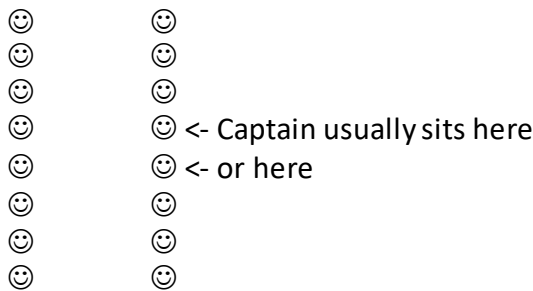




*High Prairie Traditional Pow Wow  
Northern Alberta Regional Hand Games Championship*

**RULES FOR HAND GAMES**

1. There are **two teams** at each station. Each station will use one set of 17 sticks.
2. Each team consists of eight players (with **one as a spare** and optionally one drummer for a total of **ten students per team**) and an adult coach. One player on each team is chosen prior to each game to be the captain (shooter). The captain (shooter) can be changed from game to game if desired. However, the shooter can allow another player on their team to guess (shoot) by giving one of their team members a stick. The player given the stick can only guess (shoot) once. The shooter can give a stick to another player on their team as many times as they want. The player given the stick must identify themselves as the shooter by waving their hand high above their head.
3. Each player has a small object such as a bead or stone to hide in their hand.
4. 8 Players kneel on the floor in a line facing the other team. Each team has a blanket covering their knees. The captain (shooter) should sit near the center of the team. Please see diagram. Spares and drummers must stay behind their team and remain standing.



5. A coin is tossed to start the match. The team winning the coin toss will choose whether to hide first.
6. The team hiding first will put their hands under the covers to hide their bead in one hand or the other. During this time they will also be **CHANTING** and **MOVING** with the drumming music that is being played in the background.
7. The captain of the guessing team will point his thumbs up to signify that all the hidiers should bring their hands out from under the blanket. Once the hidiers lift their hands out from under the blanket they cannot switch the object from hand to hand although they should continue to move and chant.
8. Once all the hidiers have lifted their hands the captain (shooter) of the guessing team will clap their hands warning that they are going to guess (shoot) which side they have concealed their object on by pointing either left, right, knife hand or split shot . Players on



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9. The hiding team must open both their hands in front of them to show where they have hidden their bead or stone (If arms are crossed during hiding they must remain crossed). If a player successfully hid their object, they should hold their object out for all to see, and raise their empty hand for the referees to count.
10. If the hiders successfully deceive the guessing captain they earn a stick for their team. For example, if three hiders are successful, the hiding team earns three sticks from the guessing team. The helpers or referee may help distribute sticks.
11. The successful hiders hide their object again. The players who were caught by the guessing captain continue chanting and moving but do not hide their object. The caught players may not wave their hands in front of the players still participating.
12. Repeat steps 6, 7, 8, 9 and 10 until the captain of the guessing team has successfully caught the last member of the hiding team.
13. Then the teams switch tasks. The hiding team becomes the guessing team and the guessing team becomes the hiding team.
14. Continue the hiding and guessing pattern until one team has all the sticks and wins that game.
15. If the time is not up, the teams will start another game against each other until all best of three matches have been played.
16. When the time is up the match is over. If the teams are in the middle of a game the sticks are counted and the team that has more is the winner of that game. The team winning the majority of games in the time period will be declared the **winner of the match**. Usually two or three games can be completed in the allotted time.
17. Any teams or players caught not following the rules will be given a warning, if the player or team continues to break the rules that player or team will be removed from the game. If a player is removed from the game their team will continue without them at a disadvantage of being down a player. If the team is removed from the game they forfeit the match and lose that best of three match. Please keep in mind that cheating in Hand Games is frowned upon and brings shame to their team. It is better to lose being honest than to win by cheating, especially since teams are representing their schools/school division and or community.



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18. Coaches (adult supervisors) are to stay behind their team and let our referees do their job. Coaches (adult supervisors) can question our Referees about a call that is made for clarification. **This must be done in a respectful way**. The call the referee makes will stand. The referees and elder overseeing the day are impartial and are here to see that fair play occurs. Any abuse of our elder or referee will not be tolerated, if disrespect to our elders or referees occur, the offending person disrespecting our elder or referee will be asked to leave the tournament area and their team will continue without a coach. If this does not resolve the situation their team will be eliminated from the tournament. These rules may seem harsh but we will not tolerate abuse of our elder or referees, this is a competitive event but we are all here to have fun. We are here to set examples for our youth, please be a positive leader.
19. All matches will end with teams shaking hands as a show of sportsmanship and mutual respect.
20. Above all we are here to have fun, enjoy the tournament, and benefit from taking part in our cultural games.

