

The 2nd Annual MAS Wrestling Holiday Challenge

Presented by Viking Performance Training

A weekend before Christmas, join us at Viking Performance Training for the 2nd annual MAS Wrestling Holiday Challenge, and be a part of one of the world's fastest growing strength sports!

Viking Performance Training Presents

The Second Annual "Viking Performance MAS Wrestling Holiday Challenge"

Team MAS Wrestling USA membership is required to participate! A year's membership is only \$30, **sign up for your Team MAS USA membership** here: [MAS Wrestling USA membership form](#).

Promoter- Jerry Handley

Date/Time- Saturday, December 17th. Action begins at 12pm.

Location- Viking Performance Training, 139 Greenbag Rd, Morgantown, WV 26501

Weigh-ins- Friday weigh-ins are from 5pm-7pm. Day-of weigh-ins are Saturday from 10:30 – 11:00am.

Rules/Safety Briefing- 11:15am. This meeting is mandatory.

Divisions-

Women's: 55kg (121 lb), 65kg (143 lb), 75kg (165 lb), 85kg (187 lb), 85+ kg (187+ lb).

Men's: 60kg (132 lb), 70kg (154 lb), 80kg (176 lb), 90kg (198 lb), 105kg (231 lb), 125kg (275 lb), 125+ kg (275+ lb).

Consolidation of some classes is likely. Weight categories with 2 or less competitors are merged with the next highest weight class.

Absolute (Men's and Women's)

All classes are currently Open age groups, but teen groups and Masters groups will be added in if number of competitors is high enough.

Weight categories with 3-5 athletes are conducted in Round Robin format; weight categories with 6 or more athletes conducted in Double Elimination A-B format.

Awards-

- Barwis Methods supplements and VPT gear for Absolute Tournament 1st – 3rd
- Holiday themed MAS Wrestling trophies for 1st place weight class winners
- Barwis Methods supplements and Viking themed medals for 2nd – 3rd

Entry- Weight Class Tournament \$30, Weight Class + Absolute \$35 (PayPal will have additional \$2 fee). Must be MAS Wrestling USA member. Entries must be registered **NO LATER THAN Thursday, December 8th**. \$20 late charge. Includes t-shirt. Late entries are not guaranteed a shirt. Additional shirts may be available for purchase.

Contact Info- Jay Handley: (304) 216-7496, theicedwarrior@hotmail.com

RULES:

The order of matches is determined by drawing lots. All matches are determined as **best out of 3 bouts**.

Athletes sit in front of each other, prop their feet against the jam board that divides the competition arena, and pull on a short stick. The athlete that is assigned the "red" side chooses the stick hold position (external or internal) and shows their position and has no right to change it. In the second bout the grip is reversed/switched (internal to external, vice versa). If a 3rd bout is necessary, the "blue" side determines the grip.

The stick must be over the jam board and more or less parallel to it (center must be directly over board). Hands and fingers between competitors are not to overlap in start position.

Feet must begin on the board with heels on the floor, both inside the center starting lines. Upon start of the bout, feet may move anywhere along the jam board but not onto the side supports.

Bout starts on Referee's whistle/signal ("Olor" - Sit, "Belem" - Ready, "Che" - Go).

METHODS OF VICTORY:

Snatching the stick away from your opponent.

Pulling your opponent over the board.

Opponent releases a hand.

Opponent moves one or both feet over the jam board higher than knee level.

Opponent gets 2 cautions in a single bout.

Cautions:

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 the start.

Disobeying the Referee's orders before the start.

Setting feet, body, or head against the lateral device fastening the board.

Athletes fall together.

Points (these may be used for tiebreakers and will be reported to MAS Wrestling USA):

Win 2-0 and receive 3 points; win 2-1 and receive 2 points; lose 1-2 and receive 1 point.

More on rules explanations can be found at [Youtube MAS rules](#).

EQUIPMENT:

Men have traditionally competed shirtless (optional). Women compete with shirts on.

Shorts or tights/compression pants must be worn. No baggy pants covering knees.

Any type of footwear may be worn except cleats or other shoes that dig in to the board.

CONTEST ENTRY FORM

Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Email: _____

Sex (circle): M / F Weight Class: _____ Shirt Size (shirts will be unisex): _____

Entry Fee: Weight Class Only (\$30) / Weight Class + Absolute (\$35)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive, and release all rights and damages I may have against Jerry Handley, MAS Wrestling USA, The City of Morgantown, Viking Performance Training LLC, Carol Atkins, Commercial Land Development, and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the MAS Wrestling Holiday Challenge. I hereby grant Viking Performance Training LLC and all of their agents, successors, licensees, and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance, and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising, and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate Viking Performance Training LLC and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that Viking Performance Training LLC are videotaping and photographing the Event in express reliance upon foregoing, and I represent and agree that I am free to grant the rights granted to Viking Performance Training LLC. Therefore I affix my signature below:

Name (please print): _____ Date: _____

Signature: _____

Parent's Name (if under 18): _____

Parent's Signature (if under 18): _____