

**Heiva Tu'aro i Vaihi 2019 - Tu'aro Ma'ohi  
Traditional Sport Competition  
Taputo (Traditional Wrestling)**

**Saturday, November 9th, 2019 9am-4pm Waimea Valley, North Shore, Oahu**

**RULES/REGULATIONS**

NO ENTRY FEE

TIME LIMIT: 3-minute Round

RULES: 1st person to get 3 points wins the Match and moves on.

-PUSH OUT (Sumo Style)= 1 point

-2 SHOULDER PIN= 2 points

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:

Lightweight: (<65Kg/<145lbs)

Middleweight: (>65Kg/>145lbs)

-TANE Lightweight: WEIGH UNDER 185lbs (84 KG)

-TANE Middleweight: WEIGH UNDER 220lbs (100 KG)

-TANE Heavyweight: WEIGH OVER 220lbs (100 KG)

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