

NAGA U.S. NATIONAL GRAPPLING CHAMPIONSHIP

2010 NAGA U.S. NATIONAL GRAPPLING CHAMPIONSHIP

On Saturday, February 27, 2010, NAGA brings its U.S. National Grappling Championship to Atlanta, Georgia. This tournament is open to all grappling styles and competitors. You do not need to be on a team or be a member of any organization to compete. This event is nationally RANKED!

SAMURAI SWORDS TO CHILDREN & TEEN WINNERS

NAGA will be handing out custom engraved SAMURAI SWORDS to all Children & Teen 1st place winners! Octagon medals will be awarded to all Adult divisions winners. All Adult, Kids & Teens 2nd & 3rd place winners take home octagon medals. Many adult competitors have asked to replace swords with gold medals; adults who place 1st will have the option to obtain samurai swords at the NAGA T-shirt Booth (for a nominal fee).



6 SPECTACULAR CHAMPIONSHIP CUP TEAM AWARDS

All 6 of our top teams (Adult Gi, No-Gi & Children 17 yrs. & under) will receive a custom made CHAMPIONSHIP TEAM CUP. Don't miss this opportunity to showcase the talent that your academy possesses.

DOUBLE THE TEEN DIVISIONS - NEW AGE GROUPS

With the huge number of teenagers competing at NAGA events we have decided to double the number of teen divisions. We will now have separate age group divisions for teens 14 & 15 year olds, and 16 & 17 year olds. We will be using the same weight classes as in the past. Children 13 years and under will also be broken down by weight and age.

NEW ADULT ABSOLUTE NO-GI DIVISIONS

Many NAGA No-gi competitors have asked us to allow them to compete in multiple skill levels in order to get more opportunities to roll the day of the competition. In order to facilitate their request we have added Novice, Beginner and Intermediate Absolute No-Gi Divisions. These No-Gi Divisions will begin once all the regular No-Gi divisions have ended so no-gi grapplers will not miss their second chance to compete. 1st through 3rd place winners take home octagon medals.

CHAMPIONSHIP BELT

The winner of our Advanced Absolute No-Gi Division will take home a NAGA Championship Belt; this is an open weight class division for advanced competitors only. The winners of the Novice, Beginner & Intermediate Absolute Divisions will take home octagon medals.

FREE OPEN MAT WITH NAGA REFEREES

Here is your chance to roll with NAGA Referees and NAGA Staff members. Our staff will be happy to share techniques with you, help you get a good sweat in or to just have some fun. Our referees are experienced competitors, come learn from them and help improve your game. Open Mat will take place on Friday night from 6:30 to 7:30 PM at the venue.

WEIGH-IN ON FRIDAY OR SATURDAY

NAGA will be offering all competitors the option of registering and weighing-in the night BEFORE the tournament from 5 PM to 8 PM. If you cannot make it on Friday, all competitors can register/weigh-in all day on Saturday beginning at 8 AM.

RANKED EVENT



All NAGA events are part of the nationwide ranking system entitled RANKED. Our goal is to determine who the best grapplers in the country are for various age, gender, and skill levels. This tournament will be nationally ranked so do not miss your opportunity to gain points towards a true national title. Visit nationallyranked.com for more details.

NAGA U.S.NATIONAL - ADULT PRE-REGISTRATION FORM (Pre-Reg Deadline 2/19/10)

Name:	Phone:
Address:	FREE T-Shirt, Circle One: S, M, L, XL, 2X, 3X
City:	State: Zip:
Email:	Team: DOB:

MEN'S ADULT NO-GI & GI GRAPPLING DIVISIONS:

