

MAS-WRESTLING



Mas-Wrestling – a special philosophy of physical and spiritual training of the harmonious personality, an integral part of rich culture of the Sakha people. The modern name of this kind of martial art was offered by the first Olympic Champion in free-style wrestling from the Sakha people Roman Dmitriyev.

«Mas» in translation from Yakut means «wooden stick», «Wrestling» from English - «struggle».



Mas-Wrestling incorporated spirit of the Sakha people bears a special mission – it is the ambassador of our culture in other countries and serves high ideals of the Olympism.

We intend to do everything possible that Mas-Wrestling with equal other sports has entered the Olympic family. We know that world famous Olympic sports disciplines have national roots.

The modern world promptly changes and all new sports come to the arena. I am sure that in their number in the near future there also will be our Mas-Wrestling.

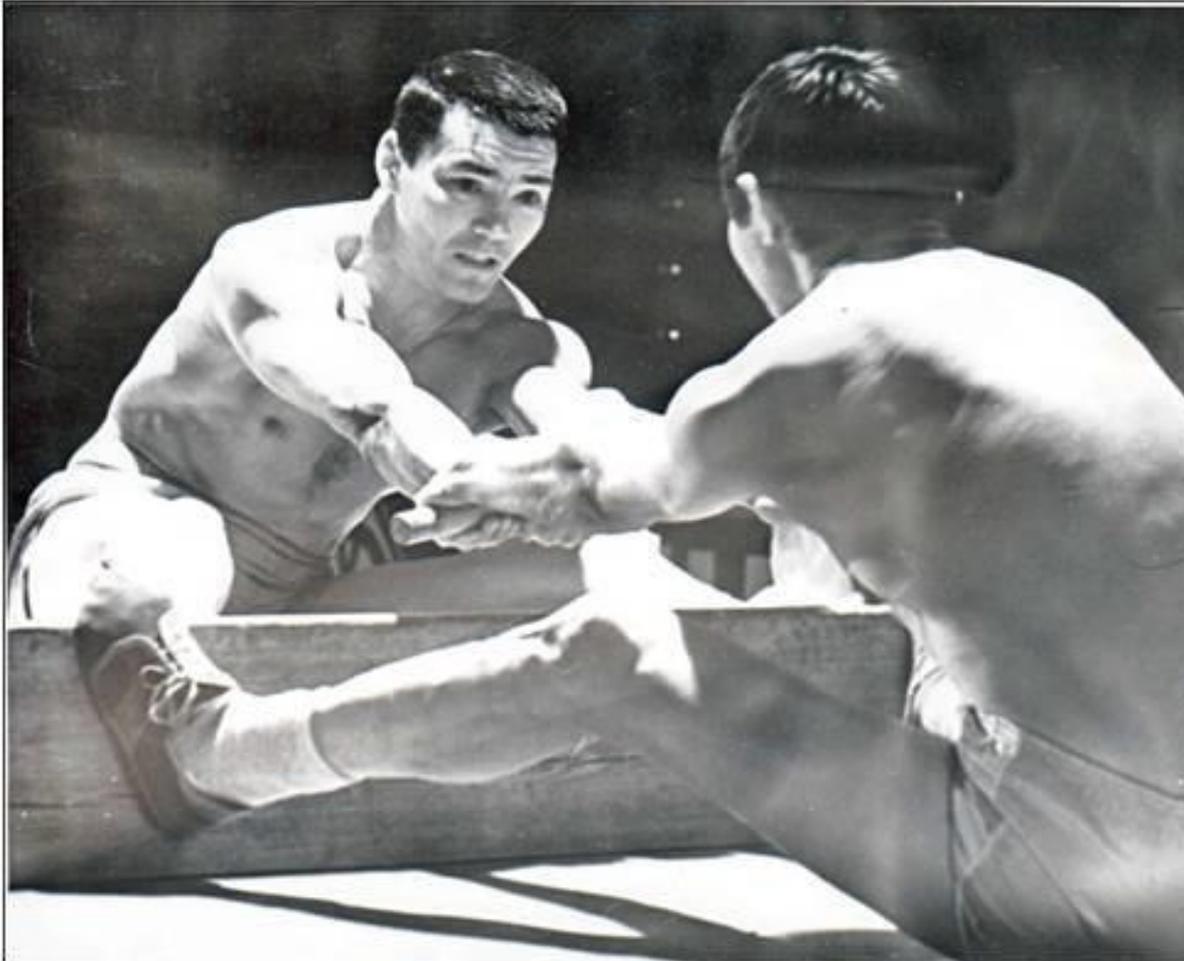
Alexander K. Akimov

The IMWF President, member of the Federation Council of Federal Assembly of the Russian Federation – the representative from the Legislative Assembly (Il Tumen) of the Republic of Sakha (Yakutia), the Deputy Chairman of the Federation Council Committee on the Federal Structure, Regional Policy, Local Government and Affairs of the North, the Doctor of Economics, Professor.



Mas-wrestling roots come from the depth of the past. The important factors of popularity were the geographical arrangement and climatic conditions. Life in Far North where very long winters and temperature falls to minus 60 degrees and in summer goes to 40 degrees are constant struggle for survival. The Sakha people had to keep good physical condition for survival in severe climate. For this purpose throughout many generations a peculiar system of support of physical health of the nation and a part of this was Mas-Wrestling. Yakut people from immemorial times are engaged in original physical exercises and constantly organize various competitions.

