

APPROVED:
Lithuanian grappling federation
President Adrijus Kupstas



LITHUANIAN OPEN GRAPPLING GI/ NOGI CHAMPIONSHIP REGULATIONS

I. OBJECTIVE AND TASKS

To promote grappling. To improve athletes' skills.

II. PLACE AND TIME OF THE COMPETITION

Competition takes place at 11.00 on 10 april 2021, Vilnius, Lithuania. **Vytenio g. 46B, Vilnius.**

Arrival of participants, registration - weight-in starts at 9.00 and finishes at 10.00.

The athletes must provide a participant's licence-registration card (a valid personal identification document is necessary).

The tournament begins at 11.00

After weigh-in, the participants will not be registered !

III. PARTICIPANTS AND PROGRAMME OF THE COMPETITION

Competition is personal and in teams

Discipline NoGi

Group	Participants	Weigh-in and registration	Beginning of the competition	Weight divisions
1.	Girls U13 2008 and younger	9.00-10.00	11.00	-29;-33;-37;-41;-47; +47 kg
2.	Females 2007 and older	9.00-10.00	11.00	-47;-53;-61;-69; +69 kg
3.	U-11, Kids born in 2010 and younger.	9.00-10.00	11.00	25;-28;-32;-36;-40;-44;-48; +48 kg
4.	U-13, Boys 2008-2009.	9.00-10.00	11.00	-36;-40;-44;-48;-52;-58; +58 kg
5.	U-15, Boys 2006-2007	9.00-10.00	11.00	-44;-48;-52;-58;-64;-72; +72 kg;
6.	U-17, Boys 2004-2005	9.00-10.00	11.00	-52;-58;-64;-72;-80;+80 kg
7.	Adult (men) born in 2003 and older.	9.00-10.00	11.00	-64;-72;-80;-90;+90 kg
8.	Veterans born in 1986 and older	9.00-10.00	11.00	-80; +80 kg

Note: if only two participants registers in a weight-category, they / her is moved one weight category up.

Discipline Gi

Group	Participants	Weigh-in and registration	Beginning of the competition	Weight divisions
1.	Girls U13 2008 and younger	9.00-10.00 13.00-14.00	15.00	-29;-33;-37;-41;-47; +47 kg
2.	Females 2007 and older	9.00-10.00 13.00-14.00	15.00	-47;-53;-61;-69; +69 kg
3.	U-11, Kids born in 2010 and younger.	9.00-10.00 13.00-14.00	15.00	25;-28;-32;-36;-40;-44;-48; +48 kg
4.	U-13, Boys 2008-2009.	9.00-10.00 13.00-14.00	15.00	-36;-40;-44;-48;-52;-58; +58 kg
5.	U-15, Boys 2006-2007	9.00-10.00	15.00	-44;-48;-52;-58;-64;-72; +72 kg;
6.	U-17, Boys 2004-2005	9.00-10.00 13.00-14.00	15.00	-52;-58;-64;-72;-80;+80 kg
7.	Adult (men) born in 2003 and older.	9.00-10.00 13.00-14.00	15.00	-64;-72;-80;-90;+90 kg
8.	Veterans born in 1986 and older	9.00-10.00 13.00-14.00	15.00	-80; +80 kg

Note: if only two participants registers in a weight-category, they / her is moved one weight category up.

IV. HOLDING THE COMPETITION

The judge panel approved by LGF holds the competition;

Competitions senior referee Dainius Burokas, competition secretary Rolandas Lukoševičius.

V. RULES

IGF competitions follow the competition system adopted by IGF. <http://www.grapplingfederation.com/rules>

VI. AWARDS

The personal winners will be awarded with medals. In three age groups, Group I - Girls and Girls; Group II - U11, U13, U15 boys, Group III - U17 guys, adult men and veterans men, three clubs having scored the most points-cups.

The three clubs have won the most points of the tournament will be awarded - cups. Points for the team are given by athletes who occupy I-III places:

(I place. - 7 points, II place. - 5 points, III place. - 3 points).

