

Side sculling

Innaqatsineq — "lying on the back".

Performed as a high brace (palms facing upward). To make this more difficult the judges for 2002 preferred to see the participants keep their kayak deck at right angles to the water (outside of the competition it is usually preferred to keep the kayak as flat on the water as possible, done by arching your back). Two points/side.

History/Purpose: Resting pose, capsize prevention, roll training.

Chest sculling

Palluussineq — "lying on one's belly".

Some judges allow you to turn your outboard hand so that your thumb points toward the outboard paddle tip, but in 2003 you were required to keep your normal paddling grip. You may keep your head immersed during the scull (much easier than keeping your head raised). Two points/side.

History/Purpose: Used to prevent a capsize if pulled over with the torso facing one side (e.g. fishing).

Standard Greenland roll

Kinguffik paarlallugu/nerfallaallugu — "coming up on the other side, on one's back".

Start tucked forward, finish leaning aft, recover to start position). You are optionally permitted to finish in a low brace, sweeping forward, as shown in the video clip. Two points/side.

History/Purpose: All-purpose roll. Very easy on the body yet very powerful.

Rolling with paddle held in crook of elbow

Pakassumillugu/unermillugu — "(holding the paddle) in the crook of your arm".

Inboard hand grasps the paddle blade as per a standard roll, outboard hand holds the paddle clamped in the elbow. After rolling return to initial setup position with the paddle still held in the crook of your arm. Three points/side.

History/Purpose: Recover with something held in the hand, or with one hand injured or entangled with line.

Storm roll

Siukkut pallortillugu/masikkut — "leaning forward, at the masak".

Start tucked forward, finish tucked forward. The inboard hand stays in contact with the deck/hull throughout roll and is often levered off the hull during the hipsnap. This is a low brace roll (palms down). There is a misconception that this roll must be performed in a combat (non-extended) paddle position. Like all of the rolls, you can extend the paddle as much or as little as you wish. Three points/side.

History/Purpose: Excellent roll in high winds; brings you up in a very stable, strong position.

Reverse sweep roll

Kingumut naatillugu — "(holding the paddle) pointed/touching aft".

Sweep from stern to bow in a low brace, finish tucked forward). You do not need to return to the original setup position upon recovery. Three points/side.

History/Purpose: A very popular roll in Greenland. This technique admits very little water into the cockpit even with a skirt open at the top.

Spine roll

Aariamillugu — "touching the area between the shoulder blades".

Start with paddle behind your back, along spine and projecting over your head (or over your shoulder). Tuck forward, finish leaning aft, recover to start position. The back of the hand grasping the paddle should face your back. You may or may not get points for cupping your hand around the end of the paddle, depending on the judge. After rolling, return to your initial setup position with the paddle still between your shoulder blades. Failure to do so will disqualify your attempt. Three points/side.

History/Purpose: The setup position was used to allow the paddle to act as a sail, to push the kayaker along in a strong tail wind. This roll grew out of this practice (source: Pavia Lumholt).

Paddle held behind back

Kingup apummaatigut — "(holding the paddle) at the stern-gunwale".

Start with paddle behind back, against gunwale leaning aft, finish with paddle behind back leaning slightly forward. Forward or reverse sculling motion for recovery is permitted. Different variations are cupping your inboard hand around the paddle tip (easiest), holding the paddle tip palm-up (slightly more difficult) or holding the paddle tip palm down (most difficult). The palm-up version is expected for competition. You are not required to return to the original setup position upon recovery. Three points/side.

History/Purpose: Useful if kayaker capsizes with the paddle held behind the coaming as an outrigger (source: Pavia Lumholt).

Standard roll with paddle behind neck

Siukkut tunusummillugu — "forward, touching one's neck".

A variation of roll #3. You are not permitted to cup your hand around the end of the paddle. After rolling, return to your initial setup position with the paddle still behind your neck. Failure to do so will disqualify your attempt. Four points/side.

History/Purpose: Entanglement, skill building.

Reverse sweep roll with paddle behind neck

Kingukkut tunusummillugu — "backward, touching one's neck".

A variation of roll #6. You are not permitted to cup your hand around the end of the paddle. You are not required to return to the original setup position after rolling up. Four points/side.

History/Purpose: Entanglement, skill building.

Armpit roll

Paatip kallua tuermillugu illuinnarmik — "using only one arm, with the paddle touching the shoulder".