Later enthusiasts have begun to try to use different methods, run on the board with the purpose to beat the opponent out from balance, introduced restriction on time, etc. All this promoted rapid growth of popularity of the revived sport, it became more spectacular and dynamic, now competitions and television broadcastings from the place of events steadily attract interest of the most general public.



Mas-Wrestling Development Department responsible for the development of mas-wrestling in Russia and abroad was opened in Vasily Manchaary Republican Center of national sports in Yakutsk.

Mas-Wrestling is taught in two federal institutes of sports and two national teachers' colleges. Mas-wrestling is included in the curriculum of physical education. A great number of different mas-wrestling competitions among children and adults are held all over the world.





Mas-Wrestling – democratic sport as men, women, children and veterans can compete in it. For engaging in Mas-Wrestling isn't necessary the expensive inventory, also specially equipped sports constructions aren't required.

It is possible to organize competitions easily in the summer in the open air, and in the winter – on the small platform in any room.

Inventory of the competition venues

Competition area

Area for competition should be a raised platform - smooth, without rough area, capable of supporting loads of up to 600 kg/m², sized 600cm x 600 cm, height – from 20 to 100 cm and technical zone with the dimensions 1,5 - 2 m from the blue and red sides of the end of the platform.

Jam board and stick

The board should have the following dimensions:

- for men and women: length of the inside is 200 cm (between the side supports), height - 24 cm, width – 4-6 cm, the edges of the upper edges should be rounded, smooth, height of the rounded top edge - 1.5 cm ;
- for boys and girls: the length of the inside part is 200 cm (between the side supports), height - 22 cm, width – 4-6 cm, the edges of the upper edges should be rounded, smooth, height of the rounded top edge - 1.5 cm .

The board must have start zone marked contrast lines, spaced from the outer edges of the board to 50 cm.

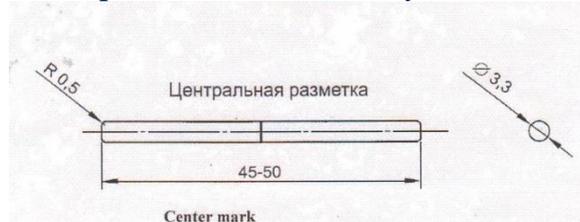
The board should be firmly secured at both ends with side supports with width – 15-25 cm, height of 22-24 cm.

Side supports should be smooth, without sharp angles.

