

# NAGA PRESENTS...

## DOLLAMUR GRAPPLING CHAMPIONSHIP

### 2010 DOLLAMUR GRAPPLING CHAMPIONSHIP

The North American Grappling Association (NAGA) is America's largest mixed grappling tournament circuit with over 100,000 competitors worldwide! NAGA has been asked by the maker of the world's best grappling mat, DOLLAMUR, to run their annual Dollamur Grappling Championship. The event will take place on Saturday, February 20, 2010 at the Will Roger's Coliseum in Fort Worth, Texas. Come as an individual or as a team to compete. You do not have to live in Texas or be part of an organization to participate in this event!

### IMPROVEMENTS TO THE VENUE

The growth and success of NAGA rests in large part upon feedback from the athletes, family, friends, teammates, and fans who attend our events. We have listened and know there were a number of issues with the Will Rogers Coliseum. For this event, coliseum staff has assured us they will extensively clean, disinfect and deodorize the facility, and adjust the temperature prior to our arrival. After this event we are transitioning to a nearby 90,000 sq. foot facility within the same complex. We are committed to one more event at the Coliseum but have been assured that this event will be without incident.

### 100 CHAMPIONSHIP BELTS AWARDED

NAGA is the only grappling tournament in the world to award 100 CHAMPIONSHIP BELTS to all its Children, Teen, Adult (Men & Women), Masters, Directors and Executive Expert Division Winners.



### SAMURAI SWORDS TO CHILDREN/TEENS

NAGA will be awarding custom engraved SAMURAI SWORDS to all non-expert Kids & Teens 1st place winners! Octagon medals will be awarded to all non-expert Adult divisions winners. Adult competitors who place 1<sup>st</sup> and win gold medals will have the opportunity to obtain samurai swords at the NAGA Merchandise Booth for a nominal fee.



### OTHER INDIVIDUAL & TEAM AWARDS

All children/teens that do not place (1st through 3rd) will receive a medal just for having the courage to compete! All 6 of our top teams (Adult Gi, No-Gi, and Children 17 yrs. & under) will receive a huge Championship Cup for their team victory. Don't miss this opportunity to showcase your academies talent.

### WEIGH-INS & REGISTRATION OPTIONS

Competitors will have the option to weigh-in/register on Friday evening from 6 PM to 9 PM at the Hotel Trinity in Fort Worth, TX, or weigh-in/register on Saturday at the Will Rogers Coliseum any time before you compete. You are not required to weigh-in on Friday, but the option is available to you. Adults please make sure to bring an ID to the weigh-ins.

### 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 [www.nationallyranked.com](http://www.nationallyranked.com) for more details.

# MORE KIDS & TEEN DIVISIONS/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 groups for teens, 14 & 15 year olds competing against each other, and 16 & 17 year olds competing against each other. 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.

## WEIGH-IN ON FRIDAY & SATURDAY

At this event we will be offering all competitors the option of weighing-in on Friday or Saturday. This means you can weigh-in on Friday from 6 PM to 9 PM, or anytime Saturday prior to the start of your division (Starting at 8 AM).

### **FRIDAY (2/19/10) – Weigh-In & Registration Option at HOTEL TRINITY - FORT WORTH, TX**

All competitors will have the option of weighing-in on Friday, February 19, 2010 from 6 PM to 9 PM at the hotel. The Friday weigh-in will be open to all competitors regardless if you pre-registered or not. Adults, please bring a photo ID to weigh-ins. Friday's weigh-ins will take place at the **Hotel Trinity** (address is below for GPS, directions are on website). FRIDAY NIGHT weigh-ins are at the hotel due to the venue charging NAGA customers a \$5 parking fee which we felt was unreasonable for just coming to weigh-in.

### **SATURDAY (2/20/10) - Weigh-In & Registration Option at WILL ROGERS COLISEUM**

If you cannot make it to the Friday night weigh-ins, you can weigh-in on Saturday at the Will Rogers Coliseum starting at 8 AM and lasting all day. Competitors only have to weigh-in once during the day. You DO NOT have to weigh-in with your Gi on. Adults, please have a photo ID on hand when weighing-in. If you have any questions, please call NAGA at 860-295-0403.