MEN'S NO-GI EXPERIENCE LEVELS	WEIGHT CLASSES
<input type="checkbox"/> MEN'S NOVICE Under 6 months experience, no wrestlers	Fly Weight (139.9 lbs. & Under)
<input type="checkbox"/> MEN'S BEGINNER 6 months to 2 years experience	Feather Weight (140 lbs. to 149.9 lbs.)
<input type="checkbox"/> MEN'S INTERMEDIATE 2 years to 5 years experience	Light Weight (150 lbs. to 159.9 lbs.)
<input type="checkbox"/> MEN'S ADVANCED 5 years experience & above	Welter Weight (160 lbs. to 169.9 lbs.)
Actual Weigh-in will determine which division you compete in	Middle Weight (170 lbs. to 179.9 lbs.)
MEN'S GI DIVISIONS (WHITE & BLUE BELTS)	Light Heavy Weight (180 lbs. to 189.9 lbs.)
<input type="checkbox"/> MEN'S WHITE BELT (Use the weight divisions to the right)	Cruiser Weight (190 lbs. to 199.9 lbs.)
<input type="checkbox"/> MEN'S BLUE BELT (Use the weight divisions to the right)	Heavy Weight (200 lbs. to 224.9 lbs.)
	Super Heavy Weight (225 lbs. & Above)
MEN'S GI PURPLE, BROWN & BLACK BELT (ADVANCED) DIVISIONS	
PURPLE BELT <input type="checkbox"/> Lt Wt. (154.9 lbs. & Under) <input type="checkbox"/> Middle Wt. (155 to 174.9) <input type="checkbox"/> Cruiser (175 to 199.9) <input type="checkbox"/> Super Heavy (200 +)	
ADVANCED GI <input type="checkbox"/> Lt Wt. (154.9 lbs. & Under) <input type="checkbox"/> Middle Wt. (155 to 174.9) <input type="checkbox"/> Cruiser (175 to 199.9) <input type="checkbox"/> Super Heavy (200 +)	

MEN'S NO-GI ABSOLUTE DIVISIONS (Open Weight Class):

NOVICE BEGINNER INTERMEDIATE ADVANCED (Advanced winner takes home Championship Belt)

MEN'S MASTER'S GI & NO-GI GRAPPLING DIVISIONS:

MEN'S MASTERS DIVISIONS (Ages 30 yrs & above)	CHECK ONE:	WEIGHT CLASSES for MASTERS
<input type="checkbox"/> MASTER'S NOVICE < 6 months exp. No wrestlers	<input type="checkbox"/> No-Gi Only	Masters Novice, Beginner & Intermediate divisions use the same 9 weight classes as the No-Gi Divisions above. Masters Advanced use the 4 weight classes below.
<input type="checkbox"/> MASTER'S BEGINNER 6 months to 2 yrs exp.	<input type="checkbox"/> Gi Only	
<input type="checkbox"/> MASTER'S INTERMEDIATE 2 to 5 years exp.	<input type="checkbox"/> Both Gi & No-Gi	
MASTER'S ADVANCED <input type="checkbox"/> Lt Wt. (154.9 lbs. & Under) <input type="checkbox"/> Middle (155 to 174.9) <input type="checkbox"/> Cruiser (175 to 199.9) <input type="checkbox"/> Super HW (200 +)		

MEN'S DIRECTOR'S (40 yrs +) & EXECUTIVE (50 yrs +) GRAPPLING DIVISIONS:

MEN'S DIRECTORS & EXECUTIVES SKILL LEVEL	CHECK ONE:	WEIGHT CLASSES & AGE GROUP
<input type="checkbox"/> NOVICE Under 6 months exp. no wrestlers	<input type="checkbox"/> No-Gi Only	<input type="checkbox"/> Directors (Ages 40 to 49 years old)
<input type="checkbox"/> BEGINNER 6 months to 2 yrs experience	<input type="checkbox"/> Gi Only	<input type="checkbox"/> Executives (Age 50 yrs & Above)
<input type="checkbox"/> INTERMEDIATE 2 to 5 years experience	<input type="checkbox"/> Both Gi & No-Gi	Directors & Executives will be broken up into weight classes at the event to ensure fair competition.
<input type="checkbox"/> ADVANCED 5 years experience & above	<input type="checkbox"/> Age	

WOMEN'S GI & NO-GI GRAPPLING DIVISIONS:

