

# 2026 LABRADOR WINTER GAMES

## TECHNICAL PACKAGE



**Labrador Winter Games Headquarters**

**1 Courte Manche Road**

**P.O. Box 220, Stn. "C"**

**Happy Valley-Goose Bay, Labrador**

**A0P 1C0**

**Email: [labradorwintergames2026@gmail.com](mailto:labradorwintergames2026@gmail.com)**

**Web: [www.labradorwintergames.ca](http://www.labradorwintergames.ca)**

### TABLE OF CONTENTS

#### **GENERAL RULES**

1. Eligibility	3
2. Team Composition	4
3. Coordinator's Responsibilities	7
4. Games Championship & Community Point System	8
5. Classification of Events	12
6. Protests	14
7. Discipline	15
8. Awards	15
9. Registration	17
10. Schedules	17
11. Transportation/Accommodations	18

#### **MANDATORY EVENTS**

Target Shooting	20
Northern Games	28
E.J. Broomfield Memorial Labrathon	35
Snowshoe Race	39
Snowshoe Biathlon	41
Northern Duathlon	43

#### **OPTIONAL EVENTS**

Cross-Country Skiing	47
Arena Ball Hockey	49
Badminton	56
Volleyball	58
Darts	61
Table Tennis	63
The Henry John Williams Memorial Dog Team Race	68
50+ Snowshoe Race	71

#### **APPENDIX**

Appendix A - Firearms	73
Appendix B - Snowshoes	74
Appendix C - Demonstration Sports	76

### **GENERAL RULES**

#### **1.0 ELIGIBILITY**

**1.1** The Labrador Winter Games are open to all residents of Labrador. He/She must reside at least 6 months in Labrador prior to the start of the games.

**1.2** A person may be provided the opportunity to compete for the Community they are working in, but not residing in based on the following criteria:

- They have not previously lived in a community within Labrador.
- They do not have any previous connection to a community within Labrador.
- They can provide evidence that they were not able to secure accommodation when offered employment in the community they are working in.
- They have worked in the community they are requesting to compete with for at least six (6) months prior to the commencement of the Labrador Winter Games.

Approval will be required to be provided by the decision of the Board of the Labrador Winter Games and will be decided on a 'case by case' basis.

**1.3** Students who are away from their normal place of residence for the purpose of attending **post-secondary school** such as **University or Technical School**, will be allowed to compete for their 'home' community, or for the community in which they are attending school.

**1.4** Further to rule 1.3, if an athlete has moved to a new community in Labrador, that person may declare his/her intention to participate for their current community, or a community for which that athlete has participated in the past.

**Note:**

- 1)** Once an athlete has successfully made a team and committed to one community, they may not be placed on another community team.
- 2)** Proof of prior participation with said community is required.

- 1.5** Any athlete that does not meet the eligibility requirements above, but would like to participate for the community in which they grew up, must submit a letter of request and supporting documentation to the LWG Board for access to try out and participate on that team. A maximum of 4 athletes may fulfill these eligibility criteria for each community.

Documentation to include in the submission is:

- A letter from the community government the athlete would like to represent, stating the local government support;
- Documentation showing that the majority of the athlete's schooling was done in that community;
- A letter explaining the details of the situation.

For example, an athlete that grew up in Forteau that lives in Labrador City for work, who has never competed for Forteau in the LWG, and is not in school, may be eligible to compete for Forteau if their package is complete and is approved by the LWG Board.

- 1.6** The minimum age for Community Coordinator is 19 years. There is no age limit imposed on athletes, however, there is a minimum age for rifle sports.

**Failure to comply with any of these eligibility requirements, stated above, would result in the ineligibility of an athlete to compete in the Labrador Winter Games.**

## **2.0 TEAM COMPOSITION**

- 2.1** Each Community is responsible for selecting its own team of up to nine male and eight female or eight male and nine female athletes, as well as a female or male community coordinator (these female-male numbers are also applicable for those communities not competing with a full-team).

**The Community Coordinator cannot compete as an athlete.**

- 2.2** Athletes from a “non-participating” community who would like to participate in the LWG can do so as an Independent Athlete, not associated with or attached to another community.

The following conditions must be met:

- A)** The athlete must be 18 years old or older at the start date of the games, March 9, 2026.
- B)** They would have to write a letter to the LWG Board to seek approval.
- C)** They must provide a reference letter from a previous coach/trainer/teacher indicating that they have the skill/prior experience to compete in the event(s) requested.
- D)** They must provide a reference letter from a community representative, ex. Town Mayor, etc. endorsing this person as a community representative.
- E)** The same restrictions apply to the Non-Participating Community athletes in that they cannot exceed the total allowable numbers per sport. Ex. They can only have one male and one female athlete in the Labrathon. If Non-Participating Communities have more than one athlete that would like to compete then they will have to participate in a try out, similar to the Participating Communities.
- F)** Non-Participating Communities cannot enter athletes in more than five Optional sports.
- G)** These athletes will compete with the other athletes and will have the opportunity to win LWG Medals. They will not accumulate Community Points. For example, if the independent athlete won Gold in Target Shooting, the person placing second would get the maximum community points, unless they are also an independent athlete.
- H)** As a result of this format, Communities that do not have full teams will not have the option of picking up athletes from non-participating communities.
- I)** Any applicable fees will still have to be paid.

This format is a way to allow athletes to compete who otherwise would not have the opportunity. It is important to remember that this is strictly for the athletes that do not have their community registered for the games.

**2.3** Two communities can merge and compete as one if the following qualifying criteria is met:

- A)** Geographic Proximity - To ensure communities have a logical and fair reason to join together, such as a small population and are neighboring communities
- B)** Past Participation at Labrador Winter Games - Communities that have not been regular participants at previous Labrador Winter Games
- C)** Past Performances at Labrador Winter Games - Communities that have not consistently performed well at previous Labrador Winter Games
- D)** Lack of Viable Independent Teams - Justify the merger if one or both communities cannot field a full team independently and both communities demonstrate the inability to participate without combining.
- E)** Commitment to Joint Participation - Ensures long-term viability and not just a one-time advantage-seeking merge.
- F)** Equity and Fair Play - Avoid the stacking of talented Athletes unfairly or excluding other athletes. Plus, a transparent selection process and fair representation (subject to availability) from both communities.
- G)** Community Support - Ensure broad local support and minimize conflicts. Documented approval or endorsement from Town Councils and community organizations.

Communities that are in compliance or satisfy the requirements of the qualification 'Criteria' are not necessarily guaranteed approval for their respective Communities to 'merge'. The ultimate approval of any two Communities to merge to form 'one' Community for the purpose of competing at the Labrador Winter Games would be decided by the Board on a 'case by case' basis.

### 3.0 COORDINATORS' RESPONSIBILITIES

The Community Coordinators responsibilities include, but are not limited to the following:

- 3.1 To ensure that no athlete is registered for two events which are scheduled to take place the same time.
- 3.2 To ensure that all eligibility rules regarding team selection and participation in all events are met.
- 3.3 To maintain team discipline at all times during the period of the Games.
- 3.4 To immediately bring to the attention of the Games Organization any occurrence(s) that may negatively affect the competition, which would include breaching of rules, scheduling problems, athlete illness or injury, etc. Failure to comply with any of the above gives rise to the possibility that the team will be eliminated from competition for the Labrador Cup and/or from the Games as a whole.

**NOTE:** If changes are made by the Games Organizing Committee on the day of the event which causes conflict in an athlete's schedule, it is the duty of that affected athlete or Community Coordinator to immediately contact the Event Coordinator or Games Committee so that this may be resolved

**Any game day changes will only be the result of things beyond the control of the LWG. Example, snow storm, lack of snow, etc.**

### 4.0 GAMES CHAMPIONSHIP & COMMUNITY POINT SYSTEM

- 4.1 A point system has been devised that regardless of where a finisher places in an event, points will be earned for that individual's community and is added to the total community aggregated score.

**Event Points:** Points that are gained from competition in a particular event (i.e. Northern Games, Darts, Cross-Country Skiing). Event points are awarded for each component of an event (i.e. male, female, mixed) and then used to determine the overall standings for that event.

**Community Points:** Based on the overall standings of an event, community points are awarded to teams to determine the standings in the overall competition of the Labrador Winter Games. Community points are used to determine the standings when competing for the Labrador Cup.

Please see example on Page 11 for more information on the two types of point systems.

Athletes who enter an event will be categorized into one of the 4 groups, on the completion of that particular event.

1. **FINISHER:** An athlete who finishes an event within the context of all rules for that event. She/he will be awarded event & community points appropriate for the position in which they finished.
2. **DOES NOT FINISH (DNF):** An athlete, after starting a race decides on her/his own not to finish, will receive DNF status. This DNF status is usually due to fatigue or injury and that person will receive zero event points.
3. **DISQUALIFICATION (DQ):**
  - a) An athlete who **unintentionally** breaches any rules will be disqualified from that event/component and will receive zero event points.

- b) An athlete who **intentionally** breaches any rules will be disqualified from that event. This athlete/team will receive **zero** community points and may be subject to further action from the Technical Committee. This athlete's team will still be in contention for the Labrador Cup.
- c) An athlete who displays **gross negligence** will be expelled from the remainder of the 2026 Games. Gross negligence may be considered where contempt is demonstrated or the safety of athletes, officials, or spectators is in question. This athlete will receive zero community points and his/her community will be eliminated from further contention for the Labrador Cup.

**ALL DISQUALIFICATIONS WILL BE MADE BY THE WINTER GAMES TECHNICAL COMMITTEE WHOSE DECISION WILL BE FINAL**

- 4. **NO SHOW (NS):** An athlete who does not show up for an event at the appropriate time. If this happens, the athlete will receive zero event and community points. Furthermore, his/her team will be eliminated from contention for the Labrador Cup, as they have violated the **TOTAL PARTICIPATION** requirements

### **SUBSTITUTION RULE**

Substitutions may only be made by the community coordinator in the case of illness or injury of an athlete. These substitutions may be made at the event site before the start of the event (event meaning all components of the sport) only. Once a substitution is made, that athlete must complete the entire event (event meaning all components of the sport), the only exception being if the original athlete's non-arrival at the event is deemed the fault of the Games, in which case the original athlete would substitute in when they arrive. If an athlete is substituted and it's found that they are competing in another event taking place at the same time, that community will be disqualified from the previously registered event and shall be allowed to continue in the event just substituted in for.

**4.2** The maximum number of points awarded in any one event before bonus points, is dependent on the number of teams that actually register for the Games during Games Week of that year. For example, if 30 teams enter, 30 points will be awarded for first place, with a one-point difference between placing.

