



CONFIRM:
Lithuanian grappling federation
President Adrijus Kupstas

LITHUANIAN OPEN GRAPPLING GI / NOGI CHAMPIONSHIP REGULATIONS

I. OBJECTIVE AND TASKS

To promote grappling and to improve athletes' skills.

II. PLACE AND TIME OF THE COMPETITION

The competition takes place on **14 December 2019** at 11:00 in Kaunas, Lithuania. Kaunas District, Garliava Sports and Cultural Events Hall, Vasario 16-osios str. 8, Garliava, LT-53216, Kaunas District Municipality. .

Arrival of participants, registration – weight – in **14 December** between 9:00 and 10:00.

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

The competition begins at 11.00.

III. PARTICIPANTS AND PROGRAMME OF THE COMPETITION

Competition is personal, the number of participants is unlimited

14 December (Discipline NoGi)

Nr	Participants	Weigh-in and registration on the competition day	Beginning of the competition	Weight divisions
1	Girls U13 , 2007 and younger	9.00-10.00	11.00	-32;-38;-45;+45 kg
2	Women 2006 and older	9.00-10.00	11.00	-53;-61;-69;+69 kg
3	Boys U11 , 2009 and younger	9.00-10.00	11.00	-30;-36;-42;-48;+48 kg
4	Boys U13 , 2007-2008 m.	9.00-10.00	11.00	-36;-42;-48;-56;+56 kg
5	Boys U15 , 2005-2006 m.	9.00-10.00	11.00	-48;-56;-64;-72;+72 kg
6	Boys U17 , 2003-2004	9.00-10.00	11.00	-56;-64;-72;-80;+80 kg
7	Adult (men) 2002 and older	9.00-10.00	11.00	-64;-72;-80;-90;+90 kg
8	Veterans 1985 and older	9.00-10.00	11.00	-80;+80 kg
9	For absolute winner Men, Women	13.00-13.30	14.00	Common

Note: if only one participant registers in a weight-category, he / she is moved one weight category up. Only champions and prizewinners of weight categories can take part in the absolute title of the champion.

14 December (Discipline Gi)

Nr	Participants	Weigh-in and registration on the competition day	Beginning of the competition	Weight divisions
1	Girls U13 , 2007 and younger	9.00-10.00 13.00-14.00	15.00	-32;-38;-45;+45 kg
2	Women 2006 and older	9.00-10.00 13.00-14.00	15.00	-53;-61;-69;+69 kg
3	Boys U11 , 2009 and younger	9.00-10.00 13.00-14.00	15.00	-30; -36;-42;-48;+48 kg
4	Boys U13 , 2007-2008 m.	9.00-10.00 13.00-14.00	15.00	-36;-42;-48;-56;+56 kg
5	Boys U15 , 2005-2006 m.	9.00-10.00 13.00-14.00	15.00	-48;-56;-64;-72;+72 kg
6	Boys U17 , 2003-2004	9.00-10.00 13.00-14.00	15.00	-56;-64;-72;-80; +80 kg
7	Adult (men) 2002 and older	9.00-10.00 13.00-14.00	15.00	-64;-72;-80;-90;+90 kg
8	Veterans 1985 and older	9.00-10.00 13.00-14.00	15.00	-80;+80 kg
9	For absolute winner Men, Women	16.00-16.30	17.00	Common

Note: if only one participant registers in a weight-category, he / she is moved one weight category up. Only champions and prizewinners of weight categories can take part in the absolute title of the champion.

IV. HOLDING THE COMPETITION

The judge panel approved by IGF holds the competition.

V. RULES

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

VI. AWARDS

The winners will be awarded with medals, the prize winners - medals . Absolute winners - cups

VII. CONDITIONS OF ACCEPTANCE

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.**

The fee of entrant licence-registration card for the absolute championship cups for free

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 13 December 2019 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 20 eur., for two disciplines – 30 eur.

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

Information by e-mail: lietuvosgrapplingfederacija@gmail.com, Tel. No +370 64561005

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: LT264010051001970289

SWIFT: AGBLLT2X