WOMEN'S DIVISIONS - SKILL LEVELS	CHECK ONE:	WEIGHT CLASSES:
<input type="checkbox"/> WOMEN'S NOVICE/WHITE (Under 6 months exp)	<input type="checkbox"/> No-Gi Only	<input type="checkbox"/> Light Wt. (134.9 lbs. & Under)
<input type="checkbox"/> WOMEN'S BEGINNER/WHITE (6 months to 2 yrs)	<input type="checkbox"/> Gi Only	<input type="checkbox"/> Middle Wt. (135 lbs & Above)
<input type="checkbox"/> WOMEN'S INTERMEDIATE/BLUE (2-5 years exp.)	<input type="checkbox"/> Both	We typically will create more weight classes the day of the event if we have enough women competitors. i.e. 119 lbs. & Below, 120 lbs. to 134 lbs.
<input type="checkbox"/> WOMEN'S ADVANCED (5 years +) <input type="checkbox"/> MASTER'S 30 Years +	<input type="checkbox"/> Gi & No-Gi	
	<input type="checkbox"/> Age	

Fees: \$80 to compete in 1 Division, \$100 for 2 Divisions - Spectators \$10 in advance (\$15 at the door)

Family Rates for a parent & child or multiple family members is \$80 per family member (i.e. Dad & son compete = \$160)

There are 3 ways to register for this event:

1. Pre-Register online with your MASTERCARD, AMEX, DISCOVER, VISA WWW.NAGAFIGHTER.COM
2. Register the day of the event at the door (WE ONLY ACCEPT CASH AT THE DOOR)
3. Fill out & mail in the attached application with a check to the following address postmarked by 2/19/10:

NAGA, 36 Saner Rd. Marlborough, CT 06447

You can enter a MAXIMUM of 2 Divisions ***Blue Belts must compete at Intermediate No-Gi level & visa versa,

*****Purple, Brown and Black Belts must compete at the Advanced No-Gi Level & visa versa**

NAGA U.S. NATIONAL KIDS/TEEN PRE-REG FORM

(Pre-Reg Deadline 2/19/10)

Name:		Phone:	
Address:		FREE T-Shirt, Circle One: Kids Sizes: M or L Adult: S, M, L, XL, 2XL	
City:	State:	Zip:	
Email:	Team:	DOB:	

EXPERIENCE LEVELS: When choosing your child or teen's experience level, please take into account numerous factors including how often they train, how talented they are, other sports they participate in, and how they do against classmates. The length of time they have trained is not the only aspect to consider and the experience levels (years training) listed are just guidelines. Challenge your children and have them compete at an appropriate skill level and remember that NAGA has the right to place competitors in their appropriate division.

CHILDREN'S NO-GI & GI GRAPPLING DIVISIONS (13 years of age & under):

CHILDREN'S EXPERIENCE LEVELS	AGE & GENDER	WEIGHT CLASSES
We will also subdivide divisions by age to make the competition as fair as possible		Actual Weigh-in will determine which division you fight in that day
KIDS NOVICE = 6 months experience or less <input type="checkbox"/> KIDS NOVICE NO-GI (without submissions) <input type="checkbox"/> KIDS NOVICE GI (without submissions) No wrestlers in the Novice Divisions KIDS BEGINNER = Less than 1 year experience <input type="checkbox"/> KIDS BEGINNER NO-GI (with submissions) <input type="checkbox"/> KIDS BEGINNER GI (with submissions) No wrestlers in the Beginner Divisions KIDS INTERMEDIATE = Less than 2 years experience <input type="checkbox"/> KIDS INTERMEDIATE NO-GI (with submissions) <input type="checkbox"/> KIDS INTERMEDIATE GI (with submissions) KIDS ADVANCED = More than 2 years experience <input type="checkbox"/> KIDS ADVANCED NO-GI (with submissions) <input type="checkbox"/> KIDS ADVANCED GI (with submissions)	<input type="checkbox"/> Boy <input type="checkbox"/> Girl <input type="checkbox"/> Age We will match kids based on age and weight to make each division as fair as possible! If there are 2 or more girls in a division, we will create a separate division for those girls. Novice is for White Belts only!!!	<input type="checkbox"/> 49.9 lbs. & Under <input type="checkbox"/> 50 lbs. to 59.9 lbs. <input type="checkbox"/> 60 lbs. to 69.9 lbs. <input type="checkbox"/> 70 lbs. to 79.9 lbs. <input type="checkbox"/> 80 lbs. to 89.9 lbs. <input type="checkbox"/> 90 lbs. to 99.9 lbs. <input type="checkbox"/> 100 lbs. to 114.9 lbs. <input type="checkbox"/> 115 lbs. to 129.9 lbs. <input type="checkbox"/> 130 lbs. to 179.9 lbs. All children 13 and under that weigh over 180 lbs. will need to compete with the teens. Please note, if you placed 1 st in a prior NAGA event you MUST move up a skill level!

