

**NAGA PRESENTS...**

# **SOUTHWEST GRAPPLING CHAMPIONSHIP**

## **2009 NAGA SOUTHWEST CHAMPIONSHIP**

The North American Grappling Association (NAGA) is America's largest mixed grappling tournament circuit with over 100,000 competitors worldwide! On Saturday, December 19, 2009 NAGA returns to Texas for our annual Southwest Grappling Championship No-Gi & Gi tournament. Come as an individual or as a team to compete. You do not have to live in Texas or be on a team to participate in this event!

## **WHY COMPETE IN DECEMBER?**

Like you, the NAGA staff loves to compete! We know that during the Thanksgiving and Christmas holiday season many competitors take time off from training. The NAGA Southwest Championship is a great reason to continue training through the holidays. Enjoy the great food and festivities the holidays bring, but keep training to prepare for and compete in the Southwest Championship. This will be a huge event as it is the last NAGA event of the year and an opportunity to acquire those final Ranked points. Get to class, train hard, and do not miss this tournament!

## **CHAMPIONSHIP BELTS**

100 Expert division winners take home championship belts. New for this event, Men's Purple Belt division winners also take home championship belts!



## **FREE NAGA BEACH TOWELS & FLIP FLOPS**

Anyone who pre-registers via [www.nagafighter.com](http://www.nagafighter.com) or by mail (by the pre-registration close date) will receive a FREE \$25 NAGA Beach Towel. NAGA will also be handing out NAGA Flip Flops to all children, women, and men competitors FREE. If we run out of your size flip flop, we'll have an equally nice gift for you.

## **INDIVIDUAL & TEAM AWARDS**

Over 1,000 gold, silver and bronze medals will be awarded to all 1<sup>st</sup> through 3<sup>rd</sup> place winners. All 6 of our top teams (Adult Gi, No-Gi, and Children 17 yrs. & under) will receive an awesome custom made Glass Team Award for their academy. Don't miss this opportunity to showcase your academies talent. All children that do not place (1st through 3rd) will receive a medal just for having the courage to compete!

## **ALL DIVISIONS ON SATURDAY**

NAGA realizes that it can be inconvenient and expensive to have competitors stay for two days to compete. To make things easier and more affordable, all children and adult divisions (Gi & No-Gi) will take place on Saturday. In order to handle the large number of competitors NAGA attracts, we will run 16 rings concurrently.

## **WEIGH-INS AND REGISTRATION OPTIONS**

Competitors will have the option to weigh-in/register on Friday evening from 5PM to 8PM, or weigh-in/register on Saturday any time before you compete. You are not required to weigh-in on Friday, but the option is available to you.

## **EVENT IS NATIONALLY RANKED**

The NAGA Southwest Grappling Championships will be nationally Ranked! Ranked is a submission grappling rating system where points are earned and accumulated towards a national grappling title. For more info go to [nationallyranked.com](http://nationallyranked.com).

# **THE WORLD'S LARGEST GRAPPLING TOURNAMENTS**

# 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 5 PM to 8 PM, or anytime Saturday prior to the start of your division (Starting at 8 AM).

## **FRIDAY (12/18/2009) - Weigh-In & Registration Option**

**WHEN:** All competitors will have the option of weighing-in on Friday, December 18, 2009 starting at 5 PM and continuing through 8 PM. The Friday weigh-in will be open to all competitors regardless if you pre-registered or not.

**LOCATION:** The weigh-ins will take place at the event venue. **DO NOT BE LATE;** weigh-ins will close exactly at 8 PM.

## **SATURDAY (12/19/2009) - Weigh-In & Registration Option**

If you cannot make it to the venue on Friday for weigh-ins, you can weigh-in on Saturday 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 (12/19/09) – 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 & Advanced 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 AUDITORIUM/COLISEUM:** At the third traffic light turn east (right) on Lancaster Avenue. The Auditorium/Coliseum is ½ block down on the right. Free parking is to the west of the buildings.

## **DISCOUNTED HOTEL**

**Hotel Trinity Fort Worth**, 2000 Beach Street, Fort Worth, TX 76103, Phone: 817-534-4801 and ask for NAGA discounted rate of \$69 for a King Suite, \$79 for a Double Suite (includes free full breakfast). Only 2 miles from the venue.

