



# The Met-Rx Odd Haugen Strength Classic (Northern California)

## Inaugural US Open MAS Wrestling Championship Tournament

- PROMOTER:** Odd Haugen Presents, LLC
- DATE:** 6/30/2013 (Sunday)
- TIME:** 9AM PDT – Check in and weigh in; early weigh in Saturday following strongman; Competition starts at 10AM Sunday
- LOCATION:** Santa Clara Convention Center, Santa Clara, CALIFORNIA
- HOTEL:** See website <http://www.thefitexpo.com/sj/hotel.asp>
- DIVISIONS:** MEN's 198lb and under; 199lb – 231lb; 232lb and over (more weight divisions may be added)  
WOMEN's 154lb and under; 155lb and above
- EVENT:** MAS wrestling is an ancient sport from Yakutia (far northern region of the Russian Republic of Sakha). Athletes sit in front of each other, prop their feet against the board that divides the competition arena and pull on a short stick (see Description and Rules on next page)
- AWARDS:** 1<sup>st</sup> – 3<sup>rd</sup> in each weight class division
- ENTRY FEES:** MAS Wrestling ONLY \$50 for all five (5) Events (Strongman competitors from Saturday's Odd Haugen Strongman Challenge compete for FREE)

**ENTRY DEADLINE:** June 1, 2013 (Tournament Seeding will be by random draw)

**MAKE ALL CHECKS PAYABLE TO:** Odd Haugen Presents, LLC, 212 Heavenly Valley Road, Newbury Park, Ca. 91320

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against National Fitness Productions, Creation Entertainment, Santa Clara Convention Center, Odd Haugen Presents, LLC., Odd and Julia Haugen, North American Strongman, Inc, American Strongman Corp., Willie and Dione Wessels, , any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the Met-Rx **Odd Haugen Strength Classic** and its related events, I hereby grant **Odd Haugen Presents, LLC**, and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate **Odd Haugen Presents, LLC**, and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that **Odd Haugen Presents, LLC**, and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to **Odd Haugen Presents, LLC**, and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

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**PHONE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ (PLEASE BE VERY CLEAR)

**SIGNATURE:** \_\_\_\_\_  
(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)



## The Met-Rx Odd Haugen Strength Classic (Northern California)

### MAS Wrestling Description and Rules

MAS wrestling is an ancient sport from Yakutia (far northern region of the Russian Republic of Sakha). Athletes sit in front of each other, prop their feet against the board that divides the competition arena and pull on a short stick. The athlete that wins the coin toss chooses the stick hold position (internal or external for the first match), and the one who chooses the external hold, shows his position (left or right) and has no right to change it. In second match the grip is reversed/switched (internal/external), and if third match is necessary, another coin toss. The stick must be over the board and parallel to it, hands and fingers are not to overlap. Match starts on Referee's whistle.

**An athlete wins the match if he/his:**

- pulls (snatches out) the stick;
- pulls the opponent over with the stick;
- opponent releases a hand (hands);
- opponent moves one or two feet over the board higher than knee level; or
- opponent gets second caution in single match.

**Cautions are given for:**

- hooking and resting the stick and/or arms against the board and/or toes;
- twisting the stick over 90 degrees vertically and horizontally;
- re-gripping and twisting the stick before start;
- disobeying the Referee's orders before start;
- false start; or
- setting feet, body or head against the lateral device fastening the board;

**No Contest is declared if:**

- the stick breaks; or
- athletes fall together and are not able to continue the match.

Best two of three matches win the Battle. This is a Tournament single Battle elimination with Bonus Points and seeded according to the previous event. Each Battle is best two of three matches, and carry along Bonus Points as follows: Win 2-0 and receive 3 Bonus Points; win 2-1 and receive 2 Bonus Points; lose 1-2 and receive 1 Bonus Point; and lose 0-2 and receive NO Bonus Points. See it in action <http://www.youtube.com/watch?v=nYHiWjChLJA>  
The rules in explained: [http://www.youtube.com/watch?v=M6KsoBiWfiQ&feature=em-share\\_video\\_user](http://www.youtube.com/watch?v=M6KsoBiWfiQ&feature=em-share_video_user)



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## Grip Strength Record Breaker

(Attempt or Break World Records, American Records or your official Personal Bests)

**PROMOTER:** Odd Haugen Presents, LLC

**DATE:** 6/30/2013 (Sunday)

**TIME:** 9AM PDT – Check in; Competition starts at 10AM

**LOCATION:** Santa Clara Convention Center, Santa Clara, CALIFORNIA

**HOTEL:** See website <http://www.thefitexpo.com/sj/hotel.asp>

**DIVISIONS:** Open

**EVENTS:** 5 events each contested separately for max weight/time; overall winner; mark which ones you are competing in:

- Double Overhand Deadlift with IronMind Apollon’s Axle™.
- IronMind Rolling Thunder®;
- IronMind Hub-Style Lift;
- Captains of Crush® Silver Bullet™ Hold;
- Little Big Horn Anvil Lift.

