over the opponent's head.7) This is a best of one attempt. If the belt slips off the opponent's head, or if the opponent is pulled over the center line, it counts as a win. The belt must stay above their ears at all times.	<ul style="list-style-type: none">• Head pull belt – 32" to 36" x 1 1/2" wide



Wrist Hang

	HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
	<p>The Wrist Hang is an Inuit game of resistance to pain. The Inuit elders introduced resistance to pain games to teach young hunters to deal with cold weather conditions as pain resistance games mimicked freezing weather conditions. In these extreme Arctic conditions, freezing your face, ears, hands and feet were common while hunting on the land or on the ocean. For example, if a hunter's feet got wet while they were on the ocean, they would have to endure the pain of frozen feet until they made it back safely to their camp.</p>	<ol style="list-style-type: none">1) There are 3 variations of the Wrist Hang: Male grip: Female grip: and the Youth grip.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) Male: The athlete will grab the stick using only his wrist, by wrapping his hand and wrist over the dowel, and using this other hand to grab below his wrist for support. He must lift himself off the floor and above the stick. The carriers will either stand in a spot and the participant will hold for a time or they will walk with him hanging in that position off the floor for a measured distance.4) Female: The athlete will grip the stick with her dominate hand, palm towards her face, while gripping her other hand around her wrist. She will then lift herself off the floor and the carriers will begin walking or standing still for a time.5) Youth: The athlete will grip the stick with both hands, palms towards their face, and lift themselves off the floor. Again, the carriers can walk for a distance or stand still for a time.6) 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 in competition may be allowed so all participants may have the opportunity to play.	<ul style="list-style-type: none">• A long dowel - 48" long x 1 1/4" in diameter• Two carriers• A timer or a tape measure for distance <p>Safety Tip: Make sure the athlete never has their chin over and above the bar because they can drop hard and fast as they get tired.</p>



Male



Female



Youth

Toe Hang

HISTORY	HOWS TO PLAY	EQUIPMENT NEEDED
<p>The Toe Hang is an Inuit game of resistance to pain. This game mimicked freezing your feet, which was common in the fall, winter, and spring. Both genders had to build their own resistance to the demands of living in the Arctic. The elders introduced the resistance to pain games specifically to deal with freezing conditions they faced on the daily.</p> <p>In these extreme Arctic conditions, freezing your face, ears, hands and feet were common. For example, if a hunter's feet got wet while on the ocean and they were a great distance from their camp, they would need to endure the pain of frozen feet or frost bite until they made it back to the safety of the camp.</p>	<ol style="list-style-type: none">1) To start, the participant will be lying on the floor on their back. There will be two stick handlers to lift this participant.2) The participant will position themselves under the dowel with their legs stretched out in the air and their feet flexed and positioned above the dowel, with only their toes gripping the dowel.3) The participant will wrap both arms around their legs, linking their hands behind their knees. They will then position their toes to grip the dowel in order to be lifted.4) The participant will tighten all of their muscles, position their head as close to their legs as possible, and say, "go", for the handlers to lift them off the floor. The athlete will be using only their toes to grip the dowel and hang their body.5) Once lifted off the floor, the stick handlers will walk forward for a distance, or the participant has the option of hanging for a time. The participant who goes the furthest distance or hangs for the longest period of time, enduring the most pain, is declared the winner of the Toe Hang.6) There are no differences in techniques used between males and females in the Toe Hang game.	<ul style="list-style-type: none">• A dowel – 1-1 ¼ " thick x 48" long• Two carriers