VII. ENTRANCE REQUIREMENTS

The fee for participant's licence for: Girls, U11; U13; U15-for one discipline **10 eur.**, for two disciplines –**15 eur**

The fee for participant's licence for: Women, U17; adults and veterans -for one discipline **15 eur.**, for two disciplines **20 eur.**

Travel expenses for athletes and coaches shall be paid by the sending organization.

Sending organization and coach are responsible for competition participants' health and security.

We recommend having a health insurance for participants of the competition

VII. REGISTRATION

The number of participants is unlimited. Registration www.grappling.lt until april 10 at 20.00 h.

All the registered participants will receive a participant's card via e-mail which they must print out and submit on the day of the competition.

Athletes who will not have registered or will not have a registration card on the day of the competition will be required to pay for one discipline, Gi or NoGi, 20 Eur., for two discipline, Gi and NoGi, – 30 eur

Participants' licences - registration cards of minors must be signed by their parents or guardians.

Information by e-mail: lietuvosgrapplingfederacija@gmail.com, **ph. nr. +370 64561005; +37068502228**

Note: Registration fee is paid upon arrival at the competition or in the bank account of the Lithuanian Grappling Federation:Bank: Luminor Bank AS; Bank Account: LT264010051001970289SWIFT: AGBLLT2X

VIII. COMPETITION SPEC. CONDITIONS RELATING TO THE THREAT OF A COVID-19 PANDEMIC

PURSUANT TO THE DECISION OF THE MINISTER OF HEALTH OF THE REPUBLIC OF LITHUANIA

ON THE ORGANIZATION OF HIGH-SKILLS SPORTS COMPETITIONS AND EXERCISES
MINIMUM CONDITIONS

1. competitions are held without spectators;
2. High Competence Athletes ("Athletes"), when not exercising, Anti-Doping Officers, competition organizers and service staff must wear a nose and mouth throughout the event protective protective equipment (face masks, respirators or other means) which fit close to the face and completely cover the nose and mouth (hereinafter - masks).
- 2.2. Masks are allowed not to be worn - for participants in competitions of high mastery of sports and physical activity professionals, highly skilled sports and physical activity instructors and judges.
3. Athletes participating in competitions, high mastery of sports and physical activity Specialists, highly trained sports and physical activity instructors, judges, anti-doping officers, organizers and service personnel (hereinafter referred to as "other persons") will have access to proper hand hygiene and / or disinfection by washing or disinfecting hands with warm running water and liquid soap. hand disinfectants) and information on the need to observe hygiene (hand hygiene, coughing, sneezing label, etc.);
4. Athletes and other persons with acute upper extremities will not be admitted to the competition venue signs of respiratory diseases (fever, cough, difficulty breathing, etc.);
5. Athletes, other persons who show signs of upper respiratory diseases (fever, cough, difficulty breathing, etc.) will have to leave the competition and exercise site immediately and will be advised to consult the Coronavir Hotline tel. 1808 or contact your family doctor for a consultation;
6. Athletes, other persons with acute signs of upper respiratory diseases (eg fever, cough, difficulty breathing, etc.) may not enter the competition venue;
7. upon receipt of information that an athlete, another person, has been diagnosed with COVID-19 infection), the National Center for Public Health under the Ministry of Health (hereinafter referred to as the NVSC) will be informed and cooperation with the NVSC will be established in identifying the exposed persons;
8. used sports equipment and equipment will be cleaned and disinfected;
9. Cleaning and disinfection of the competition site will be carried out in accordance with the Recommendations for Disinfection in Healthcare Facilities and Non-Healthcare Facilities (when contamination with SARS-COV-2 virus is possible) (<https://bit.ly/3mWbxzf>);
10. Athletes (when not exercising) and other persons must be in groups of no more than 2 persons and maintain a distance of at least 2 meters between persons or groups of persons.

Recommended:

For highly skilled sports and physical activity specialists participating in the competition, high mastery sports and physical activity instructors and judges to wear masks during all competitions.