

GRAPPLING TOURNAMENT (NO-GI)

- 2 weight categories : under 70 kg ,over 70 kg
- Weigh in on day of tournament.
- Time limit : 8 mins

Rules and Regulations: -

- Submission only tournament.(So for first 8 mins of match no points shall be awarded to any competitor)
- If no result in comes in designated time period, we go to over time after 1 min break where first person to score point wins.(Point will be awarded based on United World Wrestling- World Grappling Committee rule book)
- Attempting any technique categorized illegal by World Grappling Committee will result in immediate disqualification of competitor. Eg- Knee bar, heel hook, knee reaping ,fish hooking ,neck crank etc.

Clothes:

- Any rash guard in allowed.
- Shorts and shirts without pocket are allowed.
- For other rules go to link http://grapplingindia.com/grappling_rules.pdf