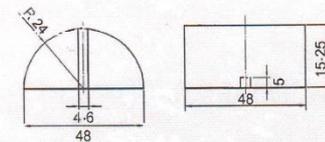
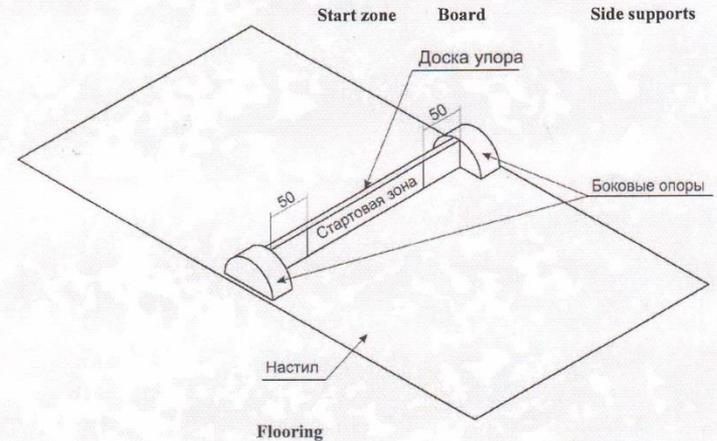
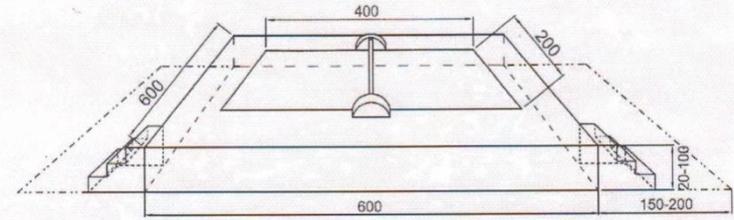
The stick should be made from birch or other durable species of wood, the stick should have center mark with width in 1 (one) cm with following dimensions: length 45-50 cm, diameter 33 mm.

In all official competitions the inventory must be certified by the IMWF.

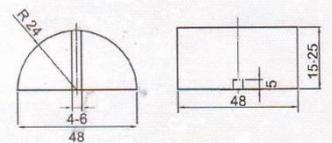
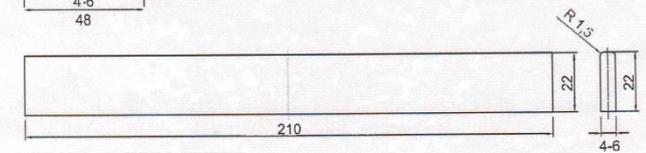
Stick



