

Te Moana Nui Games 2025

Traditional Sport Competition

Amora‘a ‘Ōfa‘i (Stone Lifting)

Tuesday, November 11th, 2025 9am-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.

Attire: 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)

Tane Master (40 years old and over)

VAHINE:

Lightweight: (<143lbs/<65kg)

Middleweight: (<187lbs/>85kg)

Heavyweight: (>187lbs/>85kg)

Vahine Master (40 years old and over)

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