# NAGA SOUTHWEST - ADULT PRE-REGISTRATION FORM

Name:	Phone:	
Address:		
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"/> <b>MEN'S NOVICE</b> Under 6 months experience, no wrestlers	Fly Weight (139.9 lbs. & Under)
<input type="checkbox"/> <b>MEN'S BEGINNER</b> 6 months to 2 years experience	Feather Weight (140 lbs. to 149.9 lbs.)
<input type="checkbox"/> <b>MEN'S INTERMEDIATE</b> 2 years to 5 years experience	Light Weight (150 lbs. to 159.9 lbs.)
<input type="checkbox"/> <b>MEN'S EXPERT</b> 5 years experience & above	Welter Weight (160 lbs. to 169.9 lbs.)
All Expert winners take home a Championship Belt, if multiple Expert Divisions are won by a competitor, only 1 belt will be awarded	Middle Weight (170 lbs. to 179.9 lbs.)
<b>MEN'S GI DIVISIONS (WHITE &amp; BLUE BELTS)</b>	Light Heavy Weight (180 lbs. to 189.9 lbs.)
<input type="checkbox"/> <b>MEN'S WHITE BELT</b> (Use the weight divisions to the right)	Cruiser Weight (190 lbs. to 199.9 lbs.)
<input type="checkbox"/> <b>MEN'S BLUE BELT</b> (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 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 +)	
EXPERT 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 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		

## 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 1 yr experience)	<input type="checkbox"/> Gi Only	<input type="checkbox"/> Middle Wt. (135 lbs & Above)
<input type="checkbox"/> <b>WOMEN'S INTERMEDIATE/BLUE</b> (1-3 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> (3 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. **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:

1. Pre-Register online with your MASTERCARD, AMEX, DISCOVER, VISA [WWW.NAGAFIGHTER.COM](http://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 12/11/09:

**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 SOUTHWEST KIDS/TEEN PRE-REG FORM

(Pre-Reg Deadline 12/11/09)

Name:	Phone:	
Address:		
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 (14 years of age & under):

CHILDREN'S EXPERIENCE LEVELS	AGE & GENDER	WEIGHT CLASSES
<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 <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	Actual Weigh-in will determine which division you fight in that day  <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 14 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 <b>MUST</b> move up a skill level!

## TEEN'S NO-GI & GI GRAPPLING DIVISIONS (15 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 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"/> Male <input type="checkbox"/> Female  We will separate girls from boys when there are 2 or more girls in a specific skill level & weigh class.  All Expert winners take home a Championship Belt, if multiple Expert Divisions are won by a competitor, only 1 belt will be awarded

### 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 (8/14) from 5 PM to 8PM, Saturday (8/15) the day of the event at the door
3. Fill out and mail in the attached application with a check to the following address **by 12/11/09:**  
**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 under the age of 7 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).

# 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 Advanced/Expert **4 Minutes**; all other divisions will be **4 Minutes** except: Men/Women Intermediate Divisions which are **5 Minutes**, Advanced/Absolute 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 TEXAS EVENTS

<b>February 20</b>	<b>NAGA DOLAMUR GRAPPLING CHAMPIONSHIP</b>	<b>Fort Worth, Texas</b>	<b>300 Gi &amp; No-Gi Divisions</b>	<b>Confirmed</b>
<b>May 15</b>	<b>NAGA TEXAS GRAPPLING CHAMPIONSHIP</b>	<b>Fort Worth, Texas</b>	<b>300 Gi &amp; No-Gi Divisions</b>	<b>Confirmed</b>
<b>October 2</b>	<b>NAGA SOUTHWEST GRAPPLING CHAMPIONSHIP</b>	<b>Fort Worth, Texas</b>	<b>300 Gi &amp; No-Gi Divisions</b>	<b>Confirmed</b>

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

NAGA SOUTHWEST GRAPPLING CHAMPIONSHIP – Saturday, December 19, 2009  
36 Saner Rd.  
Marlborough, CT 06447