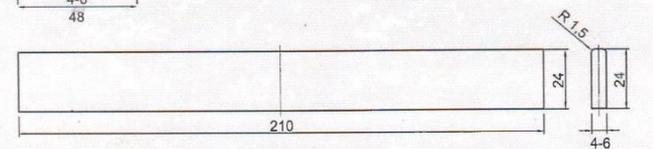
Competition area

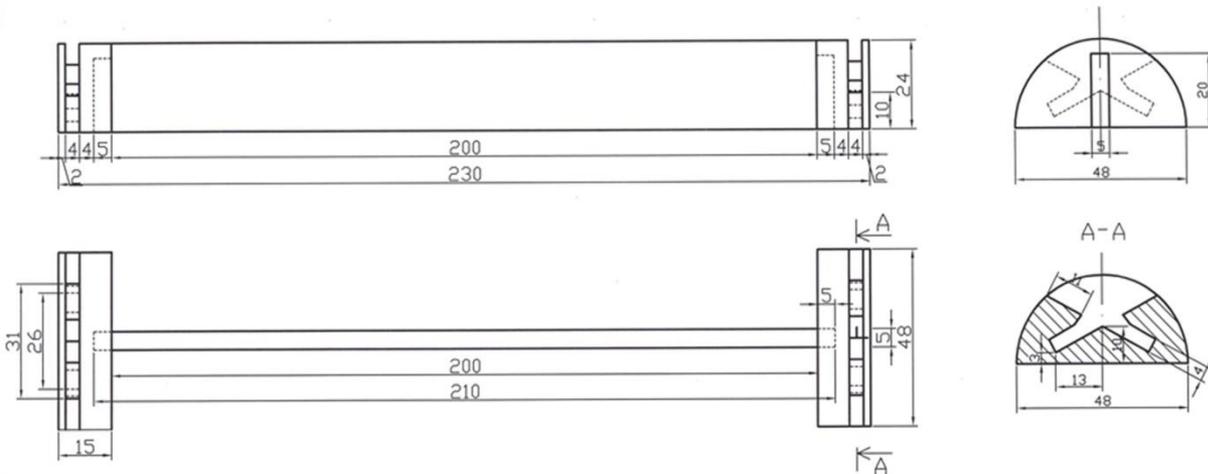
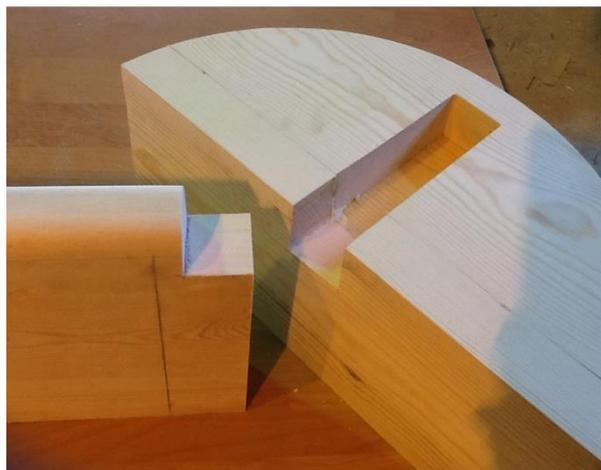
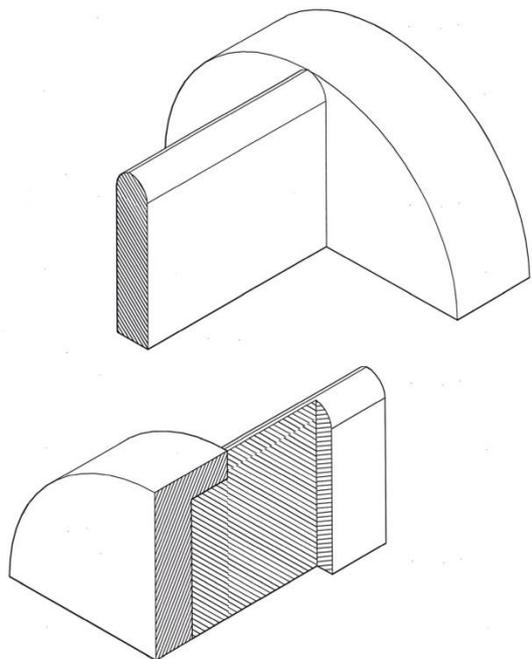


Jamb board for boys and girls



Jamb board for men and woman

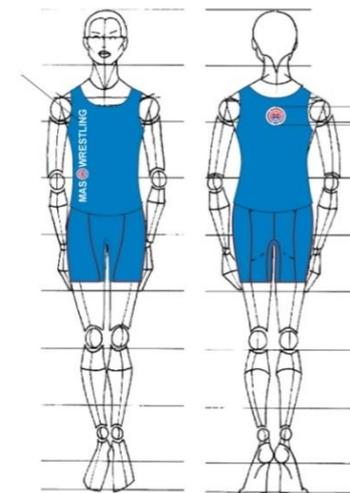
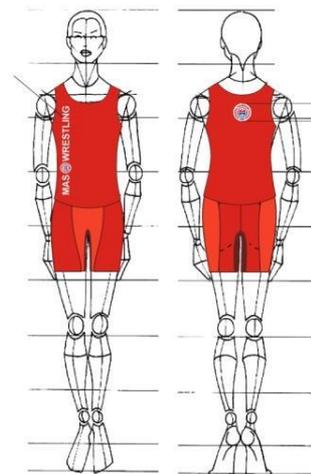




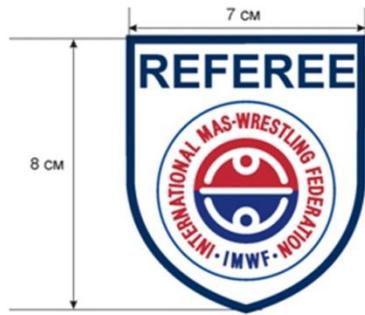
According to the competition rules of Mas-Wrestling all athletes should compete in uniform:

Men – sport shorts for Mas-Wrestling (red and blue), sport shoes without spikes (trainers, sneakers), gaiters are allowed but no higher of knees;

Women – sport shorts for Mas-Wrestling and sports T-shirt (red and blue), sport shoes without spikes (trainers, sneakers), gaiters are allowed but no higher of knees.



