

# EGG



**May 2nd, 2009**

# **Gammerness**

## **CHALLENGE**

**TN State Fairgrounds**

**Sports Arena**

**625 Smith Ave.**

**Nashville, TN 37203**

**GI and NO-GI**  
**DIVISIONS**

*For more info:*

**[www.ExtremeGrapplingOpen.com](http://www.ExtremeGrapplingOpen.com)**

**AJ Clingerman - (317) 966-8986**



# General Information

## WEIGH-INS

### Friday, May 1st 2009

6:00 - 10:00pm  
Nashville MMA  
490 Allied Dr  
Suite C  
Nashville, TN 37211

### Saturday, May 2nd 2009

7:00 - 9:00am  
Tennessee State Fairgrounds  
Sports Arena  
625 Smith Ave  
Nashville, TN 37203

Tournament will start promptly at 10:00am!

## AWARDS

Medals will be awarded for all 1st, 2nd, and 3rd place competitors.  
All Kids and Teens will receive Competitor medals.

## FEES

Spectators- \$5

Competitors

**\*\*Pre-Register**

(on or before April 25th, 2009)

1 Division- **\$50**

2 Divisions- **\$ 60**

**\*\*Registrations**

(after April 25th or at the door)

1 Division- **\$65**

2 Divisions- **\$75**

To Pre-Register; send registration with check or money order (payable to EGO) to:

**EGO**  
**1140 N 135, Suite CD**  
**Greenwood, IN 46142**

For more information contact us at:

**317-966-8986 or visit [www.EGOtournaments.com](http://www.EGOtournaments.com)**



# Weight Classes & Divisions



EXTREME GRAPPLING OPEN

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## Adult Men

<b>ROOSTER</b>	<b>130.9 &amp; UNDER</b>	<b>LIGHT HEAVY</b>	<b>187-200.9</b>
<b>SUPER FEATHER</b>	<b>131-144.9</b>	<b>HEAVY</b>	<b>201-214.9</b>
<b>FEATHER</b>	<b>145-158.9</b>	<b>SUPER HEAVY</b>	<b>215-230.9</b>
<b>LIGHT</b>	<b>159-172.9</b>	<b>UNLIMITED</b>	<b>231 &amp; ABOVE</b>
<b>MIDDLE</b>	<b>173-186.9</b>		

## Women, Kids, & Teens

Will be matched by age, weight, and experience at the event.

Gi Division	No-Gi Division	Time Limit
WHITE	NOVICE 0-6 Months	5 Minutes
BLUE	BEGINNER 6 Months—1.5 Years	6 Minutes
PURPLE	INTERMEDIATE 1.5—3 Years	7 Minutes
BROWN	ADVANCED 3-6 Years	8 minutes
BLACK	EXPERT 6 years and over	10 minutes



# Points



Points will be accumulated throughout the match.

Matches will be won by the competitor with the most points at the end of the match or the first competitor to tap his/her opponent. In the event of a tie; the match will go into a 2 minute “Over-Time” period. The competitor earning the most points or submission in “OT” wins the match. After 1 “Over-Time” if the score is still tied, the referee will make a decision based on overall aggressiveness, technique, and submission attempts.

<b>2</b>	<b>TAKEDOWN SWEEP KNEE-ON-STOMACH</b>
<b>3</b>	<b>PASSING THE GUARD</b>
<b>4</b>	<b>MOUNT REAR MOUNT</b>

**\*To gain POINTS, the position must be held for a count of 3 SECONDS.\***

## **ADVANTAGES**

Advantage points will be awarded for:

- A near submission
- Obtaining a dominant position, but controlling it for less than 3 seconds. (Example: Gaining the Mounted position for only 2 seconds)
- Forcing the opponent to roll to his knees to prevent the guard pass.
- A near takedown or sweep.
- Reversing the top & bottom position without the sweep. (Example: Escaping the Mount or side control and ending on top.)

**\*\* Advantage points will be only be counted in the event of a tied score.\*\***



# Quick Reference

## **Kids & Teens**

**4 Minutes**

**No Leg Attacks or Neck Cranks of any kind are allowed.**

## **White Belt & Novice**

**5 Minutes**

**Straight Ankle/Achilles Lock and Outside Toe Hold Only**

## **Blue Belt & Beginner**

**6 Minutes**

**Straight Ankle/Achilles Lock and Outside Toe Hold Only**

## **Purple Belt & Intermediate**

**7 Minutes**

**Straight Kneebars ARE allowed. No Heel hooks or Inside Toe Holds**

## **Brown Belt & Advanced**

**8 Minutes**

**Straight Kneebars ARE allowed. No Heel hooks or Inside Toe Holds**

## **Black Belt & Expert**

**10 Minutes**

**No-Gi Experts are allowed ALL SUBMISSIONS. Black Belts- Straight Kneebars ARE allowed. No Heel Hooks or Inside Toe Holds.**



# EGO



## REGISTRATION FORM

TEAM: \_\_\_\_\_ Instructor: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Sex (circle one): Male Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Is your School an EGO Affiliate? Y / N How did you hear about EGO? \_\_\_\_\_

Weight Class (circle one):

<b>Adult Men</b>			
<b>Rooster</b>	<b>130.9 &amp; below</b>	<b>Light Heavy</b>	<b>187 – 200.9</b>
<b>Super Feather</b>	<b>131 – 144.9</b>	<b>Heavy</b>	<b>201 – 214.9</b>
<b>Feather</b>	<b>145 – 158.9</b>	<b>Super Heavy</b>	<b>215 – 230.9</b>
<b>Light</b>	<b>159 – 172.9</b>	<b>Unlimited</b>	<b>231 &amp; up</b>
<b>Middle</b>	<b>173 – 186.9</b>		

<b><u>Division</u> (circle one)</b> Men (18-29) Masters (30 & up) Women Kids Teens	<b><u>Kids/Teens</u></b>
<b><u>Belt Rank (Gi)</u></b> White Blue Purple Brown Black	<b>Experience</b>
<b><u>Experience (No-Gi)</u></b> Novice Beginner Intermediate Advanced Expert	<b>Years</b> _____
	<b>Months</b> _____

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**\*\*\*All competitors must submit a signed waiver\*\*\***

I, \_\_\_\_\_ understand that by entering this competition I may entail some risk of accident or injury and that this risk may be in the form of an accident that may be serious or even mortal. I further understand that I have had explained to me that along with the possibility of personal injury that injury to property is also possible, such as, but not limited to, possible loss of wages and the ability to earn such. With full knowledge of the aforementioned dangers both to my person and to my property (current and further) And after having these dangers fully explained to hold free of discharge from any liability, Fight Hub LLC and/or EGO there agents, employees, or representatives, and TN State Fairgrounds of and from all claims, demands, rights and causes of action of any danger whatsoever which I may have or which may hereafter accrue to me, arising from and by any reason of any and all bodily or personal injury, damage to property or other loss, and any consequences thereof, which known or unknown, seen or unforeseen, resulting from my participation in this competition, the persons and entities mentioned above.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Required if competitor is under 18 years of age)