

NAGA D.C.

GRAPPLING CHAMPIONSHIP

2009 D.C. GRAPPLING CHAMPIONSHIP

On Saturday, October 10, 2009, NAGA debuts in the Washington, D.C. area with the much anticipated, NAGA D.C. Grappling Championship. The event will take place in Landover, MD just minutes outside of Washington, D.C. NAGA is very excited to hold a tournament in this region of the United States. 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. NAGA welcomes both individuals and teams to compete. This event is nationally RANKED!

SAMURAI SWORDS TO ALL 1ST PLACE WINNERS

NAGA will be handing out custom engraved SAMURAI SWORDS to ALL children, teen, adult, master, director & executive Gi & No-Gi 1st place winners! All 2nd and 3rd place winners will take home beautiful octagon medals. All children regardless if they place (1st through 3rd) will receive a medal just for having the courage to compete!



TREMENDOUS VENUE!

The Prince George's Sports & Learning Complex's Fieldhouse is a fantastic venue to hold a grappling tournament. There is plenty of elevated bleacher seating, and enough floor space to allow for the set up of 14 competition rings. This is a clean facility with plenty of parking and concessions.

WHY THE WASHINGTON D.C. AREA?

This area of the country is a hotbed of grappling competitors. Virginia, Maryland, D.C., and the other surrounding states have competitors that travel all over the East Coast (and beyond) to compete in NAGA tournaments. You have requested NAGA come to D.C. and we are happy to finally be able to bring NAGA to D.C.

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 5-8PM. If you cannot make it on Friday, all competitors can register/weigh-in all day on Saturday beginning at 8 AM.

14 COMPETITION RINGS

NAGA is aware that a day of grappling can be a long one with thousands of matches occurring during the day. To help expedite the tournament, NAGA runs as many competition rings as possible. The size of this facility allows us to run 14 competition rings at once. This will mean an earlier finish time. This is beneficial to those who travel far distances and need to get back home that evening, and families in general.

SANDBAGGERS BEWARE

NAGA works diligently to prevent "sandbagging", or the practice of fighting down skill levels to ensure one takes home an award. NAGA has been working with RANKED to track all fighters and ranked grappling events to produce true "national standings." A by-product of these standings is our knowledge of who has competed and at which level. Front door personnel will use RANKED data to determine whether or not individuals who have fought in past events belong in a higher skill level (i.e. placed 1st at a prior NAGA event).

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 event 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 D.C. - ADULT PRE-REGISTRATION FORM

Name:	Phone:	Pre Reg # of Spectators:
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.)
<input type="checkbox"/> MEN'S ABSOLUTE Open Weight Class, Championship Belt	Middle Weight (170 lbs. to 179.9 lbs.)
MEN'S GI DIVISIONS (WHITE & BLUE BELTS)	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 (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 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 <input type="checkbox"/> Gi Only <input type="checkbox"/> Both Gi & No-Gi	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"/> MASTER'S INTERMEDIATE 2 to 5 years exp.		
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"/> Gi Only <input type="checkbox"/> Both Gi & No-Gi	<input type="checkbox"/> Directors (Ages 40 to 49 years old)
<input type="checkbox"/> BEGINNER 6 months to 2 yrs experience		<input type="checkbox"/> Executives (Age 50 yrs & Above)
<input type="checkbox"/> INTERMEDIATE 2 to 5 years experience		Directors & Executives will be broken up into weight classes at the event to ensure fair competition.
<input type="checkbox"/> ADVANCED 5 years experience & above		

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"/> Gi Only <input type="checkbox"/> Both <input type="checkbox"/> Gi & No-Gi	<input type="checkbox"/> Fly Weight (119.9 lbs & Under)
<input type="checkbox"/> WOMEN'S BEGINNER/WHITE Under 1 yr experience		<input type="checkbox"/> Light Weight (120 to 134.9 lbs.)
<input type="checkbox"/> WOMEN'S INTERMEDIATE/BLUE (1-3 years exp.)		<input type="checkbox"/> Middle Weight (135 to 159.9 lbs.)
<input type="checkbox"/> WOMEN'S ADVANCED (3 yrs+) <input type="checkbox"/> MASTER'S 30 Years +		<input type="checkbox"/> Light Heavy Wt (160 lbs. & Above)
We reserve the right to combine the above weight classes depending on the turnout.		

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 10/2/09:

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 D.C. KIDS/TEEN PRE-REG FORM

(Pre-Reg Deadline 10/2/09)

Name:	Phone:	Pre Reg # of Spectators:
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 Teens Experience Level please take into account numerous factors; how often they train, how talented they are, other sports they participate in, how they do against classmates. The length of time they have trained is not the only aspect to consider. The experience levels (years training) listed are just guidelines. Challenge your children and have them compete at an appropriate skill level. Please remember that NAGA has the right to place competitors in their appropriate division.

