



HAKAMOA “Chicken Fight”

PLAYERS: 2 AGES: 7+

OBJECTIVE: A player who forces his/her opponent off balance, releases their grip or out of the competition ring wins the match. Player to win 2 out of 3 matches will be the winner.

SETUP: Coaches and Participants have received training and education on Hakamoia. An official will manage and keep score throughout the match. Officials will use the circle maker and spray paint to create a 12 foot competition zone. Mark the center with a straight line to signify the starting point.

Active competitors will walk to the centerline of the competition zone facing their opponent. Greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will grasp respective hands (ex. right w/ right). With the free hand, players will grasp their respective ankle (ex. left hand w/ left ankle).

Officials will repeat the call to each participant. Officials will grasp both participants' hands to prevent an unfair advantage for either participant. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin!

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players can push or pull against your opponent’s force with a steady thrust or with short surprise motions. Shoulder bumps will happen but intentional shoulder strikes to the head are not allowed and will result in disqualification.

MATERIALS: 12ft. circle for competition zone (Spray paint / Circle maker)

MATCH TIME: 5 - 45 sec.time limit

FORMAT: Varies (ex. Win 2 of 3)



HUKIHUKI “Tug-of-War”

PLAYERS: 2-50 AGES: 5+

OBJECTIVE: A Hukihuki match is won by a team pulling the rope past the required distance of 12 feet as indicated by the center flag markings or through disqualification. Team to win 1 out of 1 match will be the winner.

SETUP: Coaches and Participants have received training and education on Hukihuki. Two official’s will manage and keep score throughout the match. Officials will have marked the center and both finish lines 12 feet in both directions. Align the center of the rope with the center mark. The ends of the rope should be whipped to ensure rope security.

When a ready signal is received from the officials, eligible competitors will walk to their designated side of the competition zone facing their opponent. (Time permitting, teams may greet each other with a honi or handshake)

At the official’s call, “**Ho’omakaukau**”, players will pick up the rope and put sufficient strain to ensure that rope is taut.

Officials will repeat the call to each participant. Officials will grasp the center of rope with both hands to prevent an unfair advantage for either team. When the rope is steady with the center mark flag over the centerline, wait for the official’s command, “**A, A, Oia**”, to begin!

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s side hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players are not allowed to deliberately sit or lean on the ground. Inactivity for 10 sec. will result in a “restart”. A double restart will result in a “Draw”. Coaches can't touch the rope or the team will be disqualified.

MATERIALS: 100 ft. Manila Rope. One Marking at the center of the rope. Two Markings at 12ft. on either side of the center mark. Field Markers (Spray paint)

MATCH TIME: 5-30 sec. time limit

FORMAT: Varies (ex. Win 2 of 3)



UMA “Arm-Wrestling”

PLAYERS: 2 AGES: 7+

OBJECTIVE: A player who forces his/her opponent’s wrist to touch the pad or floor wins the match. Player to win 2 of 3 matches will be the winner.

SETUP: Coaches and Participants have received training and education on Uma. An official will manage and keep score throughout the match. Officials will use the circle maker and spray paint to create a 12 foot competition zone. Mark the center with a straight line to signify the starting point.

Active competitors will walk to the center of the competition zone facing their opponent. Greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will grasp respective hands (ex. right w/right or left w/left. With the free hand, players will place it behind the back (ex. left hand is behind the back).

Officials will repeat the call to each participant. Officials will grasp both participants' hands to prevent an unfair advantage for either participant. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin!

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players must keep elbows still and free hand behind the back. Hand strap will be used for repeated slips.

MATERIALS: 12 ft. circle for competition zone Field Markers (Spray paint)

MATCH TIME: 5-45 sec. time limit

FORMAT: Varies (ex. Win 2 of 3)



PA UMA “Standing Arm-Wrestling”

PLAYERS: 2 AGES: 7+

OBJECTIVE: A player who forces his/her opponent’s off-balance or moves the opponents stationary foot, wins the match. Player to win 2 of 3 matches will be the winner.

SETUP: Coaches and Participants have received training and education on Pa Uma. An official will manage and keep score throughout the match. Officials will use the circle maker and spray paint to create a 12 foot competition zone. Mark the center with a straight line to signify the starting point.

Active competitors will walk to the center of the competition zone facing their opponent. Greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will grasp respective hands (ex. right w/right) and place the same respective foot (ex. right w/right) next to each other. This “inside” foot must remain stationary. Players may freely move “outside” foot (in this case...left foot) to balance or to gain an advantage over their opponent.

Officials will repeat the call to each participant. Officials will grasp both participants' hands to prevent an unfair advantage for either participant. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin!

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players must keep inside foot still while the outside foot tries to gain the best position to defeat the opponent.

MATERIALS: 12 ft. circle for competition zone Field Markers (Spray paint)

MATCH TIME: 5-45 sec. time limit

FORMAT: Varies (Ex. Win 2 of 3)



ULU MAIKA “Stone-Rolling”

PLAYERS: 1-2 AGES: 7+

OBJECTIVE: Roll the Ulu Maika between two stakes to earn a point. The player who scores the most out of 4 rolls wins the match.

SETUP: Coaches and Participants may have received training and education on 'Ulu Maika. An official will manage and keep score throughout the match. Officials will have set up a starting line or Rolling Line. They will then measure 20 feet and place the two stakes with a distance of 9 inches from each other. Officials will place 4 ulu maika at the rolling line to signify the start of the roll.

