

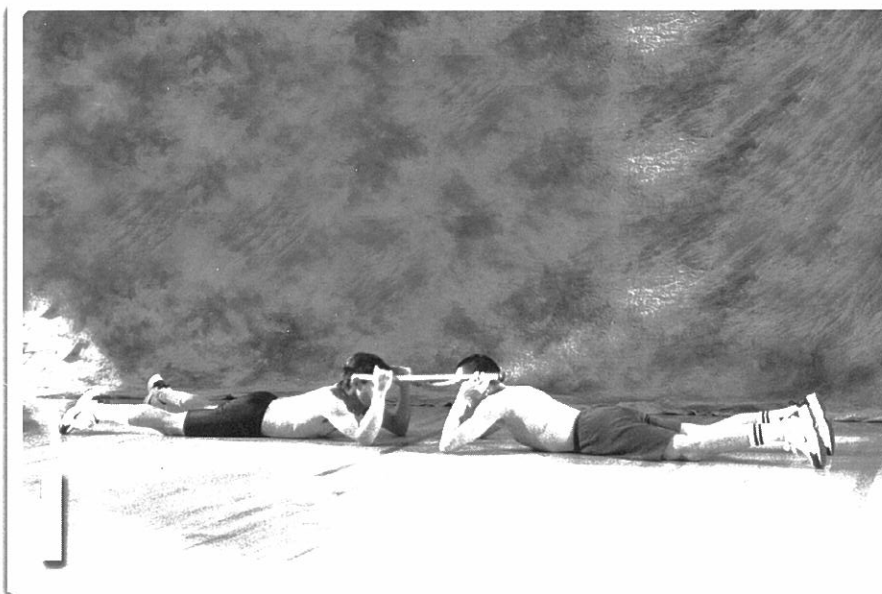
# Head Pull

## The Game

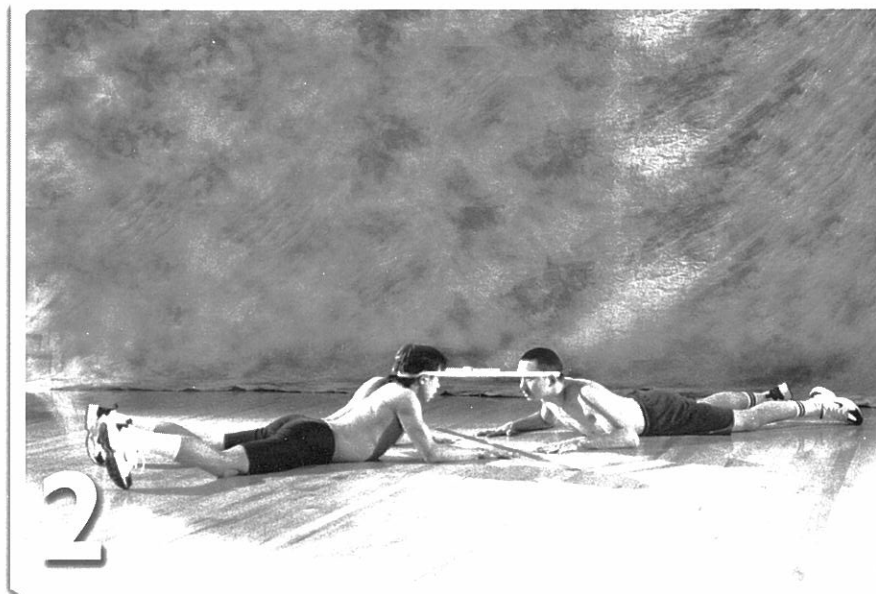
Like most Inuit games, the Head Pull requires little equipment, and it can be played anywhere. It is one of several Tug-of-War games testing your maximal strength. Because a match can last for a considerable period of time, strength endurance is also important in deciding the outcome. **This game should not be played by very young athletes.**

