

INTERNATIONAL GRAPPLING GI TECHNIQUES DEMONSTRATION TOURNAMENT 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 7th of February 2022 and ends on the 12th of February 2021. The results of the competition will be announced on the 21th of February 2022.

III. COMPETITION PARTICIPANTS AND AGE GROUPS

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

Group	Attending	Age group (born in)
1.	U9, Girls	2013 and younger
2.	U13, Girls	2009-2012
3.	Women	2008 and older
4.	U9, boys	2013 and younger
5.	U11, boys	2011-2012
6.	U13, boys	2009-2010
7.	U15, boys	2007-2008
8.	U17, boys	2005-2006
9.	Adults (men)	2004 and older
10.	Veterans (men)	1987 and older

There are no weight categories. Participants are divided only into the age groups. Participants compete wearing grappling clothing – GI (with KIMONO)

IV. EVALUATION CRITERIA

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

- aesthetics 0-3 points;
- compliance with martial arts etiquette 03 points;
- complexity of the technique 0-10 points;
- accuracy of the technique 0-10 points;

V. RULES

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

1. Starting from standing, throwing / moving the partner to the floor and ending with a painful hand action. (No more than 3 painful steps).
2. Starting from standing, throwing / moving the partner to the floor and ending with a painful action on the leg. (No more than 3 painful steps).
3. Starting from standing, throwing / moving the partner to the floor and ending with a strangulation action. (No more than 3 strangulation actions).
4. Freestyle programme. Athlete – the participant chooses what he / she wants to demonstrate. Starting from standing, throwing / moving the partner to the floor and ending with a painful or strangulation action. (No more than 3 strangulation or painful actions). The technique must be demonstrated in a pair. Technique demonstration combinations are performed in sequence 1,2,3,4. The demonstration time for all four techniques must not exceed 2 minutes.

Each participant has to film how he/she performs the grappling technique. The video containing the filmed demonstration of the technique must send it to e-mail: igf.dankyu@gmail.com . Or add a video to your facebook or youtube account and send the link to an email. : igf.dankyu@gmail.com .

Each participant can send only one video and it must include all four 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 International Grappling GI Technique Demonstration Tournament, 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 as well as www.grappling.shop gifts. (Champions in grappling kimono, and prize-winners in shirts)

VII. CONDITIONS OF PARTICIPATION

The number of participants is unlimited. Participant's support fee is **20 euros**.

The participant's support fee has to be paid into the bank account of the International Grappling Federation: Luminor Bank; Account: LT464010051002235903; SWIFT: AGBLLT2X

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

Information by e-mail: grapplingfederation@gmail.com, tel. No +370 64561005