

**Heiva Tu'aro i Vaihi 2018 - Tu'aro Ma'ohi
Traditional Sport Competition
Amora'a 'Ofa'i (Stone Lifting)**

Saturday, November 10th, 2018 9am-1pm Waimea Valley, North Shore, Oahu

RULES/REGULATIONS

NO ENTRY FEE

TIME LIMIT: No longer than 3 minutes

RULES: It is a timed competition. Athletes will have to pick up the stone and put it on 1 shoulder with ONLY ONE HAND TOUCHING THE STONE AND THE OTHER ARM OFF THE ROCK.

The clock starts when the stone leaves the ground and stops once the Stone is completely stabilized on top of 1 shoulder with ONLY ONE HAND touching it.

Lighter weight Tane Athletes are allowed to participate in heavier weight categories if they want to challenge themselves with a heavier Stone.

COSTUMES: Athletes must wear a Traditional attire or pareu tied however they prefer; ta'amu samoa, tihere, maro, etc...

CATEGORIES: All athletes compete for 1st, 2nd, and 3rd place Awards.

-VAHINE: 110-130lbs STONE (50-60kg)

-TANE Lightweight: WEIGH UNDER 175lbs (80 KG)- WILL LIFT 175-200lbs STONE (80-90kg)

-TANE Middleweight: WEIGH UNDER 200lbs (90 KG)- WILL LIFT 220-240lbs STONE (100-110kg)

-TANE Heavyweight: WEIGH OVER 200lbs (90 KG)- WILL LIFT A BIG STONE!!!

SCORING: Athletes that complete the task with the best time out of 2 tries.

EXPECTATIONS:

- 1) Be respectful of Waimea Valley.. Leave area clean of rubbish.
- 2) Be respectful of Heiva Tu'aro i Vaihi Staff and Volunteers and to other competitors.
- 3) No alcohol or drugs