



3rd NORTHWEST FLORIDA GRAPPLING TOURNAMENT

INTRO

The time is here again folks MAXFIT is having another EXPO full of activities for you and your family to enjoy and its time for the 3rd Northwest Florida Grappling Tournament on July 23, 2011. Come one come all men, women and children time to show off all that hard training and represent your grappling school. This Tournament will be Gi and NoGi you can compete in one or compete in both. Medals will be given to the top 3 finishers of that weight class and category. The top 3 schools will be awarded trophy's and bragging rights till next years tournament. The rules briefing will start at 9:30am and the first match will being at 10:00am.

Please look at the Expo website to see all the events www.ecpexpo.com



**TAKE YOUR BODY
TO THE MAX**



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COST & LOCATION

The registration fee for the tournament will be \$30.00 for Gi or NoGi and \$50.00 for both.

all checks and money order will be made out to Capitao Jiu-Jitsu

All spectators will have to pay a \$15.00 entry fee that can be used the whole day in the expo to see all the events and 25 for both days.

The tournament will be held at the [Emerald Coast Conference Center.](#)



1250 Miracle Strip Pkwy SE
Fort Walton Bch, FL 32548-6208
(850) 609-3800



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WEIGH IN

Competitors can weigh in on Friday July 22, 2011 the day before the tournament at Capita Jiu-Jitsu & MMA. Weigh ins will start at 10:00 am and go till 9:00 pm. Competitors will also be able to weigh in at 8 am on the 23rd of July at the tournament location the Emerald Coast Conference Center from 8 am till 9:30 am when the rules meeting starts.



1112 Santa Rosa Boulevard
Fort Walton Beach, FL 32548
(850) 301-0906



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WEIGHT CLASSES

GI / NOGI

Weights	Men / Women
Flyweight	125 lbs or less
Lightweight	140 lbs or less
Welterweight	155 lbs or less
Middleweight	170 lbs or less
Cruiserweight	185 lbs or less
Light heavyweight	205 lbs or less
Heavyweight	205 lbs or more

NOTE: All weigh in will be done one day before the tournament and two hours before the first match.
All Competitors will be divided according to their weight and belt or skill level
The weight classes above is for adults is ages 16 and up.
Man and Women will be competing in the same weight class.



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KIDS WEIGHT

Do to this being our first tournament kids will be split up into three weight classes per age group.

7-12 years old	13-15 years old
59 lbs and lower	109 lbs and lower
60 lbs to 89 lbs	110 lbs to 139 lbs
90 lbs and above	140 lbs and above

GI / NOGI



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Adult NoGi experience levels

Experience level	Men / Women
NOTE	If you fight as a blue belt with GI and you have less then one year training you will still fight Intermediate do to your belt.
Beginner (5 min)	One month to one year
Intermediate (6 min)	One to two years (a blue belt)
Advance (7 min)	Two years or more (a purple belt and above)

Note Coaches: Please use good judgment when putting your students into a NoGi Division. Competition is about having fun and building up skills. Remember its always better someone fighting up then down.



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RULES

General Rules

- 1) No unsportsmanlike conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.**
 - 2) No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling will be permitted.
 - 3) **No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. **Slamming will result in an automatic DQ.** There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.
 - 4) No infectious skin diseases (such as ringworm, staph, and MRSA) or open wounds will be permitted. No lubricants, oils, or lotions of any kind will be permitted on any part of the body or clothing.
 - 5) Competitors will be allowed to continue grappling anywhere on the matted area, provided they don't interfere with another match. If the competitors near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the competitors will restart from a standing position.
 - 6) If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.
 - 7) Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions. Teens may compete in Men's or Women's divisions with permission from their parent or coach.
 - 8) In Children's and Teens' matches, the referee has the discretion to call a match if the referee believes that a submission will cause immediate damage or injury. If the child cries the match will be stopped and the other child will get the victory, Once again this is for safety. Children's beginner matches will end if one competitor gains a 12 point lead.
- Note: Northwest Florida Staff due reserves the right to expand or combine divisions to accommodate competitors.



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RULES CONT.