For the setup the paddle tip is pressed against your chest near your armpit (but not under your armpit). The paddle is swept palm-up with one arm. The lift and buoyancy from the extended paddle powers this roll, no hipsnap is necessary. Keep the paddle in your "armpit" until you sit-upright. You do not need to return to the initial setup position. Three points/side.

History/Purpose: Recover with something held in the hand, or with one hand injured or entangled with line.

Vertical sculling roll

Qiperuussineq/paatit ammorluinnaq — "sculling with paddle held vertically".

Hold the paddle in an extended low brace position and raise your upper hand so that it is close to your forehead, your palms face toward the gunwale, capsize and scull up with the paddle held vertically. You must scull with the paddle face held parallel to the keel. Finish in a strong forward tuck. If you allow the paddle to become horizontal while underwater (which makes the roll easier), the judges will disqualify your attempt or deduct points. Four points/side. History/Purpose: Entanglement, skill building.

Sculling roll with paddle held horizontally on the foredeck

Masikkut aalatsineq — "sweeping the paddle at the foredeck (masik)".

Paddle is kept in contact with the foredeck. Best form is to scull completely around with the paddle horizontal. If you "reach up" with your paddle to brace for final recovery, some judges may deduct points. Four points/side.

History/Purpose: Probably entanglement, or capsize with the paddle held under the forward deck lines.

Sculling roll with paddle held horizontally on Isserfik (deck beam at your back)

Isserfikkut aalatsineq — "sweeping the paddle at the Isserfik".

Paddle is kept in contact with the isserfik. Best form is to scull completely around with the paddle horizontal. If you "reach up" with your paddle to brace for final recovery, some judges may deduct points. Four points/side.

History/Purpose: Added at the Qaannat Kattuffiat general meeting 2005.

Rolling with the arms crossed

Tallit paarlatsillugit paateqarluni/masikkut — "holding the paddle with arms crossed, at the masak".

Similar to storm roll. To setup on left side, right arm is crossed over left. For best form, lift the paddle upward upon recovery to show that your hands are crossed. You are not required to return to the initial setup position after rolling up. Five points/side.

History/Purpose: Entanglement, skill building.

Sculling roll with paddle held under the kayak.

Qaannap ataatigut ipilaarlugu — "rotating (the paddle) under the kayak"

Forward leaning recovery with the paddle sculled under the kayak. Some judges require that the paddle is sculled at least three times or more (this is not a problem for most rollers!). Five points/side.

History/Purpose: Entanglement, skill building. David Crantz in 1767 wrote that this roll might be used if the capsized kayaker spied the paddle floating above him.

Quick succession of storm rolls

Pallortillugu assakaaneq 5 — "forward rolling, round and round"

Performing as many storm rolls as possible in 10 seconds. To earn three points you must complete at least three rolls in ten seconds (if you don't complete three rolls you don't get any points). You get an additional point for each additional roll completed (e.g. 4 points for 4 rolls, etc).

History/Purpose: Skill building.

Quick succession of standard rolls

Nerfallarlugu assakaaneq 5 — "rolling, lying on one's back, round and round"

Performing as many standard rolls as possible in 10 seconds. To earn three points you must complete at least three rolls in ten seconds (if you don't complete three rolls you don't get any points). You get an additional point for each additional roll completed (e.g. 4 points for 4 rolls, etc).

History/Purpose: Skill building.

Roll with hunting float

Avataq isserfiup taqqaanut qaannap sinarsuanut qilerullugu — "rolling with a hunting float tied to the deckline at the isserfik (deck beam immediately behind the cockpit) at the side of the kayak (i.e., as opposed to putting the float on the aft deck of the kayak)".

For a roll starting with a capsized on the left, the float is tied to the right side of the kayak, and vice-versa. Float is tied tightly with one line to the decklines aft of the cockpit and another line to the decklines at the stern so that float rides in the water on the side of the kayak just aft of the cockpit. Once float is rigged, perform a standard roll (with paddle), the float provides strong resistance to test your roll. Five points/side.

History/Purpose: Hunting hazard; capsized with full hunting gear with float impeding roll.

Throwing stick, start tucked forward, finish tucked forward

Norsamik masikkut — "with a norsak at the masak (forward)".

Hold your off-hand against the hull during the roll. Six points/side.

History/Purpose: Recovery without paddle.

Throwing stick, sweep from stern to bow, finish tucked forward

Norsamik kingukkut — "with a norsaq, starting aft".

Hold your off-hand against the hull during the roll. Six points/side.

