

GRAPPLING (submission wrestling) – June 22, 2010

FORMAT: Weigh-in is from 8am – 10am at competition site followed by a mandatory competitors' meeting. Competition begins at 10am and is single elimination. There are three categories of experience: *Beginner* = less than 1 year, *Intermediate* = 1-3 years, and *Advanced* = 3+ years. You may compete in both the *GI* and *No-GI* categories but will need to include an additional \$10 to your entry fee if you choose both. Gi Belts offered: White/Green, Blue, Purple, & Brown/Black. Male Age categories are *Open* = up to 35 and *Masters* = 35+. Weight categories for men: up to 165/166-185lbs/186-205lbs/206lbs+ Cups and mouthpieces are required. Wrestling shoes and knee pads may be worn but not required. We are using the guiding body of the Florida Federation of Brazilian Jiu-Jitsu. <http://floridaabjj.org/>
<http://www.floridajiujuitsufed.com/rules.htm> Be sure to include your current weight on the application form. Your actual weigh-in weight will be used.