TEEN'S NO-GI & GI GRAPPLING DIVISIONS (14 to 15) and (16 to 17) years of age:

TEEN'S EXPERIENCE LEVELS	TENTATIVE WEIGHT CLASSES	AGE & GENDER
TEENS NOVICE = < 6 months experience <input type="checkbox"/> TEENS NOVICE NO-GI <input type="checkbox"/> TEENS NOVICE GI TEENS BEGINNER = < 1 yr experience <input type="checkbox"/> TEENS BEGINNER NO-GI <input type="checkbox"/> TEENS BEGINNER GI No Wrestlers allowed in Novice or Beginner TEENS INTERMEDIATE = < 2 yrs exp. <input type="checkbox"/> TEENS INTERMEDIATE NO-GI <input type="checkbox"/> TEENS INTERMEDIATE GI TEENS ADVANCED = 2 yrs exp. + <input type="checkbox"/> TEENS ADVANCED NO-GI <input type="checkbox"/> TEENS ADVANCED GI	<input type="checkbox"/> Bantam Weight (114.9 lbs. & Under) <input type="checkbox"/> Fly Weight (115 to 129.9 lbs.) <input type="checkbox"/> Light Weight (130 lbs. to 149.9 lbs.) <input type="checkbox"/> Middle Weight (150 lbs. to 169.9 lbs.) <input type="checkbox"/> Heavy Weight (170 lbs. to 199.9 lbs.) <input type="checkbox"/> Super Heavy Weight (200 lbs. +) Please note – We reserve the right to either subdivide or combine the above weight and age classes the day of the event depending on the turnout. - Submissions are allowed in all teen divisions - Teens Novice is for White Belts only!!!	<input type="checkbox"/> 14 to 15 years old <input type="checkbox"/> 16 to 17 years old We will separate girls from boys when there are 2 or more girls in a specific skill level & weigh class. <input type="checkbox"/> Male <input type="checkbox"/> Female


Fees: \$80 to compete in 1 Division, \$100 for 2 Divisions – Spectators \$10 in advance (\$15 at the door)
 Family Rates for a parent & child or multiple family members is \$80 per family member (i.e. Dad & son compete = \$160)

There are 3 ways to register for this event:

1. Pre-Register online with your MASTERCARD, AMEX, DISCOVER, VISA WWW.NAGAFIGHTER.COM
2. Register the day of the event at the door (WE ONLY ACCEPT CASH AT THE DOOR)
3. Fill out & mail in the attached application with a check to the following address postmarked by 2/19/10:

NAGA, 36 Saner Rd. Marlborough, CT 06447

EVENT SCHEDULE – SATURDAY, FEB. 27, 2010

8 AM	DOORS OPEN to general public. Registration & Weigh-ins begin and <u>last all day</u>	<ul style="list-style-type: none">✓ Weigh-In either Friday night from 5 PM until 8 PM or on Saturday starting at 8:00 AM and going all day✓ You do not need to pre-register in order to compete✓ You do not need to be on a team to compete✓ All grappling styles are welcome!✓ There are no refunds for any reason, please be prepared to stay late  <small>www.NationallyRanked.com</small>
8:00 AM until we finish	<p>8:00 A.M. Doors Open, Registration & Weigh-ins begin (Last all day) 10:00 A.M. Rules Meeting for all competitors 10:30 A.M. All Children and Teen (Gi & No-Gi Divisions) Begin 11:00 A.M. Adult Advanced Absolute & All Other No-Gi Divisions Begin Mid – Late Afternoon - Adult Gi Divisions & Men's Absolute (Novice, Beginner & Intermediate)</p> <p>PLEASE NOTE: As the exact number of competitors is unknown until event day, it is difficult to precisely predict when your division will run. As a general rule, get there early and BE PREPARED TO STAY LATE. There will not be any refunds made to competitors or spectators for any reason.</p>	

FREE OPEN MAT WITH NAGA REFEREES

Here is your chance to roll with NAGA Referees and NAGA Staff members. Our staff will be happy to share techniques with you, help you get a good sweat in, or just have some fun. Our referees are experienced competitors, come learn from them and help improve your game. Open Mat will take place on Friday night from 6:30 to 7:30 PM on the main mats at the venue.