Musk-Ox Push

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Musk-Ox Push is an Inuit game of strength and endurance.</p> <p>The Musk-Ox Push was introduced to families by the hunters after observing musk-ox fighting for the dominance of females in the group. The hunters watched as the musk-ox battled until one musk-ox had given up and walked away. This Northern Game is one of the most exhausting games between two individuals in competition.</p> <p>The elders introduced these activities to build endurance to handle long distance travels in the fall and the winter. Both of the individuals pushing would exert a lot of energy in a short period of time during this game.</p> <p>They played this game during winter blizzards so youth could work on their strength. It did not matter how strong you were, this Northern Game was played to build strength. This was also a fun activity for everyone to watch.</p>	<ol style="list-style-type: none">1) To start, the participants are positioned in the middle of a circle on the floor with both their knees and feet touching the floor, and both hands touching the floor.2) Each participant will position their head under their opponent's collar bone so that they are pressing their shoulders against each other. The official will make sure the participant's head is tucked under the opponent's collar bone in a comfortable position before starting to push.3) Using their feet, technique, body weight, and strength, participants win by pushing their opponent out of the circle or by forfeit of their opponent. The winner moves on to the next round.4) Participants have one attempt to win, then move on.	<ul style="list-style-type: none">• Masking tape to mark the circle or the designated starting line on the ground



Kneel Jump

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Kneel Jump is an Inuit game of agility. It was played to help improve an individual's quickness, agility and balance. For example, if a hunter had to deal with an injured animal, they had to be quick to their feet to get out of harm's way.</p> <p>The Kneel Jump was a fun game to play and it also helped with technique for the agility games such as the One-Foot and Two-Foot High Kicks.</p>	<ol style="list-style-type: none"> 1) To start, the participant will kneel on the floor with their shins flat to the ground, feet pointed and tucked flat under their buttocks. Their knees should be lined up with the designated tape line. 2) The participant uses their up and down arm movements as momentum to "pendulum" and help thrust their body upward and forward. 3) Participants should land on both their feet, about shoulder-width apart, while maintaining their balance. 4) Each individual has three attempts to successfully jump as far as they can. Officials will take the longest distance of the three attempts, as measured by the heels of their foot. 	<ul style="list-style-type: none"> • Masking tape to mark the designated starting line • Clipboard • Tape measure



DID YOU KNOW?

ASCNWT’s Community Development Program is a funding program that helps develop programming based on community interests, strengths, and desires. ASCNWT strives to help communities build capacity in activities they find beneficial.

Inuit Stick Pull

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Stick Pull is an Inuit game of strength and endurance.</p> <p>The Stick Pull mimicked an animal's strength. Elders would have the young hunters pull against each other to get a sense of the animal's resistance so they could successfully pull a 200+ lbs seal out of the Arctic Ocean.</p> <p>During whale hunting season, this game mimicked pulling the large mammal onto the edge of the ice. A group of hunters would have to pull the large whale onto the ice edge or pull the whale onto the beach. They needed to use all their strength, pulling as a team, to get the whale onto the beach so they could harvest the whale.</p>	<ol style="list-style-type: none"> 1) To start, participants sit on the floor facing each other with their legs out stretched and knees slightly bent. Their feet are paired up to their opponent's. 2) The bottoms of the participants' feet should be pushed up flat against their opponent's. The dowel will be centered, positioned above their feet. 3) One participant grabs the stick in the middle, hands side by side. The other participant grabs the dowel on either side of their opponents' hands. Each of the participant's arms should be out stretched, gripping the stick, ready to pull. 4) On the official's signal, they will both tighten their grips and pull just enough to create tension to tighten up. On signal, they will begin to pull without any jerking motions. With tightened arm and hand muscles, the participants will use their legs to push and their backs to help pull their opponent. 5) There are three ways to win: the participant will pull their opponent to stand; the opponent will lose grip of the stick; or the participant will pull their opponent uneven to one side. This is a best out of three attempts. If there is a tie, a coin will be flipped to decide the placements of the hand grip and they compete one final time. The winner of the first attempt gets to decide the coin call. 	<ul style="list-style-type: none"> • A dowel – 1 1/4" in diameter x 16" or 48" in length