CHILDREN'S EXPERIENCE LEVELS	AGE & GENDER	WEIGHT CLASSES
<p>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</p> <p>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</p> <p>KIDS INTERMEDIATE = Less than 2 years experience <input type="checkbox"/> KIDS INTERMEDIATE NO-GI (with submissions) <input type="checkbox"/> KIDS INTERMEDIATE GI (with submissions)</p> <p>KIDS ADVANCED = More than 2 years experience <input type="checkbox"/> KIDS ADVANCED NO-GI (with submissions) <input type="checkbox"/> KIDS ADVANCED GI (with submissions)</p>	<p>___ Boy ___ Girl ___ Age</p> <p>We will match kids based on age and weight to make each division as fair as possible! Girls will be paired up with other girls whenever possible.</p> <p>If there are 2 or more girls in a division, we will create a separate division for those girls</p>	<p>Actual Weigh-in will determine which division you fight in that day</p> <p>___ 49.9 lbs. & Under ___ 50 lbs. to 59.9 lbs. ___ 60 lbs. to 69.9 lbs. ___ 70 lbs. to 79.9 lbs. ___ 80 lbs. to 89.9 lbs. ___ 90 lbs. to 99.9 lbs. ___ 100 lbs. to 114.9 lbs. ___ 115 lbs. to 129.9 lbs. ___ 130 lbs. to 179.9 lbs.</p> <p>All children 14 and under that weigh over 180 lbs. will need to compete with the teens.</p> <p>Please note, if you placed 1st in a prior NAGA event you MUST move up a skill level!</p>

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

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

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 10/2/09:

NAGA, 36 Saner Rd. Marlborough, CT 06447

*****ALL KIDS & TEENS DIVISIONS ARE ON SATURDAY*****

EVENT SCHEDULE – SATURDAY, October 10, 2009

8 AM	DOORS OPEN to general public. Registration & Weigh-ins begin and <u>last all day</u>	✓ Weigh-In Starts at 8:00 AM and lasts all day
8:00 AM to 6 PM	<p>8:00 A.M. 1. Doors Open, Registration & Weigh-in begins</p> <p>10:30 A.M. 2. All Kids and Teen (Gi & No-Gi Divisions) begin – DON'T BE LATE</p> <p>12:00 Noon 3. Absolute No-Gi – Championship Belt 4. Adult Novice & Beginner No-Gi Divisions 5. Adult Intermediate & Advanced No-Gi Divisions</p> <p>Mid – Late Afternoon 6. Adult White Belt Gi Divisions 7. Adult Blue Belt Gi, Purple, Brown & Black Belts</p>	<p>✓ You do not need to pre-register in order to compete</p> <p>✓ You do not need to be on a team to compete</p> <p>✓ All grappling styles are welcome!</p>



WEIGH-IN ON FRIDAY OR SATURDAY

NAGA will be offering all competitors the option of registering and weighing-in on Friday evening at the VENUE. On Friday, weigh-ins and registration will start at 5 PM and continue until 8 PM at the venue. 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 not able to weigh-in on Friday, you can still weigh-in on Saturday. Doors open at 8 AM Saturday and weigh-in is open throughout the day. If you have questions call NAGA at 860-295-0403.

VENUE/DIRECTIONS:

Prince George's Sports & Learning Complex 8001 Sheriff Road, Landover, MD 20785

From I-95 (N or S): Take Exit 17B (202 North towards Bladensburg). Make a left onto Brightseat Road. Make a right onto Sheriff Road. Make a left at the first light (Harley Drive). Drive up the hill onto the grounds of the complex.

From Washington, D.C. : Follow DC-295 North and eventually merge onto US-50 East towards Annapolis/Richmond. Take Exit 3B towards Upper Maryland. Turn right onto Brightseat Rd. Turn slight right onto Sheriff Road. Venue is located .5 miles on the left.

No on-site event parking is available. There are satellite parking lots located very close to the venue. NAGA signs will direct you to the closest lots.

Green Lots B3 & B4: Hill Oaks Road Directions from I-95/495: Take Exit 17B - 202 West (Landover Road toward Bladensburg). Immediately get into the far left lane. At the first light, turn left (Brightseat Road). Proceed straight through light. Brightseat Road becomes Redskins Road. Redskins Road becomes FedEx Way once you merge right at the stadium. Turn right onto Hill Oaks Road. This will be the first right turn you can make off of FedEx Way. Green Lots B3 & B4 will be on your right. Park to the rear of Green Lots B3 & B4. The Outdoor Stadium at the Prince George's Sports & Learning Complex is only 100 feet from the parking lots.

Green Lots D3 & D4: Redskins Road Directions from I-95/495: Take Exit 17B - 202 West Landover Road (toward Bladensburg). Immediately get into the far left lane. At the first light, turn left (Brightseat Road). Proceed straight through light. Brightseat Road becomes Redskins Road. Once through light, make an immediate right into Green Lots D3 & D4. Park in the rear of Green Lots D3 & D4. The main entrance of the Complex is only a 300-yard walk from the parking lots.

DISCOUNT HOTEL

Days Inn Lanham - 9023 Annapolis Rd, Lanham, MD 20706, Ph: (301) 459-6600 or 800-329-7466. Ask for NAGA discounted rate of only \$69.00 per night. This hotel is only 4 miles to the venue. Other hotel choices can be found at 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 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**

LENGTH: 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.

HYGEINE 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 10-10:30AM. 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 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 you 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 12-16 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.

2009 UPCOMING EVENTS

Oct. 10	NAGA D.C. GRAPPLING CHAMPIONSHIP	Washington, DC	300 Gi & No-Gi Divisions	Confirmed
Nov. 14-15	NORTH AMERICAN GRAPPLING CHAMPIONSHIP	Newark, NJ	300 Gi & No-Gi Divisions	Confirmed

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

NAGA D.C GRAPPLING CHAMPIONSHIP – October 10, 2009
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