

INDIGENOUS SPORTS



AGE GROUP(S) & CATEGORIES

Flour Bag Strength Event – Maximum 40 athletes
Ages 30 – 54 years of age, Male & Female Divisions
Ages 55 + years of age, Male & Female Divisions

Leg Wrestling Event – Maximum 40 athletes
Ages 30 - 54 years of age, Male & Female Divisions
Weight class A – Up to 150 pounds
Weight Class B – 150 -200 pounds
Weight Class C – 200 + pounds

Ages 55 + years of age, Male & Female Divisions
Weight Class A – UP TO 150 pounds
Weight Class B – 150 -200 pounds
Weight Class C – 200 + pounds

Tomahawk Throwing and Longbow Event – Maximum 40 athletes
Ages 30 – 54 years of age, Male & Female Divisions
Ages 55 + years of age, Male & Female Divisions

Tug of War Event (2 people per team – Maximum 40 athletes)
Ages 30 – 54 years of age, Male & Female divisions
Ages 55 + years of age, Male & Female Divisions

All Ages as of December 31, 2019

ATHLETE ELIGIBILITY

The Indigenous sport events are open to all residents of Alberta. Photo identification required for proof of age

EVENT(S)

Flour Bag Strength competition

This competition is to simulate packing hind quarters out of the bush after a successful hunt.

- Participants will be equipped with a pole that will sit on their shoulders, each end of the pole will have flour bags tied to each end.
- Participants will walk to a determined point and return back to starting point.
- Each participant will be timed.
- The participant with the best time is declared the winner.

Leg Wrestling Event

Leg wrestling is one of the ancient traditions of various indigenous tribes that were often

used as rites of passage for young boys transitioning to manhood. It was also used in physical training and competitions between men of tribes.

- First, both contestants must lie down side by side, touching each other, with their backs on the ground in such a way, that their heads are in opposite directions, and their hips are at the same level.
- Contestants simultaneously lift their legs which are adjacent to each other, three times, perpendicular to the floor.
- Each time their legs are raised perpendicular to the ground, the players must shout out, 1, 2, 3, GO!
- On the third attempt, instead of taking their leg back down, the players must lock their leg with the others at the knee or ankle, and attempt to push the opponent's leg forwards, forcing the opponent to do a back flip, without moving any other part of their bodies.
- During the game no other body part may be used for leverage, and the leg which is not in use is to be kept completely flat on the ground until the end of the match.
- Once a player flips his opponent completely over, the match ends, and repeated until the first person to reach the first 3 wins, then the winner is declared.
- There will be a Tournament format for each weight class.

Tomahawk Throwing and Longbow Archery (Combined)

Tomahawk Throwing - Participating in tomahawk throwing events and other competitions is an enjoyable and exciting pastime that dates back to the Colonial Period.

- Points system
- 10 feet away from fixed target - there will be five targets on a board and each target is worth specific points. After a determined number of throws, total points will be recorded.

Longbow Archery – Bow and arrows have been historically used by Indigenous and non-Indigenous peoples for thousands of years.

- Points system
- 10 yard and 20 yard distances with one target at each distance
- After a specified number of shots at each target, total points will be recorded

After both events are completed by each participant, combined points will be added to declare an event winner. In the event of a tie, the participants tied will go head-to-head in a final competition.

Tug of War Competition

Competition that pits two teams against together in a test of strength, each team pulls on opposite ends of the rope with the goal being to bring the centre of the rope to a pre-determined distance in one direction against the will of the opposing team.

The tug of war competition will consist of both male and female teams in two age divisions (two people per team).

PROTEST PROCEDURES

There will be judges on hand to address any issues or protests

FACILITY INFORMATION

All Indigenous sport events will take place at the Rocky Rodeo Grounds on Friday August 23 and Saturday August 24, 2019.

ALBERTA MASTERS GAMES REGISTRATION FEE/SPORT REGISTRATION FEE

An Alberta Sport Connection Games registration fee of \$35 per person will be charged, and a Host Society Sport fee of \$15 will be levied on all participants who register for the 2019 Alberta Masters Games.

HOST SPORT CHAIR CONTACT INFORMATION

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Note: Competition Schedule Subject to Change