## How to Play

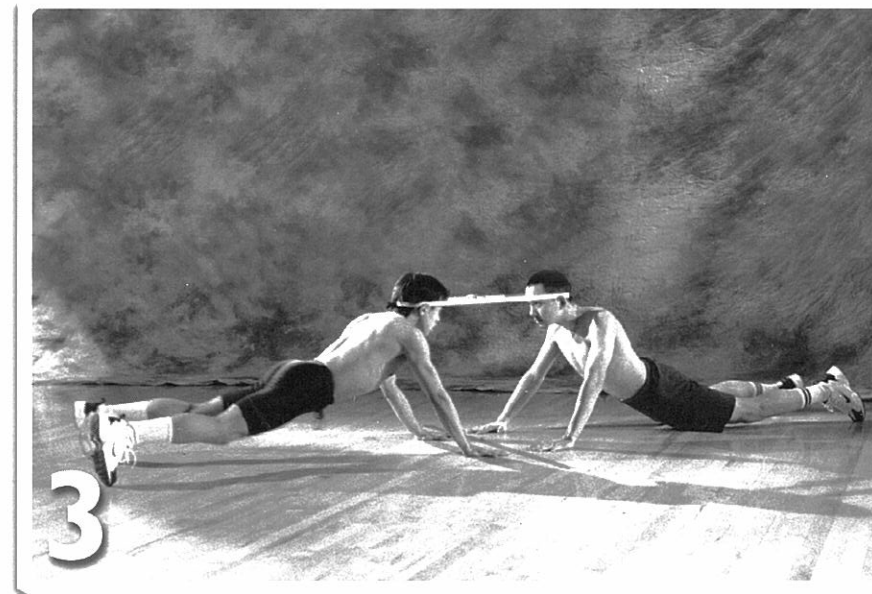
Lie on the floor with your body straight, and your head up. Place your hands at the centre line. An assistant places a leather loop around your and your opponent's heads above and behind the ears. Now raise your body off the floor, supporting yourself on your hands and toes only. Pull back on a signal. Attempt to pull the loop off your opponent's head.



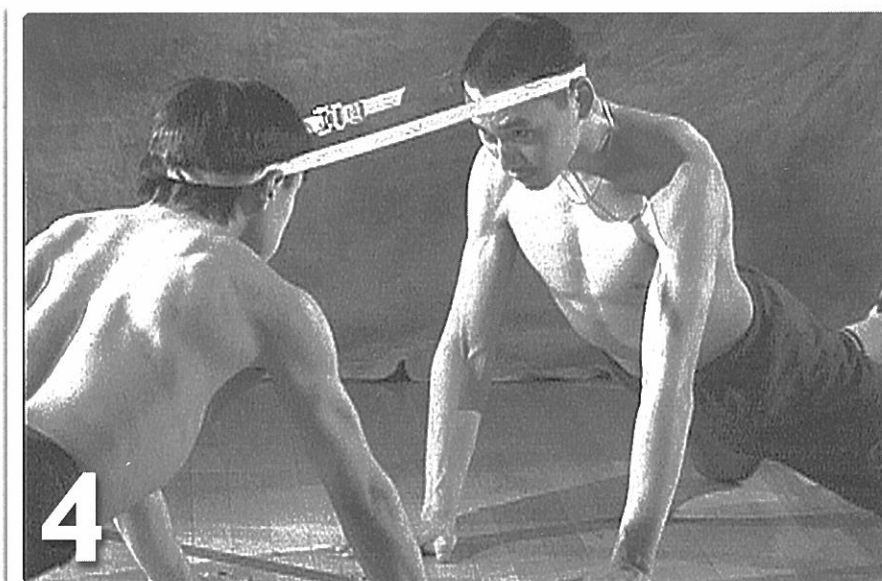
1 Lie face-down on the floor. Place your hands palm-down against the centre line. Raise the upper body, and tilt your head up. Now the leather loop can be placed around your head.