**4.3** The point system is as follows:

1 <sup>st</sup> place - (Gold Medal) - 30 pts + 10 bonus pts	= 40 pts
2 <sup>nd</sup> place - (Silver medal) - 29 pts + 6 bonus pts	= 35 pts
3 <sup>rd</sup> place - (Bronze medal) - 28 pts + 3 bonus pts	= 31 pts
4 <sup>th</sup> place	= 27 pts
5 <sup>th</sup> place	= 26 pts
6 <sup>th</sup> place	= 25 pts

This pattern would continue to last place which consequently would receive 1 point.

**4.4** In the case of an event not having 30 communities, last place shall receive points equivalent to its ranking from 30. For example, in an event with ten entries the last place would receive 21 points.

**4.5** In events with both female and male components, the final points accumulated for both components will be added together and then a community position will be awarded. In events with female, male, and mixed components, the final points accumulated for all three components will be added together and then a community position will be awarded.

# Labrador Winter Games Technical Package

2026

**EXAMPLES:** (Using 30 communities participating)

<u>Event of Snowshoe Biathlon (both female &amp; male)</u>	<u>Event Points Awarded</u>
The Wabush male athlete finishes in 2 <sup>nd</sup> position. (Silver) 29 + 6 bonus points	35 pts
The Wabush female athlete finishes in 4 <sup>th</sup> position.	<u>27 pts</u>
Total points for this community in Snowshoe Biathlon:	62 pts
 The Forteau male athlete finishes in 1 <sup>st</sup> position + 10 bonus points	40 pts (Gold) 30
The Forteau female athlete finishes in 8 <sup>th</sup> position.	<u>23 pts</u>
Total points for this community in the Snowshoe Biathlon:	63 pts
 The Natuashish male athlete finishes in 3 <sup>rd</sup> position. 28 + 3 bonus points	31 pts (Bronze)
The Natuashish female athlete finishes in 1 <sup>st</sup> position + 10 bonus points	<u>40 pts</u> (Gold) 30
Total points for this community in the Snowshoe Biathlon:	71 pts
 The Nain male athlete finishes in 4 <sup>th</sup> position	27 pts
The Nain female athlete finishes in 5 <sup>th</sup> position	<u>26 pts</u>
Total points for this community in the Snowshoe Biathlon:	53 pts

Overall final positions for the example given in the Snowshoe Biathlon are:

<u>Final Event Points Awarded</u>	<u>Final Community Points</u>
1 <sup>st</sup> Natuashish with 71 points →	30 + 10 = 40 pts
2 <sup>nd</sup> Forteau with 63 points →	29 + 06 = 35 pts
3 <sup>rd</sup> Wabush with 62 points →	28 + 03 = 31 pts
4 <sup>th</sup> Nain with 53 points →	27 = 27 pts

### 5.0 CLASSIFICATION OF EVENTS

**5.1** Events are divided into two categories and in order to be eligible for the Labrador Cup, communities **MUST** enter the required number of athletes in all events designated as mandatory, as well as only five of the eight events designated as optional.

**5.2 Mandatory Events are as follows:**

- |                             |  |
|-----------------------------|--|
| <b>A) TARGET SHOOTING</b>   | 1 Female & 1 Male  |
| <b>B) NORTHERN GAMES</b>    | 1 Female & 1 Male  |
| <b>C) LABRATHON</b>         | 1 Female & 1 Male  |
| <b>D) SNOWSHOE RACE</b>     | 2 Females & 2 Males<br><i>3 Components: Female, Male &amp; Mixed Relay</i> |
| <b>E) SNOWSHOE BIATHLON</b> | 1 Female & 1 Male  |
| <b>F) NORTHERN DUATHLON</b> | 1 Female & 1 Male  |

**5.3 Optional Sports are as follows:**

- |           |                          |   |
|-----------|--------------------------|---|
| <b>A)</b> | <b>ARENA BALL HOCKEY</b> | 4 Females & 4 Males & 1<br>Goaltender (Female or Male)                              |
| <b>B)</b> | <b>BADMINTON</b>         | 1 Female & 1 Male<br><i>3 Components: 1 Female, 1 Male, &amp; Mixed<br/>Doubles</i> |
| <b>C)</b> | <b>VOLLEYBALL</b>        | 5 Females & 5 Males   |
| <b>D)</b> | <b>DARTS</b>             | 2 Females & 2 Males   |
| <b>E)</b> | <b>TABLE TENNIS</b>      | 1 Female & 1 Male<br><i>3 Components: Female, Male &amp; Mixed<br/>Doubles</i>      |
| <b>F)</b> | <b>DOG TEAM RACE</b>     | 1 Athlete   |
| <b>G)</b> | <b>50+ SNOWSHOE RACE</b> | 1 Female & 1 Male   |
| <b>H)</b> | <b>X-COUNTRY SKIING</b>  | 1 Female & 1 Male<br><i>3 Components: Female, Male &amp; Mixed Relay</i>            |

**NOTE:** Please be advised that the failure to register and field the required number of athletes in all mandatory events and five of the eight optional events will result in your community being eliminated from competition for the Labrador Cup.

### 6.0 PROTESTS

**Community Coordinators may only file a protest based on a rule interpretation and not on an official's decision.**

- 6.1** The Labrador Winter Games Association will establish a three-person protest committee for each sport prior to the start of the games. The sports specific committee will be available at each venue during the event.
- 6.2** Protests must be filed on Official Protest Forms that are available from the event coordinator, and must be signed by the community coordinator or his/her designate. This document must be submitted within 1 hour of the events completion and any protest submitted must also include a \$30.00 fee which is refundable if the protest is upheld or considered a non-eligible protest. The \$30 is forfeited if the protest is denied.
- 6.3** Completed forms must be returned and given to the event coordinator of the event in question.
- 6.4** All decisions of the protest committee will be **FINAL.**
- 6.5** Unofficial video from athletes, community coordinators, or spectators will not be accepted, or reviewed during the appeal process.
- 6.6** Please refer to the Labrador Winter Game's Appeals Policy.

### 7.0 DISCIPLINE

- 7.1 All participants are expected to conduct themselves in accordance with the spirit of the Games.
- 7.2 Any conduct not befitting the spirit of the Games may result in disqualification of that athlete and/or community which he/she represents.
- 7.3 Any person or community expelled from the remainder of the Games will be asked to leave their accommodations in the Athletes Residence as well as having all other athlete privileges revoked.
- 7.4 No alcohol, illicit drugs, inclusive of Cannabis, will be permitted in the Athletes Residence.
- 7.5 No firearms will be permitted in the Athletes Residence.
- 7.6 Please refer to the Labrador Winter Game's Discipline and Complaints Policy.

### 8.0 AWARDS

#### 8.1 Medals

Medals for 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver), and 3<sup>rd</sup> (Bronze) positions will be awarded in each component of each event based on the component's final placements.

#### 8.2 The Labrador Cup

The Labrador Cup is awarded to the community team that accumulates the most points overall in the required events. To compete for the Cup, teams must participate in all the mandatory events, and five of the optional events.

The following awards will be distributed based on an awards committee decisions, as well as community coordinator feedback:

### **8.3 Most Outstanding Athletes – Electoral District (Male & Female)**

The MOA-ED award is presented to the individual male and female athletes from each of the four electoral districts which would include Cartwright – L'Anse Au Clair, Labrador West, Lake Melville, and Torngat Mountains. These athletes demonstrate outstanding athletic ability, team spirit, and attitude toward the Labrador Winter Games. These athletes will be considered for the Most Outstanding Male and Female Athletes of the Games.

### **8.4 Most Outstanding Athletes of the Games (Male & Female)**

The MOA award is presented to the male and female athletes from those selected as MOA of the four electoral districts. These individuals demonstrate outstanding athletic ability, team spirit, and attitude toward the Labrador Winter Games.

### **8.1 Most Spirited Team**

Presented to the community demonstrating tremendous team spirit, not only toward their own team, but with competing teams and the organizing committee also.

### **8.2 Most Improved Team**

Awarded to the community who shows the greatest improvement in point standings from the previous Games in which they competed.

### **8.3 Best Dressed Team**

Awarded to the team having the most traditional, original and functional uniform.

### 9.0 REGISTRATION

**9.1** Each Community Coordinator will be given a registration form to complete on behalf of their team. Each Community Coordinator will register their full team. Registration will close on February 6<sup>th</sup>, 2026. Completed registration forms are to be submitted to the Director of Sports by the end of that day.

**9.2** Registration fees are \$143.75 (HST included) for each athlete and community coordinator participating in the Labrador Winter Games.

**All registration fees must be paid by the final registration deadline.** Teams that have not paid their registration in full by Friday, February 6<sup>th</sup>, 2026 will not be permitted to compete in the Labrador Winter Games.

**9.3** Registration for each Sporting Event (ex. Table Tennis) on the day of the event will take place 1 hour prior to the start (on LWG schedule) of the event. **All** athletes must register at that time. Failure to register at that time will disqualify you from participating in the Event Components (ex. Table Tennis Mixed, Men's or Ladies).

### 10.0 SCHEDULES

**10.1** A schedule of events will be posted on the Labrador Winter Games Website.

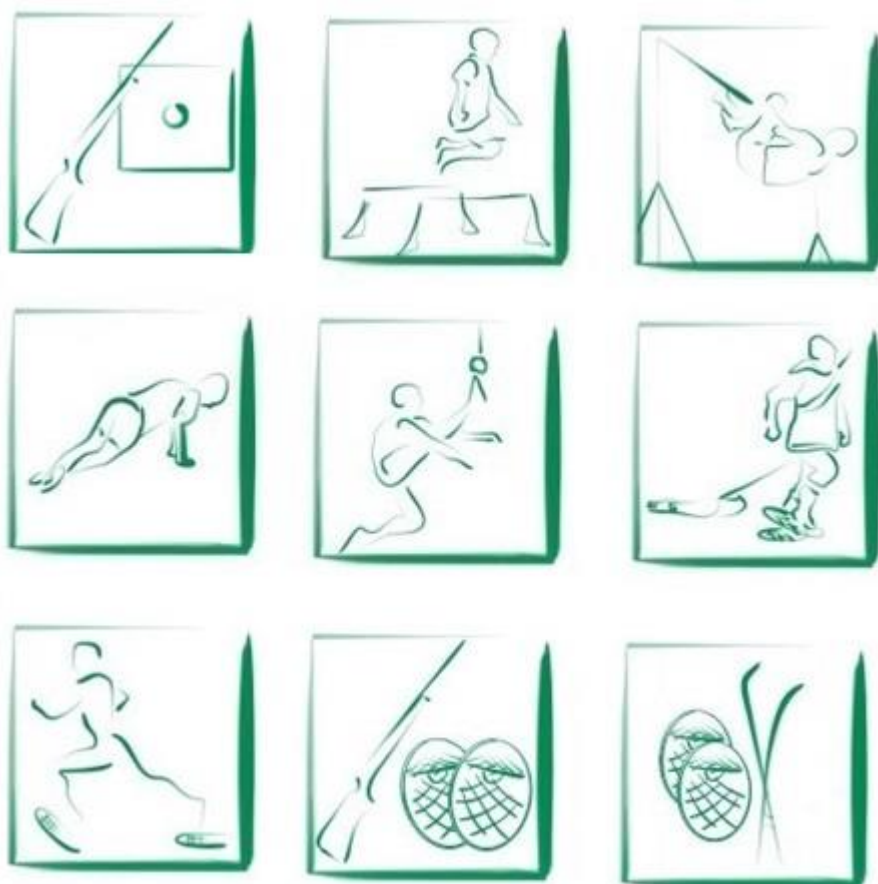
**As a reminder, do not register one athlete for two events taking place at the same time.**

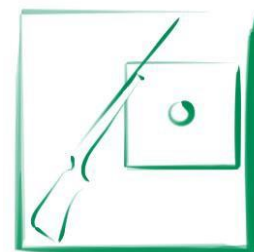
**10.2** Once final registration is completed on February 6<sup>th</sup>, 2026, the LWG Headquarters will have a draw night to determine pools, heats, divisions, and starting orders for each of the various events, and will communicate that information back to Community Coordinators as soon as possible.