Stick Twist

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Stick Twist is an Inuit game of agility. This game helps the individual learn about their flexibility and what muscles they need to properly stretch to work on for flexibility.</p> <p>For the Stick Twist, individuals needed to have patience and flexibility to maneuver the stick around their bodies. The more Northern Games an individual plays, the more success they will have in this game. The Stick Twist builds confidence and most importantly, patience.</p>	<ol style="list-style-type: none">1) All of the following steps are to be done without letting go of the stick. If either of the athlete's hands lose hold in any way, it is considered an automatic default.2) To start, the participant is in a standing position, holding the stick behind their back, with their palms facing forward. The grip of the dowel should be a light grip with their fingers.3) From this position, the participant must bring the dowel over the top of their head, to the front of their body and down in-between their legs to one side.4) The dowel should be to one side between their legs, if they are positioning using their left hand beside the leg, they should be lifting the left leg up and their left foot should go through the dowel and the body without letting go of the stick with left foot back down to the floor.5) From this position, the participant will pull the stick over and around their buttocks and body. From that point, they put both legs, one at a time, back to the front.6) From this point, the individual should <i>MIRROR THE STEPS EXACTLY</i> in the reverse order to get back to the original position.7) Before bringing the stick back over the top of the head to the start position.	<ul style="list-style-type: none">• Long stick or dowel - 1/2" thick x 48" long



Team Animal Muk

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>Team Animal Muk is an Inuit social game.</p> <p>This social game kept Inuit families engaged and socially active. The objective of Team Animal Muk is to learn about different animal sounds and actions and to make your opponents laugh. This game helped young people develop their animal calls and was a way to keep all family and friends interactive.</p> <p>This type of social game was played at gatherings, such as Northern Games, families visiting from far distances, or around the holidays which brought the whole community together.</p>	<ol style="list-style-type: none">1) The demonstrators will break into two teams and line up on opposite sides, facing one another.2) The team with the stick will decide on an animal and then they will choose who to call over from the opposing team. All at once, they will begin mimicking the sounds and actions of the chosen animal.3) The individual selected from the opposite team will walk towards the team with the stick to try and retrieve control of the stick without smiling, laughing or breaking eye contact. The individual will only start walking once everyone has started calling and mimicking their selected animal sound.4) One by one, players will walk towards their opponents with a straight face, making sure to keep eye contact. If a player smiles, laughs or breaks eye contact from their opponents, they will join that team in making their animal sounds and actions.5) Once the individual has grabbed the stick from their opponents, they must walk backwards to return to their own team, all while maintaining eye contact with the opposing team. The individual is only successful if they return to their own team without smiling, laughing, or breaking eye contact. They now get to make the animal sounds and actions in unison to their opponents.6) There is no time limit in Team Animal Muk. For a team to be declared the winner, there will be just one team left. A game can last anywhere from 15 minutes to half an hour and can be played anywhere with enough space.	<ul style="list-style-type: none">• Stick or dowel - 1/2" in diameter x 48" in length



DID YOU KNOW?

ASCNWT can provide knowledgeable instructors to come to your community to teach Northern and Dene Games or Archery.

Caribou Skipping

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>Caribou Skipping is an Inuit game of agility.</p> <p>They used a caribou skin rolled up tight and a rope tied to each end to act as the wounded caribou. The young hunters had to be agile and quick on their feet to keep out of harm's way from the wounded animal because it could hurt you if you got too close.</p> <p>This game was also played as a way to keep warm while out on the edge of the ice on the Arctic Ocean.</p> <p>The Inuit would challenge each other to do their best and beat their previous best based on how many skips they completed. It was a lot of fun challenging other participants in the group.</p>	<ol style="list-style-type: none">1) The game consists of a jumper and two rope handlers.2) The rope handlers begin by swaying the caribou skin back and forth two times under the jumper, then doing one full rotation over the jumper's head. The rope handlers will gain control, and then sway the rope back and forth two times again, except this time it is followed by 2 over head rotations, at an increased speed. The rope will always sway two times under the jumper, but the overhead rotations will increase with each round.3) The rope handlers will continue this rhythm adding one rotation each round, while simultaneously increasing the speed, to challenge the jumper. It is important that the two rope handlers are focused and communicating with each other at all times during this game.4) It is the jumper's responsibility to follow the motion and jump over the caribou skipping rope. They will continue to jump through the added skipping rotations and increased speeds until they misstep and land on the rope, messing up the swing of the rope, or until they are so tired they can no longer jump over it properly.	<ul style="list-style-type: none">• Long skipping rope – 3/4" x 60ft• Flat surface like the gym floor <p>Tip: Designate one of the rope handlers to be the "leader" and the other will act as an "anchor". The leader will keep count out loud so that the jumper and the anchor know where they are at and what they are doing at all times.</p>