Active competitors will walk to the “rolling-line” of the competition lanes and select their 'ulu maika. Time permitting, you may greet each other with a honi or handshake.

At the official’s call, “Ho’omakaukau”, players will grasp their 'ulu maika and prepare to roll the 'ulu maika through their designated stakes.

Officials will repeat the call to each participant. Officials will raise both hands in front of the players to prevent any premature rolls. At the conclusion of the official’s command, “A, A, Oia”, players may begin until all ulu maika’s have been rolled and recorded. Participants will wait in the competition zone until the official dismisses you.

Officials will call, “Lawa”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “Lanakila”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players must not pass the rolling line or roll is disqualified. Ulu Maika must pass completely through the stakes.

MATERIALS: 2 stakes 4 Ulu Maika Field Markers (Spray paint)

MATCH TIME: 10-30 sec. time limit

FORMAT: Varies (ex. Win 2 of 3)



MOA PAHEE “Dart Sliding”

PLAYERS: 2 AGES: 7+

OBJECTIVE: Slide the wooden dart between two stakes to earn a point. The player who scores the most out of 4 slides wins the match.

SETUP: Coaches and Participants have received training and education on Moa Pahe‘e. An official will manage and keep score throughout the match. Officials will have set up a starting line or Sliding Line. They will then measure 20 feet and place the two stakes with a distance of 9 inches from each other. Officials will place 4 Moa Pahee at the sliding line to signify the start of the slide.

Active competitors will walk to the “sliding-line” of the competition lanes and select their Moa Pahe‘e. Time permitting, you may greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will grasp their Moa Pahee and prepare to slide the Moa Pahee through your designated stakes.

Official will repeat the call to each participant. Official will raise both hands in front of the players to prevent any premature slides. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin until all moa pahee have been thrown and recorded.

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players must not pass the sliding line. Moa Pahe‘e must pass completely through the stakes.

MATERIALS: 2 stakes 3 Moa Pahee Field Markers (Spray paint)

MATCH TIME: 10-30 sec. time limit

FORMAT: Varies (ex. Win 2 of 3)



KONANE “Hawaiian Checkers”

PLAYERS: 2 AGES: 7+

OBJECTIVE: A player who makes the last move, wins.

SETUP: Coaches and Participants have received training and education on Konane. An official will manage and keep score throughout the match. Officials will prepare the competition table, setup Konane boards with alternating colors until the board is complete and set the timer to 2:30. This will signify the start of the match. Player to win 1 out 1 match will be the winner.

Active competitors will walk to the designated table of the competition zone. Time permitting, you may greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will have set up their Papamu (konane board).

Officials will repeat the call to each participant. Officials will allow players to select their color stones. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin until someone wins or the 5 minute time limit expires.

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players may not jump any “L” formations or move diagonally. May jump multiple spaces in a straight line.

MATERIALS: 1 board 32 white pohaku 32 black pohaku Timer Table 2 Chairs

MATCH TIME: 10sec. – 5min.

FORMAT: Varies (ex. Win 2 of 3)



‘O‘O IHE “Spear Throwing”

PLAYERS: 2 AGES: 7+

OBJECTIVE: A player who scores more points, wins the match.

SETUP: Coaches and Participants have received training and education on O‘o Ihe. An official will manage and keep score throughout the match. Officials will have set up a starting line or Throwing Line. They will then measure 20 feet and set the Banana stump over a peg. Officials will mark the 3 target zones (Head, Body, Leg). Officials will place 4 Ihe at the throwing line to signify the start of the throw.

Active competitors will walk to the “throwing-line” of the competition lanes and select their O‘o Ihe. Time permitting, you may greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will grasp their Ihe and prepare to throw the Ihe at your designated stomp/target.

Officials will repeat the call to each participant. Officials will raise both hands in front of the players to prevent any premature throws. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin until all ihe have been thrown and recorded.

Officials will call, “**Lawa**”, to stop the match. To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players must not pass the throwing line. The point must penetrate through the stump to score. Throw like a dart.

MATERIALS: 1 stump 4 Ihe Field Markers 1 Peg (Spray paint)

MATCH TIME: 10-25 sec. time limit

FORMAT: Varies (ex. Win 2 of 3)



KUKINI “Running”

PLAYERS: 2-20 AGES: 5+

OBJECTIVE: A player who crosses the finish line first, wins the match.

SETUP: Coaches and Participants have received training and education on Kukini. An official will manage and keep score throughout the match. Officials will have marked the starting line and finish line with a distance of 100 yards.

Active competitors will walk to the “starting-line” of the competition lanes and prepare for the start of the 100m. Time permitting, you may greet each other with a honi or handshake.

At the official’s call, “**Ho’omakaukau**”, players will presume running stance.

Officials will repeat the call to each participant. Officials will raise both hands in front of the players to prevent any premature starts. At the conclusion of the official’s command, “**A, A, Oia**”, players may begin.

To announce the winner, the Official will raise the winner’s hand and call out, “**Lanakila**”. Officials will accurately record the results of the match and turn in results to the Head Scorer.

PLAYING THE GAME: Players must not interfere with another runner or be disqualified.

MATERIALS: Timer (Spray paint) Field Markers

MATCH TIME: 10-20 sec. time limit

FORMAT: Varies (ex. Win 2 of 3)