### 11.0 TRANSPORTATION & ACCOMMODATIONS

- 11.1** All scheduled transportation & accommodations are the responsibility of the Games Organizing Committee and ground transportation will only be provided for Labrador Winter Games related events.
- 11.2** Breakfast and supper/evening meals are the responsibility of the Games Organizing Committee, while dinner/mid-day meals are the responsibility of the individual athlete or community. The LWG HQ is planning to have concessions available at each venue, though that may not always be the case.
- 11.3** There will be a banquet meal for all community teams and coordinators the final night of the Games before the Closing Ceremonies.

# MANDATORY EVENTS



**EVENT:****TARGET SHOOTING****TEAM COMPOSITION:****1 FEMALE & 1 MALE****CLASSIFICATION:****MANDATORY****Competition Format**

**Section I:** Each shooter will shoot 50 rounds from the *prone* position: 5 rounds per target, 25 rounds per target sheet, 2 target sheets, maximum possible score is 500 points.

**Section II:** Each shooter will shoot 30 rounds from the *standing* position: 3 rounds per target, 15 rounds per target sheet, 2 target sheets, maximum possible score is 300 points.

**Section III:** Each shooter will shoot 20 rounds from either the *sitting or kneeling* position, shooters preference: 4 rounds per target, 20 rounds per target sheet, 1 target sheets, maximum possible score is 200 points.

**Each round of shooting will be from a distance of 25 yards (22.86 m).**

**Rules**

**In order to participate in the Target Shooting event each competitor must have a valid Possession and Acquisition License (PAL) and have their license with them to register their firearm during the Games.**

**Please refer to Appendix A, page 73, for the rules and regulations that govern the use of firearms for these games.**

- A)** Each shooter must supply their own rifle.
- B)** Each shooter must wear safety glasses and ear plugs during competition and this protective equipment will be supplied by the Games at the shooting range.
- C)** Spotting scopes are not to be used during competition.

- D) Any rim firing .22 caliber long range sporting rifle under 7 lbs. 4 oz. (3.3 kg) will be used (as per Appendix A).
- E) Rifles will be weighed as they will be used on the firing line, meaning the breach empty and sights and slides must be in place.
- F) Sporting rifles must be equipped with an open V -type rear sight and single solid front post. Closed peep-aperture type, telescopic sight and other type sights are not permitted.
- G) Rifles may be equipped with a carrying sling and this sling may be used to assist the shooter to support the rifle while shooting. No other support devices are permitted.
- H) Under DQ section 4.1 – 3 b), anyone seen resting her/his rifle while shooting will be disqualified immediately from further competition.

**NOTE:** Resting the rifle means resting it on any outside sources of support, such as pieces of wood, shooting stands, the floor/snow, etc. Athletes will be allowed to rest their rifle on parts of their body.

- I) Anyone using ammunition other than that provided by the Labrador Winter Games Association will be disqualified immediately from further competition under DQ section 4.1 3 b). The ammunition will be supplied by the Labrador Winter Games. Labrador Winter Games will provide the type of ammunition upon release of coordinator packages.
- J) Range Procedures are listed on the following pages.
- K) Anyone in view of the range officer who is not conducting his/her self in the proper or safe manner will be disqualified immediately from that event under DQ section 4.1 3 b), resulting in 0 community points being awarded to that individual.

- L)** For this competition a malfunction is anything which, in view of the range officer, leaves the rifle in an unstable condition such as a freeze-up or broken firing pin. To not disturb the harmony of the shoot should a malfunction occur, the shooter will lay down her/his rifle, pointing down range with action left closed, and will raise his/her hand. That shooter will be given an opportunity to re-shoot a new target on the next relay with an open station. At this point the shooter has the option of using another rifle supplied by the chief range officer or using the same rifle again. If the shooter decides to use the same rifle on which the malfunction occurred, and another malfunction occurs, the shooter's score for that target will be based on the shots fired before the second malfunction. The shooter will not be given the opportunity to re-shoot the target. Any rifle on which two malfunctions occur will be disqualified from further competition. The shooter may continue but he/she must use another rifle to be supplied by the Games Association. **Only the athlete's registered rifle or a Games supplied rifle may be used**
- M)** A Dud is defined as any cartridge which fails to detonate upon firing impact. The range officer will have cartridges to replace any duds encountered on the firing line. Should a dud occur, the shooter should keep the rifle pointed down range with the action closed and raise his/her hand.
- N)** All targets will be shot from a distance of twenty-five (25) yards (22.86 m) and male/female competitors will use the same size targets.
- O)** Five practice or sighting rounds will be permitted to each shooter before his/her first target of the day.
- P) Section I:**
- 1)** Each shooter is required to fire fifty rounds from the *prone* position.  
There will be two target sheets and five shots at each of the five targets on the target sheet from the prone position. The center lower target is for sighting only and any shots in this target will not be scored.
  - 2)** In any target with more than five shots, only the five shots closest to the center will be scored. Targets with five or less shots will be scored according to the ring score – fifty points maximum per target and the maximum possible score per target sheet is two hundred fifty points.

### Section II:

- 1) Each shooter is required to fire thirty rounds from the *standing* position. There will be two target sheets and three shots at each of the five targets. The center lower target is for sighting only and any shots in this target will not be scored.
- 2) In any target with more than three shots, only the three shots closest to the center will be scored. Targets with three or less shots will be scored according to the ring score – thirty points maximum per target and the maximum possible score per target sheet is one hundred fifty points.

### Section III:

- 1) Each shooter is required to fire twenty rounds from the *sitting or kneeling* position, shooters preference. There will be one target sheet and four shots at each of the five targets. The center lower target is for sighting only and any shots in this target will not be scored.
  - 2) In any target with more than four shots, only the four shots closest to the center will be scored. Targets with four or less shots will be scored according to the ring score – forty points maximum per target and the maximum possible score per target sheet is two hundred points.
- Q)** All target sheets must be signed by the shooter and the range officer immediately following the shooting of the target sheet. Once signed by both parties, it will be officially scored and will not be altered for any reason.
- R)** Final standing for the event will be based on the combined score of all three sections and a maximum possible score is 1,000 points.
- S)** Rifles will not be permitted in the athletes' accommodation area and the Games Committee will provide a secure storage area as well as pick-up and delivery to and from the range for all rifles to be used in the competition.
- T)** Competitors will not be permitted in the scorer's tent.

### U) Target Shooting:

Day 1- Male shoot in the morning and females in the afternoon.

Day 2- Females shoot in the morning and males in the afternoon.

### **Community Rankings**

Based on the combined female and male scores as per the Labrador Winter Games point system.

### **ORDERS FOR FIRING RANGE**

**NOTE:** THESE ORDERS ARE TO BE USED IN CONJUNCTION WITH THE FOLLOWING OFFICIALS ON THE FIRING LINE:

- **MINIMUM OF #3 OFFICIALS**
- **DEPUTY RANGE OFFICER**
- **RANGE OFFICER**

**Line Officials** are responsible for 3 to 4 shooters each. They will assist with weapon problems and ensuring they are clear of ammunition after each shoot. Line officials will report directly to the range officer.

**The Deputy Range Officer** is responsible for ensuring that competitors are ready to compete. They will ensure weapons and targets are issued at the appropriate time and will make certain there are minimal holdups at the change of draws.

**The Range Officer** is responsible for the overall range operation and safety. The range officer should be situated where he can have an unobstructed view of all line and range activities (usually elevated) and be equipped with a public address system.

In the event of a problem, firearms should remain pointed down range and the competitor should raise their hand.

The following range orders were developed and used at the 2006 Labrador Winter Games Target Shoot and they cover the first and second relay of one draw; while subsequent draws are a repeat of the second relay.

The Range Officer will call a draw to the firing line.

1. *Draw # 1 take up your positions on the firing line.*

Deputy Ranger Officer ensures all are present and indicates it to Range Officer.

2. *Ladies/Gentlemen, you may go forward and place your targets.*

Line officials accompany competitors forward to place targets.

When all competitors and officials are clear of the range and behind stalls after placing targets, the commands continue.

3. *Ready on the firing line.*

Competitor will take up firing posture and open gun case, etc.

4. *If you have a magazine, you may load your magazine with 5 rounds, but DO **NOT** load your weapon at this time.*

Competitors will load magazines.

5. *Are you ready?*

Visual check of all competitors and down range by Range Officer.

When satisfied all is clear:

6. *Load your weapon.*

Visual safety check.

7. *Five practice rounds at the bottom center target. In your own time commence firing.*

When all competitors have ceased firing:

8. *Clear firing lane and check weapons.*

Line officials will physically check that all weapons are unloaded and actions open and clear of ammunition; then indicate **ALL CLEAR** to the Range Officer.

9. *Ladies/Gentlemen, you may go forward and check your targets, but **DO NOT** remove your target at this time.*

Line officials will accompany competitors forward to check targets.

When all competitors and officials are clear of the range and behind stalls after checking targets:

10. *Ready on the firing line.*

Competitors take up firing posture.

11. *If you have a magazine, you may load your magazine with ten rounds, but **DO NOT** load your weapon at this time.*

Competitors will load magazines.

12. *Are you ready?*

Visual check of competitors and down range by the Range Officer. When satisfied all is clear:

13. *Load your weapon.*

Visual safety check.