Mas-Wrestling Referee Uniform



Weight categories. MEN (kg)

60, 70, 80, 90, 105, 125, +125 and absolute



Weight categories. WOMEN (kg)
55, 65, 75, 85, +85 and absolute



Weight categories – boys (kg): 60, 70, 80, 90, 105, +105
- girls (kg): 50, 60, 70, 80, + 80





International Mas-Wrestling Federation

Executive committee



Alexander Akimov
President
Russia



Innokentiy Grigoriev
Secretary-General
Russia



Alexander Kim-Kimen
I Vice-president
Russia



Nikolay Kolodko
I Vice-president
Russia



Odd Erling Haugen
Vice-president
United States of America



Vilmar Silva Oliveira
Vice-president
Brazil



Carl Justin Waitoa
Vice-president
New Zealand



Bolsunbek Kazakov
Vice-president
Kyrgyzstan



Askat Akibaev
EC member
Kyrgyzstan



Glenn William Thomas Ross
EC member
Great Britain



Mikhail Gulyaev
EC member
Russia



Talap Imataliev
EC member
Kazakhstan



Anna Lewandowska
EC member
Poland



Martina Ollesch
EC member
Germany



Timur Sabirov
EC member
Uzbekistan



Omarmukhtar Tamboli
EC member
India



Lena Tomskaya
EC member
Russia



Vasily Yakovlev
EC member
United States of America

International Mas-Wrestling Federation

№	National federations (countries)	№	National federations (countries)
1	Australia	23	Lithuania
2	Azerbaijan	24	Madagascar
3	Argentina	25	Moldova
4	Armenia	26	Mongolia
5	Bangladesh	27	Norway
6	Belarus	28	United Arab Emirates
7	Bulgaria	29	Pakistan
8	Benin	30	Poland
9	Brazil	31	Russia
10	Czech Republic	32	Serbia
11	Estonia	33	Slovakia
12	Hungary	34	Sri Lanka
13	Germany	35	Sweden
14	Greece	36	Tajikistan
15	Georgia	37	United Kingdom
16	Guatemala	38	United States of America
17	India	39	Uzbekistan
18	Iran	40	Ukraine
19	Iceland	41	Uruguay
20	Kazakhstan	42	Philippines
21	Kyrgyzstan	43	Finland
22	Latvia		

National Mas-Wrestling Federations



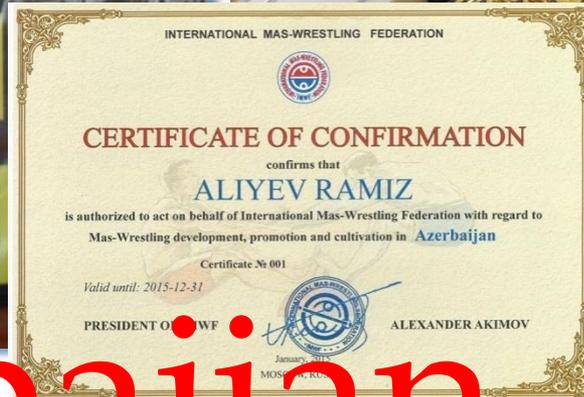
**MAS-WRESTLING
NATIONALS
MELBOURNE
SEPTEMBER 21ST**



WORLD QUALIFIER



Australia & OCEANIA



Azerbaijan





ARMENIA



BRAZIL



Belarus





BULGARIA



CZECH Republic





helyen talál egyesület, amely a szövetségre hozta be a sportágot, és már Jakutlandban és visznek a versenyre. A versenyre portok vannak, kivéve a 125 kg feletti versenyzőknél. Ennek megfelelően Sárosdor 60-70-90-100-120 és 125 kg feletti kategóriában indult 50 jelentkező.



A verseny menete a következő: egy kitámasztó eszköz segítségével egymással szembe ülnek a versenyzők, majd mindegyik talpukat jól kitámasztják, és előre hajolnak a bot

Hungary



Great BRITAIN



Bangor set for new

BANGOR'S Irish Strength Expo event, which was held at the Aurora Sports Complex in April, has laid the groundwork for future multi-disciplinary strength sports conventions in Ireland when the show entertained over 300 spectators over the one-day expo in its first year.

