

EVENT: NORTHERN GAMES

TEAM COMPOSITION: 1 MALE & 1 FEMALE

CLASSIFICATION: MANDATORY

Competition Format: The Northern Games will consist of four components which must all be performed by the same athlete. Points will be awarded in each activity, and these points will be added together to determine positions for medals and community points.

Only one of the Coach or Coordinator is allowed in the warm-up area, along with the athletes competing in the Northern Game. If there is a coach, they must be a registered Labrador Winter Games participant, and at no time will there be any change permitted.

COMPONENT # 1: LABRADOR HURDLES

Competition Format: (5 lanes x # of heats based on participants)

- A. The athletes will stand with feet parallel to each other and facing his/her lane of hurdles. There will be 20, 20 inch high hurdles in each lane and placed at approximately three feet apart.
- B. On the starters gun the athletes will hop over the first hurdle and subsequent hurdles. When the athlete reaches the end of the lane, he/she must turn 180 degrees with As many hops as it takes as long as rhythm is kept (discretion of the judge), and continue over the hurdles.. This is done until the athlete has concluded his/her heat as stated in Section F.
- C. As the athlete is hopping over the hurdles, he/she must leave the floor with two feet simultaneously and land on the other side of the hurdle with two feet simultaneously.
- D. At no time between hurdles will the athlete step in any direction to position him/her self for the next hurdle, **BUT** you are permitted to use hops as long as rhythm is kept (discretion of judge).
- E. under DQ Section 3B the referee will disqualify any athlete who interferes in any way with another competitor.
- F. An athlete's heat will conclude when:
 1. He/she steps in any direction between the hurdles.
 2. **His/her momentum is broken.**
 3. He/ she knocks over a hurdle.
- G. An athlete must successfully clear one hurdle to be given points in this component.

- H. The winner is the athlete that clears the most hurdles and if a tie occurs the athlete with the fastest recorded time is the winner.

COMPONENT # 2: OVER THE ROPE

Competition Format:

- (1) With the help of the spotters, the athlete leaps up to grab a taut horizontal rope.
- (2) The feet must not touch the ground.
- (3) He/she then pulls themselves up and over the rope as many times as possible.
- (4) The entire body must pass up and over the rope at some point on each attempt, and swinging by the arms is permitted.
- (5) **After each successful attempt the participant must return to a fully vertical position with arms and legs completely straight, before starting another attempt. They must come to a complete stop. An official will be visible to the athlete, and will raise a flag each time the athlete has paused enough, NOT to carry momentum to the next attempt.**
- (6) At no time shall the athlete release the rope once being assisted up or between attempts. Each athlete is permitted three (3) unsuccessful attempts.
- (7) The winner is the athlete who goes over the rope the greatest number of times.
- (8) Athletes are advised to wear protective clothing.

NOTE: The athlete must complete at least one successful attempt to be given points in this component.

COMPONENT # 3: SEAL CRAWL

Competition Format:

- A. The athlete lies face down on the floor with his /her hands palm down and under the shoulders. The athletes chin must be on the floor directly on the starting line and legs are straightened while being crossed at the ankles.
- B. At the starter's signal, the athletes will raise their body with their arms and pull themselves along a set distance using only their hands.
- C. Once the athletes body is raised off the floor, legs must remain straight and body remains raised throughout the entire seal crawl race. **At no time will the knees touch the floor and at no time may the feet lose contact with the floor ("feet" meaning the arch of the foot).**

- D. At no time may the athletes feet become fully uncrossed.
- E. This distance will be **100 feet for males and 60 feet for females.**
- F. Time stops when his/her chin completely crosses the finish line.
- G. As per the LWG disqualification rules, the referee may disqualify any competitor who in any way, interferes with another competitor.

The referee may also disqualify any competitor from this component whose:

- (1) Knees touch the floor.
 - (2) Uncrosses his/her legs at any time during the race.
 - (3) Foot loses contact with the floor (Toes and/or arch of the foot).
 - (4) Knees become bent.
- E. (1) There will be five lanes with the number of participants in each heat determined by the number of competitors registered for the Northern Games.
 - (2) **There is no final for this event. The top times from the heats will determine the medal winners.**
- F. Wool socks and gloves are optional for this **COMPONENT**, but competitors must wear shorts and protective equipment will not be permitted on the knees. The **knees must be visible.**

COMPONENT # 4: ONE FOOT HIGH KICK

Competition Format:

- A. An athlete may be standing at any distance from the target when he/she starts the approach to the jump, as long as he/she does not interfere with other competitors attempting the High Kick at the same time.
- B. The athlete may start with a running or standing approach, but upon leaving the floor both feet must leave simultaneously. A suspended miniature seal, which is the target, must be clearly struck by one foot and the landing can only be on the foot that kicked the target; the athlete must maintain his/her balance on that one foot when landing as well to register a successful kick.
- C.
 - (1) Each athlete may have three (3) attempts at each height.
 - (2) An athlete is charged with an attempt when he/she jumps off both feet and:
 - a) Does not clearly touch the target with one foot
 - b) Does not maintain balance on the kicking foot, and kicking foot only, upon landing.
- D.
 - (1) The target is raised for the athletes who have kicked the target at its previous height.
 - (2) Those that cannot kick the target at that height are eliminated until only one athlete is left, and that person will be deemed the winner.
- E.
 - (1) The target will be set at 6 ½ feet for males and 5 feet for females at the beginning of the component. Athletes may pass the initial height and enter at their chosen height, but once entered they must participate in subsequent heights.
 - (2) The target will be raised 2 inches after each round of competition until there are four or less competitors left. At this point the target will be raised one inch after each round.
- F. **The athlete must complete at least one successful attempt to be awarded points in this component.**

Tie Breaking:

If a tie occurs, the athlete having the least number of attempts at the last successful height will be declared the winner. The tie will stand if the number of attempts is the same.

Community Ranking for Northern Games:

Points will be awarded as per the Labrador Winter Games point system.