14. *Twenty-five rounds, five rounds per target, at the five remaining targets and in your own time commence firing.*

When all competitors have ceased firing:

**15.** *Clear firing line and check weapons.*

Line officials will physically check that all weapons are unloaded with actions open and clear of ammunition. Then indicate **ALL CLEAR** to the Range Officer.

**16.** *Ladies/Gentlemen, you may go forward to check your targets.*

Line officials will accompany competitors to retrieve targets and the officials collect targets.

When all competitors and officials are clear of the range and behind stalls after checking targets:

**17.** *Ladies/Gentlemen, you may pick up your weapons.*

At this point the first draw is complete and competitors will return weapons to competitors' tent and next draw will be called forward.

Second and subsequent relays will be a repeat of orders 1,2 and 10 through 17 with a minor alteration in order # 14 as follows:

**18.** *Twenty-five rounds, five rounds per target and **DO NOT** fire at the bottom center target. In your own time commence firing.*

### **IMPORTANT SAFETY NOTES**

- No person may handle a weapon or occupy a firing booth while competitors or officials are down range.
- Weapons must be cased at all times, except in the firing booth. Any competitor in possession of an uncased weapon other than for firing or for cleaning in the competitors' tent **may be disqualified.**

<b>EVENT:</b>	<b><u>NORTHERN GAMES</u></b>
<b>TEAM COMPOSITION:</b>	<b>1 FEMALE &amp; 1 MALE</b>
<b>CLASSIFICATION:</b>	<b>MANDATORY</b>

### **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 a maximum of 3 hops 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/herself for the next hurdle. Athletes can only use one hop between hurdles.
- E) Under DQ section 4.1 – 3 b) the referee will disqualify any athlete who interferes in any way with another competitor.
- F) An athlete's heat will conclude when:
  - 1. She/he steps in any direction between the hurdles.
  - 2. Her/his momentum is broken.
  - 3. She/he 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.

**DEMONSTRATION SPORT:** At the conclusion of component #1 there will be a demonstration of the sport “Thong Pull”. It is being showcased as a possible inclusion in future LWG. Please see Appendix C on page 76.

### **COMPONENT # 2: OVER THE ROPE**

#### **Competition Format**

- A) With the help of the spotters, the athlete leaps up to grab a taut horizontal rope.
- B) The feet must not touch the ground.
- C) He/she then pulls themselves up and over the rope as many times as possible.
- D) The entire body must pass up and over the rope at some point on each attempt, and swinging by the arms is permitted.



- E) 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.**
- F) At no time shall the athlete release the rope once being assisted up or between attempts. Each athlete is permitted three (3) unsuccessful attempts.**
- G) The winner is the athlete who goes over the rope the greatest number of times.**
- H) Athletes are advised to wear protective clothing. Athletes can wear up to a maximum of two layers of clothing.**
- I) An athlete is not allowed to use the pole of the apparatus as momentum to attempt to get over the rope. If an athlete touches the pole the athlete will be required to go back to the start position before proceeding with the attempt to go over the rope. If the athlete does not go back to the start position or touches the pole while going over the rope, the attempt will not be considered successful and the athlete will not be awarded a point for that rotation over the rope.**
- J) For safety purposes, athletes must remove draw strings from sweaters or hoodies before proceeding with the Over the Rope challenge.**

**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 athlete's body is raised off the floor, legs must remain straight and body remain 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 athlete's feet become fully uncrossed.
- E)** This distance will be **100 feet (30.48 m) for males and 60 feet (18.29 m) for females.**
- F)** Time stops when his/her chin completely crosses the finish line.
- G)** As per the LWG disqualification rules DQ section 4.1 – 3 b), 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.

H) There will be five lanes with the number of participants in each heat determined by the number of competitors registered for the Northern Games.

**There is no final for this event. The top times from the heats will determine the medal winners.**

I) 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.**

J) Athletes are not allowed to wear anything on their feet/ankles to prohibit the ankles from becoming separated while doing the Seal Crawl.”

**DEMONSTRATION SPORT: At the conclusion of component #3 there will be a demonstration of the sport “Monkey Dance”. It is being showcased as a possible inclusion in future LWG. Please see Appendix C on page 76.**

### 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 (1.98 m) for males and 5 feet (1.52 m) 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 (5.08 cm) after each round of competition until there are four or less competitors left. At this point the target will be raised one inch (2.54 cm) after each round.

- F) The athlete must complete at least one successful attempt to be awarded points in this competition.**
- G) If an athlete is unsuccessful in their attempt to kick the object in the One Foot High Kick, he or she will be required to use his or her remaining attempts in succession.**

### **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**

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

**EVENT:** **E.J. BROOMFIELD MEMORIAL LABRATHON**

**TEAM COMPOSITION:** **1 FEMALE & 1 MALE**

**CLASSIFICATION:** **MANDATORY**



### Competition Format

- A)** A course covering a distance of approximately **five hundred meters (546.81 yds)** will be established and the course will have four trail stops referred to as “tilts.”
- B)** Competitors will be placed in a heat according to the order in which their names are drawn during draw night. The men's division will start the event followed by the women's division.
- C)** The following equipment must be taken onto the course by the competitor:

<b>MATCHES</b>	Supplied by the Games and only the matches supplied by the Games may be used in competition.
<b>TOBOGGAN</b> (with canvas shroud)	Supplied by the Games
<b>VICTOR “A” TRAP #3</b>	Supplied by the Games
<b>TEA KETTLE</b>	Supplied by the Games
<b>LASHING ROPE</b>	Supplied by the Games
<b>BOW SAW</b>	Supplied by the Games
<b>ICE CHISEL</b>	Supplied by the Games
<b>AXE</b>	Supplied by the Games
<b>RIFLE</b>	<b>Supplied by the competitor</b>
<b>SNOWSHOES</b>	<b>Supplied by the competitor (See Appendix B, page 74)</b>
<b>MUKLUK or DEERSKIN FOOTWEAR</b>	<b>Supplied by the competitor</b>

### Rules

**In order to participate in the Labrathon, each competitor must have a valid Possession and Acquisition License (PAL) and have their license with them to register their firearm during the Games.**

- A) At the sound of the starter's pistol each competitor will advance from a set position behind a restraining line and proceed to load his/her equipment into a canvas shroud. Close shroud and lay chisel on top of shroud. Then lash equipment to sled using all three lines provided. The only exception to this is the rifle, which may be carried on the back or by hand and the matches which may be carried by hand or in the pocket. When the toboggan has been securely loaded by the competitor, he/she will then proceed on snowshoes to Tilt # 1.
- B) The use of any unauthorized piece of equipment will result in disqualification.
- C) Any competitor receiving unauthorized assistance while running the course will result in disqualification. This includes any type of assistance from another competitor.
- D) A competitor may return to any part of the course to retrieve equipment prior to crossing the finish line **provided he/she re-tracks the course**. Any competitor crossing the finish line without all of his/her equipment will be disqualified.
- E) At Tilt #1, using materials provided by the Games, the competitor will light a fire upon which they place their tea kettle which is filled to the rim with snow. **As soon as the kettle is judged to have come to a "rolling" boil, and the competitor is judged to have extinguished all flame from their fire and they have re-lashed their equipment**, as described in "A)", on their toboggan, they can proceed to Tilt #2. Failure to fill the kettle with snow or extinguish the fire **WILL** result in disqualification. Any birch bark used to start the fire **MUST** be removed from its storage container and must be lit in plain view. Failing to do so will result in disqualification. Competitors will be supplied with one package of matches. If they use up all of their matches before they get the fire lit, they will be disqualified. At no point can other competitors share matches or fire. A competitor may use their shovel or a wood stick to stabilize their kettle.

- F) At Tilt #2, the competitor will proceed to the firing line where he/she must knock down all five targets before advancing to Tilt # 3. Each target will be 9 cm (3.54 in), numbered and coridored. The shooting position is the athlete's choice, but no support can be used and the shooting distance is twenty-five yards (22.86 m). Athletes must hit all targets before proceeding from the station. All bullets must be loaded one at a time.

**Please refer to Appendix A, page 73, for the rules and regulations that govern the use of firearms for these games.**

- G) In the event of a misfire or dud, the competitor is to raise his/her hand leaving the rifle pointing down range with the action closed for at least thirty seconds. The Range Officer will provide a new round and retain the dud cartridge. The 30 seconds lost due to a dud will be removed from overall end time. If for any unexpected circumstances that the time taken to provide a new round takes more than 30 seconds then an additional 30 seconds may be removed from their time.

**The competitor must unload her/his rifle before they leave the firing point.**

- H) After the competitor has knocked down his/her five targets he/she will move on to Tilt #3 where they will saw through the log provided. **There will be no assistance allowed in securing the log.** The competitor will then proceed to staple their trap chain onto another log provided by the Games, **using their axe only**, setting the trap and when told by the judge to re-lashing their equipment (as described in "**A**") to the toboggan and move on to Tilt #4. Failure to drive the staple as far as possible into the log will result in disqualification.

- I) At Tilt #4, the competitor will take his/her ice chisel and/or axe and proceed to cut a hole in the ice. This hole must be at least four inches (10.16 cm) in diameter at the bottom and will be checked by a judge. **The judge will give the final go ahead and the competitor will then re-lash his/her ice chisel and axe to their toboggan and proceed to the finish line.** At no point can the competitor touch the pipe which is used by the judge to check the hole. If the competitor breaks his/her chisel or loses it through the ice and it is deemed by the judge to be a faulty chisel, he/she will be immediately given a replacement chisel. If the break or loss is deemed to be a fault of the competitor, they will not get a replacement. Their choice will then be to continue cutting the hole with their axe. If the chisel is lost then they will be disqualified, as they cannot cross the finish line without all of their equipment.
- J) Scoring for the Labrathon will be as follows:
1. Competitors will be timed from start to finish.
  2. Competitors with the six fastest times will advance to the medal rounds.
- K) Attire worn is to be that which suits temperature yet resembling attire normally worn by a Labradorian prepared to work in the outdoors.
- L) Footwear must be kamiks, mukluks or deerskins and no covering of any type will be allowed over this footwear. Also, no inside supports (i.e. sneakers, boots, etc.) are permitted. No athlete may start without appropriate footwear.

### Tie Breaking

In the case of a tie for the sixth overall fastest time in the heats, a shoot-off will take place, with the winning athlete advancing to the medal round. The shoot-off will consist of sets of five rounds until a winner is determined.

