

## **ALASKAN HIGH KICK**

This is a game that was played during the long cold winter months to maintain and test one's agility.

The athlete will sit on the floor with one hand holding the opposite foot. The other hand and foot on the floor to establish balance, from a lifted position the athlete will swing u to kick a suspended target, landing on the same foot used to kick the target, maintaining balance. There are three (3) attempts at each given height and each athlete has one (1) minute for each attempt. After each successful kick, the ball is raised four (4) inches until the last five (5) competitors. The last five (5) competitors will proceed to the finals round at a designated time on the WEIO schedule. For the finals, athletes will warm up and officially continue the event at the last documented measurement. The finalists will decide to raise the ball anywhere from 1-4 inches at a time. Finalist will have three (3) minutes for each attempt. Tie breaking is determined by misses, the finalist with the least amount of misses advances. If more than one finalist has the same amount of misses, the athlete with the later miss places above their opponent. The athlete who successfully kicks the suspended target at the highest mark while maintaining balance will be determined the winner.

## **BENCH REACH**

This game is played to test ones strength and balance.

Each athlete kneels on a padded bench with their knees at the edge of the bench. A volunteer sits on the back of the athlete's lower legs. From this position, the athlete leans forward to set an object on the floor as far away as possible, then return to the original kneeling position. This must be done without any part of the body touching the floor. The object cannot be pushed or tossed. Each athlete will have a total of three attempts. The distance is measured from the bench to the object on the floor.

## **BLANKET TOSS OR NALUKATAQ**

The Blanket toss or Nalukataq was designed to have fun after a successful whaling season. During the Nalukataq celebration, usually held in June, the whaling crews throw candy from the blanket. The tradition has been adapted to the tourist community so they can have fun when they visit a northern Eskimo community. This blanket is made out of an old whaling skin boat. Boats are made of bearded seal skin (aged with hairs taken off) or split walrus skin (depending on the village). The skin blanket then has holes on the edges so that rope can be looped through all the way around and used for handle grips. One person gets in the middle of the skin and stands there while being tossed. With a good coordinated effort on behalf of the pullers, the person being tossed can get as high as thirty feet in the air and should land on his/her feet without falling down. Sometimes you can see jumpers dancing or running in place and sometimes flips and somersaults are done to the delight of the pullers and spectators. This is quite similar to a trampoline, with the only difference being that people are the springs and they can move to catch an errant jumper.

The judges look at balance, height and style in the air. All around form and grace are used to determine a winner.

## **DROP THE BOMB**

This game was designed to test a person's ultimate strength. Derived from mimicking an airplane form, the participant "drops the bomb" when the athlete can no longer support their own weight.

Lying chest down on the floor at a starting line, the athlete extends arms out, legs together (airplane). Officials or "spotters" will pick up the athlete from their wrists and ankles and carry the athlete at a paced walk until the athlete can no longer support the position. Athletes are required to keep their backs straight and buttocks low. An athlete will be warned up to three (3) times to correct their form. A designated measured distance will be marked on the arena floor. Athletes are given one (1) chance to be carried and hold their form for the longest distance.

## **EAR PULL**

A game of stamina to pain, the victor demonstrates he/she can withstand pain, a trait sometimes needed to survive the harsh realities of the North. Two people will begin a "tug-of-war" with their ears to see who the winner is.

In this event, there are two people sitting down facing each other with sinew looped around each other's ear – right ear to right ear, left to left. On a signal from the designated floor official the athletes begin to pull. The athletes must pull straight back keeping their heads straight, no twisting or jerking. The sinew is not allowed to rest on the face. After each round the athlete uses alternate ears. This is a best two out of three match. In the event of a tie, the athletes will wrap the sinew around the ear they won with. To pull the sinew off of your opponent's ear or pull until they give up. The goal is for athletes to work their way through a double elimination bracket.