History/Purpose: Recovery without paddle.

Throwing stick, start tucked forward, finish leaning aft

Norsamik nerfallaallugu — "with a norsaq, lying on one's back".

Your sweeping hand must be palm-up during the roll. In execution, this roll is very similar to roll #11, the "armpit" roll. You may "throw" your off-hand over the hull on recovery. You must sit-upright to win points but you do not need to return to the original setup position. Six points/side.

History/Purpose: Recovery without paddle.

Hand roll, start tucked forward, finish tucked forward

Assammik masikkut — "using your hand, at the masik (forward)".

Hold your off-hand against the hull during the roll. Six points/side. Seven points/side.

History/Purpose: Recovery without paddle or throwing stick.

Hand roll, sweep from stern to bow, finish tucked forward

Assammik kingukkut — "using your hand, starting aft"

Hold your off-hand against the hull during the roll. Six points/side. Seven points/side.

History/Purpose: Recovery without paddle or throwing stick.

Hand roll, start tucked forward, finish leaning aft

Assammik nerfallaallugu — "using your hand, lying on one's back".

Your sweeping hand must be palm-up during the sweep (palm down on the deck for the initial setup). In execution, this roll is very similar to roll #11, the "armpit" roll. You may "throw" your off-hand over the hull on recovery. You must sit-upright to win points but you do not need to return to the original setup position. Seven points/side.

History/Purpose: Recovery without paddle or throwing stick.

Hand roll with a clenched fist, start tucked forward, finish tucked forward

Assak peqillugu masikkut /Qilerlugu/poorlugu — "making a fist (binding it/ wrapping it), at the masik ".

Participants hold a Ping-Pong ball to ensure fist remains closed. Off-hand can be flung over the hull as a counterweight. Eight points/side.

History/Purpose: Added at the Qaannat Kattuffiat general meeting 2005.

Hand roll with a clenched fist, sweep from stern to bow, finish tucked forward

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Hand roll with a clenched fist, start tucked forward, finish leaning aft

Assak peqillugu nerfallaallugu /Qilerlugu/poorlugu — "making a fist (binding it/ wrapping it), lying on one's back ".

Participants hold a Ping-Pong ball to ensure fist remains closed. Off-hand can be flung over the hull as a counterweight. Eight points/side.

History/Purpose: Skill building/hand roll recovery without losing an object held in the hand.

Hand roll holding an Eight kilogram brick or stone, tucked forward, finish tucked forward

Ujaqqamik tigumisserluni "masikkut" — "holding a stone in one's hand, at the masik ". Nine points/side.

History/Purpose: Added at the Qaannat Kattuffiat general meeting 2005.

Hand roll holding an Eight kilogram brick or stone

Ujaqqamik tigumisserluni, "kingukkut" — "holding a stone in one's hand, starting aft".

Sweep from stern to bow, finish tucked forward.

History/Purpose: Added at the Qaannat Kattuffiat general meeting 2005.

Hand roll holding an Eight kilogram brick or stone

Ujaqqamik tigumisserlunii "nerfallaallugu" —"holding a stone in one's hand, lying on one's back".

Start tucked forward, finish leaning aft. The off-hand can be flung over the hull as a counterweight. Nine points/side.

History/Purpose: Skill building/hand roll recovery without losing an object held in the hand.

Elbow roll

Ikusaannarmik niaqoq/pukusuk patillugu —"only with the elbow, touching the head/ neck".

Start tucked forward with one hand clasped behind neck, finish leaning aft (the off-hand can be flung over the hull as a counterweight). After rolling you must sit-upright with your elbow still behind your head to win points. Ten points/side.

History/Purpose: Skill building, possibly entanglement.

Straight jacket, no hands-roll

Tallit paarlatsillugit timaannarmik —"crossing the arms, only with the body".

Roll with the arms crossed, arms must stay pressed to chest. If you work into the final recovery by floating in a "balance brace", some judges may not award points. You must sit upright after rolling with your arms still pressed against your chest. Eleven points/side.

History/Purpose: Skill building, possibly entanglement.

Paddling upside down

Pusilluni paarneq —"paddling with the kayak turned upside down".

You must travel a straight, marked course while capsized. The paddle must be held above your upturned hull.

Forward progress is made by tucking forward and making a back-paddling motion. After you capsize, additional breaths are not permitted while underway. Scoring is one point for the first three meters and an additional point for each two meters traveled.

History/Purpose: Skill building