### Community Ranking

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

<b>EVENT:</b>	<b>SNOWSHOE RACE</b>
<b>TEAM COMPOSITION:</b>	<b>2 FEMALES &amp; 2 MALES</b>
<b>CLASSIFICATION:</b>	<b>MANDATORY</b>



### Competition Format

- A)** The male component will consist of three 400 meter (437.45 yds) laps of the course which is approximately 1200 meters (1312.34 yds). The female component will consist of two 400 meter (437.45 yds) laps of the course which is approximately 800 meters (874.89 yds).
- B)** Competitors will be assigned by draw to one of six heats. Heats will be conducted and the best six times qualify for the final in both the female and male components.
- C)** The relay component will consist of 1600 meters (1749.78 yds) and is made up of a 4x400 m (437.45 yds) laps. The relay team must consist of two females and two males who competed in the individual component. Female athletes must be the first runners, followed by a male, then female, and finished with a male.
- D)** Communities will be assigned by draw to one of six heats and the final placing will be determined by times in the heats. **There is no final for the relay event.**

### Rules

- A)** Each competitor is responsible for providing his/her own snowshoes. See Appendix B, page 74, for snowshoe specifications.
- B)** Snowshoe frames must be constructed of wood and cannot be plastic or metal. Snowshoes will be checked for L.W.G 2026 stamp of approval before competition.
- C)** Tying down of the heels WILL NOT be permitted and heels **must be free to move 90 degrees from the level of the shoe.**

- D)** For the relay, competitors must pass a baton within the designated passing zone and in the lane which their team was assigned. Exchanging the baton outside the designated zone will result in disqualification. Should the baton be dropped while being exchanged there is no penalty, as long as it is picked up and exchanged within the designated area. The athlete carrying the baton must have a portion of one snowshoe touching the ground/snow inside the passing zone when the exchange occurs. The athlete receiving the baton must also have at least a portion of one snowshoe touching the ground/snow inside the passing zone while receiving the baton. The athlete running the last portion of the race may finish in any lane.
- E)** In the case of a false start the gun will sound a second time and all competitors will return to the start line.

### **Tie Breaking**

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place; two tenth places will be awarded followed by twelfth place as there will be no eleventh place. In the case of a tie for overall sixth fastest time in the heats, both athletes will advance to the final.

### **Community Ranking**

The final will determine first to sixth place and subsequent placing will be determined by the time posted in the next heat. The three components will be combined and points awarded as per the Labrador Winter Games point system.

**EVENT:** SNOWSHOE BIATHLON

**TEAM COMPOSITION:** 1 FEMALE & 1 MALE

**CLASSIFICATION:** MANDATORY



### Competition Format

In order to participate in the Target Shooting event, each competitor must have a valid Possession and Acquisition License (PAL) and have their license with them to register their firearm during the Games.

- A) The biathlon is a combined event which involves snowshoe racing and precision shooting.
- B) The course will consist of a 6.5 km (4.04 mi) trail to be snowshoed over and shall include two shooting stages interspersed between.
- C) The shooting range is 25 yards (22.86 m) with a .22 caliber rifle.
- D) A one-minute penalty will be given for each missed shot.
- E) Scoring is strictly by time and the least amount of time to complete the course wins, and second, third, etc. are decided in a similar manner.
- F) The men's division starts the event followed by the women's division. Starting order will be determined by drawing lots on draw night and competitors will go in staggered starts at 60 seconds apart.
- G) A competitor will present his/herself at the starting point at the time designated.
- H) Only .22 caliber long rifles as per Appendix A, page 73 may be used.
- I) Rifles will be carried on the course by the competitor and may have as many slings as he/she desires and of any type. On the course, there must be no round in the rifle.

- J) The shooting position is the athlete's choice, but any support is **forbidden**.
- K) The competitor must fire five rounds at the target from each designated firing point. Ammunition will be supplied at each firing point and **no ammunition will be allowed to be carried by the competitor on the course**.
- L) In the event of a misfire or dud, the competitor is to raise his/her hand leaving the rifle pointing down range with the action closed for at least 30 seconds. The Range Officer will provide a new round and retain the dud cartridge. The 30 seconds lost due to dud will be removed from overall end time.

**The competitor must unload his/her rifle before he/she leaves the firing point.**

- M) Any shots fired outside the 11 cm (4.33 in) diameter will be considered a miss.
- N) Snowshoe frames must be constructed of wood and cannot be plastic or metal. Snowshoes will be checked for L.W.G 2026 stamp of approval before competition. See Appendix B, page 74, for snowshoe specifications.
- O) The toe of the boot may be placed in a toe cap to make the binding more secure. Any type of binding may be used as long as the heel is not tied down.
- P) If a competitor's foot slips out of her/his binding. Then she/he must stop and secure the snowshoe before continuing the race.

### **Tie Breaking**

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place, two tenth places will be awarded followed by twelfth place and there will be no eleventh place.

### **Community Ranking**

All competitors will be placed according to the time elapsed in completing the course and points will be awarded as per the Labrador Winter Games point system.

**EVENT:** NORTHAN DUATHLON

**TEAM COMPOSITION:** 1 FEMALE & 1 MALE

**CLASSIFICATION:** MANDATORY



### Competition Format

The northern duathlon will consist of cross-country skiing and snowshoe racing components. These activities will take place in succession and will be performed by the same athlete. The female division will start the event, followed by the male division. Points will be awarded based on the fastest total elapsed time each individual athlete requires to complete the course and will include the time necessary for transition from one component to the next. Female and male components will be combined and points awarded as per the Labrador Winter Games points system.

### NOTES:

- 1) Athletes must supply their own equipment.
- 2) All athletes must register **snowshoes** in the Athletes' Transition Tent at least 15 minutes prior to the start of the event.
- 3) Only participating athletes and officials are permitted in the change tent.

### COMPONENT # 1: CROSS-COUNTRY SKIING

#### Component Format

- A) Extended line or mass start will be used for this component.
- B) Athletes will begin with cross-country skis on and the tip of both skis behind the start line.
- C) At the sound of the official's indication (starters pistol or loud hailer), athletes will commence around the approximately **6 km (3.73 mi) course**. In the case of a false start, officials will let racers know that a re-start is required.



- D) Drafting behind other athletes is a tactical maneuver and is considered acceptable.
- E) Athletes will change in the change tent clearly marked at the finish line upon completion of the cross-country ski portion of the event.
- F) If a competitor's foot slips out of her/his binding. Then she/he must stop and secure the ski before continuing the race.

### **COMPONENT # 2: SNOWSHOE RACE**

#### **Component Format**



- A) Upon completion of the cross-country component:
  - 1. athletes will remove skis and immediately enter the change tent
  - 2. change into snowshoes
  - 3. depart from the tent with snowshoes properly secured to their feet and commence the approximately **6 km (3.73 mi).**
- B) Aids or balance assistance such as ski poles or cane like apparatuses may **NOT** be utilized for this stage.
- C) Snowshoe frames must be constructed of wood and cannot be plastic or metal. Snowshoes will be checked for L.W.G 2026 stamp of approval before competition. Please see template or snowshoe specifications in the Appendix B, page 74.
- D) If a competitor's foot slips out of her/his binding. Then she/he must stop and secure the snowshoe before continuing the race.

### **Tie Breaking**

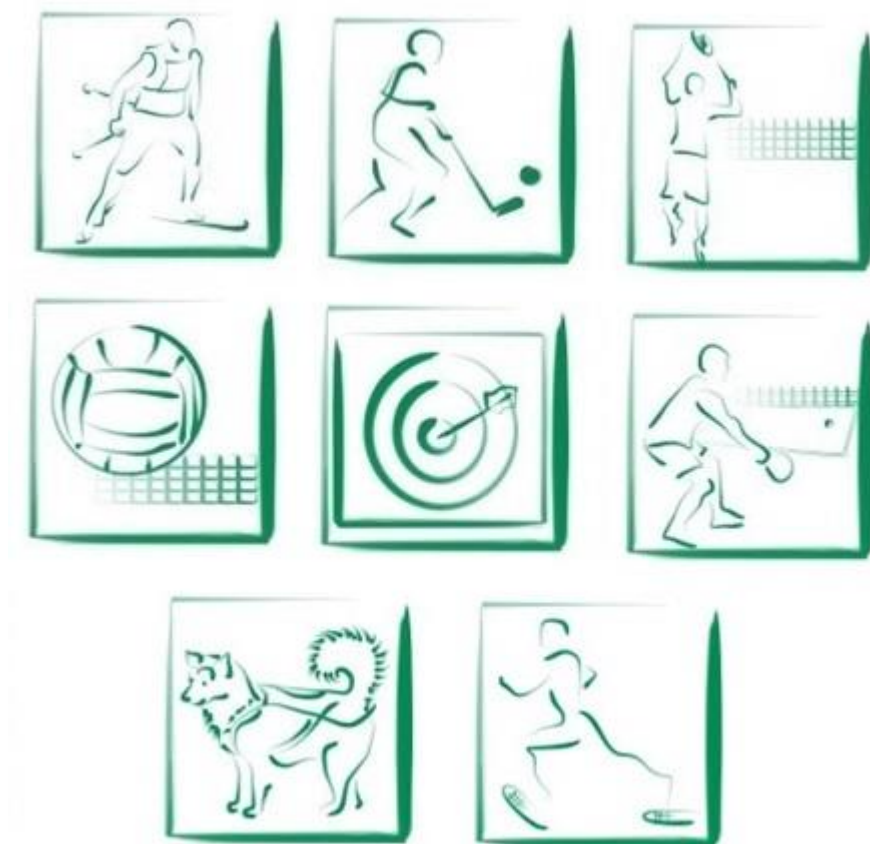
All competitors will be ranked according to the elapsed time for the pistol starts of the cross-country ski component to the completion of the snowshoe component.

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place, two tenth places will be awarded followed by twelfth place and there will be no eleventh place.

### **Community Ranking**

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

# OPTIONAL EVENTS



**EVENT:** **CROSS-COUNTRY SKIING**

**TEAM COMPOSITION:** **1 FEMALE & 1 MALE**

**CLASSIFICATION:** **OPTIONAL**



### Competition Format

- A)** The Individual Cross-Country Ski race will consist of separate male and female components on day one of cross-country skiing. The first component will be for females, and the second for males. Both the female and male races will consist of three laps of a 3.5 km (2.17 mi) course, for a total of 10.5 km (6.52 mi).
- B)** The Relay Cross-Country Ski race will take place on day two of cross-country skiing. The relay team must consist of one male and one female, who competed in the individual components. Each participant will complete two laps of the 1.9 km (1.18 mi) course, for a team total of 7.6 km (4.72 mi).
- C)** The individual and relay races will be run in individual staggered starts at 30 second intervals as per the assigned starting positions determined on draw night. For the relay race, either the male or the female skier may start first.
- D)** Both the individual and relay races are open technique (skate or classic skiing).
- E)** Officiating will be done at the start/finish line by volunteers. Officials will be posted along the course route to alert first aid volunteers if participants require assistance.