## **EAR WEIGHT**

A test of endurance, derived from being able to endure frostbite pain. Before lead weights were used, sacks such as twenty-five pounds of flour were used. Distances of over 2,000 feet have been attained.

The contestant must loop twine attached to a weight around one ear and by lifting straight up, without using the cheek and pack the weight. A designated floor official will walk in front or along side the athlete to guide along the designated/measured section of the arena floor. An athlete may be warned up to three (3) times to correct their form. Measurement of distance is determined from the start line to where the weight drops. Each athlete is given one (1) attempt to walk the furthest distance with the weight. A Heavy string/twine is used with (16) one-pound weights.

## **ESKIMO STICK PULL**

Strength is an important commodity to have when bringing a seal in from the hole in the ice. Using the legs, arms, back, and a sure grip, the contestants then attempt to pull the stick away from their opponent.

Opposing athletes sit and face each other with the soles of their feet pressed together with no gap between their feet, and their knees slightly bent. A stick is placed between them above their toes. A coin toss determines the hand position on the stick. Once decided, the athlete positions their hands so that one person has the inside grip on the stick, and the other's hands are on the outside. All hands must be touching. The

winner is the person who pulls their opponent over, or pulls the stick away from their opponent. Each round, the athletes will alternate positions of their hands. In the event of a tie, athletes will return to the starting hand position on the stick. Spotters will need to be used to support the athletes upright. Ruling is best out of three using a double elimination bracket. A 1.25 inch in diameter dowel that is two feet long and six (6) volunteer spotters are used.

### **FISH CUTTING**

The fish-cutting contest derived from the cutting and drying of fish to preserve it for the seasons to come. Because of the volume of fish needed it was important not only to be efficient, but also to be quick.

Contestant must remove the head and backbone, filleting the fish keeping tail attached, then notch for drying. Contestants are judged for speed and neatness. Each contestant must provide his or her own ulu or knife.

### **FOUR MAN CARRY**

Often during a successful hunt there comes a time when the game caught has to be packed for long distances. This event not only tests the capability of carrying heavy loads but test those volunteers that are hanging on.

Each athlete must carry 4 volunteers, who weigh approximately 150 pounds each, as far as they can. The volunteers must keep their feet up. Whoever carries their load the farthest wins the event.

### **GREASED POLE WALK**

This game is used to test the balance one may need for crossing creeks, on a wet and slippery log.

Each contestant starts from one end and must walk on a horizontal greased log while in bare feet. Sliding is not allowed. Spotters are placed on both side of the log to ensure the safety of the contestant. The log will be greased after each contestant. Each contestant has one chance to walk the farthest. The distance is measured from the beginning grease mark to the beginning of the last mark in the grease.

### **INDIAN STICK PULL**

This game is a test of your grip, mimicking grabbing a fish by the tail. For example; people would have to gather their fish from a fish wheel and toss the fish ashore.

Grease/shortening is applied to a stick that has been tapered from the center to each end. Competitors stand side by side, facing opposite directions. The official then places the stick in between them under there inside hand and instructs them to grip behind the line. On a given signal from the floor official each athlete attempts to pull the stick from their opponent or make their opponent lose their balance. They can pull, push, jerk or twist the stick. Athletes cannot lean onto or touch their opponents. Best two out of three is the winner of the match, each round using a different hand. The goal of the athlete is to work their way through a double elimination bracket. In the event of a tie, a coin is tossed to determine which athlete selects the hand to pull with. A one-foot long

dowel, tapered down to one-quarter inch on both ends (center point being one and one half inch in diameter) is used.

### **KNEEL JUMP**

Speed and agility are a necessity when out on the ice hunting. The practicality of this event comes from the quickness and control one has to have while out on the ice during break up.

The athlete sits on the floor with their knees behind a given starting line with the tops of their feet flat on the floor with the soles of their feet up. From this position, the athlete then thrusts their body up and forward to a standing position going for distance and maintaining balance until measured. The athlete is allowed to swing his/her arms back and forth to gain momentum for the leap forward. Athletes are measured from the start line to the nearest heel. Each athlete gets three (3) attempts to jump their farthest. The athlete who jumps the farthest distance while maintaining balance is declared the winner.

