

**APPROVE**  
**Director**  
**SBI RS(Y) «Republican Center of**  
**National Sports named after**  
**Vasily Manchaary»**

**G.A. Vasiliev**

« »

**2022.**



**REGULATION**  
**on holding competitions**  
**in national sports of the Republic of Sakha (Yakutia)**  
**within the sports program**  
**VII Eastern Economic Forum**

**Vladivostok – Russkiy Island, 2022**

**Regulation on holding competitions  
in national sports of the Republic of Sakha (Yakutia)  
within the sports program  
VII Eastern Economic Forum**

**Aims**

Competitions are held in the aim of popularization national sports of the Republic of Sakha (Yakutia), strengthening friendly relationship among countries.

**Date and venue**

Competitions are held on September 5-8, 2022 in Vladivostok (Russia) on address: Russkiy Island, Far Eastern Street.

Competition Program:

September 5 – arrival day;

16.00 -18.00 – registration and drawing of participants;

September 7 – competitive day;

September 8 – departure day.

**Management**

General management of preparation and holding of competitions is carried out by the All-Russian Mas-Wrestling Federation, International Mas-Wrestling Federation, Joint Stock company «Yakutia Railways», SBI of the Republic of Sakha (Yakutia) «Republican Center of National Sports named after Vasily Manchaary» and Mas-Wrestling Development Fund "Planet Mas-Wrestling" and Organizing Committee on the preparation and holding Eastern Economic Forum.

Direct responsibility of holding the event carried on the Grand Jury, approved by the International Mas-Wrestling Federation.

**Participants**

Allowed to participate 16 athletes passed medical examination and permitted to engage in power sports by the personal invitation of International Mas-Wrestling Federation.

Participants are divided into two teams of 8 people (4 people in the weight category up to 75 kg and 4 people in the weight category up to 90 kg) according to the rating based on the results of the international mas-wrestling tournament on September 6th.

**Sports Program:**

**1. Mas-wrestling.**

Competitions are held according to the current rules of the International Mas-Wrestling Federation.

All members of both teams participate on a wall-to-wall basis. The winning team is determined by the highest number of points won.

**2. Yakutian spinning**

Each team has 2 athletes in the weight category up to 75 kg. Participants perform the exercise in pairs.

Each participant takes a stick 25 cm long with his left (right) hand with a grip from below from one end, with the other hand - with a grip from above from the other end and puts the stick on a special stop - takes the starting position.

At the command of the judge, the participant begins to roll over through the left or right hand, without releasing the stick from his hands. Then it returns to its original position. At the same time, it is not allowed to tear off the stick from the stop, change the initial grip, touch the ground.

Participants are given 2 minutes and one attempt to complete the exercise.

The winner is the team that made the most turns in total.

### **3. Yakutian jumps (three on three) 3 x 3**

Yakut jumps are a kind of horizontal jumps performed from a running start in order to overcome the greatest distance.

2 (two) athletes from each team participate.

Participants make 9 (nine) non-stop jumps:

3 "kylyy" jumps - on one leg, 3 "ystanga" jumps - from foot to foot, 3 "kuobah" jumps - on two legs.

Jumps are made from a running start, sequentially and without stopping, with a mandatory landing on both feet.

Places of teams are determined by summing up the best result of two attempts.

### **4. Yakutian rope**

2 athletes from each team participate.

A rope 6 m long is attached to round sticks 30 cm long and 2.5 cm in diameter. The center line mark is located at a distance of 3 m from the sticks. The winner in the pair is the one that quickly twists the rope to the center mark.

The team wins by the sum of points for a victory in each duel.

### **5. «Oybon» (watering from an ice-hole)**

Each team has 2 athletes in the weight category up to 75 kg

Athletes take the right hand on the left ear and the left hand on the toe of the right foot. From this position, they must tilt their teeth to grab the "kytiya" vessel (as if drinking water from an ice hole).

Each participant is given two attempts. One completed is counted.

### **6. Relay run with sandbags weighing 100 kg**

4 athletes in the weight category up to 90 kg from each team participate.

Both teams start at the same time. Every 50 m athletes change each other. The participant who ran to the mark puts the bag on the ground, the next participant picks it up and runs to the next mark, where the next team member is waiting for him.

The team that reaches the finish line first wins.

#### **Determinations of winners:**

The team-winner is determined by total points on kinds of competitions.

#### **Awarding**

Members of team-winner to be awarded with medals, diplomas and memorable prizes.