# Handgames Shots

Left



When shooting it makes no difference if arms are crossed or uncrossed as you are not guessing what hand the object is hidden in, you are guessing what side of the body the object is hidden on. This applies to all shots. Crossing or uncrossing arms is just a way to confuse the shooter. **The person hiding should not cross and uncross arms repeatedly or quickly as they can get caught with both hands in a position where the hands are inline and there is no left or right.... If this happens the person is automatically out.**

Right



## Single Knife Hand



When shooting with the knife hand or double knife hand you are guessing the side of the body closest to where the knife hand/knife hands are placed. The Single or Double Knife Hands must be placed between players.



## Single Knife Hand example 2



## Single Knife Hand example 3



## Split



This shot is the opposite of the Knife hand. This “split” shot is placed in-between two hidere anywhere along the line of people hiding. The pointer finger and thumb signify the side of the body that they are guessing on either side of where it is placed.

## Split Shot example 2



### Split Shot example 3



## Butterfly Shot



The thumbs indicate the inside of the two players closest to shot placement, the fingers indicate everyone else would be the outside of where the shot was placed.

This shot can not be used on the ends of each row. This shot can only be used when there are four or more players still in the game.

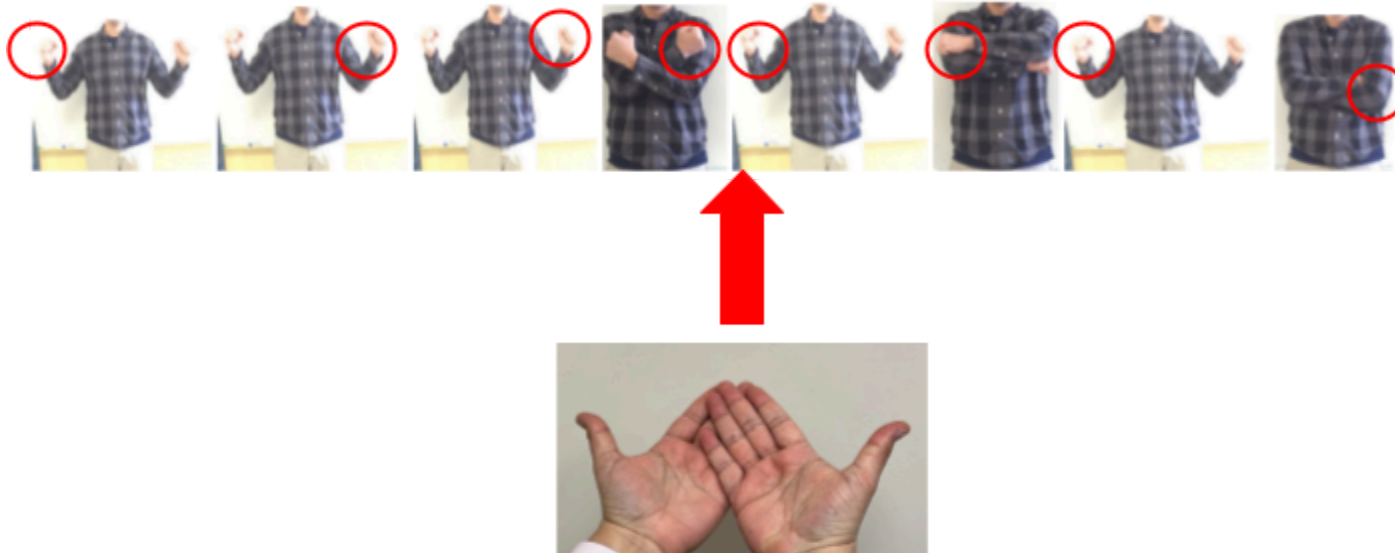
## Example 2



### Example 3



## Reverse Butterfly Shot



This **thumbs** indicate the outside of the **two players on each end**.

The fingers indicate everyone else would be the inside (closest side of the body to where the shot was placed).

