



**Built To Fight Industries**  
**Presents**  
**California State Championships**  
**Brazilian Jiu-Jitsu & Submission Grappling**  
**Saturday, December 5<sup>th</sup>, 2009**

**San Diego State University**  
**Peterson Gym**  
**San Diego, CA 92115**

**Location**

San Diego State University  
Peterson Gym  
55<sup>th</sup> Street  
San Diego, CA 92115

**Fees**

\$60 for either BJJ or Submission Grappling  
\$80 for both BJJ and Submission Grappling

Spectator tickets: \$10 / \$5 for kids under 5 years old

**Weigh-Ins**

Weigh-Ins will be on Friday December 4<sup>th</sup> at your local OTM Fight Shop or at Tournament location December 5<sup>th</sup>.

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 Friday, December 4<sup>th</sup> between 11a.m. – 7 p.m. at your local OTM Fight Shop.**

- SAN DIEGO - 1020 Grand Ave. San Diego, CA 92109 (858) 270-5425
- ORANGE COUNTY - 17424 Beach Blvd., Huntington Beach, CA 92647 (714) 847-6786
- LOS ANGELES - 2414 Artesia Blvd., Redondo Beach, CA 90278 (310) 376-3586
- SACRAMENTO - 3223 Folsom Blvd. Sacramento, CA 95816 (916) 457-4686
- SAN FRANCISCO - 2800 Leavenworth St. Bld. B Ste. 123, San Francisco, CA 94101 (415) 447-4132
- RIVERSIDE - 2410 Wardlow Road Ste. 108, Corona, CA 92880 (951) 340-3311
- WEST COVINA - 1026 W West Covina Pkwy West Covina, CA 91790 (626) 813-4448
- LAS VEGAS - 3775 Spring Mountain Rd., Las Vegas, NV 89102 (702) 383-0002

**Day of Weigh-ins**

You can also weigh-in the day you compete (December 5<sup>th</sup>, **between 7:30 a.m. – 9:30 a.m.**). Complete information is available at [grapplingtournaments.com](http://grapplingtournaments.com))

**Schedule**

If you are not present 30 minutes before your division's scheduled start time already weighed in, you will be disqualified.

Schedules will be posted on [www.GrapplingTournaments.com](http://www.GrapplingTournaments.com) on Thursday, December 3<sup>rd</sup>.

Note: The scheduled time is the earliest a division will be called.

**Accommodations and Local Attractions**

Visit [www.sandiegogetaway.com](http://www.sandiegogetaway.com) for various hotels and attractions in the area.

For other options, book through [Kayak.com](http://Kayak.com), [Travelocity.com](http://Travelocity.com), [Orbitz.com](http://Orbitz.com) or [Priceline.com](http://Priceline.com).

# **Brazilian Jiu-Jitsu Divisions & Rules**

## **BJJ Skill Levels:**

**Men and Women:** White Belt, Blue Belt, Purple Belt, Brown Belt & Black Belt

**Kids 5-7, 8-10, 11-13, 14-15, 16-17:** White, Yellow, Orange & Green Belt

Kids Division note: Kids are matched as close as possible in age and weight. We maintain no more than 12lb and 2 year age gap.

## **Length of BJJ Matches:**

White: 5 minutes

Blue: 6 minutes

Purple: 7 minutes

Brown: 8 minutes

Black: 10 Minutes

Kids 3 minutes

Juniors: 4 minutes

Executive (30-39) / Masters (40+): White/Blue belts 4 minutes • Purple/Brown belts 6min • Black belts 7 minutes

## **Male Adult BJJ Weight Classes:** (Note: Weigh-in WITHOUT uniform)

Rooster: 121lbs. and below

Super Feather: 122-134 lbs.

Feather: 135-147 lbs.

Light: 148-160 lbs.

Middle: 161-174 lbs.

Light-Heavy: 174-187 lbs.

Heavy: 188-202 lbs.

