



MAS WRESTLING USA OFFICIAL COMBAT RULES

MAS wrestling is an ancient sport from Yakutia (far northern region of the Russian Republic of Sakha). Athletes sit in front of each other, prop their feet against the jamb board that divides the competition arena and pull on a short stick (33mm diameter for adults, 30mm for teens 13-18, 38mm for youth 12 and under and 20 inches long).

Typically open to all male and female strength athletes and contested in weight divisions: MEN's weight categories are – 60kg, 70 kg, 80kg, 90kg, 105kg, 125kg, and 125kg+; WOMEN's weight categories are – 55kg, 65kg, 75kg, and 75kg+. Weight categories with 2 or less athletes merged with next higher weight category; weight categories with 3-5 athletes conducted in Round Robin format; and weight categories with 6 or more athletes conducted in Double Elimination format.

The competitors are divided into the following age groups.

№	Group	Age
1	Junior boys	12-14 years
2	Senior boys	15-17 years
3	Girls	15-17 years
4	Juniors	18-21 years
5	Junior girls	18-21 years
6	Men	18 years and older
7	Women	18 years and older
8	Male veterans Masters I	40-49 years
9	Male veterans Masters II	50 years and older
10	Veterans Women	40 years and older

The competitors are divided into the following weight categories (kg):

Boys		Girls	Juniors male	Junior female	Man	Women	Veterans		
Younger	Older						Male Masters I	Male Masters II	Female
40	50	50	60	50	60	55	65	70	60
50	60	60	70	60	70	65	75	+70	70
60	70	70	80	70	80	75	85		+70
70	80	+70	90	80	90	+75	+85		
+70	+80		+90	+80	105				
					125				
					+125				



The system of the competition must be specified in the **Statement of the Competition**. The competitions in every weight category begins and ends in one (1) or two (2) days. Weigh-in of each weight category can be held a day before or on the day of competition in that weight category. The order of meetings (matches) between athletes (teams) is determined by the drawing of lots and the selected system of events. Procedure of meetings (matches) among athletes (teams) determined by drawing and chosen system of the competition. The system of competition can be single or double elimination, or combination thereof, round-robin etc. as outlined in Chapter 1, Article 2 pages 1-5 of the IMWF International Rules. <http://maswrestlingusa.com/international-rules>

Call and presentation of athletes

1. Referee-expeditor calls athletes to the platform to begin the match. The athlete should go out on the platform after official call before the expiration of 1 (one) minute. If the athlete does not go to the platform within one 1 (minute), he/she will be disqualified and does not award any place. His/her opponent is declared the winner of the match.
2. The athlete cannot be called to compete in a new match, if there is less than 15 minutes since the end of the previous match in which he/she competed.

Start, during and end of the match

1. Match consists of 2 or 3 bouts (up to two victories).
2. The athlete, who was invited first, must take the platform side, marked in red, to the right of the arbitrator and the second athlete - to the side marked in blue, to the left of the arbitrator. Stepping onto the platform, the athletes are required to show each other their respects by Yakut greeting (Attachment 17 International Rules).
3. After the greeting for the beginning of the bout, before the first bout athletes are given time to prepare, but No more than 1 (one) minute before the command "Olor!" (Eng. lang. - "Sit"). Upon command of the arbitrator "Olor!" athletes sit opposite each other in middle of the jamb board, their feet abut on the jamb board inside the marked start zone, heels should touch the platform and grip the stick.
4. The athlete came out from a red corner chooses the gripping position of the stick (internal or external). Selected outer grip shows the position of the grip (i.e. left grip - left hand is palm up and his right hand palm down, right grip - on the contrary), and has no right to change it.
5. The athlete, who took internal grip, grabs the stick first in the middle so as to leave space for external grip and holds a stick over the board. The second athlete grabs the outside. Hands and fingers do not have to overlap each other, distance between the hands should be 1 cm.
6. Wrists and forearms must be aligned (straight).
7. After making the grip athletes should not let it go. The athlete released the stick first before the command of the arbitrator, takes a warning.
8. Stick before the match should be located above jamb board and in parallel with it. Deviation in any direction of ends of the stick about the longitudinal axis of the board to 5 cm is allowed, the center of the stick must be above board.
9. After "Olor!" till "Belem!" ("Sit", "Ready") is given no more than 30 seconds. If after expiration of this time the start signal was not given, then the arbitrator gives a warning to the athlete whose fault caused delay.



10. Bout begins after the arbitrator's command "Che!". Pause between "Belem!" and "Che!" should be 1 - 1.5 seconds.
11. In case of the victory one of the athletes the arbitrator stops the bout by whistling or commanding "Stop!" and reaches out with open hand to the side of the winner.
12. In case of the disputed/controversial provisions, the arbitrator stops the bout by whistling or commanding "Stop!" and two his thumbs up in front of himself, the other fingers clenched into a fist. Competitors are given an additional bout and the grip of the stick remains the same.
13. If during the match one of the athletes received second warning, the arbitrator touches the shoulder who took the warning, shows by the thumb and index fingers, arm outstretched towards the participant who took warning and commands: "Stop!" or whistling and pull the open palm hand in the direction of the winner.
14. The duration of a bout no more than 2 (two) minutes, if after this time, there is no winner, both participants lose the match with the score 0:2.
15. In the second bout grips are changed (internal, external).
16. Between bouts athletes are given time no more than 2 (two) minutes for preparation.
17. When the score 1:1, before the third bout the right to choose grip (internal or external) is given to the athlete from the blue side.
18. During the match, the participant has no right to leave the competitive side and technical zone without the arbitrator's permission. The athlete has right to take 2 (two) breaks (time-out) with the duration no more than 2 (two) minutes during a day of competition for medical care with the arbitrator's permission. If after break, the athlete cannot continue the interrupted match, he/she loses the match. At the discretion of the arbitrator, refereeing the match, the athlete may be given additional breaks for medical reasons.
19. At the end of the match arbitrator stands in front of spectators, face to audience for the declaration of the winner, the participants stand on both sides of the arbitrator. After the announcement of the results, the arbitrator raises the hand of the winner, athletes shaking hands with each other and arbitrator of the bout.

It's simple:

An athlete wins the bout if he/his:

- pulls (snatches out) the stick;
- pulls the opponent over with the stick;
- opponent releases a hand (hands);
- opponent moves one or two feet over the jamb board higher than knee level; or
- opponent gets second caution in single bout.

Cautions are given for:

- hooking and resting the stick and/or arms against the board and/or toes;
- twisting the stick over 90 degrees vertically and horizontally;
- re-gripping and twisting the stick before start;
- disobeying the Referee's orders before start;
- false start; or
- setting feet, body or head against the end caps of the board;

No Contest is declared if:

- the stick breaks; or
- athletes fall together and are not able to continue the bout.



Each Match is best two of three bouts, and carry along Points as follows: Win 2-0 and receive 3 Points; win 2-1 and receive 2 Points; lose 1-2 and receive 1 Point; and lose 0-2 and receive NO Points. The points may be used for tie breaking to expedite tournaments, and will be recorded forwarded to MAS Wrestling USA to be accumulated towards "belt" status/standing/ranking.

The rules in explained: <https://www.youtube.com/watch?v=Fia8W49hBNI>

Official MAS Wrestling Board set-up and accessories are available from

<http://store.oddehaugen.com/>