### Rules

- A)** Competitors must provide their own equipment. There are no restrictions on the type of cross-country ski equipment used, if it is not a hazard for other competitors (see Note below).
- B)** For the relay, competitors must tag their teammate within the designated tagging zone.
- C)** Substitutions can only be made at the beginning of the event as per Substitution Rule.

**Note:** The event will follow as closely as possible to the rules set down by Nordiq Canada, including their fluoro free rule: a full fluoro ban for all ski products including wax, powder, pucks, blocks, liquids and grip waxes.

### **Tie Breaking**

In the case of a tie for overall event standings, both communities will be given the same number of points and the position immediately below them in the standings left vacant. For example, Black Tickle has 62 points, Port Hope Simpson and Churchill Falls have 59 points, and Red Bay has 57 points. Black Tickle will be awarded 1<sup>st</sup> place points, Port Hope Simpson and Churchill Falls will be awarded 2<sup>nd</sup> place points and Red Bay will be awarded 4<sup>th</sup> place points and there will be no 3<sup>rd</sup> place.

### **Community Ranking**

The components will be combined and points will be awarded as per the Labrador Winter Games points system.

<b>EVENT:</b>	<b>ARENA BALL HOCKEY</b>
<b>TEAM COMPOSITION:</b>	<b>4 FEMALES &amp; 4 MALES &amp; 1 GOALTENDER</b>
<b>CLASSIFICATION:</b>	<b>OPTIONAL</b>



### Competition Format

- A)** Teams will consist of 5 players on the floor; 2 males, 2 females and one goaltender (male or female). Teams may have a maximum of 5 males and 4 females OR 5 females and 4 males registered. During this event, females will change with females and males will change with males.

On the floor should be 1 goaltender, 2 males and 2 females. If a man receives a penalty, on the floor will be 1 male and 2 females. If a female receives a penalty, on the floor will be 2 males and 1 female.

If the goaltender receives a penalty, the team may choose who they put on the floor for the penalty kill. Two females and 1 male or one female and 2 males.

**NOTE: Only the coordinator (or their designate) and the athletes participating in the Arena Ball Hockey event will be permitted on the team benches during a game.**

- B.** Teams will be separated into divisions on Draw night, and each division will play a single round-robin series to decide overall placing.
- C.** The winning team(s) in each division will advance to the semi-final round.
- D.** The winning teams from the semi-final round will play one game to decide the Silver and Gold medals.
- E.** The losing teams from the semi-final round will play one game to decide the Bronze medal and fourth place.
- F.** All teams will be ranked from first to last.

### **\*\*PLEASE NOTE\*\***

The playoff format may be changed depending on the number of teams entering the competition. The majority of rules for Arena Ball Hockey will be the same as that of regulation ice hockey, per C.A.H.A. rule book.

### **Playing Surfaces**

The arena will be divided into two playing areas.

**There will be no blue lines, and off-side will be the center red line.**

### **Equipment**

- A)** All players must wear helmets, sneakers, sweat pants or shorts and a uniform top with number. Team tops must be the same color and the team captain and two assistants must have the letter "C" (for captains) and "A" (for alternate) appearing on the upper left chest of the uniforms.
- B)** Athlete-owned, one-piece composite sticks must be used. The Labrador Winter Games will not be providing sticks.
- C)** All players must provide their own helmets and gloves. Hand protection in the form of hockey, lacrosse, or broomball gloves is mandatory.
- D)** Goalies must wear helmet with cage and is to be approved by Event Coordinator.
- E)** Goalies may use regulation ice hockey equipment, authorized by the Event Coordinator or his designate.

### **Penalties**

- A)** Minor – 3 minutes non stop
- B)** Major – 6 minutes non stop

Please take note that the **NO CONTACT RULE WILL BE STRICKLY ENFORCED.**

### **Time Out**

One 30 second time-out per team and must be called after a stoppage in play.

Any delay in game play other than for an injury will result in a team or player being assessed a minor penalty for delay of game.

### **The Game**

There will be two 15-minute periods, with stop time during the last minute of each game depending on the number of teams. There will be 2 minutes between periods, and 5 minutes between games. A seven-goal mercy rule will be in effect and once this 7-goal differential exists between two teams the game will be called.

There will be no overtime during round robin play.

Point system: Win = 2 points, Tie = 1 point, Loss = 0 points.

### **Community Ranking**

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

**ARENA BALL HOCKEY**  
**IMPORTANT RULES AND REGULATIONS**

1. The ball used for each game will be a white baseball size T ball.
2. Players may, but are not required to wear protective cups, eye glasses, shin pads, knee pads and/or elbow pads.
3. Any player fighting during the game will be assessed a major 6-minute penalty and ejected from that game and all remaining games which includes playoffs.
4. Any player who deliberately motions to make contact with the ball while his stick is above his shoulders will receive a minor 3-minute penalty for high sticking. A player does not have to make contact with the ball for the infraction to be called.
5. Other than the goalie, no player at any time may close their hand on the ball. The player committing the offence will receive a minor penalty of 3 minutes.
6. Any player who deliberately attempts to injure another player will be given a 6-minute major penalty and ejected from that game and all remaining games.
7. A player who makes a batting or golfing-like motion at the ball will be assessed a 3-minute minor penalty and a player does not have to make contact with the ball.
8. When coincidental minors are called, teams will play at full strength.
9. A minor 3-minute penalty will be called for any intentional delay of the game.
10. Regulation ice hockey nets will be used and goalies may, but are not required to use regular hockey goalie pads and equipment.
11. All goalies must wear a helmet and mask.

12. All penalties such as Holding, Slashing, Roughing, Tripping, etc. will result in 3-minute minor penalties. unless an injury occurs, in which case a major 6-minute penalty may be called.
13. There will be **NO body checking** of any kind and any player guilty of doing so will be given a minor 3-minute penalty. The referee is the sole judge of what is and what is not body checking.
14. Body contact shall be kept to an **absolute minimum** and a 3-minute minor penalty will be assessed to any players using unnecessary body contact. The referee shall be the sole judge of what is and what is not body contact.
15. A team cannot be short any more than one player at a time on the floor. If a team receives two or more penalties in succession, the second penalty will not start until the first has ended and the third will not start until the second is over, etc.
16. Slap shots are allowed but subsequent to Rule 7 above.
17. Only the team captain or assistant may approach the referee.

These are a few samples of the most called and important rules. The majority of rules for Arena Ball Hockey will follow the same regulations as regulation ice hockey, as per the C.A.H.A rule book. These rules will be strictly enforced during the Game.

18. You cannot under any circumstance protest any call or non-call of an official that relates to game play on the floor.
19. Tape must not cover the tip or the entire bottom of the blade of the stick. Officials must be able to see any breaks, cracks or deformations that can cause injury. If there are any deformations to the blade, the stick will be eliminated from use for the entire tournament. If caught by an official using the stick during gameplay, you will receive a 3-minute minor penalty for delay of game for illegal use of equipment.

- 20.** If an athlete loses their helmet at any time during gameplay, they must immediately replace their helmet correctly without taking part in gameplay, or head directly to the player's bench. If the athlete takes part in gameplay with no helmet on correctly, they will be assessed a 3-minute penalty for delay of game.

### **TIE BREAKING PROCEDURE**

At the conclusion of round-robin play:

- A)**
- i)** If two teams are tied the winner of the round-robin game between the tied teams will advance.
  - ii)** If there is a tie between three teams, the total number of points accumulated in the games between the tied teams shall be used to determine which teams will advance.
- B)** If teams are still tied after rules in **A**, then the team with the most wins from round-robin play will advance.
- C)** If the teams are still tied after **A** and **B**, then the team with the best goal average would advance (*the goal average of the team is to be determined by dividing the total number of goals for and against, into the total number of goals for, with the team having the highest percentage advancing*). If a tie still exists between three or more teams, the goal average will decide the positions of all teams tied.
- D)** If the teams are still tied after **A**, **B** and **C**, then the team which scored the first goal in the game between the two tied teams would advance.
- E)** If the teams are still tied after **A**, **B**, **C** and **D**, then the team that received the least number of minutes in penalties during the round-robin schedule would advance.

- F)** If the teams are still tied after all the previous mentioned have been applied, then the winner will be decided by a single toss of a coin.

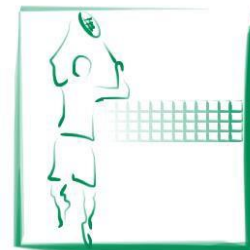
### **During Playoffs**

- A)** If the team remains tied after regulation time, a 10-minute sudden death overtime period will occur. The first team to score will be announced the winner of the game.
- B)** If the score remains tied after the 10-minute sudden death overtime period, a 4 round shootout will commence.
- C)** Teams will alternate between male and female athlete or female and male athlete for each round. Teams may choose the order they wish to send their shooters.
- D)** You cannot send the same shooter more than once during the first 4 rounds of the shootout. A different athlete must take part in this portion.
- E)** If the score remains tied after the 4-round shootout, a single round shootout will commence with each team sending whomever they wish to shoot. This will continue until a winner is crowned.
- F)** Order of shootout will be determined by a coin toss. Winning coin toss will choose if they want to shoot first or second.

**EVENT:** **BADMINTON**

**TEAM COMPOSITION:** **1 FEMALE & 1 MALE**

**CLASSIFICATION:** **OPTIONAL**



### Competition Format

- A)** Teams will compete in male (men's singles) and a female (women's singles) competition. There will also be a mixed doubles competition (protective eye wear is highly recommended during mixed doubles competition).
- B)** Teams will compete in a round-robin format with division(s) (depending on the number of teams).
- C)** Each match will be the best 2 of 3 games up to 15 or 21 points (Rally Point system); depending on the number of participants. It may be decided by a single game to 15 or 21 points.
- D)** The round-robin in each division will determine the finishing positions after regular play.
- E)** Playoff format will be determined after final registration and number of entries in the competition is established.
- F)** Final positions will be awarded community points in both singles and doubles. Community points obtained from all three competitions will then be combined to give an overall community ranking.

### Rules

- A)** Official rules and laws of badminton will apply.
- B)** Competitors will be expected to follow the LWG conduct of fair play and demonstrate good sportsmanship.

- C) Appropriate badminton attire will be worn and no dark-soled marking footwear will be permitted.
- D) Each match will be directed by an official of the Labrador Winter Games Committee.
- E) If a competitor or team is 5 minutes late for a called match they will lose by default. A second default will result in being declared a NO SHOW. If they fail to show for registration and their first match they will be declared a NO SHOW.
- F) A ninety second break will be permitted between first and second games, with five minutes permitted between second and third games.
- G) **Mavis 300 or 350** nylon shuttlecocks will be used and competitors will provide their own badminton racquet. The Labrador Winter Games Committee will have extra racquets on site should an athlete's racquet break.

