

APPROVED by:
International Grappling Federation
Director Adrijus Kupstas

APPROVED by:
Latvian Federation of Grappling
President Sergejs Domņins

4th OPEN LATVIAN GRAPPLING 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 15 April 2018 at 11:00 in In the 34 SCHOOL'S HALL
Address: Dzirciema 1C, Riga, Latvia.

The competition begins at 11.00.

III. PARTICIPANTS AND PROGRAMME OF THE COMPETITION

Competition is personal, the number of participants is unlimited

| Group | Participants | Weigh-in and registration on the competition day | Beginning of the competition | Weight divisions |
|-------|--|--|------------------------------|--|
| 1. | Females | 09.00-10.00 | 11.00-18.00 | -49; -53; -57; -61; -65; -69; -74; +74 kg |
| 2 | U-15, Boy born in 2003 and younger. | 09.00-10.00 | 11.00-18.00 | -42; -48; -52; -56; -60; -64; -68; -72; +72kg; |
| 3 | U-17, Boys born in 2001 and younger. | 09.00-10.00 | 11.00-18.00 | -52; -56; -60; -64; -68; -72; -76;-80;-84; +84 kg; |
| 4 | U-19, Boys 1999-2000 | 09.00-10.00 | 11.00-18.00 | -60;-64;-68;-72; -76;-80; -84; -90; +90 kg; |
| 5 | Senior (men) born in 1998 and older. | 09.00-10.00 | 11.00-18.00 | -64;-68;-72;-76;-80; -84; -90; -100; +100 kg; |
| 6 | Senior (men) born in 1998 and older. For absolute winner of the belt | 09.00-10.00 | 11.00-18.00 | Common |
| 7 | Veterans born in 1983 and older | 09.00-10.00 | 11.00-18.00 | -72; -76; -80; -84; -90; +90 kg; |

Note: if only one participant registers in a weight-category, he / she is moved one weight category up.

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 prize winners will be awarded with medals and diplomas. Absolute winner will be awarded with belt.

VII. ENTRANCE REQUIREMENTS The

Participation fee is 15 EUR.

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.

VIII. REGISTRATION

The entry form send to fist_pankration@inbox.lv until 1 April 2018
Sergejs Domņins +37129581644