



July 4 2015

Prescott Arizona

2015 AAU Arizona MAS Strength Challenge

All athletes must be current members of the AAU and optionally MAS Wrestling USA. We will have multiple weight classes for **MEN, WOMEN, MASTERS, YOUTH** and Mini MAS subject to participation. Weight/age 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.

AWARDS: 1st – 3rd medals in each weight category
ENTRY FEES: \$40 AAU only Member; **\$20 if also MAS Wrestling USA Member**
ENTRY FORM: <http://maswrestlingusa.com/2015-aau-arizona-mas-strength-challenge-registration>
<http://maswrestlingusa.com/membership-form>

TESTING: Any athlete entered may be subject to drug testing per AAU procedures (below AAU Waiver and Consent)
ELIGIBILITY: Must be a current member of the AAU: **AAU membership card \$24 Adult, \$16 youth per annum (Sept. thru Aug.)**. AAU cards are available at WWW.AAUSPORTS.ORG Please specify **POWERLIFTING** as the sport. All cards must be purchased on line prior to the competition, and presented at the weigh-in. As part of the CARD process, all athletes age 20+ will have background check performed. This process may add a week to card approval. MAS Wrestling USA memberships are available at <http://maswrestlingusa.com/membership-form>

VENUE: Captain Crossfit 420 6th St, Prescott AZ 86301
ENTRY DEADLINE: June 30, 2015 (Tournament Seeding will be by random draw)
MEET DIRECTOR: Clay Edgin 1(831)776-0875 Clay@MASWrestlingUSA.com
HOTEL: TBD

Schedule of Events:

Friday July 3, 2015

4:00PM – 6:00PM Early **Weigh-In and Registration** MAS Wrestling

Saturday July 4, 2015

10:00 – 1:00PM MAS Wrestling Certification **Workshop**
2:00PM – 3:00PM: Late Weigh-in and Athletes' **Rules Meeting** MAS Wrestling
4:00PM – 6:00PM: **MAS Strength Challenge** (all weight and age divisions)

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, 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;





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- 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, 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>

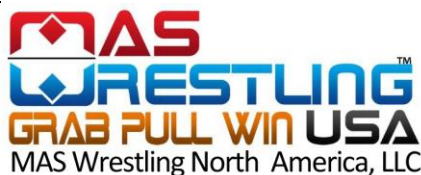
See it in action <https://www.youtube.com/user/MASWrestlingUSA>

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. Per Yakut legend, the Vikings with their long ships brought the sport to Yakutia.

The competitors may be 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





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

Boys			Girls			Junior Men	Junior Women	Men	Women	Veterans				
Mini MAS	Junior	Senior	Mini MAS	Junior	Senior					Men	Women	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+						

AAU Waiver and Consent

In order to be able to participate in this or any other AAU event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC. I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU).

I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases) , from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