The six events were: Irish Strongman Classic UK MAS Wrestling (first time to be held anywhere in Ireland, north or south) GPC Powerlifting

Irish Closed Wrestling Championships Mighty Mitts Height Wars This was the first of an event has Ireland, north bringing the within Ireland to one roof. It also international at Dariusz Mirowski in from bench pressed under GPC rules.

Now that it is all over for the 60+ athletes and 300+ fans, the Irish Strength Association

have happened. Thanks also to co-support organisers GPC Ireland, NI Karate and Irish Arm Wrestling Federation.





Fibo German Open 2015
mas Wrestling

Deutsche Meisterschaft im MAS Wrestling



04. Oktober in 16866 Kyritz
auf dem Marktplatz

Beginn 14:00 Uhr

Logo: MAS WRESTLING GERMANY

Logos: CITROËN, Alfred Kelch, PEUGEOT, hagebaumarkt (HIER HILFT MAN SICH.)

ifikation zur Weltmeisterschaft +++ Qualifikation zur Weltmeisterschaft +



Beginn 9.30 Uhr
Datum 12.04 .15

Direkt neben der
Strongmanfläche

Halle 4.2:



Freundschaft
+ Frieden

GERMANY



INDIA



Iceland





**II-ой РЕСПУБЛИКАНСКИЙ ТУРНИР
ПО МАС-РЕСТЛИНГУ
И СИЛОВОМУ ЭКСТРИМУ**

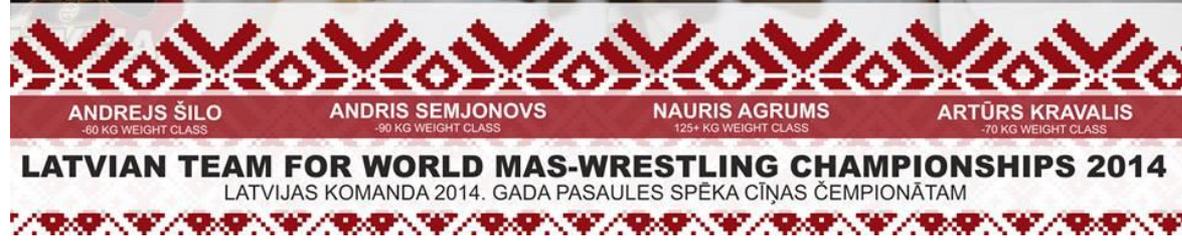
STRONG NOMAD

www.kbff.kz

A collage of small images showing various strength and wrestling events: a mas-wrestling match, a man lifting a large tire, a man lifting a heavy barbell, and a man lifting a large wooden log.

Kazakhstan





LITHUANIA





Madagascar





Moldova



Mongolia



DRACKAMP: Kent Oskar Arnevik og Glenn Ebjølsen i en real dragkamp i minus 90 kilo-klassen. Ebjølsen vant 2-0.

FOTO: STEIN HARAAL DIGRAAD

Kraftkarer i «kjevletrekk»

MAS-bryting er en sport som ble lansert i Norge i høst. I helgen ble det arrangert åpent NM i Tvedestrand, med internasjonale stjerner på plass.

AV ENIK ALBREYSEN
Foto: Dagbladet

«I dag som ikke vet hva MAS-bryting er, så forklarer en av påmeldte Jan Holge Yvonne Møller det på enkelt mulig måte: «Det er en primitiv sport som har røtter tilbake til vikingtiden, den gang under navnet kvadrantikk. I senere tid er det nord-Russene som har utviklet seg dominert i sporten. Det er en gammel sport i Russland, forklarer Møller.

«Man må lære av de beste»

Nå vil han utvide og gjøre sporten mer kjent også i Norge. «Dette er et pilotprosjekt det har startet her. Håper er jo at folk synes det er gøy. Med den kompetansen det har vært i dag, så er det nye som treder på det, forteller han.

«Det var til tider godt med publikum inne i et hjørne på Griens Stadioner. En nice spesiell plass å arrangere et NM, men samtidig en god lokal markedsføringsplass for sporten.