### TIE BREAKING

- A) In the case of a tie, the winner from round-robin play will advance. If three or more competitors/teams are tied and one competitor/team has won their matches against the others, then they will advance.
- B) In the event of a tie between three or more competitors/teams, which cannot be broken by the win-loss records between the competitors/teams, the standings will be determined by use of points for and against, and will come from matches played only by the tied competitors/teams.
- C) If the tie cannot be broken by plus minus between the tied competitors/teams, then the plus-minus in the matches against all the competitors/teams will be used.

### Community Rankings

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

**EVENT:** VOLLEYBALL

**TEAM COMPOSITION:** 5 FEMALES & 5 MALES

**CLASSIFICATION:** OPTIONAL



### Competition Format

- A)** Each team will consist of three males and three females on the court at any one time and will have a male-female rotation.
- B)** Rally Point system means that the team winning a rally earns a point and the right to serve. This system will be in effect for each set of matches.
- C)** The 12 substitutions rule will be in effect for the Labrador Winter Games play as follows:
  - 1.** A team shall be allowed a maximum of 6 male and 6 female substitutions in any one game.
  - 2.** A player may leave the game and re-enter the game for the same player.
  - 3.** There is no limit to the number of times a player may leave or re-enter the games, as long as the maximum number of 12 substitutions is adhered to and as long as they are leaving or re-entering for the same player.
  - 4.** Once you have a designated substitution partner that person is the only player you may replace or be replaced by, but this can change between games.
  - 5.** The position of “libero” is not in effect for the Labrador Winter Games.
- D)** Teams will be divided into two divisions by means of draw, depending on the number of teams. If the number of teams registered is less than 7, or exceeds fourteen, then the number of divisions will change. Each division will play a single round-robin series to decide placing in their respective divisions.

- E)** All round robin matches will consist of 1 game to 25 points (rally point). A team must win by two points.

The cross-over matches (2<sup>nd</sup> B vs 1<sup>st</sup> A, 2<sup>nd</sup> A vs 1<sup>st</sup> B), the bronze medal match and gold medal match will consist of best 2 out of 3 games to 25 points (if it goes to a 3<sup>rd</sup> game, it would be up to 15 points).

- F)** The top two teams in each division will play a cross-over semi-final, This meaning 1<sup>st</sup> in division A vs. 2<sup>nd</sup> in division B and 1<sup>st</sup> in division B vs. 2<sup>nd</sup> in division A. The winner of these matches will play for Gold and Silver and the losers will play for Bronze and fourth place. As per section D above, if the number of teams registered is less than 7 or exceeds fourteen, then the number of divisions will change.

- G)** All team members should wear suitable attire, such as proper gym footwear, track pants or shorts and a numbered uniform.

- H)** All team members should be present at least 15 minutes prior to the start of their match.

- I)** Net height will be 2.43 m (7.97 ft).

- J)** Volleyball Canada Indoor Volleyball rulebook will apply, unless otherwise amended in the LWG Technical Package.

### Rules

- A)** A two hit or double contact is not called on the team who first plays the ball.
- B)** The ball is permitted to touch the net on the serve.
- C)** Contact with the ball may occur with any part of the body.
- D)** For misconduct behavior, a warning is no longer a sanction. The first sanction or yellow card is a penalty and the opponents score 1 point and take the right to serve.

- E)** All communities must be aware of the rules, and rule books are available at the Labrador Winter Games Headquarters.

### **Tie Breaking**

- A)** In the case of a tie, the winner from round-robin play will advance.
- B)** In the event of three or more teams being tied, that can't be determined from "**A**" above, standings will be determined by use of points for and against and will come from matches played only by the tied teams.
- C)** If the tie cannot be broken by plus minus between the tied teams, then the plus-minus in the matches against all the competitors/teams will be used.

### **Community Ranking**

As per the Labrador Winter Games point system.

**EVENT:**

**DARTS**

**TEAM COMPOSITION:**

**2 FEMALES & 2 MALES**

**CLASSIFICATION:**

**OPTIONAL**



### **Competition Format**

- A)** Participants will compete in a team event only.
- B)** There will be a single round starting at 701.
- C)** Game will be straight in and finishing on a double.
- D)** The round-robin will determine the finishing position. The top four teams will advance to a playoff round. In the semi-final, 4<sup>th</sup> place will play 1<sup>st</sup> place, and 3<sup>rd</sup> place will play 2<sup>nd</sup> place. The two winning teams will advance and play for the gold and silver medals. The two losing teams will play for bronze. All playoffs will be best 3 out of 5 series.
- E)** After the round-robin, ties for positions other than medal positions will stand.
- F)** Team captains will flip a coin to see who will start.
- G)** Players must leave their darts in the board until the score is called and when the game dart is called. At the referee's discretion you could lose your score or game dart.
- H)** Teams will be given a five-minute grace period, and after which they will lose by default. Two defaults will subsequently constitute as a NO SHOW. If they fail to show for registration and their first match they will be declared a NO SHOW.
- I)** Team captains will have their teams ready to start every match to ensure the event remains on schedule.
- J)** All rules for darts will pertain to the Provincial Dart Association.

### **Tie Breaking**

- A)** If three or more teams are tied after the round-robin, a rollback system will be implemented to decide the overall position.
- B)** If three or more teams are tied for playoff positions after the roll back, a single game between the tied teams will be played. They will all play on one board. The order of shooting will be determined from numbers drawn from a bag.

### **ROLL BACK SYSTEM**

The Roll Back System is implemented by going back to round-robin play and determining the wins and losses between the teams tied.

### **Community Ranking**

As per the Labrador Winter Games point system

**EVENT:** **TABLE TENNIS**

**TEAM COMPOSITION:** **1 FEMALE & 1 MALE**

**CLASSIFICATION:** **OPTIONAL**



### Competition Format

- A)** Teams will compete in a male competition (men's singles) and a female competition (women's singles) as well as mixed doubles.
- B)** The same scheduling will be used in both singles and doubles.
- C)** Team will be divided into two divisions by means of draw. If the number of teams registered is less than 10, the number of divisions will change.
- D)** Each match will be the best 3 of 5 games to 11 points and win by 2.
- E)** A 40 mm (1.57 in) ball will be used.
- F)** The round-robin in each division will determine the finishing position after regular play.
- G)** The top two teams in each division will advance to the semi-finals as follows:

Winner of Division A vs. 2<sup>nd</sup> in Division B

Winner of Division B vs. 2<sup>nd</sup> in Division A

The Semi-final losers will play for bronze.

This will determine 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places.

\*As per section C above, if the number of teams registered is less than 10 then the number of divisions will change.

- H)** Final positions will be awarded event points in both singles and doubles. Event points from all three competitions will then be combined to give an overall standing.

### Rules

- A)** International Table Tennis Federation (ITTF) rules will apply.
- B)** In the case of a tie after the regular round the following tie breaking rules will apply.
  - I.** In the case of a tie, the winner from the round-robin play will advance. If three or more competitors/teams are tied and one competitor/team has won their matches against the others, then they will advance.
  - II.** In the event of a tie between three or more competitors/teams, which cannot be broken by the win-loss records between the competitors/teams, the standings will be determined by use of points for and against, and will come from matches played only by the tied competitors/teams.
  - III.** If the tie cannot be broken by plus minus between the tied competitors/teams, then the plus-minus between all the competitors/teams will be used.

### Community Ranking

Community points will be awarded as per the Labrador Winter Games points system.

**THE LAWS OF TABLE TENNIS**

**Some important rules – Rule Books will be sent to teams upon request.**

**1. A Good Service**

**2.**

- a)** Shall begin with the ball resting on the palm of the free hand which shall be stationary, open and flat with the fingers together and the thumb free.
- b)** The free hand, while in contact with the ball in service, shall at all times be above the level of the playing surface.
- c)** It is the responsibility of the player to serve so that the umpire or assistant umpire can see that he complies with the requirements for a good service.

Except when the assistant umpire has been appointed, the umpire may on the first occasion in a match at which he has doubt about the correctness of the player's service, interrupt play and warn the server without awarding a point.

On any subsequent occasion in the same match at which the same players service action is of doubtful correctness, for the same or any other reason the player shall not be given the benefit of the doubt and shall loose a point.

**2. A Point**

Unless the rally is a let, a player shall call a point:

- a)** if his/her opponent fails to make a good service.
- b)** if his/her opponent fails to make a good return.
- c)** if after he/she has made a good service or a good return, the ball touches anything other than the net assembly before being struck by his/her opponent.

- d) if the ball passes over his/her court, or beyond their end line without touching his/her court, after being struck by his/her opponent.
- e) if his/her opponent obstructs the ball
- f) if his/her opponent strikes the ball twice successively
- g) if his/her opponents free hand touches the playing surface
- h) if in doubles his/her opponent strikes the ball out of the sequence established by the server and receiver

### 3. Out of Order of Servicing, Receiving and Ends.

In any circumstances, all points scored before the discovery of an error shall be counted.

### 4. Equipment and Playing Conditions

**A playing shirt, shorts, or skirt shall be mainly of a uniform color other than orange.** The background color may include narrow stripes in one direction only and of a contrasting color other than orange, while having a width not greater than 1 mm and spacing of no less than 30 mms.

The surface of the covering material on the racquet shall be red on one side and black on the other.

### 5. A Game

A game shall be won by the player or pair first scoring to 11 points unless both players/ pairs score 10, then the game shall be won by the player/ pair first scoring subsequently 2 points more than the opposing player/pair.

**6. A Match**

- A)** A match shall consist of the best of 5 games.
- B)** Play shall be continuous throughout a match, except that any player shall be entitled to an interval of not more than 2 minutes between successive games.

**EVENT:** THE HENRY JOHN WILLIAMS MEMORIAL DOG TEAM RACE

**TEAM COMPOSITION:** 1 COMPETITOR

**CLASSIFICATION:** OPTIONAL



### Competition Format

Course:

The dog-team race will be hosted on Terrington Basin in Happy Valley-Goose Bay. The race will run from the docks to Rabbit Island and back, a distance of approximately 15 km (9.32 mi) in each direction. The total race will run for 30 kms (18.64 mi).

### Rules

- A)** At the start of the race, the competitor's sled must be behind the starting line and the driver must be on the sled when it crosses the start line. Other than this, the driver may be off the sled at any time he/she wishes.
- B)** Each team must consist of a maximum of six dogs of any variety of breed, and **drivers may bring NO MORE THAN SIX dogs to Goose Bay.**
- C)** Teams will start the race together.
- D)** Each team may avail of the following forms of assistance only:
  - 1)** No team shall be allowed to secure any other team to haul any of its dogs or driver.
  - 2)** Only the driver may take hold of the sled during the race and it is the responsibility of the driver to prevent interference.

