

Heiva i Vaihi Tu'aro Ma'ohi 2021
Traditional Sport Competition
Amora'a 'Ofa'i (Stone Lifting)

Saturday, November 6th, 2021 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.

-VAHINE:

1 Category

TANE:

Lightweight (<75kg/<165lbs)

Middleweight (<95kg/<210lbs)

Heavyweight (>95kg/>210lbs)

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

***If O'ahu Covid restrictions prevent us from holding an event for the public, the competition will be held on Monday, November 8 while Waimea Valley is closed to the public. If the state allows spectators, the event will be held as planned on Saturday, November 6th