Norgesmestere fra Arendal
Klassen minus 105 kilo i VM ble tatt av kvinnene fra Arendal. Fem år gammel var hun på det tidspunktet, og hun ble tatt av VM-er i Arendal. Hun er en av de mange som har tatt VM-tittelen i Arendal.

VII III VM
Glenn Ebjølsen ble tatt av VM-er i Arendal. Han er en av de mange som har tatt VM-tittelen i Arendal. Han er en av de mange som har tatt VM-tittelen i Arendal.

«Jeg har jo trent i mange år, men ikke akkurat dette. Jeg startet med MAS-bryting for tre måneder siden. Dette vil jeg fortsette med og håper på å kunne kvalifisere meg til VM, forteller han.



NORGESMESTER: Lars Eirik Gran (t.v.) utmerket seg og ble kronet med titelen norgesmester i klassen minus 80 kilo. Her i duell mot Kenneth Andersen.



SUPERFINALE: Vinner av Spen klasse, Henrik Hildeskar Venemyr, møtte vinner av minus 105 kilo Vasilii Alexeev. Venemyr vant første runde, men måtte til slutt se seg slått av en taktisk god russer.



LETT MATCH: Christina Sundby fikk bryne seg på Tatlana Griqov som er en av verdens beste kvinner i MAS-bryting.



VETERANER: Odd Haugen har brakt sporten fra USA til Norge. Her møter han Egil Beril Johnsen til duell.



VISTE MUSKLER: Christopher Bjørnsen fra Arendal kom på 3. plass i klassen minus 105 kilo.

UT PÅ NETT: Se video på agderposten.no

United ARAB Emirates



Golden boy Kolibabehuk leads the way as Russia dominates Mas wrestling event

Country grabs two podium places in final round of World Cup in Dubai

DUBAI
By ALARIC GOMES
Senior Reporter

Russia dominated at the first Dubai International Mas Wrestling Championship, picking up two places on the podium at the Mirafid City Centre here late on Saturday. Russia's Victor Kolibabehuk was crowned champion when he defeated Abrutis Antanas from Lithuania in the title fight, while Fedor Fedorov from Russia was third.

The Dubai round of the competition was the third and final round of the Mas Wrestling World Cup and it was Kolibabehuk, who walked away with the overall title for his dominance in the World Cup this year.

The earlier two competitions were held in Moscow and St Petersburg.

Around 20 wrestlers from 14 countries made it to the Dubai round, with total of more than 50 taking part in the entire competition, including four wrestlers from the UAE - Khalid Ali Haj Mohammad, Faisal Ahmad Obaid Al Ghais, Latif Rashid Mohammad and Mike Danile Adekemie.

Colonel Humaid Al Ansari, Director, Dubai Police Sports Affairs Department, who was also the main organiser, was joined by Dmitry Glushko, Vice-President, Sakha Republic of Yakutia, Georgiy Balakshin, First Deputy Minister of Sports, Sakha Republic of Yakutia, Innokentiy Grigortsev, Director of Republican Centre of National Sports, and Dmitry Meishov, Vice-President, International Mas Wrestling Federation at the presentation after the final.



Courtesy: Dubai Police

Big winners

■ The top three finishers at the first Dubai International Mas Wrestling held in Dubai on Saturday.



Courtesy: Dubai Police

Trophy show

■ The winners join local organiser Colonel Humaid Al Ansari and other officials after the presentation at the Mirafid City Centre.

FACTFILE Feature sport

■ Mas Wrestling is the international name used for the Yakut ethnospport, derived from the traditional stick pulling game 'mas tard'yhyv'. It will be a feature sport in next year's Sochi Winter Olympics.

Two wrestlers sit in front of each other, prop their feet against a dividing board between them and tug on a wooden stick (mas) while keeping it parallel to the propping board. Mas wrestling demands great muscular strength from the hands, legs, back and abdominals. Victory is declared when a contestant manages to pull his opponent over the board and keep the stick in his hands.

