

Saturday, June 5, 2010

No-Gi Tournament at Hassett's Jiu-Jitsu Club

TEAM BALANCE
.COM



FreeJiuJitsu.com

JiuJitsuMatrix.com

Open to All Team Balance Affiliates & Invitees
Beginner, Intermediate & Advanced Divisions
for Men, Women, Teens & Children

Tournament Schedule

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

Rules Meeting: 10:30am

Tournament begins promptly at 11am

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

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)

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.



*At least 3 matches
for each competitor!*



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

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