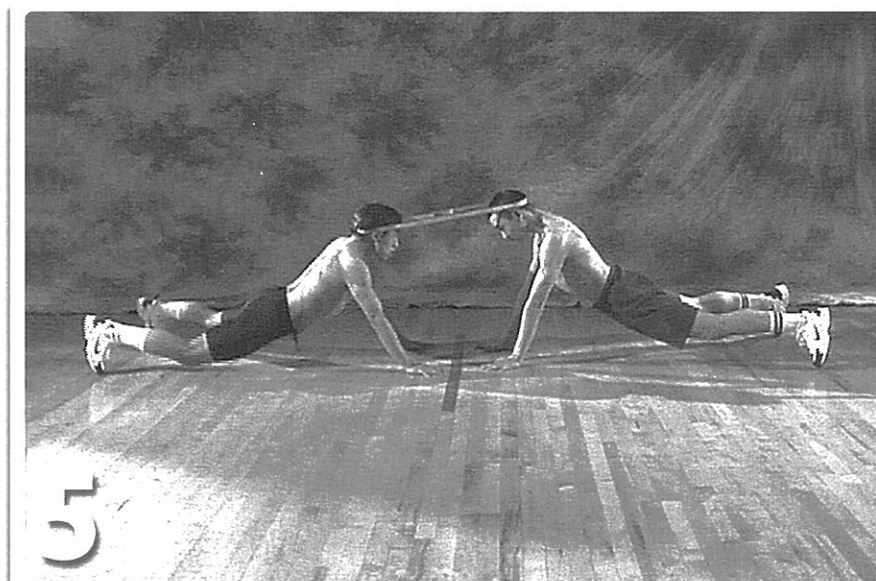
2 An assistant places the leather loop around your and your opponent's heads, just above and behind the ears. Pull back slightly to prevent the loop from slipping off.



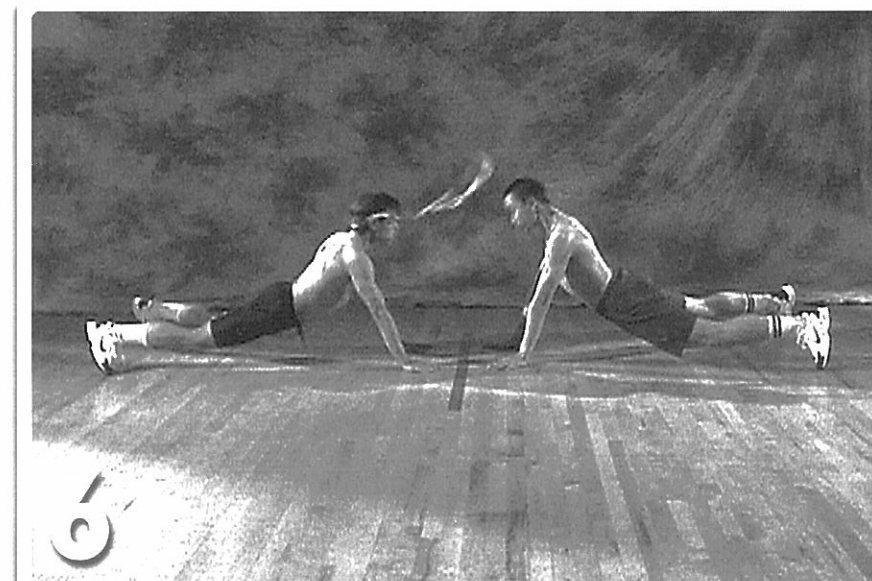
3 Now you and your opponent raise your bodies, slowly and at the same time, supporting yourself on your toes and flat hands only. You may not touch the floor with any other part of your body!



4 When the signal is given, you and your opponent pull backward steadily and strongly. No jerking movement is allowed!



5 Attempt to pull your opponent backward towards the centre line, or, to pull the leather loop off his or her head.



6 The round ends when the loop slips off, or when one of the competitors is pulled across the centre line.