



Approved by:  
LGF president  
Adrijus Kupstas

## LITHUANIAN OPEN GRAPPLING GI (WITH KIMONO) TECHNIQUES DEMONSTRATION CHAMPIONSHIP REGULATIONS

### I. PURPOSE AND TASKS

To popularize the sport of Grappling and to improve the mastery of athletes.

### II. PLACE AND TIME OF THE COMPETITION

The event will be held in a remote mode. The competition starts on the 12<sup>th</sup> of December 2020 and ends on the 19<sup>th</sup> of December 2020. The results of the competition will be announced on the 28<sup>th</sup> of December 2020.

### III. COMPETITION PARTICIPANTS AND AGE GROUPS

The competition is personal. The number of participants isn't limited.

Group	Attending	Age group (born in)
1.	U13, Girls	2008 and younger
2.	Women	2007 and older
3.	U9, boys	2012 and younger
4.	U11, boys	2010-2011
5.	U13, boys	2008-2009
6.	U15, boys	2006-2007
7.	U17, boys	2004-2005
8.	Adults (men)	2003 and older
9.	Veterans (men)	1986 and older

**There are no weight categories. Participants are divided only into the age groups. Participants compete wearing grappling clothing - Gi (Kimono)**

### IV. EVALUATION CRITERIA

The contestants will be judged and the winners will be selected by the Dan-kyu commission. The main evaluation criteria are as follow:

- aesthetics 1-3 points;
- compliance with martial arts etiquette 1-5 points;
- complexity of the technique 1-10 points;
- accuracy of the technique 1-10 points;

### V. RULES

**Participants are required to perform three demonstrations of the grappling technique:**

- 1. Start from a standing posture, perform a throwing move and end with a painful action of the arm;**
- 2. Start from a standing posture, perform a throwing move and end with a painful leg action;**
- 3. Start from a standing posture, perform a throwing move and end with a choking action.**

**The technique must be demonstrated in a pair.**

**Each participant has to film how he/she performs the grappling technique. The video containing the filmed demonstration of the technique has to be uploaded on his/her Facebook account under the title "LGF Grappling Championship".**

**After publishing the link on Facebook, he/she must send it to e-mail: [igf.dankyu@gmail.com](mailto:igf.dankyu@gmail.com)**

Each participant can upload only one video and it must include all three demonstrations of the technique. When submitting his/her video by email, each participant must note his/her name, age and the club that he/she represents.

***By participating in the Lithuanian Grappling GI Technique Demonstration Championship, the person agrees that his / her image will be shown, published, commented and presented to the general public. The participant confirms that he/she is healthy and takes responsibility for his own safety and health, and that he/she will not make any claims against the organizers.***

### VI. AWARD

The winners of the competition will be awarded with medals and diplomas. All prize winners will receive a gift of a black grappling kimono (Gi). [www.grappling.shop](http://www.grappling.shop)

## **VII. CONDITIONS OF PARTICIPATION**

Participant's support fee is 10 euros.

The participant's support fee has to be paid into the bank account of the Lithuanian Grappling Federation: Luminor Bank; Account: LT264010051001970289; SWIFT: AGBLLT2X

**Note: A copy of the payment order must be sent to the following technical demo account email: [igf.dankyu@gmail.com](mailto:igf.dankyu@gmail.com) along with the link containing the video.**