Grappling Rules

- 1) **Heel hooks, reaping the knee, twisting knee locks, "flying scissors" takedowns, and neck cranks are NEVER legal in Gi matches. Straight ankle locks are ILLEGAL for children 5-17, but are legal in all other divisions. (blue belt and up in the adult division and Nogi Divisions)**
- 2) Knee bars, figure-four toeholds, and compression locks (AKA "slicers", "crushers") are legal in brown and black belt divisions only.
- 3) Grappling divisions require a clean, properly fitted Gi. Mouthpiece and groin protection are optional, but recommended.
- 4) All adult competitors must compete using the rank awarded to them by their grappling instructor. Competitors will not be permitted to compete at a higher belt level than their current belt.

Match Lengths

Men and Women Gi Divisions

White Belt: 4minutes

Blue Belt: 5 minutes

Purple Belt: 6 minutes

Brown Belt: 8 minutes

Black Belt: 10 minutes

Children and Teen Gi Divisions

Ages 7 to 12 is 3 Minutes,

Ages 13 to 15 is 4 Minutes



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SCORING

Takedown or Throw = 2 points

Sweep = 2 points

Pass opponent's guard = 3 points

Mounted position = 4 points

Back Mount with Hooks in = 4 points

Back Mount knees on ground, opponent flat on stomach = 4 points (Additional 4 points are scored by putting the hooks in from this position)

Body triangle from the back = 4 points

Knee on stomach = 2 points

1) **To gain points for a position, the competitor must show clear control for 3 seconds (including takedowns and throws).**

2) Advantages are used as a tiebreaker. The referee will score advantages in the event of a near submission or score (near takedown, near guard pass, etc).

3) No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, hugging the opponent's hips inside the guard, backing away from the opponent out of bounds, etc). A 2nd offense will result in an advantage for the staller's opponent. A 3rd offense will result in a 2 point deduction. A 4th offense will result in a disqualification.

4) If a competitor flees the ring to avoid a takedown and it is obvious that the competitor is going to be taken down, his or her opponent will be awarded two points.

5) There are no points for reversals. It is a person's obligation to escape a bad position (mount, rear mount, or side control). No points are awarded for these escapes.

Team Scoring

Coaches: Team scoring is easy only the top 3 places of every division will get team points. 1st place = 3 points, 2nd place = 2 points, 3rd place = 1 point



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CLOSING COMMENTS

On behalf of MaxFit and Capitao Jiu-Jitsu we want to say thank you for your support of the 3rd Northwest Florida Grappling Tournament. Please remember we are all professionals and lets not forget what competition is all about. Competitions builds cohesion within a school and helps students grow in the art or style in which they practice.

Questions: go to www.capitaomma.com

NOTE COACHES: All Competitor will be able to few all the other events in the expo after they have competed.



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REGISTRATION

Competitors Name: _____ DOB _____ AGE _____

Weight Class _____ Weight from scale _____ Belt _____

School _____ Coach _____

Years Training _____

Note: The weigh ins will start at 10:00 am CapitaO Jiu-Jitsu & MMA Fort Walton beach will end at 9:00 pm. If competitor does not make weigh ins the day before, they can weigh in on the morning of the tournament one two hours before the tournament it set to start.



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LIABILITY WAIVER

In consideration of being allowed to participate in any activities in any way in the 2011 NORTHWEST FLORIDA GRAPPLING TOURNAMENT sporting events , and related events and activities, the undersigned:

1. All competitor agree that prior to participating , they each will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise there coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that participant will be engaging in activities that involve risk of serious injury, including permanent disability and/or death, and severe social and economic losses which might result not only from their own actions, in actions or negligence, but the actions, in actions or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue NORTHWEST FLORIDA GRAPPLING TOURNAMENT, CAPITAO JIU-JITSU/MMA it's affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participant, sponsoring agencies, sponsors, advertising, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releases", from any and all labiality to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part be the negligence of the releasers or otherwise.
5. FOR MINIOORS: Agree that the parent(s) and/ or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
6. This waiver may not be modified in any way. If any part of this waiver is determined to be invalid by law, all other parts of the waiver shall remain valid and enforceable.

THE UNDERSIGNED HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

Participants Name _____ DOB _____ Date _____

Signature _____

Parent or Guardian Name(if applicable) _____