



The 2015 Odd Haugen Strength Classic 2015 American MAS Wrestling Championship

All US athletes must be members of MAS Wrestling USA and/or the AAU: 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. <http://maswrestlingusa.com/membership-form>
Eight Men Absolute Tournament by invitation based on performance in weight class competitions and the four (4) top performers in the All American Strongman MAS Combat event, single elimination (Olympic style) with \$3,500 in Prize Money:

1st Place	\$1,500	Plus Trophy
2nd Place	\$900	Plus Trophy
3rd Place	\$700	Plus Trophy
4th Place	\$400	Plus Trophy

AWARDS: 1st – 3rd in each weight category (Top performers will get direct invite to Rogue Fitness Arnold Classic International Tournament)

ENTRY FEES: MAS Wrestling \$60 AAU only Member; **\$40 if MAS Wrestling USA Member**
ENTRY FORM: <http://maswrestlingusa.com/2015-met-rx-odd-haugen-strength-classic-registration-form>
 (Strongman competitors on Saturday's All American Strongman Championship compete for FREE, but must join MAS Wrestling USA and/or AAU in order to participate).
<http://maswrestlingusa.com/membership-form>

TESTING: Any athlete entered may be subject to drug testing per AAU procedures.
ELIGIBILITY: Must be a current member of MAS Wrestling USA and/or the AAU: **AAU membership card \$24 Adult \$16 youth.** AAU CARDS Available at WWW.AAUSPORTS.ORG ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN! AS PART OF THE CARD PROCESS, ALL ATHLETES AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL <http://maswrestlingusa.com/membership-form>

ENTRY DEADLINE: January 18, 2015 (Tournament Seeding will be by random draw)

HOTEL: See website https://www.thefitexpo.com/TFELA_hotel.asp

Schedule of Events:

Saturday February 7, 2015

5:00PM – Early **Weigh-In and Registration** American MAS Wrestling Championship

Sunday February 8, 2015

9:00AM: Late Weigh-in and Athletes' **Rules Meeting** MAS Wrestling





10:30 AM: MAS Wrestling **Round One**

11:45PM: MAS Wrestling **Round Two**

1:00 PM: MAS Wrestling **Round Three and Finals** of Weight Class Competition

2:00 PM: MAS Wrestling **Absolute Tournament**

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:

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

Cautions are given for:

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

No Contest is declared if:

- o the stick breaks; or
- o 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 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. <http://maswrestlingusa.com/mas-wrestling/abridged-mas-wrestling-usa-rules>

See it in action <http://www.youtube.com/watch?v=nYHiWjChLJA> The rules are explained:

<https://www.youtube.com/watch?v=Fia8W49hBNI>

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.