WEIGH-IN ON FRIDAY OR SATURDAY

NAGA will be offering all competitors the option of registering and weighing in the night before the tournament. **On Friday, weigh-ins will take place at the high school.** Friday's weigh-in will start at 5 PM and continue until 8 PM. The Friday weigh-in will be open to all competitors regardless if you pre-registered or not. Adults please have a photo ID on hand when weighing-in. If you are unable to weigh-in on Friday, you can still weigh-in on **Saturday at the high school.** On Saturday doors open at 8 AM and weigh-in is open throughout the entire day. If you have questions, please contact us at 860-295-0403.

DIRECTIONS: CHARLES DREW HIGH SCHOOL
6237 Garden Walk Blvd. Riverdale, GA 30274

PLEASE NOTE: This is a brand new high school, most likely your GPS will not work on this location correctly. The High School is located directly behind Southern Regional Hospital, just south of the Atlanta Airport. When you exit I-75 look for Pink NAGA Direction Signs...

Traveling I-75 South - Take exit 235 toward Jonesboro/US-41/Griffin/US-19 Keep right at the fork to continue toward Upper Riverdale Rd. Turn right at Upper Riverdale Rd, proceed 1/2 mile, Turn right at Garden Walk Blvd.

Traveling I -75 North - Take exit 235 toward Jonesboro/US-41/Griffin/US-19 .3 mi Turn left on US 19/41/Old Dixie Hwy/Tara Blvd .2 min Turn right at Upper Riverdale Rd .5 mi Turn right at Garden Walk Blvd.

PARKING: The High School Wrestling Team will be collecting a \$3 donation for all those who decide to park in the school lot. This donation helps the kids fund their program.

DISCOUNT HOTEL

Hilton Atlanta Airport, 1031 Virginia Ave. Atlanta, GA, 30354. Tel: 404-767-9000, ask for NAGA rate \$72 for a double, free shuttle to/from airport 24 hrs a day, free pool & hot tub. \$10 to park.

Driving Directions: From the City Center: Take I-85/I-75 South. When the interstate splits, stay on I-85 south to Exit 73 (Virginia Avenue). Turn left onto Virginia Avenue. The Hilton Atlanta Airport is approximately 3 blocks on the left. **For other less expensive hotels please go to www.hotels.com**

NAGA NO-GI POINT SCORING SYSTEM

Throughout history the goal of wrestling in every form is control of the opponent. For thousands of years, this control has been understood in three distinct ways - Pinning, throwing, and submission. The greatest exhibition of control of all sports is forcing your opponent to consciously submit. It is this standard by which NAGA contests are instantly won. In the event that no submission occurs, the match must be decided by "Advantage" which is defined below. The player in a Grappling contest should attempt to get the Takedown, secure Dominant Control, and take the Submission.

TAKEDOWN Full Advantage (2 Points) is awarded for all Takedowns.

In determining the Takedown, the referee will look to who initiated the takedown, and how it ended up. Thus if one player shoots, his opponent sprawls, and the sprawling opponent then pulls Guard, a Takedown is awarded, as the initial movement was a Takedown attempt. If however a player aggressively pulls Guard from standing, no Takedown is awarded.

Note: The NAGA Scoring System is designed to award each player according to the standards defined above – Takedown, to Control, to Submission. Playing for points is not rewarded. Thus, if a player gets a Takedown, lets his opponent up, and then again goes for the Takedown, no consecutive points need be awarded.