Rope Skipping

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>Rope Skipping is an Inuit game of agility.</p> <p>These games were passed on by elders for hunters and families to keep active and warm during their winter travel.</p> <p>It was also used as a way to keep the kids occupied and warm at the camp while the hunters were out on the land.</p> <p>The ability to endure cold weather conditions on land or ocean was made easier by playing these types of Inuit games to keep warm.</p>	<ol style="list-style-type: none">1) The movement for the Rope Skipping challenge includes the following skipping transitions: regular skipping, down to a push up, back up to regular skipping, then down to a bum hop, and finally back up to regular skipping with control.2) To start, the participant will run into the skip to perform their regular skipping.3) The participant will transition down to a push up position, with only their hands and feet touching the floor. They will skip the rope in that "push-up hop" position for a couple rotations and then transition back up to regular skipping for a few rotations.4) The participant will then go down to a bum hop position. They will use their whole body and arm momentum to help lift and hop off the floor, by hopping on their buttocks only. Then they will transition back up to regular skipping for a few rotations.5) Participants compete against each other to see who does the most bum hops or push up skips before they misstep and land on the rope, messing up the swing of the rope, or until they are so tired they can no longer jump or hop over it properly.	<ul style="list-style-type: none">• Long skipping rope – 3/4" x 60ft• Flat surface like the gym floor



Dene Stick Pull

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>In the spring, with rivers re-opening and water beginning to flow, Dene families would use gaps carved in the ice by the current to fish with their bare hands. The greatest challenge was grasping the fish and throwing them onto the ice and snow. Stick Pull was created to practice that technique. It also helped to pull fish from nets more proficiently. Throughout the winter, either inside or outside, playing Stick Pull helped with the individual's overall strength, grip strength, and pulling technique. The pulling technique is important because it is used for gripping slippery fish and pulling them out of the water.</p> <p>The technique must be hard enough to hold the fish, but not so hard as to squeeze it out of one's grip. The action also has to be quick and smooth to bring success. Stick pull provided a challenging and fun way to develop and maintain a skill that contributed to family survival.</p>	<ol style="list-style-type: none">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.	<ul style="list-style-type: none">• 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



Pole Push

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>Camp life placed great demands on people, everyone needing to be strong and able to work for long periods of time without tiring. During the summer, Dene people were often on the move carrying with them camp equipment and supplies. Canoes needed to be loaded and unloaded and camps set up and taken down. Traveling by canoe involved many portages, from very short to very long, all requiring the strength and endurance to get the canoes, equipment and supplies over to the next body of water. There was no time of year that people could let their strength and endurance diminish.</p> <p>A winter game that can be played in all seasons, Pole Push was played to increase and maintain strength and endurance. While it was primarily a game played by men, women were welcome to play as well, showing recognition that the strength of all people are important to the whole group.</p>	<ol style="list-style-type: none">1) This game can be played both indoors and outdoors.2) There must be an equal number of participants on both sides of the pole. It is usually played with 4 people on each side.3) Participants on each side face each other and grab the pole in a full embrace.4) The center of the pole is marked with a ribbon or spray paint.5) The pole must not be held higher than their shoulders and no lower than their hips.6) Teams begin pushing on the signal. They push in a forward motion, attempting to push the other side out of the circle.7) Participants cannot touch the ribbon marker in the middle of the pole. If the pole is pushed to the ground, the push will be awarded to the other team, i.e., the team who pushed the pole to the ground loses.8) The teams switch ends of the pole for the second round.9) A match consists of a best out of 3 format.	<ul style="list-style-type: none">• 20 ft pine or spruce pole polished smoothly• 6in. diameter for females• 8in. diameter for males• Spray paint• 30 ft diameter circle spray painted in the snow• Ribbon to mark the middle of the pole• Gloves or mittens for participants <p>Safety tip: Add an additional 10 ft diameter safety ring to the 30 ft diameter ring. Crowds tend to form to watch and they can get too close for comfort.</p>



