



MAS WRESTLING USA OFFICIAL COMBAT RULES

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 A-B format.

The competitors are divided into the following age groups:

No	Group	Age
1	Mini MAS Boys	5-11 years
2	Mini MAS Girls	5-11 years
3	Junior Boys	12-14 years
4	Junior Girls	12-14 years
5	Senior Boys	15-17 years
6	Senior Girls	15-17 years
7	Junior Men	18-21 years
8	Junior Women	18-21 years
9	Men	18 years and older
10	Women	18 years and older
11	Veteran Men Masters I	40-49 years
12	Veteran Men Masters II	50 years and older
13	Veteran Women	40 years and older

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

Boys			Girls			Junior Men	Junior Women	Men	Women	Veterans		
Mini MAS	Junior	Senior	Mini MAS	Junior	Senior					Men	Men	Women
										Masters I	Masters II	
25	40	50	25	40	50	60	50	60	55	65	70	60
35	50	60	35	50	60	70	60	70	65	75	70+	70
45	60	70	45	60	70	80	70	80	75	85		70+
55	70	80	55	70	70+	90	80	90	75+	85+		
55+	70+	80+	55+	70+		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 6-9 of the IMWF International Rules. <http://maswrestlingusa.com/international-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). The athlete that is assigned the “red” side chooses the stick hold position (internal or external for the first bout), and the one who chooses the external hold, shows his position (left or right) and has no right to change it. In second bout the grip is reversed/switched (internal/external), and if third bout is necessary, coin toss. The stick must be over the jamb board and parallel to it, hands and fingers are not to overlap. Bout starts on Referee’s whistle/signal (Sit = “Olor!”; Ready = “Belem!”; Go = “Che!”).

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 lateral device fastening the board;

No Contest is declared if:

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

Best two of three bouts win the Match. 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.

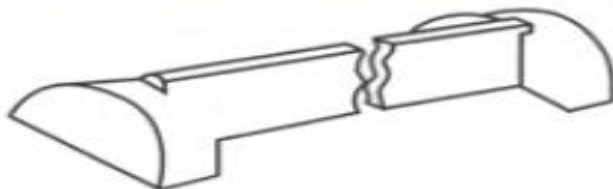
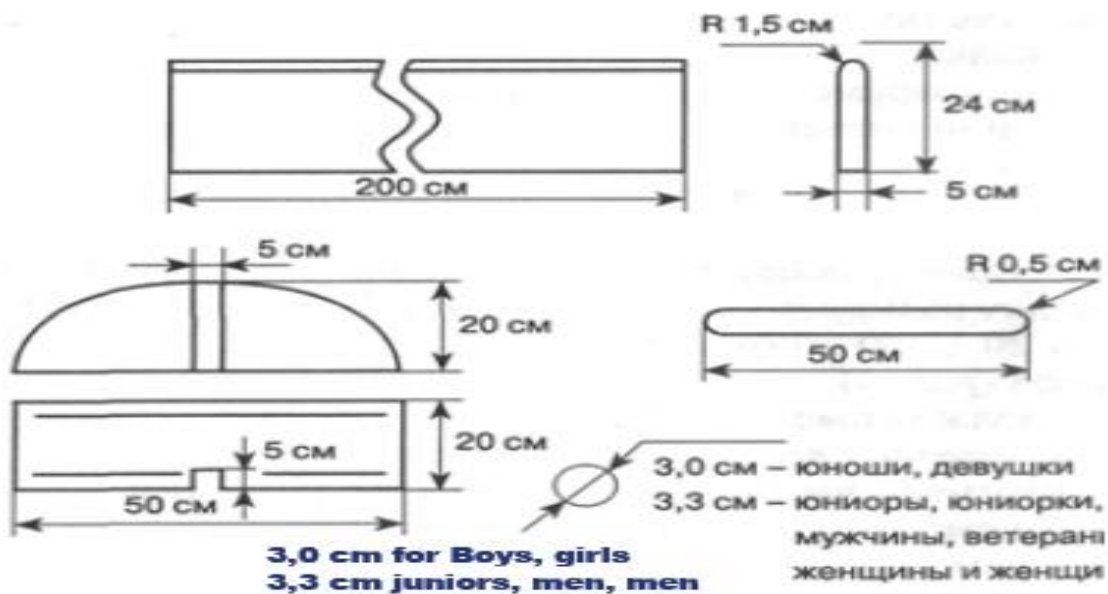
The rules in explained: <https://www.youtube.com/watch?v=Fia8W49hBNI>

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

www.MASWrestlingUSA.com or <http://store.oddehaugen.com/>



Or can be manufactured from specs on following page.



Governing Board

Рис. 6. Доска упора