- 3) In the case that a dog team becomes entangled with another team prior to or at the start of the race on the starting line, only the driver and two assistants from each team may free the teams.
- 4) **During the start of the race, two assistants are permitted to hold the lead dog while the team is in its berth. Once the race has started, the assistants must promptly clear the berth area without causing interference.**
- E) No sticks, switches or any other items may be used to strike the dogs. The penalty for this infraction is the immediate disqualification of the competitor and a loss of community points.
- F) All participants entering or driving a team in the race will be required to conduct themselves in a perfectly fair and honorable manner [under penalty of disqualification and forfeiture of position and community points.]
- G) A competitor completes the race when he/she completely crosses the finish line with his/her dogs and sled. The **finish line will be a clearly defined line with flags at each end, so it may be easily seen from a distance.** The driver must be on his/her sled when crossing the finish line.
- H) Any team leaving the race after it has started and thereby failing to complete the race will be classified as DNF.
- I) The final compilation of times will determine the finishing position of each team and the community points to be awarded.
- J) All teams must report to the starting area 30 minutes prior to the start of the race, and the race will start on time.

### General Information

There will be a "Most Traditional Dog Team" award. Teams that use traditional lashings, sleds, and other techniques and materials used for dog sledding in Labrador will be automatically entered into the running for the award. A committee will make the final decision and award the team the prize.

- A. Chain Drugs will NOT be allowed.
- B. Drivers will be given a feeding allowance with which to buy food for their dogs. It should be clearly understood that the Games Association is in no way responsible for feeding, housing or purchasing food for the team.
- C. Komatiks must be at least **7 feet (2.13 m) long and 2 feet (0.61 m) wide** on the boards and will be measured prior to the start of the race.
- D. Dog teams will be off-loaded from trucks prior to the start of the race. At the completion of the race, dog teams will be returned and loaded into trucks.
- E. Two LWG snowmobiles, approximately 300-400 (274.32 – 365.76 m) yards away, will travel on either side of the dog teams to monitor the race.
- F. Travel allowance will be provided for Racer and Dog Team.

**AT ALL TIMES, THE SAFETY OF THE DOGS, DRIVERS AND SPECTATORS WILL BE PARAMOUNT. THE COORDINATOR OF THE EVENT MAY TAKE ANY NECESSARY ACTION FOR THE PROVISION OF SAFETY FOR ALL CONCERNED.**

### Community Ranking

As per the Labrador Winter Games point system

The winner will also be awarded, *"The Henry John William's Memorial Dog Team Race Championship Trophy."*

**EVENT:** 50+ SNOWSHOE RACE

**TEAM COMPOSITION:** 1 FEMALE & 1 MALE

**CLASSIFICATION:** OPTIONAL



### Eligibility

This race is open to athletes who are 50 years of age or over on the day of the event. Athletes participating in the event will be considered part of their community team and will have all of the rights and responsibilities of other athletes.

### Competition Format

- A)** The female component will be approximately 3.5 km (2.17 mi) in length, while the male component will be approximately 5 km (3.11 mi) in length.
- B)** The event will consist of two separate mass starts. The female's race will go first followed by the male's race.
- C)** Placings will be determined based on participant's time.

### Rules

- A)** Each competitor is responsible for providing his/her own snowshoes. See Appendix B, page 74, for snowshoe specifications.
- B)** Snowshoe frames must be constructed of wood and cannot be plastic or metal. Snowshoes will be checked for L.W.G 2026 stamp of approval before competition.
- C)** In the case of a false start, the gun will sound a second time, and all competitors will return to the start line.
- D)** As there are no water stops, participants must carry their own supplies during the race (i.e.: water, gels etc.)

- E)** Participants are not permitted to receive any support along the course from spectators.
- F)** Race numbers must be worn on the front of the body, unmodified, unfolded and visible at all times. It may NOT be worn on a hat or head.
- G)** If two athletes finish with the exact same time the same placing will be awarded to both athletes and the next position will be left vacant.
  - Ex. Two people finish for a tie in fourth place, both will be awarded fourth place which will be followed by sixth place, as there will be no fifth place.
- H)** Medals will be awarded to the top three positions in each race.

### **Community Ranking**

All competitors will be placed according to the time elapsed in completing the course and points will be awarded as per the Labrador Winter Games point system.

### APPENDIX A

These rules and regulations will govern competition in sports using firearms:

2. Each competitor must have a valid Possession and Acquisition License (PAL) and have their license with them to register their firearm during the Games.
3. Athletes will supply and register their own rifle. Athletes will NOT be permitted to share rifles.
4. Any rim firing .22 caliber long range rifle under 7 lb. 4 oz (3.3 kg) may be used, but target and fully automatic rifles are not permitted.
5. Athletes participating in the Labrathon and Snowshoe Biathlon must load one shell at a time and **athletes participating in Target Shooting should see firing orders.**
6. Rifle must be equipped with an open v-type rear sight and a single solid front post.
7. Rifles will be weighed as they are to be used on the firing line; that meaning breach empty and sling in place if one is to be used.
8. No support devices are permitted whatsoever.
9. Ammunition will be supplied by the Labrador Winter Games Association and the type of ammunition will be included in the Coordinator Packages.
10. All shooting events will use a distance of 25 yards (22.86 m).

**APPENDIX B**

The following snowshoe specifications must be met for all events requiring snowshoes:

**MINIMUM SNOWSHOE SIZES**

**Male Division:** 22" (55.88 cm) Length & 14" (35.56 cm) Width

**Female Division:** 18" (45.72 cm) Length & 12" (30.48 cm) Width

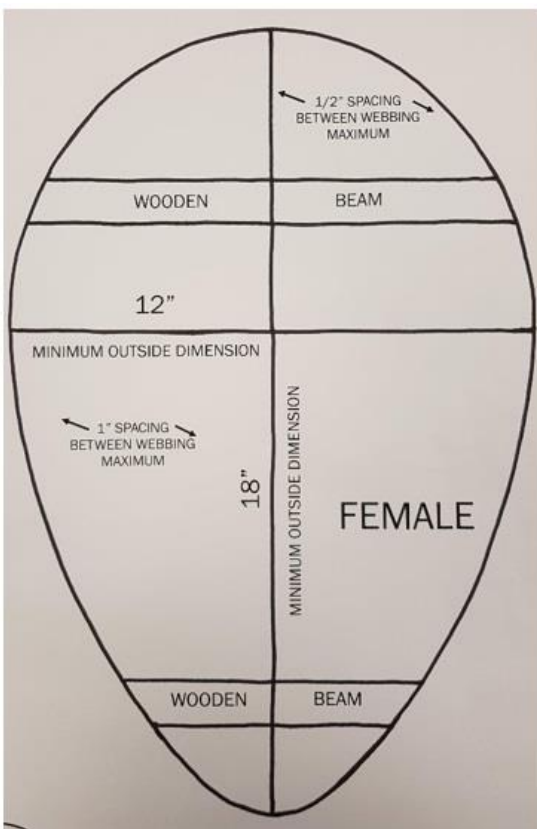
Measurement is to be taken from outside edge to the outside edge. Snowshoe frames must be constructed of wood and cannot be plastic or metal.

**NOTE:**

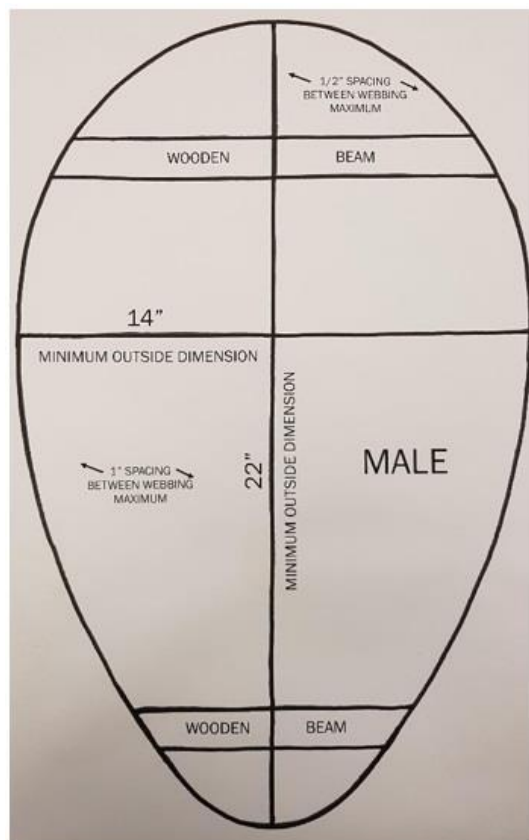
Please use accompanying template to verify minimum allowable size of snowshoes.

Snowshoes will be measured at Registration Headquarters upon the athlete's arrival in Happy Valley-Goose Bay.

Snowshoes meeting required standard will be stamped **L.W.G. 2026 approved** and only those snowshoes bearing this stamp will be permitted during Games Week.



**Snowshow Template**  
**FEMALE - Ratio 1:1**



**Snowshow Template**  
**MALE - Ratio 1:1**

APPENDIX C

**EVENTS:** NORTHERN GAMES – DEMONSTRATION SPORTS

THONG PULL

**History:** This game comes from the concept of Inuit hunters hauling up seals through the seal hole.

**Skills:**

**Physical:** Power, grip strength

**Cognitive:** Selective attention

**Social:** Understanding of personal space

**Equipment:** Heavy-duty stick and friends to keep both athletes straight when they start to pull on each side of the participant, and feet.

**Competition Format**

- A)** This is a two-person event.
- B)** An athletes sit down on the floor facing each other with the soles of their feet touching each other. Their toes face towards the ceiling, and their knees are bent as much as possible to get closer to the opponent.



- C)** A stick is placed lengthwise in the middle of the athlete's feet. One athlete will place their two hands in the middle of the stick. The other athlete will place their hands outside their opponent's hands.



- D)** All athletes attempt to pull their opponent off the floor or pull the stick out of their opponent's hands. After the first thong pull, athletes switch grips and start a new pull.



- E) If there is a tie after 2 games, the athletes will play a game of rock, paper, and scissors. The winner of that game would decide which grip they want.
- F) The winner is declared by the best 2 out of 3 wins.

### MONKEY DANCE

**History:** A traditional Inuit game of a dance contest to test agility and endurance

**Skills:**

**Physical:** Balance in motion, power, gross motor skills, upper and lower limb coordination, and agility

**Cognitive:** Selective attention, sustained attention, divided attention

**Social:** Understanding of personal space, turn-taking

**Equipment:** None

#### **Competition Format**

- A)** Number of participants: 3 or more.
- B)** Athletes start in a squat position, facing each other in a circle.
- C)** Athletes take turns kicking one leg out while maintaining squat position with the other, alternating legs back and forth.