Snow Snake

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Snow Snake game originates from throwing a spear along the surface of the snow while caribou hunting. This game was used as a tool for harvesting caribou during a time when there were no guns.</p> <p>The snow snake skill was used to hunt caribou on frozen lakes. The hunters would slide the snow snake on the ice from afar to plunge it into the body of a sleeping caribou lying down on the ice or snow. Dene hunters would practice their throwing techniques with the spear - or as it is called today – the snow snake.</p> <p>Traditionally, the spear had a hook at the tip, located on the top side of the spear while the bottom part of the spear was shaved and flattened out. This allowed the sharp piece to stay on the top end and prevent the stick from rotating. The sharp piece would puncture the caribou and leave a blood trail for the hunters.</p>	<ol style="list-style-type: none">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, from below the hip.5) Each player has 3 attempts. The farthest distance is declared the winner.	<ul style="list-style-type: none">• 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 one end• Spray paint• Flexible measuring tape



Handgames

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>Handgames were played mostly for pleasure and celebration when families came together on the trail or met at annual meeting sites. Handgames were often played at the conclusion of successful hunts following the sharing of the kill and feasting.</p> <p>After the work was done, it was time to play. Other times, Handgames were played as a way to win resources, such as camping supplies, dog teams, and even wives. Today it is typically played for a money prize.</p> <p>The various hand signals in Handgames are very complex and each of these signals have more variations, depending on the region you are playing in, requiring participants to pay careful attention to detail.</p> <p>Handgames is a game of reading and understanding body language, knowing how well you can read your opponents. Back in a time where medicine power was strong, people had to have a strong mind to protect themselves, but to also throw off the concentration of their opponents. Dancing and mocking the opposing team while playing is a big part of the game today. Another way to give strength is to have your drummers surround you when you are the only player left from your team. One single person can bring their entire team back from being defeated, or one person can beat an entire team with one call.</p>	<ol style="list-style-type: none">1) To play Handgames, you are required to have an even number of sticks. It is usually played with 12 wooden sticks to symbolize the point system. These sticks start in the middle, between both teams.2) An even number of participants sit opposite, facing each other. Sometimes it is 4 on 4 or 12 on 12. It depends on the number of participants available.3) Every participant needs a blanket or a jacket to put over their hands while they hide their token. The token can be a penny, a bead or a small rock.4) Both teams have a shooting captain. This person will make all of the guesses for the objects.5) Players kneel down facing each other to start the game. The captains will play a one-on-one match to determine which team goes first.6) The winning captain's team proceeds to hide their tokens from the other team. Their goal is to deceive the opposing captain. The losing team's captain then has one call, for the entire opposing team, to guess in which hands the tokens are hidden. The participant is out of the round when the captain makes the right guess.7) During the game, each time the captain guesses wrong, a stick is awarded to the opposite team. Or, in other terms, a stick is awarded to each opponent who manages to deceive the captain.8) This process is repeated until the captain manages to guess all their opponents out of the game. Once this happens, the teams switch guessing and deceiving roles.9) Both teams battle until one team gains all of the sticks. Once a team wins all the sticks over, they claim the win for one round. They must win 2 rounds in a best of 3 format.	<ul style="list-style-type: none">• Tokens to hide• Blankets or jackets to hide hands underneath• 12-20 sticks (approx. 12 inches long)• Gym mats to kneel on• Drumming music <p>Types of calls for captains</p> <ul style="list-style-type: none">» Right Point finger. Call pointing in the right direction.» Left Point finger. Call pointing in the left direction.» Inside Hand flat. This call splits the line. This call is for all hands closest to the captain's call (hand signal).» Outside Index finger and thumb pointing in opposite directions like an 'L' shape. This call is for all hands farthest away from the captain's call (hand signal).



