



M A S R C



MIG: THE COMEBACK

Technical Package

ONE-FOOT HIGH KICK

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One-Foot High Kick

Participant Eligibility	2
Ancestry	2
Age Categories	2
History of the One-Foot High Kick	2
Event Setup	2
Equipment Setup	2
Kick Target: Any light ball you can attach to a string, such as a large wiffle ball	3
Event Participation	3
Equipment	3
Competition Format	3
Competition Rules	3
Movement	3
Rules	3
Scoring	4
Tie Breaking Rules	5
School/Group Level	5
Provincial Level (MASRC)	5
Score Cards	5
Awards	5

Participant Eligibility

Ancestry

Participants must identify as Indigenous, including Metis, First Nations or Inuit

Age Categories

Students enrolled in grades 7 through 12 are eligible to participate. Winners will be selected in each of the age categories below for each gender (male and female):

- 13U: Ages 11-13
- 16U: Ages 14-16
- 19U: Ages 17-19

*age categories are based on participants age as of May 14, 2021.

IMPORTANT NOTE:

We encourage Physical Education Specialists to engage their entire classes in these events, not only those of Indigenous ancestry. However, please only submit results for those who identify as Metis, First Nations or Inuit.

History of the One-Foot High Kick

The One-Foot High Kick originated from hunting parties in the North and was typically played during the winter months. Traditionally, it was played to signal to others when a hunt was successful¹

Event Setup

- The One-Foot High Kick Event shall be held with each age category and gender separately (to allow for the variety of kicking heights to be followed more easily)
- This event may be held indoors or outdoors
 - Indoor is recommended, unless you are able to have the event somewhere other than concrete

¹ ANKN, "The Games," last modified August 14, 2006, <http://www.ankn.uaf.edu/curriculum/NativeGames/games.html#:~:text=The%20game%20originated%20from%20hunting,line%2C%20sitting%20on%20his%20heels>

Equipment Setup

- High Kick Stand: If the school participating has a high kick stand, they may use the stand for their event.
- No High Kick Stand: If the school participating does not have a high kick stand, a basketball net can be used with a string and kick target set up through the hoop.
- Kick Target: Any light ball you can attach to a string, such as a large wiffle ball

Event Participation

The MIG 2021 One-Foot High Kick competition will consist of both male and female events for 13U, 16U, and 19U age categories. There is an unlimited amount of participants in each age category, gender (male/female), and equipment division.

Equipment

- High kick stand/basketball net with string
- Kick Target
- Measuring Tape
- Step Stool/Ladder (potentially)
 - To measure the higher kicks

Competition Format

The rotation of the kickers will be established prior to the start of competition. The same rotation will be maintained throughout the competition. The competition shall be a finals event only, with no preliminary competition.

Competition Rules

Movement

The competitor may start with a running or standing approach. The takeoff must be off both feet. The target must be clearly struck by one foot. The landing must be on the same foot with which the target was kicked. The competitor must maintain balance and control on the landing.

Rules

1. Each competitor has three attempts at each height.
2. During initial rounds, each competitor will be allowed a maximum of 1-minute in which to complete one attempt.
 - a. When four competitors remain, each competitor will be allowed 90-seconds to complete one attempt.
3. A competitor is charged with one attempt when:
 - a. The knee of the kicking foot is “broken” in the course of the jump

- b. She/he does not clearly strike the target with one foot
 - c. When s/he fails to land properly and maintain balance in accordance with Rule 2, even if she/he strikes the target
 - d. The maximum time limit is exceeded.
4. The judge* shall rule on any disputed attempts
5. The following starting heights will apply for the competition

13U	Female	2 feet/24 inches
	Male	2.5 feet/ 30 inches
16U	Female	2.5 feet/ 30 inches
	Male	3 feet/36 inches
19U	Female	2.5 feet/ 30 inches
	Male	3 feet/36 inches

6. At the completion of attempts at each height:
 - a. The target shall be raised by the following heights for each age category:

		Early Rounds When there are still more than 4 competitors participating	Late Rounds Where there are 4 or less competitors remaining	Last Rounds When there are 2 or less competitors remaining
13U	Male & Female	3 inches	2 inches	1 inch
16U	Male & Female	3 inches	2 inches	1 inch
19U	Male & Female	3 inches	2 inches	1 inch

This must be adhered to, athletes cannot choose to have the height raised by a different amount

*A judge is whoever is facilitating the event, such as the Physical Education Specialist or an older student

Scoring

If a competitor misses her/his first attempt he must make her/his second and third attempt, if necessary, in secession. A competitor is eliminated when, after three attempts at a given height he/she fails to clearly strike the target or land properly (according to the rules above).

The competitor who kicks the target at the highest height will be declared the winner.

Tie Breaking Rules

School/Group Level

In the event of a tie at the school/group level, the following steps shall be followed to declare a winner:

1. # of misses - the participant with the least number of misses will win the tie
2. If there is still a tie - the participant who missed an attempt first will lose the tie
3. If there is still a tie - honour the tie, those participants will be awarded for that position

Provincial Level (MASRC)

In the event of a tie when ranking provincially, the following steps shall be followed to declare a winner:

1. # of misses - the participant with the least number of misses will win the tie
2. If there is still a tie - the participant who missed an attempt first will lose the tie
3. If there is still a tie - honour the tie, those participants will be awarded for that position

Score Cards

MIG 2021 One-Foot High Kick Scorecard (Example)

PAGE 1:

Name: _____

Age Category (Circle): 13U / 16U / 19U

Gender (Circle): Male / Female

Identifies as (Circle one): First Nations / Metis / Inuit / None

PAGE 2:

Name	Turn 1	Turn 2	Turn 3	Turn 4	Turn 5	Turn 6	Turn 7	Turn 8	Turn 9	Turn 10
	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0
	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0
	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0

HOW TO USE SCORECARD:

1. Have the participant fill out **page 1** of the scorecard
2. During the participants turns, use **page 2** and the following instructions to track participants attempts:
 - a. Miss = Strikethrough the O
 - b. Hit = Mark the O with an X

3. Continue scoring all participants until there is only 1 winner
4. Submit results by May 19, 2021

Awards

All participants of the MIG 2021 One-Foot High Kick event across Manitoba will be ranked based on their scoring. A gold, silver and bronze medal will be given to the first, second and third place participants (respectively) in each age category and gender.