DOMINANT CONTROL Full Advantage (2 Points) is awarded - Controlling your opponent is a crucial step to obtaining a Submission, thus Full Advantage (2 Points) is awarded for aggressively obtaining Dominant Control. Dominant Control is any secure form of control that lends itself to submission. The control has to be long enough to set up a submission attempt, which can be as short as a second or two. These forms of control include: -Back Mount*; -Cross Side; -Head and Arm; -Knee on Stomach; -Mount; -North/South; *Hooks are not required for Back Mount control.

Among the most common ways to get Dominant Position are: -Ending a Takedown with a Dominant Position. In this situation, two points are awarded for a Takedown, and another two points are awarded for obtaining Dominant Position, for a total of Four Points.

SWEEP Full Advantage (2 Points) is awarded -Sweep from bottom Guard or Half Guard to top position. Must initiate sweep from bottom to get the 2 points. Further, if you take the Back from Guard, this is the functional equivalent to a Sweep. Full Reverse that gets the 2 points - defined as going from the bottom of a Dominant Position to the top of a Dominant Position, leaving the situation totally reversed. For Example: You are bottom North-South, you roll the top player, and end up with top North-South.

Note: The NAGA Scoring System is designed to award each player according to the standards defined above – Takedown, to Control, to Submission. Playing for points is not rewarded. Thus, if a player simply transitions between Dominant Positions, he does not achieve additional points. For example, if you have Side Control, and you go to Mount, and then Knee on Stomach, no additional points are awarded. Further, in The NAGA Scoring System no points are awarded for Escapes. This, if you are Bottom Mount, and you bridge to In Guard, no points are awarded as you went from a disadvantageous position to a neutral position.

SUBMISSION Full Advantage (2 Points) is awarded for a Full and Strong Submission Attempt. A Submission is recognized as full and strong when one or more of the following occurs:

- The opponent takes time to escape; -Upon escaping, the opponent does not instantly move to an attack of his own, but instead assumes a defensive posture; -The defender is 'In Danger' - the finish has the potential for completion (if a kneebar, the hips have to be placed correctly, if a choke, the neck must have been reached, etc.);
- The finish in question is not a low percentage submission (wrist lock, body scissor, etc).

Minor Advantage (1 Point) is awarded for a Submission Attempt that is significant but does not meet the above criteria.

TIE In the event that players are equal in terms of Advantages, judges will determine a tie by considering first, who skillfully controlled the Pace, Place, and Position on the mat, in order to ultimately set up an eventual submission. Pace is which Grappler determined the tempo of the match. Place is which Grappler dictated where on the mat the match took place. Position is which Grappler successfully initiated the tie ups and other action.

If they are still equal, Judges will give the decision to the player with less warnings or cautions. Last, in the absence of any warnings or cautions, the edge shall be given to the fighter who better exemplifies the sport as an exciting, colorful, viable contest. If the players are still equal, then an overtime period can be called for.

STALLING The referee has the discretion to take 2 Points away from a grappler if they stall. A warning must be given at least once prior to points being taken away. The referee can warn a grappler up to 3 times prior to taking points away. The referee does have the right to stand the grapplers up or keep them in the same position after points have been taken a way.

GI RULES (BJJ RULES)

GI DIVISIONS POINTS ARE AWARDED FOR:

- Takedowns 2 POINTS
 - Sweep from the Guard 2 POINTS
 - Knee on Stomach Position 2 POINTS
 - Pass Guard to Side Position 3 POINTS
 - Rear Mount Position 4 POINTS
 - Mount Position 4 POINTS
- You must hold your position for 3 seconds

WHITE BELTS & ALL CHILDREN/TEEN GI COMPETITORS:

- No attacks below the waist (No Knee bars, foot locks, etc.)

BLUE BELTS, MASTERS, DIRECTOR, EXECUTIVE, WOMEN'S ADVANCE):

- Straight Ankle locks are allowed
- Twisting Ankle or Twisting Leg Locks are NOT allowed

ADULT MEN'S PURPLE BELT & ABOVE:

- Straight Knee Bars, Straight Ankle Locks & Toe Holds are allowed

- Neck Cranks are NOT allowed in any GI division: You do NOT have to weigh in with your uniform/Gi on
- A full Gi must be worn, no cut off sleeves: Rash guards, sports bra's for women or T-Shirts may be worn under your Gi.