Super-Heavy: 203-221 lbs.

Unlimited: 221 lbs. and over

**Kids:** matched within 12 pounds and 2 years age difference

## **Women's BJJ 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 BJJ Weight Classes:**

Lightweight: 159.9 lbs and below

Middleweight: 160-179.9 lbs.

Cruiserweight: 180-199.9 lbs.

Heavyweight: 200 lbs. and over

## **BJJ Point System:**

(All positions must be held for 3 full seconds. It is good strategy to count to five before making a transition to a new position.)

**Takedown:** Opponent must land on back or butt and you must maintain top control for 3 seconds: **2 points**

**Knee on Belly:** Must have opponent controlled on their back with knee atleast halfway across body: **2 points**

**Sweep or Reversal:** Must initiate reversal from Guard and maintain TOP position for 3 seconds: **2 points**

**Passing Opponent's Guard:** Must have all arms and legs cleared from opponents guard/legs for 3 seconds: **3 points**

**Mount:** Both knees and feet must be on ground with opponents leg cleared from your body for 3 seconds: **4 points**

**Back Control w/ Both Hooks Inside:** Figure four does not count as points. Hooks in for 3 seconds: **4 points**

## **BJJ Illegal Techniques:**

**White Belt, Blue belt, Executives and Masters:** No Leg Locks EXCEPT Straight Ankle Lock. No reaping of leg across body.

No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.

**Purple - Black:** No Twisting Leg locks EXCEPT Inside Toe Hold, No Neck or Cervical Cranks or Slamming.

**Kids:** No leg locks, No neck cranks, No twisting submissions. Kids matches will be stopped at the Referees discretion at any time during the match if the Referee believes it is in the best interest of the child's safety. It is imperative that coaches and parents both understand that we are here to look out for the childrens safety first and foremost. We are not concerned with who wins and loses and will have no tolerance for coaches and parents that cause a commotion due to a referee decision.

# **Submission Grappling Divisions & Rules**

## **Skill Levels:**

**Adult Novice:** Less than 9 months

**Adult Beginner:** Nine months to 2 years

**Adult Intermediate:** 2 years to 4 years

**Adult Advanced:** More than 4 years

**Kids 5-7, 8-10, 11-13, 14-15, 16-17:** Beginner = Less than 18 months • Advanced = 18 months or greater

Kids Division note: Kids are matched as close as possible in age and weight. We maintain no more than 12lb and 2 year age gap.

**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

**Kids:** 3 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

## **Kids, Juniors & Teens No-Gi Weight Classes:**

Lightweight: 69.9 lbs. and below

Welterweight: 70-79.9 lbs.

Middleweight: 80-94.9 lbs.

Cruiserweight: 95-109.9 lbs.

Heavyweight: 110-124.99 lbs.

## **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:**

**(All positions must be held for 3 full seconds. It is good strategy to count to five before making a transition to a new position.)**

**Takedown:** Opponent must land on back or butt and you must maintain top control for 3 seconds: **2 points**

**Sweep or Reversal:** Must initiate reversal from Guard and maintain TOP position for 3 seconds: **2 points**

**Passing Opponent's Guard:** Must have all arms and legs cleared from opponents guard/legs for 3 seconds: **3 points**

**Mount:** Both knees and feet must be on ground with opponents leg cleared from your body for 3 seconds: **4 points**

**Back Control w/ Both Hooks Inside:** Figure four does not count as points. Hooks in for 3 seconds: **4 points**

## **No-Gi Illegal Techniques:**

Beginner, Novice, Executive & Masters Divisions: No Leg Locks EXCEPT Straight Ankle Lock in Beginner. 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. No heel hooks in Executive and Masters divisions.

**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 "tap out" 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 "tap out".) 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 be given the loss if you do not go after the victory.

**3. No Stalling:** The referee will issue a 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 the Beginner. Straight ankle locks, inside figure-four toe holds, straight kneebars 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 opponent's 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, and ear pulling.

