



World Grappling Games and On the Mat

Present

The 4th Annual

Best of the West Submission Grappling Championships

Sunday, May 18th

Long Beach City College

Long Beach, CA

Location

Hall of Champions
Long Beach City College
4901 E. Carson St.
Long Beach, CA 90808

Fees

\$50 for prior World Grappling Games Competitors or \$65 for 1st time WGG competitors

Spectator ticket: \$10

Coaches

Coaches will be required to check-in online or by phone and provide a list of registered students to receive competition floor credentials. Coaches will be required to stay behind the fences but will be on the competition floor. STRICTLY ENFORCED!
Email info@grapplingtournaments.com

Weigh-Ins (2 options) At OTM Fight Shops or Tournament Location.

Note: There will be no weight allowance. If an athlete is within 3 pounds of their weigh class they will have until an hour and a half before their scheduled division to make weight.

Day Before Weigh-ins will be Saturday, May 17 between 10am-7pm at 6 OTM Fight Shops:

17424 Beach Blvd., Huntington Beach, CA 92647 (714) 847-6786
2414 Artesia Blvd., Redondo Beach, CA 90278 (310) 376-3586
3775 Spring Mountain Rd., Las Vegas, NV 89102 (702) 383-0002
1020 The Alameda, San Jose, CA (408) 280-0200
2800 Leavenworth St. Bld. B Ste. 123, San Francisco, CA 94101 – (415) 447-4132
2410 Wardlow Road Ste. 108, Corona, CA 92880 (951) 340-3311
1020 Grand Ave. San Diego, CA 92109 (858) 270-5425

Day Of Weigh-ins You can also weigh-in the day you compete (May 18, 1 hour 30 minutes before your scheduled cut off time at the tournament location. Complete information is available at grapplingtournaments.com)

Schedule Weigh-ins will close and you will be disqualified if you are not present by the below listed times.

Note: This is the earliest a division will be called. **The following do not necessarily reflect the actual fight time.**
(Must be weighed in and ready to compete by listed weigh-in times.)

Juniors (11-14) & Teens (15-17): 10am

Advanced Executive (30-39) & Master's (40+) Divisions: 10am

Advanced Men's Divisions: 11am

Novice Men's Divisions: 11:30am

Beginner Executive (30-39) & Master's (40+) Divisions: 1:00pm

Beginner Men's Divisions: 2:30pm

Women's Divisions: 3:00pm

Men's Intermediate: 4:00pm

Note: Open Divisions are held at the conclusion of all weight classes in that division. The Novice and Beginner open division is combined.

Accommodations

Visit www.visitlongbeach.com for various hotels and attractions in the area.

For other options, book through Kayak.com, Travelocity.com, Orbitz.com or Priceline.com.

Submission Grappling Divisions & Rules

Skill Levels:

Novice: Less than 9 months

Beginner: Nine months to 2 years

Intermediate: 2 years to 4 years

Advanced: More than 4 years

Juniors (11-14) & Teens (15-17): Beginner = Less than 18 months • Advanced = 18 months or greater

Women: Beginner - Less than 18 months • Advanced - 18 months or greater

Executive: 30-39 years – Beginner = Less than 18 months • Advanced = 18 months or greater

Masters: 40 years and above - Beginner = Less than 18 months • Advanced = 18 months or greater

Length of No-Gi Matches:

Novice: 4 minutes

Beginner: 4 minutes

Intermediate: 5 minutes

Advanced: 6 minutes

Juniors & Teens: 4 minutes

Women: Beginner = 4 minutes • Advanced = 6 minutes

Executive/Masters: Beginner = 4 minutes • Advanced = 5 minutes

Men's No-Gi Weight Classes:

Flyweight: 139.9 lbs. and below

Featherweight: 140-149.9 lbs.

Lightweight: 150-159.9 lbs.

Welterweight: 160-169.9 lbs.

Middleweight: 170-179.9 lbs.

Cruiserweight: 180-189.9 lbs.

Light-Heavyweight: 190-199.9 lbs.

Heavyweight: 200-209.9 lbs.

Superweight: 210 lbs. and over

Juniors & Teens No-Gi Weight Classes:

Lightweight: 114.9 lbs. and below

Welterweight: 115-129.9 lbs.

Middleweight: 130-149.9 lbs.

Cruiserweight: 150-169.9 lbs.

Heavyweight: 170 lbs. and over

Women's No-Gi Weight Classes:

Class A: 119.9 lbs and below

Class B: 120-134.9 lbs.

