



# Hassett's Jiu-Jitsu Club's No-Gi In-House Tournament

Open to All Team Balance Affiliates & Invitees

**Beginner, Intermediate & Advanced Divisions  
for Men, Women, Teens & Children**

## **Saturday, March 13, 2010**

**Registration & Weigh-ins: 9-10:30am**

**Rules Meeting: 10:30am**

**Tournament begins promptly at 11am**

**Registration fee (includes lunch) - \$30**

### Men's Weight Classes:

**Lightweight: 149.9 lbs. and below**

**Middleweight: 150-169.9 lbs.**

**Cruiserweight: 170-189.9 lbs.**

**Light-Heavyweight: 190-209.9 lbs.**

**Heavyweight: 210 lbs. and over**

**Absolute: Open Weight**

### Skill Levels:

**Beginner: 0 - 9 Months**

**Intermediate: 9 Months - 2 Years**

**Advanced: 2 Years & Above**

### Length of Matches:

**Kids - 4 Min.**

**Teens/Adults - 5 Min.**

### Women's/Teens'/Kids' Weight Classes:

Competitors from each of these divisions will be put in "catch weight" classes with other competitors from their respective divisions that are similar size and weight.

### Rules & Regulations:

Similar to GQ. More info at the rules meeting.

### Awards:

Medals for all top finishers.

### Featuring:

**2 Mats with an additional warm-up mat downstairs**

**Locker room & shower facilities**

**Food, drinks & merchandise will be sold**

**Spectators welcome and will get in for free (\$5 for lunch)**

***At least 3 matches  
for each competitor!***

**\*\*Contact John Hassett for more information...**

**Phone: 856-218-8333 E-mail: John@hassettsjiujitsu.com Web: www.hassettsjiujitsu.com**

**Mail fee & applications to: 422 Delsea Drive, Sewell, NJ 08080**

**TEAM BALANCE**  
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