**AWARDS:** 1<sup>st</sup> -5<sup>th</sup> place Sculptured Trophy overall

**ENTRY FEES:** \$50 for all five (5) Events (Strongman competitors from Saturday’s Odd Haugen Strongman Challenge compete for FREE)

**ENTRY DEADLINE:** June 1, 2013 (START ORDER in first event in reverse of receipt of entries, thereafter reverse order of standing)

**MAKE ALL CHECKS PAYABLE TO:** Odd Haugen Presents, LLC, 212 Heavenly Valley Road, Newbury Park, Ca. 91320

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**The Met-Rx Odd Haugen Strength Classic (Northern California)**  
**The 2<sup>nd</sup> Annual Odd Haugen Strongman Challenge**  
 (North American Strongman Inc. Membership required of all Contestants)

**PROMOTER:** Odd Haugen Presents, LLC

**DATE:** 6/29/2013 (Saturday)

**TIME:** 9AM PDT – Check in and registration; Competition starts at 11AM

**LOCATION:** Santa Clara Convention Center, Santa Clara, CALIFORNIA

**HOTEL:** See website <http://www.thefitexpo.com/sj/hotel.asp>

**DIVISIONS:** Platinum Plus Level Open Men (Heavy Weights); Winner gets ASC Pro Card

**EVENTS:** Five (5) disciplines (events) will be contested which will be randomly drawn from the five (5) discipline buckets ATTACHED and made part hereof. Each athlete picks one (1) favorite discipline from each bucket. Final draw of disciplines will be done no less than one week from date of contest, and will be promptly announced via email to all athletes.

**AWARDS:** 1<sup>st</sup> – 5th Sculptured Trophies; winner receives direct invite and travel expenses for the 2014 All American Strongman Challenge

**ENTRY FEES:**  Odd Haugen Strongman Challenge \$100.00 including free entry Ironmind Grip Challenge  (check here) and US Open MAS Wrestling Tournament  (check here and indicate body weight \_\_\_\_\_) on Sunday the 30<sup>th</sup>.

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The Met-Rx Odd Haugen Strength Classic (Northern California)

Please **CIRCLE** your preferred **EVENTS**, one **EVENT** from **EACH** BUCKET PLEASE!

2nd Annual Odd Haugen Strongman Challenge

	<b>Overhead Bucket</b>		<b>Carry/Grip Bucket</b>		<b>Static Lift Bucket</b>		<b>Classical Bucket</b>		<b>Stones Bucket</b>
1	308lb <b>Log Lift</b> C&P Reps	1	275lb <b>Farmers Carry</b> Max Distance	1	507lb Front Squat w/Axle Reps	1	915lb Super Yoke Timed /60' Distance	1	5 Atlas Stones of Strength to Rings (260, 310, 330, 350, 375)
2	310lb <b>Viking Press</b> Reps	2	330lb <b>Farmers Carry</b> Timed/ 60' Distance (no drop)	2	705lb Sidehandle Deadlift Reps w/straps	2	396lb Shield Carry Max Distance	2	5 Atlas Stones to Boxes (260, 310, 330, 350, 375)
3	308lb <b>Axle C&amp;P</b> Reps	3	705lb <b>Frame Carry</b> Timed /60' Distance (no drop)	3	660lb Deadlift Bar Reps w/straps	3	388lb Natural Stone Carry Max Distance	3	375lb Atlas Stones over Bar (56") Reps
4	181LB <b>Giant Dumbbell Press</b> Reps	4	<b>Deadlift Hold</b> (side handles) Timed (705lb)	4	606lb Deadlift 2" Axle Reps No Straps	4	Tire Flip (1100lb) Timed/60' Distance	4	310lb Atlas Stone to Shoulder Reps
5	<b>OH Medley</b> (253lb block, 275lb field stone, 320lb log, 330lb axle, 181LB Giant Dumbbell)	5	<b>Wheelbarrow</b> Timed/ 60' Distance with Loading of 3 objects	5	Deadlift Medley (606lb Axle Deadlift, 660lb Deadlift plus 750lb Deadlift 1.5" Axle Reps w/straps)	5	Tire Flip Medley (3 tires: 700; 900; 1100lbs) Timed	5	5 Natural Stones to Boxes (220, 275, 290, 388, 410)

<b>All Competitors Must complete (strongman, grip and MAS)</b>	
<b>Name</b>	
<b>From</b> (City, State and Country)	
<b>Profession</b>	
<b>Height</b>	
<b>Weight</b>	
<b>Best results</b> in any strength athletics	