Class C: 135-149.9 lbs.

Class D: 150 lbs. and over

Women's Absolute: Open Weight, Open Skill

Executive & Masters No-Gi Weight Classes:

Lightweight: 159.9 lbs and below

Middleweight: 160-179.9 lbs.

Cruiserweight: 180-199.9 lbs.

Heavyweight: 200 lbs. and over

No-Gi Point System:

Takedown landing in Half or Full Guard: 2 points

Takedown to Side Control or Mount: 3 points

Sweep or Reversal w/ legs: 2 points

Passing Opponent's Guard: 3 points

Mounted Position: 4 points

Back Control w/ Hooks: 4 points

(All positions must be held for minimum 3 seconds)

No-Gi Illegal Techniques:

Beginner, Novice, Executive & Masters Divisions: No Leg Locks EXCEPT Straight Ankle Lock. No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

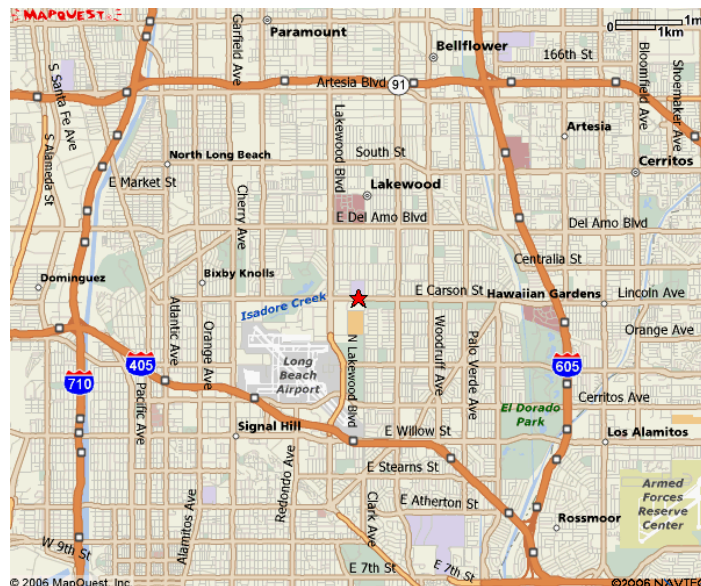
Intermediate: No Twisting Leg locks EXCEPT Inside Toe Hold, No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

Advanced: No Slamming

Detailed Rules: The object of the competition is to control and submit your opponent.

Ways to win: 1) Causing your opponent to physically or verbally Tapout or quit by using a technique within the guidelines of the rules in each set division. (All competitors must be aware of dangerous techniques and know how to Tapout.) 2) Highest score at end of regulation time period or overtime. 3) Referee Stoppage

- 1. Hygiene:** At weigh-ins all competitors will be checked for communicable diseases, not limited to but including ringworm, staph, herpes and impetigo.
- 2. Tie Breakers:** There will be a 1-minute overtime in the event of a draw. At the end of the 1-minute overtime if there were no points scored it will immediately turn to sudden death in which the first point scored gets the victory. The stalling rule will be enforced with ZERO tolerance in overtime. The referee will give 2 warnings and you will be deducted -1 point and given the loss if you do not go after the victory.
- 3. No Stalling:** The referee will issue warning for the 1st offense of stalling (i.e. backing out of the guard without engaging, butt scooting, fleeing the ring to avoid takedown/submission attempts). The 2nd offense will result in a 2-point deduction. A 3rd offense will result in a 3-point deduction. A 4th offense will result in a DQ.
- 4. Leg Locks:** Leg Locks are ILLEGAL in all kids, masters, executive, and novice divisions. Straight ankle locks are legal for Beginner. Straight ankle, inside figure four toe holds, straight knee bars and calf slicers are legal for Intermediate. , All leg locks are legal in the Advanced Men's division. **Note:** Reaping (crossing your leg across your opponents body while attacking a foot) is illegal in all divisions except Intermediate and advanced adult.
- 5. Illegal Techniques in all divisions:** No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger and toe locks), hair pulling, or ear pulling, neck cranks.
- 6. Slamming:** ZERO tolerance on slamming. This is to avoid slamming to escape the guard and various submissions from the guard. A competitor will be immediately disqualified NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee.
- 7. Neck Cranks and Twister:** Neck cranks and Twister (wrestling guillotine) are only legal in the advanced division. Intermediate division may use the Twister setup to execute the banana split or calf slicer.
- 8. Takedowns and control:** Any position must be held for a MINIMUM of 3 full seconds before points will be awarded. If you take your opponent down and Mount him you would receive 3 points for the take down AFTER 3 seconds AND then 3 more seconds for the 4-point mount. Therefore you must maintain the position for 3 seconds per set of points. Guard pass points are established when the opponent's shoulders are flat on the ground and your legs are completely clear of their legs. If you go from standing to a guys back with BOTH his knees on the ground for 3 full seconds you receive 2 points for reversal.
- 9. Sweeps/Reversals:** Reversal of position points are given when one opponent reverses from the bottom to the top position and maintained for a full three seconds. The reversal has to be used from your guard or in the immediate transition of someone passing your guard. For example if you're passing my guard and I IMMEDIATELY put you on your back I receive reversal points. **Note:** Rolling someone over when you are mounted or in side control is an escape not a reversal.
- 10. No-Gi Attire:** Board shorts, fight shorts, singlets, or Gi pants are required. Rashguards, t-shirts, tank tops, Wrestling shoes, knee-pads (non-medal braces), headgear, cups and mouthpieces are optional.
- 12. Code of Conduct:** We will be enforcing a zero tolerance rule on disrespecting, threatening with physical violence, or verbally abusing referees or staff at any time before, during or after the event. If any spectator, coach or competitor threatens or abuses the referee in any shape or form, they will be escorted out of the building.