Right Call



Left Call



Inside Call



Outside Call

Finger Pull

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Finger Pull was used to strengthen one's fingers and increase their pain tolerance for very practical purposes. Women, while tanning moose and caribou hides, worked hard to stretch the hides on racks. Stretching hide required cutting holes around the edge of the hide, through which babiche was used to tie the hide to a frame. To pull the hide tight for stretching, women would insert their fingers in the holes and pull hard while the babiche was tied securely to the frame. Strong fingers were also required for carrying fish to camp. Men would hook their fingers through the fish's gills and carry as many fish as possible back to camp.</p>	<ol style="list-style-type: none">1) The defensive player straightens their left leg out on the mat and bends their right knee, placing their right foot on the inside part of their left thigh.2) Next, with a 90-degree bend, they take their right elbow and tuck it into their right hip, opening their hand so their palm is facing up.3) The offensive player positions both their feet up against the defensive players right bent leg.4) Finally, the defensice player takes their left hand across to rest on the left knee of their opponent.5) The offensive player reaches their left hand to be placed on their opponent's left shoulder.6) At this time, both players need to hook and lock their right middle fingers together. They will interlock at the middle of their fingers, between the first and second knuckle.7) The defensive player must keep their palm facing up while the offensive player accommodates by turning their hand, so their palm is faced to the side.8) On the official's signal, the offensive player will try to pull the defensive player out of position, but the pull must be slow and straight back. There is no twisting or jerking allowed.9) The defensive player loses once their elbow moves out of position or once their middle finger is pulled straight. However, if the defensive player holds their position for 8 seconds, they win.10) After the first pull, both competitors switch offensive and defensive positions. This is played in a best out of 3 format and always played with the right middle finger.	<ul style="list-style-type: none">• None



DID YOU KNOW?

ASCNWT helps communities build capacity in whatever activities they find beneficial. Contact us if you would like to bring programming to your community.

Back Slap Race

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
<p>The Back Slap Race was traditionally played by men. It was played as a social game to maintain physical endurance.</p> <p>Initially, elders would use objects from the land to mark the course, such as sticks or rocks. They would place the markers at further distances to challenge the runners. Realistically, the course could be the size of a gymnasium or a football field and the same rules would apply to the runners.</p> <p>The game was mostly played in the spring months, allowing the runners to enhance their endurance, speed and agility skills. Hunters needed to be prepared to chase wounded animals for long periods of time, when necessary.</p>	<ol style="list-style-type: none">1) Small blocks of wood or pylons are placed on the floor in a square shape, with enough room for the participants to pass around them.2) The runners position themselves at opposite corners from each other.3) On signal, the participants begin running clockwise along the track, attempting to catch up to the other.4) There is no time limit to this game. Eventually one player will catch up to the other and give them a big slap on the back to end the race.	<ul style="list-style-type: none">• 4 pylons or wood blocks• Large space• Running shoes