## DIVISION SCHEDULE - Times are estimates, get there early

### **SATURDAY (2/20/10) – GI & NO-GI COMPETITION (times are just estimates)**

#### **WHAT TIME DO I SHOW UP?**

The doors will open at 8:00 AM. Rules Meeting 10:00 AM. Competition start at 10:30 AM

10:30 AM – All Children & Teens No Gi Divisions start at 10:30 AM Sharp

10:30 AM – All Children & Teens Gi Divisions start immediately after the No-Gi Divisions are completed

11:00 AM – All Women's, Masters, Executives & Directors No-Gi Divisions

11:00 AM – Men's Novice & Beginner No-Gi Divisions

12:00 PM – Men's Intermediate & Expert No-Gi Divisions

EARLY AFTERNOON – All adult Gi divisions will take place in the afternoon/early evening

**IMPORTANT:** It is difficult to estimate the start time for each division. As a general rule, get there early and be prepared to stay late. There are NO REFUNDS given for those who have to leave early.

## VENUE/DIRECTIONS: The Will Rogers Coliseum 3301 West Lancaster Ave, Fort Worth, Texas 76107

**FROM THE NORTH:** Take I-35W South to downtown Fort Worth – Exit I-30 West towards Abilene – Travel approximately three miles past downtown Fort Worth to the Montgomery Street Exit (Exit 11) – Turn north (right) on Montgomery Street. **See directions from Montgomery Street below.**

**FROM DFW AIRPORT:** Take 121 (Airport Freeway) West – Exit I-35W South to downtown Fort Worth – Exit I-30 to Abilene – Travel approximately three miles past downtown Fort Worth to the Montgomery Street Exit (Exit 11) – Turn north (right) on Montgomery Street. **See directions from Montgomery Street below.**

**FROM THE SOUTH:** Take I-35W north to downtown Fort Worth – Exit I-30 West towards Abilene – Travel approximately three miles past downtown Fort Worth to the Montgomery Street Exit (Exit 11) – Turn north (right) on Montgomery Street. **See directions from Montgomery Street below.**

**FROM THE EAST:** Take I-30 West approximately three miles past downtown Fort Worth to the Montgomery Street Exit (Exit 11) – Turn north (right) on Montgomery Street. **See directions from Montgomery Street below.**

**FROM THE WEST:** Take I-30 East to the Montgomery Street Exit (Exit 11) – Turn north (left) on Montgomery Street. See directions from Montgomery Street below.

**DIRECTIONS FROM MONTGOMERY STREET TO: THE WILL ROGERS COLISEUM:** At the third traffic light turn east (right) on Lancaster Avenue. The Coliseum is ½ block down on the right. The venue will charge a \$5 fee to park.

# DISCOUNTED HOTEL / FRIDAY WEIGH-INS

**Hotel Trinity Fort Worth, Weigh-Ins on Friday are at this Hotel from 6:00 to 9:00 PM**

2000 Beach Street, Fort Worth, TX 76103, Phone: 817-534-4801 and ask for NAGA discounted rate of \$75 for a King or Double Suite (includes free full breakfast). Only 2 miles from the venue. Free parking both Friday and Saturday at hotel.

# NAGA DOLLAMUR - ADULT PRE-REGISTRATION FORM (Pre-Reg Deadline 2/12/10)

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: Actual Weigh-in will determine which division you fight in that day

MEN'S NO-GI EXPERIENCE LEVELS	WEIGHT CLASSES
<input type="checkbox"/> <b>MEN'S NOVICE</b> Under 6 months experience, no wrestlers	Bantam Weight (129.9 lbs. & Under)
<input type="checkbox"/> <b>MEN'S BEGINNER</b> 6 months to 2 years experience	Fly Weight (130 lbs. to 139.9 lbs.)
<input type="checkbox"/> <b>MEN'S INTERMEDIATE</b> 2 years to 5 years experience	Feather Weight (140 lbs. to 149.9 lbs.)
<input type="checkbox"/> <b>MEN'S EXPERT</b> 5 years experience & above	Light Weight (150 lbs. to 159.9 lbs.)
All Expert winners take home a Championship Belt, if multiple Expert Divisions are won by a competitor, only 1 belt will be awarded	Welter Weight (160 lbs. to 169.9 lbs.)
	Middle Weight (170 lbs. to 179.9 lbs.)
	Light Heavy Weight (180 lbs. to 189.9 lbs.)
	Cruiser Weight (190 lbs. to 199.9 lbs.)
	Heavy Weight (200 lbs. to 224.9 lbs.)
	Super Heavy Weight (225 lbs. & Above)
MEN'S GI PURPLE; BROWN & BLACK BELT DIVISIONS = CHAMPIONSHIP BELTS FOR FIRST PLACE WINNERS	
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 +)	
BROWN/BLACK <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 MASTER GI & NO-GI GRAPPLING DIVISIONS:

MEN'S MASTERS DIVISIONS (Ages 30 yrs & above)	CHECK ONE:	WEIGHT CLASSES for MASTERS
<input type="checkbox"/> <b>MASTER'S NOVICE</b> (Under 6 months experience)	<input type="checkbox"/> No-Gi Only	Masters Novice/Beginner & Intermediate divisions use the same 9 weight classes as the No-Gi Divisions above. Masters Expert uses the 4 weight classes below. (Expert wins Champ. Belt)
<input type="checkbox"/> <b>MASTER'S BEGINNER</b> (6 months to 2 yrs exp.)	<input type="checkbox"/> Gi Only	
<input type="checkbox"/> <b>MASTER'S INTERMEDIATE</b> (2-5 years exp.)	<input type="checkbox"/> Both Gi & No-Gi	
<input type="checkbox"/> <b>MASTER'S EXPERT</b> (5 years +) 4 weight classes		
MASTERS EXPERT <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"/> <b>NOVICE</b> 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"/> <b>BEGINNER</b> 6 months to 2 yrs experience	<input type="checkbox"/> Gi Only	<input type="checkbox"/> Executives (Age 50 yrs & Above)
<input type="checkbox"/> <b>INTERMEDIATE</b> 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"/> <b>EXPERT</b> 5 years experience & above	<input type="checkbox"/> No-Gi	

## WOMEN'S GI & NO-GI GRAPPLING DIVISIONS:

WOMEN'S DIVISIONS - SKILL LEVELS	CHECK ONE:	WEIGHT CLASSES:
<input type="checkbox"/> <b>WOMEN'S NOVICE/WHITE</b> (Under 6 months exp)	<input type="checkbox"/> No-Gi Only	<input type="checkbox"/> Light Wt. (134.9 lbs. & Under)
<input type="checkbox"/> <b>WOMEN'S BEGINNER/WHITE</b> (Under 6 month to 2 yr)	<input type="checkbox"/> Gi Only	<input type="checkbox"/> Middle Wt. (135 lbs & Above)
<input type="checkbox"/> <b>WOMEN'S INTERMEDIATE/BLUE</b> (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"/> <b>WOMEN'S EXPERT</b> (5 years +) <input type="checkbox"/> <b>MASTER'S</b>	<input type="checkbox"/> Gi & No-Gi	
Expert winners receive Championship Belt 30 Years +	<input type="checkbox"/> Age	

**Fees: \$80 to compete in 1 Division, \$100 for 2 Divisions** (Doing Gi & No-Gi counts as 2 divisions). **Spectator tickets** can be purchased at the event for \$15, children 6 years and under are free. **Family Rates** are for a parent & child, or multiple family members. Fee is \$80 per family member (i.e. Dad & son compete \$160).

**There are 3 ways to register for this event:**

- Pre-Register online with your MASTERCARD, AMEX, DISCOVER, VISA [WWW.NAGAFIGHTER.COM](http://WWW.NAGAFIGHTER.COM)
- Register the day of the event at the door (WE ONLY ACCEPT CASH AT THE DOOR)
- Fill out & mail in the attached application with a check to the following address postmarked by 2/12/10:  
**NAGA, 36 Saner Rd. Marlborough, CT 06447**

**\*\*\*You can enter MAXIMUM 2 Divisions\*\*\*** \*\*\*Blue Belts must compete at Intermediate No-Gi level & visa versa, \*\*\*Purple, Brown and Black Belts must compete at the Expert No-Gi Level & visa versa