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Present

Best of the West Submission Grappling Championships



Registration Form

School _____ School Ph. # (_____) _____ - _____ Instructor _____

Name (first) _____ (last) _____

Address _____ Ste. /Apt# _____ City _____

State _____ Zip _____ Country _____ Email _____

Age _____ Weight _____ lbs. Cell Phone (_____) _____ - _____ Hm Phone (_____) _____ - _____

Emergency Contact _____ Phone (_____) _____ - _____

I am signing up for:

Men's Division: Novice (under 9 mo) / Beginner (Less than 18 mo) / Intermediate (2-4 yrs) / Advanced (4 yrs +)

Executives (30-39 & Masters (40 & up) Divisions: Beginner (Less than 18 mo.) / Advanced (18 mo. +)

Women's Division: Beginner (Less than 18 mo.) / Advanced (18 mo. +)

Youth Divisions: Juniors (11-14) / Teens (15-17) - Beginner (Less than 18 mo.) / Advanced (18 mo. +)

I, the undersigned, hereby waive all claims against any and all persons associated with any of the participating schools and competitors. I understand the rules of the tournament and will abide by them. I understand that I am participating in a sport, which usually has body contact. I assume full responsibility for all of my actions during and connected to the above tournament. I understand the risk of competing in this form of Martial Arts competition and hereby release World Grappling Games, Grappling Tournament Association, OntheMat and all of its employees and associates, tournament sponsors, venue, and or USA Grappling, from any type of injury, loss, or death sustained while competing in this competition. I, the undersigned also state that I am in good physical condition and know of no reason why I cannot participate in this Martial Arts event. I have current and valid health insurance. Divisions or weight classes are subject to change. I understand that Grappling Tournament Association does not offer refunds. In case of an emergency, I hereby authorize any licensed medical personnel to perform any accepted medical procedure deemed necessary and I agree to bear the expense of any such treatment. I also agree that my attendance and/or performance at the tournament may be photographed, filmed, or taped and used by any schools, World Grappling Games, Grappling Tournament Association, USA Grappling, Wacked Media and/or OntheMat and I waive any compensation thereof. I, the undersigned, have read the rules and the release above and agree to all of its terms and sign below to complete this form:

Signature _____ Date _____ / _____ / 2008

(Parent or guardian sign if under 18)

Weigh-ins will be Saturday, May 17, between 10am-7pm at 6 OTM Fight Shops:

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1010 Aviation Blvd., Hermosa Beach, CA 90254

2114 Highland Ave., Las Vegas, NV 89102

1020 The Alameda, San Jose, CA

2800 Leavenworth St. Bld. B Ste. 123, San Francisco, CA 94101

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Pre-Registration prices – End Wednesday, May 14. \$20 Late registration fee will apply after midnight May 14.

No-Gi Division: \$50 for prior World Grappling Games competitors or \$65 for 1st time Competitors

Mail in registration must be postmarked by Monday, May 12.

Make money order or checks payable to GTA and mail with registration form to address below.

Mail to: **GTA – 15833 Chemical Lane • Huntington Beach, CA 92649**

www.grapplingtournaments.com • email: info@grapplingtournaments.com • (310) 376-3586

