

# **Te Moana Nui Games 2023**

## **Traditional Sport Competition**

### **Amora 'a 'Ōfa 'i (Stone Lifting)**

**Saturday, November 4th, 2023 8am-4pm Waimea Valley, North Shore, Oahu**

#### **RULES/REGULATIONS**

**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.

**TANE:**

Lightweight (<75kg/<165lbs)

Middleweight (<95kg/<210lbs)

Heavyweight (>95kg/>210lbs)

**VAHINE:**

Lightweight: (<175lbs/<79.4 KG)

Middleweight: (>175lbs/>79.4 KG)

**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 Te Moana Nui Games Staff and Volunteers and to other competitors.
- 3) No alcohol or drugs