### **KNUCKLE HOP**

This event mimics the motion of seals moving on the ice. This event also tests the athlete's stamina and endurance to pain.

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. 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. 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. Each player is allowed one attempt only. The player who hops the farthest distance, measured from shoulders at start line to shoulders where stopped, will be declared the winner. In the event of a tie, duplicate medals and scoring will be awarded.

### **MUKTUK EATING**

This event is played just for fun!

Each contestant must provide his/her own ulu or knife. Each contestant is given a piece of Muktuk to eat. On a signal from a designated floor official, every contestant will try to eat his/her piece of Muktuk the fastest.

### **NECK PULL**

This event mimics two Walrus fighting. This game was developed to build and test the strength of those within the community.

Two athletes lay on the floor facing each other in a down push up position. A looped leather strap is then placed around the nape of the neck of each opponent. Athletes rise to a "push-up" position with only hands and feet touching the floor and on signal from one of the officials, pull with their neck, 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. A winner is determined when one player pulls their opponent's hands across the line parallel to the center line on their side of the competition area or they pull the strap off of their opponents head. A double elimination bracket is used. A One and one half inch leather strap, approximately three feet long is used. There are three 36" lines taped to the floor, twenty four inches each from the center line.

### **ONE-FOOT HIGH KICK & TWO-FOOT HIGH KICK**

Traditionally the coastal whaling villages would use these kicks as a form of communication. When a whale or other game has been taken, a messenger would run back toward the village and when within sight distance the messenger would jump and kick both feet into the air, signaling the people of the village that a whale or other game has been caught and to prepare themselves to help the hunters.

The high kick events require the athlete to jump and kick a suspended object and land on the floor demonstrating balance to the floor officials. The high kicks are considered the premier events of WEIO.

**Traditional One Foot High Kick: (Played on even years)** the athlete approaches the ball hopping on one foot, jumps up and kicks the ball with that same foot, landing on that same foot maintaining balance. There are three (3) attempts at each given height and each athlete has one (1) minute for each attempt. After each successful kick, the ball is raised four (4) inches until the last five (5) competitors. The last five (5) competitors will proceed to the finals round at designated time on the WEIO schedule. For the finals, athletes will warm up and officially continue the event at the last documented measurement. The finalists decide to raise the ball anywhere from 1-4 inches at a time. Finalist will have three (3) minutes for each attempt. Tie breaking is determined by misses, the finalist with the least number of misses advances. If more than one finalist has the same amount of misses, the athlete with the later miss places above their opponent.

**Canadian One Foot High Kick: (Played on odd years)** The athlete approaches the ball taking off on both feet, jumps up and kicks the ball with one foot, landing on the same foot used to kick the target, maintaining balance. There are three (3) attempts at each given height and each athlete has one (1) minute for each attempt. After each successful kick, the ball is raised four (4) inches in until the last five (5) competitors. The last five (5) competitors will proceed to the finals round at a designated time on the WEIO schedule. For the finals, athletes will warm up and officially continue the event at the last documented measurement. The finalists decide to raise the ball anywhere from 1-4 inches at a time. Finalist will have three (3) minutes for each attempt. Tie breaking is determined by misses, the finalist with the least number of misses advances. If more than one finalist has the same amount of misses, the athlete with the later miss places above their opponent.

**Two Foot High Kick:** The athlete approaches the ball taking off on both feet simultaneously, jumps up and kicks the ball keeping the feet parallel, landing on both feet simultaneously, maintaining balance. There are three (3) attempts at each give height and each athlete is given one (1) minute for each attempt. After each successful kick, the ball is raised four (4) inches until the last five (5) competitors. The last five (5) competitors will proceed to the finals round at a designated time on the WEIO schedule. For the finals, athletes will warm up and officially continue the event at the last documented

measurement. The finalists decide to raise the ball anywhere from 1-4 inches at a time. Finalist will have three (3) minutes for each attempt. Tie breaking is determined by misses, the finalist with the least amount of misses advances. If more than one finalist has the same amount of misses, the athlete with the later miss places above their opponent. The athlete who successfully kicks the suspended target at the highest mark while maintaining balance will be determined the winner.