NAGA NO-GI GRAPPLING RULES

GENERAL RULES: At a minimum a groin protector, mouthpiece, and shorts with a drawstring must be worn (t-shirts/rash guards are optional). No pockets on the shorts. Wrestling/Martial Arts shoes are allowed. No grabbing of clothing during a match. **During the Match:** If there is stalling on the ground, the referee has the right to restart the match standing. If the competitors go off the mat, the match can be stopped by the referee and the competitors will be moved to the middle of the ring/mat in the same position if that position can be determined by the referee. The referee has the right to stop time and check the condition of the fighters. If no takedown occurs, fighters may be re-started from the Guard Position. **TIME LENGTH:** Kids/Teens **3 Minutes**; all other divisions will be **4 Minutes** (including Kids/Teens Advanced/Expert) except Men/Women Intermediate Divisions which are **5 Minutes**, Advanced divisions are **6 Minutes**.

WAYS TO WIN: By submission, whether by tapping or verbally - Consciously Submitting - It is VERY important that all competitors understand how to "Tap-Out" when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. A competitor can tap with their hands, feet or even a nod of their head. This "Tapping" is a conscious admittance of loss or surrender to an opponent. Referee Stoppage (TKO, cuts, feels fighter is not capable of defending himself), Doctor Stoppage. Corner throws in the towel, Referee decision, Disqualification, Forfeit, No Contest. If the fight does not end by submission or by points, the referee will choose the winner based on the NAGA Decision Making Criteria included in this flyer. If a match is considered a "Draw" by the referee, then there will be a 2-minute overtime (1 minute for Kids & Teens). Judges are encouraged to choose a winner in every match should it not end by submission.

LEGAL SUBMISSION MOVES: All Submission Techniques are legal including heel hooks, knee locks, neck cranks, guillotine chokes etc. (unless otherwise noted below).

NO STRIKES OF ANY KIND: No strikes of any kind allowed to any part of the body or head at all. No elbows or forearm strikes are allowed, No butting with the head, No knees to the head. No hand strikes, No kicks to an opponent

OTHER FOULS: Fighters are not allowed to grab and use their opponent's clothing. Attacks to the front of the windpipe (i.e. Finger in throat), eyes (elbows, palms, fingers, etc.) or groin. No pushing palm or elbow directly into nose. No dropping or slamming of opponent on their head. No slamming from the Guard Position. Eye Gouging, fish hooking, biting, pulling hair, pinching, twisting of skin, sticking a finger into a cut of an opponent, small joint manipulation (finger or toe locks), and putting a finger into any orifice are all FOULS and grounds for disqualification. Interference by a corner with any official or fighter, attacking an opponent in any of these circumstances: Throwing an opponent off the mat, unsportsmanlike conduct. Boston Crab technique is not allowed. Any intentional use of an illegal technique or act of poor sportsmanship will result in the immediate ejection of those competitors/spectators. **SCISSOR TAKEDOWN** – When initiating a scissor takedown, at least one hand must be on the ground when applying the takedown. No slamming. **SPECIAL RULES FOR KIDS & TEENS:** No Heel hooks, toeholds, slamming, or neck cranks are allowed. No Straight Ankle locks where the leg crosses the body.

HYGIENE RULE: All competitors must wear a clean competition uniform (gi, shorts, shirt, etc.). If a referee feels this criteria has not been met they will not allow the competitor to compete. Please wear clean clothing.

FIRST TIME FIGHTING IN A NAGA EVENT?

If this is your first time competing in a NAGA event, you are certain to have questions. We hope that by detailing what will happen during the day your experience will be enhanced. If you have concerns not addressed below, please contact us at 860-295-0403 or President@NAGAFighter.com.

WHO CAN ENTER? NAGA does not require you to be on a team in order to compete. In fact, about 25% of our fighters are unaffiliated. NAGA events are open to all styles: Wrestling, Judo, Brazilian Jiu-Jitsu, Japanese Jujitsu, Sambo, Jeet Kune Do, etc. There are no restrictions on what form of grappling you practice. We have divisions for children and adults of all ages and of all skill levels, in both gi and no-gi competition.