# NAGA DOLLAMUR KIDS/TEEN PRE-REG FORM

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 We will also subdivide divisions by age to make the competition as fair as possible	AGE & GENDER	WEIGHT CLASSES Actual Weigh-in will determine which division you fight in that day
<b>KIDS NOVICE = 6 months experience or less</b> <input type="checkbox"/> KIDS NOVICE NO-GI (without submissions) <input type="checkbox"/> KIDS NOVICE GI (without submissions) No wrestlers in the Novice Divisions, Novice GI is for White Belts Only! <b>KIDS BEGINNER = Less than 1 year experience</b> <input type="checkbox"/> KIDS BEGINNER NO-GI (with submissions) <input type="checkbox"/> KIDS BEGINNER GI (with submissions) No wrestlers in the Beginner Divisions <b>KIDS INTERMEDIATE = Less than 2 years experience</b> <input type="checkbox"/> KIDS INTERMEDIATE NO-GI (with submissions) <input type="checkbox"/> KIDS INTERMEDIATE GI (with submissions) <b>KIDS EXPERT = More than 2 years experience</b> <input type="checkbox"/> KIDS EXPERT NO-GI (with submissions) <input type="checkbox"/> KIDS EXPERT 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 All Expert winners take home a Championship Belt, if multiple Expert Divisions are won by a competitor, only 1 Belt will be awarded	<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 <sup>st</sup> 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
<b>TEENS NOVICE = &lt; 6 months experience</b> <input type="checkbox"/> TEENS NOVICE NO-GI <input type="checkbox"/> TEENS NOVICE GI <b>TEENS BEGINNER = &lt; 1 yr experience</b> <input type="checkbox"/> TEENS BEGINNER NO-GI <input type="checkbox"/> TEENS BEGINNER GI No Wrestlers allowed in Novice or Beginner <b>TEENS INTERMEDIATE = &lt; 2 yrs exp.</b> <input type="checkbox"/> TEENS INTERMEDIATE NO-GI <input type="checkbox"/> TEENS INTERMEDIATE GI <b>TEENS EXPERT= 2 yrs exp. +</b> <input type="checkbox"/> TEENS EXPERT NO-GI <input type="checkbox"/> TEENS EXPERT 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. +)  <b>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.</b>  - 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

### There are 3 ways to register for this event:

1. Register online with your MASTERCARD, AMEX, DISCOVER, VISA [WWW.NAGAFIGHTER.COM](http://WWW.NAGAFIGHTER.COM)
2. Register Friday (2/19) from 6 PM to 9 PM at hotel, Saturday (2/20) the day of the event at the venue door
3. Fill out and mail in the attached application with a check to the following address **by 2/12/10:**  
**NAGA, 36 Saner Rd. Marlborough, CT 06447**

**Competitor Fees:** \$80 to compete in 1 Division, \$100 for 2 Divisions (Doing Gi & No-Gi counts as 2 divisions).

**Spectator Tickets** can be purchased at the event for \$15 children 6 years and under are free to watch.

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

# 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 away.

## 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 LENGTHS:** Kids & Teens **3 Minutes**; Kids & Teens Expert **4 Minutes**; all other divisions will be **4 Minutes** except: Men/Women Intermediate Divisions which are **5 Minutes**, Expert 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 ridge hands or back fist strikes, No kicks to an opponent.

**OTHER FOULS:** Attacks to the front of the windpipe (i.e. finger in throat, clutching the trachea), eyes (elbows, palms, fingers, etc.) or groin. No pushing palm or elbow directly into nose. No dropping, slamming, or spiking of opponent on their head. No slamming from the Guard position. Eye gouging, fish hooking, biting, pulling hair, pinching, twisting of skin is illegal. No sticking a finger into a cut of an opponent. Small joint manipulations (finger/toe locks) are illegal. Putting a finger into any orifice is illegal. Interference by a corner with any official or fighter will not be tolerated. Throwing an opponent off the mat or any other unsportsmanlike conduct will result in a disqualification. Boston Crab technique 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, toe holds, or neck cranks. No straight ankle locks where the leg crosses the body. No Ezekiel chokes.

**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](mailto: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 10-10:30AM. You should attend the rules meeting if this is your first tournament. The matches normally start between 10:30-11AM.

**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 NAGA Beach Towel 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 Beach Towel.

**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 16 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 NAGA TEXAS EVENTS

February 20	<b>NAGA DOLAMUR GRAPPLING CHAMPIONSHIP</b>	Will Rogers Coliseum	Fort Worth, Texas	300 Gi & No-Gi Divisions
May 22	<b>NAGA TEXAS GRAPPLING CHAMPIONSHIP</b>	Amon G Carter, Jr Exhibits Hall	Fort Worth, Texas	300 Gi & No-Gi Divisions
September 18	<b>NAGA SOUTHWEST GRAPPLING CHAMPIONSHIP</b>	Amon G Carter, Jr Exhibits Hall	Fort Worth, Texas	300 Gi & No-Gi Divisions
December 18	<b>NAGA WORLD JIU-JITSU CHAMPIONSHIP</b>	Amon G Carter, Jr Exhibits Hall	Fort Worth, Texas	350 Gi & No-Gi Divisions

MORE INFO = [NAGAFIGHTER.COM](http://NAGAFIGHTER.COM) OR CALL 860-295-0403 TO GET ON OUR MAILING LIST

NAGA DOLLAMUR GRAPPLING CHAMPIONSHIP – February 20, 2010

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Marlborough, CT 06447