**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 set up 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. Rash guards, t-shirts, tank tops, Wrestling shoes, knee-pads (non-medal braces), headgear, cups and mouthpieces are optional.

**11. Kids Divisions:** Kids matches will be stopped at the Referees discretion at any time during the match. If the Referee believes it is in the best interest of the child's safety a match will be stopped. It is imperative that coaches and parents both understand that we are here to look out for the children's safety first and foremost. We are not concerned with who wins and loses and we will have no tolerance for coaches and parents that cause a commotion due to a referee decision and are careless with the child's safety. Please help us maintain a safe and positive event and understand that we are here to help the children grow in character and in the martial arts.

**\*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.**



# Built To Fight Industries

Presents

## California State 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 (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Circle Discipline:** BOTH BJJ and Sub Grappling / Brazilian Jiu-Jitsu with Gi / Submission Grappling without Gi

Place a CHECKMARK ✓ in the NO-GI category that applies. If you are competing in the BJJ division, CIRCLE your belt. If you are competing in both divisions be sure to mark each. \* Executives and Masters may compete in Lower age division for no additional Fee. Check Both if you want to compete in both divisions.

|                                     |                                  |                                  |                                   |                                     |  |
|-------------------------------------|----------------------------------|----------------------------------|-----------------------------------|-------------------------------------|--|
| <b>Adult Men (18-29 years)</b>      | <u>Novice (&lt;9 months)</u>     | <u>Beginner (10 - 24 months)</u> | <u>Intermediate (2 - 4 years)</u> | <u>Advanced (4 years and above)</u> | White / Blue / Purple<br>Brown / Black   |
| <b>Executive Men* (30-39 years)</b> | <u>Beginner (&lt; 18 months)</u> |                                  | <u>Advanced (18+ months)</u>      |                                     | White / Blue / Purple<br>Brown / Black   |
| <b>Masters Men* (40+ years)</b>     | <u>Beginner (&lt; 18 months)</u> |                                  | <u>Advanced (18+ months)</u>      |                                     | White / Blue / Purple<br>Brown / Black   |
| <b>Women (18+ years)</b>            | <u>Beginner (&lt; 18 months)</u> |                                  | <u>Advance (18+ months)</u>       |                                     | White / Blue / Purple<br>/ Brown / Black |
| <b>Kids (5-7 / 8-10 yr)</b>         | <u>Beginner (&lt; 18 months)</u> |                                  | <u>Advanced (18+ months)</u>      |                                     | White / Yellow /<br>Orange / Green       |
| <b>Teen (11-14 yr)</b>              | <u>Beginner (&lt; 18 months)</u> |                                  | <u>Advanced (18+ months)</u>      |                                     | White / Yellow /<br>Orange / Green       |
| <b>Junior (15-17 yr)</b>            | <u>Beginner (&lt; 18 months)</u> |                                  | <u>Advanced (18+ months)</u>      |                                     | White / Yellow /<br>Orange / Green/Blue  |

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 \_\_\_\_/\_\_\_\_/2009  
(Parent or guardian sign if under 18)

Day Before Weigh-Ins will be Friday, December 4<sup>th</sup> between 11am-7pm at your local OTM Fight Shop. You can also weigh-in the day you compete (December 5<sup>th</sup>) between 7:30am-9:00am. Event Schedule will be available at [grapplingtournaments.com](http://grapplingtournaments.com) by Thursday, December 3<sup>rd</sup>.

Fees: \$60 for BJJ OR No-Gi / \$80 for BOTH BJJ AND No-Gi - Pre-Registration prices end Wednesday, December 2<sup>nd</sup>. \$20 Late fee will apply after midnight on December 2<sup>nd</sup>.

Mail in registration must be postmarked by Monday, November 30<sup>th</sup>.

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](mailto:info@grapplingtournaments.com) • (310) 427-4737**