### **ONE-HAND REACH**

This game was also played during the cold winter months to help maintain physical fitness. This game was developed to demonstrate balance and strength.

This game requires the athlete to balance on one hand with the elbow tucked under the lower abdominal area. The other hand is used to steady their balance with the rest of the body off the floor, and then reaches for the suspended target. Upon touching the target the athlete can resume the starting position, demonstrating control of balance to the floor officials. There are three (3) attempts at each given height and each athlete has one (1) minute for each attempt. After each successful touch, the ball is raised four (4) inches until the last five (5) competitors. The finalists will decide to raise the ball anywhere from 1-4 inches at a time. Finalist will have three (3) minutes for each attempt. Tie breaking is determined by misses, the finalist with the least number of misses advances. If more than one finalist has the same amount of misses, the athlete with the later miss places above their opponent. The athlete who successfully touches the suspended target at the highest mark while maintaining balance will be determined the winner.

### **RACE OF THE TORCH**

This is the traditional opening competition. Winners will carry the WEIO torch into the opening ceremonies and pass the flame on to the Elders who light the Olympic lamp, a traditional source of light, peat moss soak in seal or whale oil.

Athletes must complete a prescribed 5k race course. The first to complete the course will be declared the winner.

### **SWING KICK**

This game was also played during the cold winter months to help maintain physical fitness. This game was developed to demonstrate balance and strength.

This game requires the athlete to balance on both hands with a one and one half inch looped leather strap placed behind his neck and both knees. From this position, the athlete raises himself off the floor, using only his hands to balance himself, kicks a suspended ball. Upon touching the target the athlete must resume the starting position, demonstrating control of balance to the floor officials. There are three (3) attempts at each given height and each athlete has one (1) minute for each attempt. After each successful touch, the ball is raised four (4) inches until the last five (5) competitors. The finalists will decide to raise the ball anywhere from 1-4 inches at a time. Finalist will have three (3) minutes for each attempt. Tie breaking is determined by misses, the finalist with the least number of misses advances. If more than one finalist has the same amount of misses, the athlete with the later miss places above their opponent. The athlete

who successfully kicks the suspended target at the highest mark while maintaining balance will be determined the winner.

### **SEAL SKINNING**

The seal-skinning contest derived from skinning seals. The skin is used to make clothing, the blubber is rendered into oil, and the meat can be cooked, dried, or fermented.

Each contestant must provide his or her own ulu or knife. The contestant must cut around flippers and remove them or leave them attached to the carcass. Then cut around head and leave it on the carcass. The contestant must remove skin, with the fat, as neatly as possible. The contestants are judged for speed and neatness.

### **Demonstration Events**

### **HARPOON THROWING**

In 1966 contestants played this event for the first time. In the old days, Ivory tipped harpoons with wooden shafts were used to spear whales and seals. Today the harpoons have metal tips and are still used for harpooning seals, whales, and walrus.

Contestants took careful aim at a sawdust filled sack used as a target. This contest was judged on accuracy and distance.

### **SEAL HOOK THROWING**

The seal hook throwing contest was first played in 1964 in front of the Chamber Log Cabin in the Chena River. The contestant throws a wooden float attached to the end of a strong cord or specially made sealskin line. Attached behind the float is a four pronged hook used to retrieve seals that have been shot. Eskimo hunters have developed a great skill in throwing these lines. A good thrower can place the seal hook just beyond the seal and with a jerk of the line, at the right moment, retrieve the seal. This contest was judged on distance and accuracy.