WHAT TIME DO I SHOW UP? The doors will open at 8:00 AM. The rules meeting is normally between 10:00 AM. You should attend the rules meeting if this is your first tournament. The matches normally start between 10:30AM.

WHEN IS MY FIRST MATCH? NAGA runs both one and two day tournaments. **For one day tournaments, Kids/Teens go first followed by Adult No-Gi, and finally Adult Gi.** For two day events, Adult No-Gi is followed by Adult Gi on Saturday. Kids/Teens No-Gi then Gi goes on Sunday. As a general rule, get there early and see the schedule located at each ring for division start time estimates.

REGISTRATION: PREREG or AT THE DOOR? All competitors must register. This can be done at the door the morning of, the night before the event, or you can pre-register by filling out and returning the enclosed form along with the entry fee. All pre-registered competitors get a FREE t-shirt and the use of a special expedited line at the door. Athletes choosing to register at the door on event day do not get the shirt and will have a longer wait due to the time necessary to process paper work. Note: registering the night before does not get you a free competition t-shirt.

INDEX CARDS & WEIGH IN: When you register you will get an index card for each division you are competing in that day. If you enter more than one division, you will receive a card for each division. After registering you will proceed to the weigh-in station to weigh-in. If you do not make your intended weight, you can enter a heavier division or you can cut weight and weigh-in again. The scales are open all day!

WHERE IS MY DIVISION? NAGA uses 12 Rings running continuously throughout the day. When you register, you will be given a sheet indicating what ring your division is in and the order of divisions in each ring. This information is also posted at each ring, and at the weigh-in station.

WHAT HAPPENS WHEN MY DIVISION IS CALLED? When your division is called, you will bring your index card for that division to the ring and give it to the ring coordinator at the ring table. The coordinator will verify the competitor is in the division that was called. The competitors will be separated by weight and school. Byes will be given based on ranking or weight. When the draw is completed, the first two fighters will be called onto the mat, whereupon they will shake hands and the referee will start the match. At the end of the contest, the referee will raise the winner's hand (decided either by Tap out or Referee's Decision). When you win, go to the Coordinator to ensure that you are properly advanced to the next round. The winning competitor will take a seat and wait to be called back to fight again. This process continues until there is a single winner! As we award 3rd place, you may be asked to fight again, even if you lost your prior match.

IN CLOSING ...Every one of the 1,000 + matches that will take place starts and ends with a handshake as everyone who competes commands respect. We hope you have a great time at the event and win every match! However, it is the mathematical nature of competition that half the athletes lose. That is why winning and losing is only a part of the reason people compete. You test yourself, both bringing out your best, and inspiring your training in the future. You will see the very best athletes in the sport in action, thus learning more. Grappling is a challenging sport. You are admired not just for taking first place, but for having the courage to compete in the first place. We hope to see you on the mats.

2010 UPCOMING EVENTS

February 27	NAGA SOUTHEAST GRAPPLING CHAMPIONSHIP	Atlanta, GA	300 Gi & No-Gi Divisions	Confirmed
May 8	NAGA NORTH CAROLINA GRAPPLING CHAMPIONSHIP	Charlotte, NC	300 Gi & No-Gi Divisions	Confirmed
July 10	NAGA GEORGIA GRAPPLING CHAMPIONSHIP	Atlanta, GA	300 Gi & No-Gi Divisions	Confirmed
October 2	NAGA SOUTHEAST GRAPPLING CHAMPIONSHIP	Atlanta, GA	300 Gi & No-Gi Divisions	Confirmed
December 11	NAGA TENNESSEE GRAPPLING CHAMPIONSHIP	Nashville, TN	300 Gi & No-Gi Divisions	Tentative

If you have access to a venue in the Nashville area please give us a call!

MORE INFO = NAGAFIGHTER.COM OR CALL 860-295-0403 TO GET ON OUR MAILING LIST

NAGA U.S. NATIONAL GRAPPLING CHAMPIONSHIP – February 27, 2010
 36 Saner Rd.
 Marlborough, CT 06447