



TVIRTINA  
Lithuanian grappling federation  
President Kestutis Smirnovas

## LITHUANIAN OPEN GRAPPLING CUP 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 18 March 2023 at 11:00 in **Liepu al. 4, Panevezys, Lithuania.**

Athletics arena of Panevezys city

**Arrival of participants, registration – weight – in 18 March 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 Discipline NoGI**

Nr	Participants	Weigh-in and registration on the competition day	Beginning of the competition	Weight divisions
1.	Girls U13,2010 and younger	9.00-10.00	11.00	-26;-29;-33;-37;-41;-47;-53;-61; +61kg
2.	Women 2009 and older	9.00-10.00	11.00	-47;-53;-61;-69;+69 kg
3.	Boys U9, 2014 and younger	9.00-10.00	11.00	-22;-25;-28;-32;- 36;- 40;-44;-48;-52;- 58;+58 kg
4.	Boys U11, 2012-2013	9.00-10.00	11.00	-25;-28;-32;- 36;- 40;-44;-48;-52;- 58; -64;+64 kg
5.	Boys U13, 2010-2011	9.00-10.00	11.00	-36;-40;-44;-48;-52;-58;-64;-72; +72 kg
6.	Boys U15, 2008-2009	9.00-10.00	11.00	-44;-48;-52;-58; -64;- 72;-80;+80 kg;
7.	U-17, Boys 2006-2007	9.00-10.00	11.00	-52;-58;-64;-72;-80;-90;+90 kg
8.	Adult (men) 2005 and older	9.00-10.00	11.00	-64;-72;-80;-90;+90 kg
9.	Masters 1988 and older	9.00-10.00	11.00	-80; +80 kg

**Note:** if only one, two participant registers in a weight-category, they are moved one weight category up.  
Only champions and prizewinners of weight categories can take part in the absolute title of the champion.

### Discipline Gi

Nr	Participants	Weigh-in and registration on the competition day	Beginning of the competition	Weight divisions
1.	Girls U13,2010 and younger	9.00-10.00 13.00-13.30	15.00	-26;-29;-33;-37;-41;-47;-53;-61; +61kg
2.	Women 2009 and older	9.00-10.00 13.00-13.30	15.00	-47;-53;-61;-69;+69 kg
3.	Boys U9, 2014 and younger	9.00-10.00 13.00-13.30	15.00	-22;-25;-28;-32;- 36;- 40;-44;-48;-52;- 58;+58 kg
4.	Boys U11, 2012-2013	9.00-10.00 13.00-13.30	15.00	-25;-28;-32;- 36;- 40;-44;-48;-52;- 58; -64;+64 kg
5.	Boys U13, 2010-2011	9.00-10.00 13.00-13.30	15.00	-36;-40;-44;-48;-52;-58;-64;-72; +72 kg
6.	Boys U15, 2008-2009	9.00-10.00 13.00-13.30	15.00	-44;-48;-52;-58; -64;- 72;-80;+80 kg;
7.	U-17, Boys 2006-2007	9.00-10.00 13.00-13.30	15.00	-52;-58;-64;-72;-80;-90;+90 kg
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#### 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 and the prize winners will be awarded with medals. The winners of individual competitions in both disciplines, in age groups girls, U17 (boys) and adults (men) become members of the LGF national teams. Team winners are awarded in three age groups, Group I - girls and boys; Group II - U9, U11, U13, U15 boys, Group III - U17, adult men and veteran men, the three clubs with the most points - cups.

Points for the team are given by each participant (1 point) and athletes who took I-III places, the results of both disciplines are calculated together: (I v. - 7 points; II v. - 5 points; III v. - 3 points). *If one athlete remains in the weight category and/or the athlete does not have a single fight, his points as a prize winner are not included in the team's overall result.*

#### VII. CONDITIONS OF ACCEPTANCE

**The fee for participant's licence for one discipline: 20 Eur.**

**The fee is paid to the bank account of the Lithuanian Grappling Federation:**

**Bank:**

**Luminor Bank AS;**

**Bank account: LT264010051001970289;**

**SWIFT: AGBLLT2X**

**(In the designation we write: Participant fee, discipline (Gi ; NoGi ) participant's name and surname)**

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](http://www.grappling.lt) until **16 March 2023 at 21.00 h**

All participants are registered in e-mail. will receive a participation card, which must be printed and presented on the day of the competition together with an identity document

Underage participant's license - registration card must be signed by parents or guardians and coach.

**Athletes who have not registered in advance and/or paid the participation fee will not be registered for the competition on the day of the competition.**

**If during the weigh-in the athlete exceeds the weight in which he registered for the competition, he will be promoted to a higher weight category only after paying an additional fee of 10 euros, otherwise a defeat will be counted!**

**The paid participation fee is non-refundable**Information by e-mail: [grapplingfederation@gmail.com](mailto:grapplingfederation@gmail.com) , [lietuvosgrapplingfederacija@gmail.com](mailto:lietuvosgrapplingfederacija@gmail.com)

Tel. No +370 681 76762 (Viber, WhatsApp), +370 64561005

**Note: Registration fee is paid in the bank account of the International Grappling Federation:**

**Lietuvos graplingo federacija**

**Bank: Luminor Bank AS**

**Bank account IBAN: : LT264010051001970289**

**SWIFT: AGBLLT2X**