Te Moana Nui Games 2026
Traditional Sport Competition
Amoraʻa ʻŌfaʻi (Stone Lifting)

Wednesday, November 11th, 2026 9am-4:30pm 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)
Feia ʻApi Boys & Girls (13-17 yrs old)
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.
OVERALL POINTS SCORING: 1st: 7pts, 2nd: 5pts, 3rd: 3pts.
1 point for valid lift for everyone else.

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