This shot can be placed anywhere between two people, except at the end of the row. This shot can only be used when there are four or more players still in the game.

## Example 2

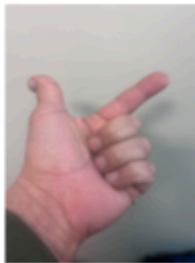


**Example 3**

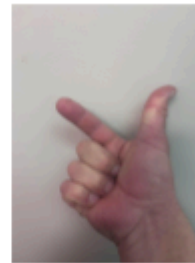


Please note Double Shots will only be used by junior high and senior high teams

### Double Split Shot



The divide  
where each  
shoot ends



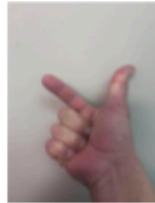
The double split shot can be placed anywhere, as long as there is one player on the outside of each shot and an even number of players between shot placement. In this image there are four players between shot placement.

Please note Double Shots will only be used by junior high and senior high teams

Double split shot example two



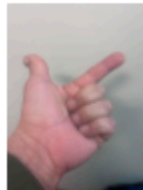
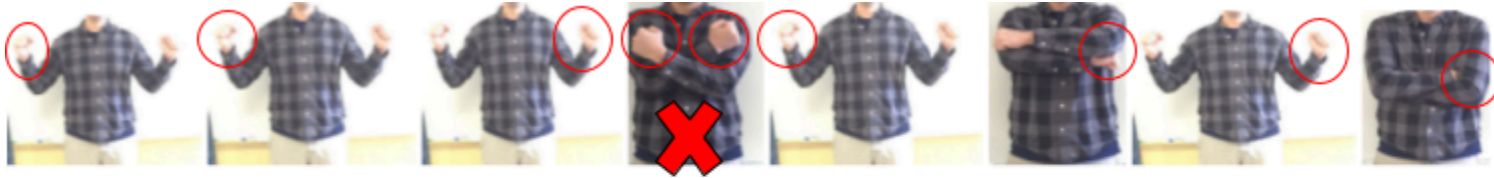
The divide where each shot ends



Note the even number of players in between the shot placement

Please note Double Shots will only be used by junior high and senior high teams

### Double Split Shot example three



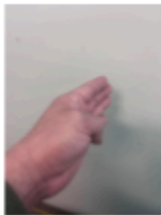
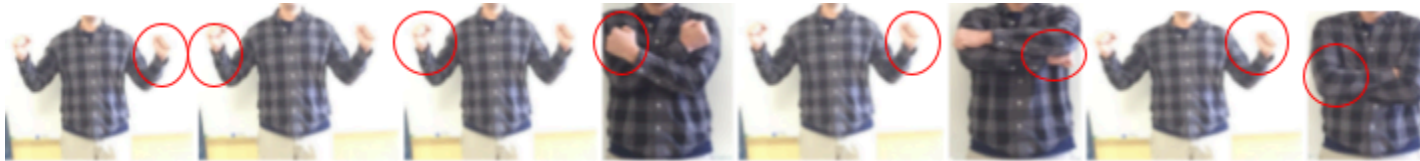
Due to the odd number of players between shot placement you are guessing both sides of this player which doesn't work.



This shot placement doesn't work due to the odd number of players between the shot placement.

Please note Double Shots will only be used by junior high and senior high teams

### Double Knife Hand



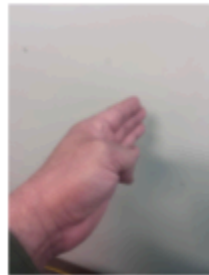
The divide of where  
each shot ends



Just like the double split shot, the double knife can be placed anywhere as long as a player is on the outsides of shot placement also it requires an even number of players between the shot placement. **An odd number of players between shot placement does not work.**

**Please note Double Shots will only be used by junior high and senior high teams**

**Mixed double shots**



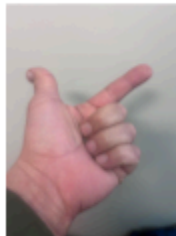
Divide of where  
each shot ends



These shots can be placed anywhere as long as there are even number of players between shot placement.

**Please note Double Shots will only be used by junior high and senior high teams**

**Mixed Double Shot example two**



Divide of where  
each shot ends.



Once again note the even number of players between shot placement