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Mas-Wrestling World Cup in Dubai



Pakistan



POLAND



MIĘDZYDROJE



MAS USA



United States of America



2013 IRONMIND GRIP STRENGTH
RECORD BREAKER
OPEN MEN
1ST PLACE





Presentation Mas-Wrestling Tournament - 2013 at the Arnold Sport Festival in Columbus, USA





Since 2015 Mas-wrestling was included into the official Program of the **Arnold Sport Festival**



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UKRAINE





U R U G U A Y



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ESTONIA



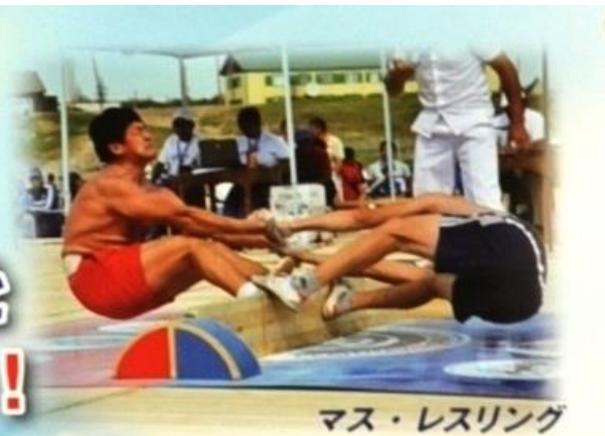


Ph
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Japan



ロシア連邦の
民族・伝統武道を
見て・体感できる!





International Mas-Wrestling Tournament

«Peter I Cup»

city of St. Petersburg



I Mas-Wrestling World Championship

November, 28-30 2014, Yakutsk, Russia

**MAS
WORLD**



**WRESTLING
CHAMPIONSHIP**

**МАС
ВОСЛ
ЧЕМПИОНШИП**



ЧЕМПИОНШИП

Participants from 35 countries from 5 continents:

Australia, Azerbaijan, Armenia, Belarus, Brazil, Great Britain, Hungary, Germany, Egypt, Georgia, India, Iran, Iceland, Kazakhstan, Kyrgyzstan, Latvia, Lithuania, Moldova, Mongolia, New Zealand, Norway, Pakistan, Poland, Russia, North Ireland, Serbia, USA, Tajikistan, Uzbekistan, Ukraine, the Philippines, Finland, Sweden, Estonia, Japan



Yakutia presented the world
MAS-WRESTLING







Victor Kolibabchuk (Russia)
World champion (125+ kg)



II World Mas-Wrestling Absolute Championship



March 3-6, 2016
Columbus, USA





III European Mas-Wrestling Championship

July 23-24, 2016, Batumi, Georgia



BATUMI
2016



Participants from Azerbaijan, Armenia, Germany, Georgia, Poland, Russia, Ukraine, Finland, Czech Republic





ВСЕМИРНЫЕ ИГРЫ
КОЧЕВНИКОВ

2016 Кыргызская
Республика



**KYRGYZ REPUBLIC
CHOLPON-ATA**



SEPTEMBER 3-4, 2016

MAS-WRESTLING

II WORLD CHAMPIONSHIP

**II Mas-Wrestling
World Championship**
September, 3-4, 2016
Cholpon-Ata
Kyrgyzstan

191 participants from 32 countries



II Mas-Wrestling World Championship



II Mas-Wrestling World Championship



International Mas-Wrestling Federation



V IMWF Congress
Cholpon-Ata, Kyrgyzstan
September 4, 2016

Dear friends!

Mas-Wrestling is not only school of sports skills, but also special philosophy of physical and spiritual training of the harmonious personality, an essential part of rich culture of Sakha people. Owing to systematic and consecutive revival work and further development of the Yakut national sport there were achieved certain results: the International Mas-Wrestling Federation develops Mas-Wrestling all over the world: Europe, Asia, Africa, North America, South America, Australia and Oceania.

In the work IMWF relies on support of the National Federations in different countries. Neither any decision of the IMWF Management can be taken without their consent, nor international event connected with promotion of Mas-Wrestling in the world. Together with a Management of the National Federations we managed to make a lot of things for rather short period. In each country a lot of work on promoting of Mas-Wrestling is held, organized tournaments of different level. We can tell with pride that Mas-Wrestling covered more than forty countries of the world and every year the quantity of the National Federations will grow.

Welcome to Mas-Wrestling World!