Toss Ball	HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
	<p>This game was a popular game played at social gatherings and was very beneficial to enhancing one's agility and hand/eye coordination; all valuable skills required to live on the land. Dene Toss Ball was also a fun way to stay warm with constant movement during the colder periods of the year.</p>	<ol style="list-style-type: none"> 1) A center line is marked on the ground. There are no out of bounds in this game and no other lines are required. 2) Each team will take position on their side of the center line. There are no set positions required for the players. 3) Players begin to volley the ball back and forth across the center line. 4) Each team has an unlimited number of volleys. In the name of good sportsmanship and fair play, it is suggested that the ball not be hit in a spiking motion. 5) Scoring is decided by the teams. Every time a team drops the ball and it touches the ground, a point is awarded to the opposing team. 	<ul style="list-style-type: none"> • Moose skin ball – tanned moose of caribou hide, stuffed with any soft material (softball size or smaller for advanced players and volleyball size or larger for beginners)



Dene Stick Toss	HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
	<p>Stick toss was a fun way to teach young hunters the proper techniques of axe throwing; a skill that was important when living on the land.</p>	<ol style="list-style-type: none"> 1) A wooden stick or pole (4 feet long) is driven into the ground, standing vertically. If playing indoors, stand the stick/pole inside a pylon. 2) Players line up in single file line behind the first thrower. 3) The first participant will receive two sticks with shaved handles. 4) Using an axe throwing technique, each player takes their turn throwing both sticks at the upright pole. 5) Each player that hits the target at least once moves on to the next round. 6) If only one thrower hits the target in their round, they are determined the winner. 7) If no participant hits the target in the round, the participant with the closest stick to the target is the winner. 	<ul style="list-style-type: none"> • One stick/pole, sharpened at one end – 4 ft. long and 2 to 4in. in diameter • Bright ribbon, tape or paint • Two sticks with peeled/shaved handles – 16 to 18in. long and 2in. in diameter • Measuring tape



DID YOU KNOW?

- ASCNWT organizes the following Territorial Sport Organizations (TSO):

 - Northern Games NT
 - Dene Games NT
 - Archery NT

Spear Ball

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
Spear Ball was an activity that was especially good for improving hand-eye coordination, as well as accuracy and timing; skills that were essential for hunting and traveling on the land.	<ol style="list-style-type: none"> Two teams stand facing each other in single file lines. The participants in the front of each line will have the only spear for each team. They will start by standing 3 meters from the other team (teammates stand at least 1.5 to 2 meters behind the person holding the spear). The first player on one team will use the spear to fling the ball to the first player on the opposing team, who will attempt to catch the ball with their spear using a thrusting motion. The player who flings the ball will immediately hand the spear to the teammate behind them and run to the back of the line. The teammate quickly gets into position where the first player was, and is now ready to catch the ball with the spear. This pattern continues until someone drops the ball of grass/ willow. Scoring is determined ahead of time. The participants will determine how many times a team may drop the ball to declare a winner. 	<ul style="list-style-type: none"> Straight, dry and pointed spruce/ pine stick – 4ft. long, 2 to 3in. in diameter and surface polished smoothly Ball of woven or tied grass/willow – 26.5in. in max. circumference (may decrease size for advanced players)



Mitten Game

HISTORY	HOW TO PLAY	EQUIPMENT NEEDED
A popular family social game, the Mitten Game was played to celebrate good times with the family or community. It was also a gathering game that was played at tea dances and on Treaty days.	<ol style="list-style-type: none"> Participants sit in a tight circle, side by side, with their legs bent. They should be so tight that they are touching the legs of the participants who are on either side of them, with no gaps in between. One person who is “it”, must stand in the center of the circle with their eyes either covered or blindfolded. Without revealing it to the center person, the participants pass the object quietly back and forth and around to each other under their legs. All participants should sway to and from as they are passing the object, so as to distract the center player. The participant standing in the center of the circle will attempt to guess which player has possession of the object. Once the center player has successfully identified who has the object, they switch places. 	<ul style="list-style-type: none"> Mitten/moccasin rolled into a ball A mitten/moccasin rolled into a ball (traditionally) Any small safe object



This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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