



The 2014 MET-Rx[®] ENGINEERED NUTRITION[®] Odd Haugen Strength Classic
(Northern California)
San Jose Convention Center, California
July 12th-13th, 2014

North American MAS Wrestling Continental Championship

THIS IS A WORLD CHAMPIONSHIP QUALIFYER and all US athletes must be members of MAS Wrestling USA: 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. 2014 World Championship will be held November 28-December 1, 2014 in Yakutsk, Republic of Sakha, Russian Federation. <http://maswrestlingusa.com/membership-form>

AWARDS: 1st – 3rd in each weight category

ENTRY FEES: MAS Wrestling ONLY \$50 Entry Form: <http://maswrestlingusa.com/596-2> (Strongman competitors from Saturday's Odd Haugen Strongman Challenge compete for FREE, but must join MAS Wrestling USA in order to participate). <http://maswrestlingusa.com/membership-form>

ENTRY DEADLINE: June 20, 2014 (Tournament Seeding will be by random draw)

HOTEL: See website http://www.thefitexpo.com/TFESJ_hotel.asp

Schedule of Events:

Saturday July 12, 2014
5:00PM – Early Weigh-In and Registration North American MAS Wrestling Championship

Sunday July 13, 2014
9:00AM: Late Weigh-in and Athletes' Rules Meeting MAS Wrestling
11:00 AM: MAS Wrestling Round One
1:00PM: MAS Wrestling Round Two
2:00 PM: MAS Wrestling Round Three
2:30 PM: MAS Wrestling Final Rounds
3:30 PM: **Award Ceremony**
Schedule subject to refinement and change without notice.

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 board that divides the competition arena and pull on a short stick. The athlete that is assigned RED side (based on random draw) chooses the stick hold position (internal or external for the first match), and the one who chooses the external hold, shows his position (left or right) and has no right to change it. In second match the grip is reversed/switched (internal/external), and if third match is necessary, a blind draw of a ball (red or blue) is conducted (drawn by BLUE side) and the color drawn determine choice of stick position. The stick must be over the board and parallel to it, hands and fingers are not to overlap. Match starts on Referee's signal.

An athlete wins the match 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 board higher than knee level; or
- opponent gets second caution in single match.

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 match.

Best two of three Bouts win the Match. **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.** Each Match is best two of three Bouts, and carry along Bonus Points as follows: Win 2-0 and receive **3 Bonus Points**; win 2-1 and receive **2 Bonus Points**; lose 1-2 and receive **1 Bonus Point**; and lose 0-2 and receive **NO Bonus Points**. <http://maswrestlingusa.com/abridged-mas-usa-combat-rules-athletes>

See it in action <http://www.youtube.com/watch?v=nYHiWjChLJA> The rules are explained: http://www.youtube.com/watch?v=M6KsoBiWfiO&feature=em-share_video_user

Worth noting, the Scottish SWINGLE TREE is a traditional Highland Shepherd strength test that dates back hundreds of years. A shepherd's crook would be used. Two competitors will grab either side of the crook go into a seated position with their feet against a wooden beam. Competitors will attempt to pull one another to their side, the loser being the competitor going over to the opposite side. The Norse Men (Vikings) had a similar type challenge, KJEVLETREKK, and it dates back more than a thousand years, wherein the competitors were sitting feet to feet, attempting to pull the opponent to standing position.