

SPORT MMA

2009 OPEN CHAMPIONSHIPS

JUNE 28, 2009

PALAIS DES CONGRÈS DE GATINEAU, CANADA

The SportMMA Championships is a martial arts tournament with a unique MMA theme. Open to all martial athletes regardless of style, affiliation, or experience, each division represents one facet of modern MMA; stand up fighting in the form of sparring, grappling (gi and no-gi), and of course a combination of the two with the exciting Sport MMA division. Whatever your style, you can find one or more event to excel at.

SportMMA is aimed at filling the gap between traditional martial arts tournaments and professional MMA events. The goal is to provide an exciting, safe, competitive environment that is accessible at a recreational level — yet recognizes the competitor's MMA skills.

You'll be admired not just for taking first place, but for having the courage to compete in the first place.

PALAIS DES CONGRÈS DE GATINEAU

Palais des congrès de Gatineau is a modern center located in the heart of downtown Gatineau, minutes from downtown Ottawa, a stone's throw from the Canadian Museum of Civilization and three kilometers from the Casino du Lac-Leamy.

COST

Pre-registration will be \$75 unlimited divisions (\$85 online) until June 24th. Registration at the door will be \$105 for one division or \$125 for unlimited divisions. Each extra division added the day of the event will be at a cost of \$20. Spectator tickets are \$10 each.

RANKED GRAPPLING

The North American Grappling Association (NAGA) is the world's largest and most respected Grappling organization. The NAGA continent wide ranking system is entitled RANKED. The goal is to determine who the best grapplers in North America are for various age, gender and skill levels. The top RANKED athletes are widely considered to be the best competitive grapplers in North America and Grappling Magazine runs a monthly RANKED article with top fighters and a year end issue with all the top national fighters.

The SportMMA Championships will be Don't miss your opportunity to gain points toward a true National Title



CHAMPIONSHIP BELTS (200+ DIVISIONS)

Championship belts awarded to first place champions in the expert divisions and custom engraved medals to second and third place winners!

ABSOLUTE GRAND CHAMPIONSHIP FINALES

All division Grand Champions will be the returning defending Champions in the next tournament with the option to automatically compete in the finals. All returning Champions will be personally invited and compete at no cost as well as be featured on the event site.

for all the latest news and info
www.sportMMAonline.com or 613-725-1036
6-1175 Wellington Street, Ottawa Ontario K1Y 2Y9 Canada

Adult Divisions

Adult Men Grappling, No-Gi Grappling & SportMMA Weight Divisions *(*additional weight divisions may be added)*

Feather weight	Light weight	Welter weight	Middle weight	Light Heavy weight	Heavy weight
145 lbs and under	146 - 155 lbs	156 - 170 lbs	171 - 185 lbs	186 - 205 lbs	206 lbs +

Adult Men Sparring Weight Divisions *(*additional weight divisions may be added)*

Light weight	Middle weight	Heavy weight
155 lbs and under	156 - 185 lbs	186 lbs +

Adult Women Weight Divisions *(*additional weight divisions may be added)*

Feather weight	Light weight	Welter weight
125 lbs and under	126 - 155 lbs	156 lbs +

Skill Divisions

Different skill divisions can be entered in different events. (An experienced kickboxer or karate black belt would enter the advanced division in sparring and would have the option to enter a different skill division in grappling if they are less experienced in that event.)

Basic	Intermediate	Advanced	Expert
0 to 6 months of training	6 months to 1 year of training	1 to 3 years of training	3+ years of training

Grappling

Gi Division Minimum Gear

- Full Gi (with sleeves)
- Belt
- Mouth guard
- Groin Protector

**Competitors may wear a rash guard or t-shirt under their Gi*

Grappling Scoring System (Gi)

- Takedowns - 2 points
- Guard Pass (to top control) - 3 points
- Mount (3 seconds) - 4 points
- Back Mount with Hooks (3 seconds) - 4 points
- Knee on stomach (3 seconds) - 2 points
- Guard Sweep - 2 points

Time Limits

- Beginner/Intermediate: 4 minutes
- Advanced: 5 minutes
- Expert: 6 minutes

Illegal Techniques

- No heel hooks
- No neck cranks
- No twisting ankle or leg attacks
- No attacks to the front of the windpipe
- No hair pulling
- No fingers in any orifice
- No SLAMMING an opponent on the mat
- No Striking
- No small joint manipulation (toes, fingers)
- Any conduct deemed inappropriate or showing poor sportsmanship

** Foul = warning, 2 point deduction, disqualification – at the referee's discretion*

No-Gi Grappling

No-Gi Division Minimum Gear

- Shorts (with drawstring, no pockets)
 - Mouth guard
 - Groin Protector
 - Secure t-shirt or rash guard for women
 - OPTIONAL: t-shirt, rash-guard, Gi pants.
- * anything worn can be used by opponent (except tops in women divisions)*

Grappling Scoring System (No-Gi)

- Takedowns - 2 points
- Guard Pass (to top control) - 3 points
- Any Dominant Top Control - (3 seconds) - 2 points
- Guard Sweep - 2 points
- Full Reversal (going from bottom to a top dominant position) - 2 points
- Serious submission attempt with near success - 2 points
- Warnings followed by point deductions may be given by the referee for running away, fouls, or any other actions deemed inappropriate.

- The match may be restarted standing if there is continued stalling
- The match may be restarted on the knees if no takedown occurs

Time Limits

- Beginner/Intermediate: 4 minutes
- Advanced: 5 minutes
- Expert: 6 minutes

Illegal Techniques

- No heel hooks
 - No neck cranks
 - No twisting ankle or leg attacks
 - No attacks to the front of the windpipe
 - No hair pulling
 - No fingers in any orifice
 - No SLAMMING an opponent on the mat
 - No Striking
 - No small joint manipulation (toes, fingers)
 - Any conduct deemed inappropriate or showing poor sportsmanship
- * Foul = warning, 2 point deduction, disqualification – at the referee's discretion*

Sparring

The sparring event is round based light contact point fighting. Easily accessible to virtually all striking arts, this event is fast paced and exciting for both participants and spectators.

Match Rules

- Beginner/Intermediate: two 1-minute rounds (with 30 secs between rounds)
- Advanced/Expert: two 1.5-minute rounds (with 30 secs between rounds)
- Points are accumulated on each of the judges “clickers” and each judge calls the winner of the round based on his

score. In the event of a 1-1 round tie, there will be a 30 sec sudden death overtime round.

Sparring Scoring System

- Any legal hand striking technique - 1 pt
 - Body kicks - 1 pt
 - Head kicks - 2 pts
 - Spin kicks - 2 pts
- *all strikes must be precise, controlled techniques, with light touch contact.*
- *legal targets are head (front and side) and torso (front and side)*

Foul = warning, 2 point deduction, disqualification — at the referee’s discretion

Minimum Sparring Division Gear

- Shorts or sport pants
 - Groin Protector
 - Mouth Guard
 - Head Gear
 - Gloves (10 ounce minimum)
 - Foot Protectors
 - T-shirt/tank top or rash guard
- *competitors can wear shorts, T-shirts, rash guards, partial or full gi.*

SportMMA

The Sport MMA event is designed to provide the highest level of combative freedom while maximizing the safety of the contestants. Although the goal is to simulate an MMA style fight in terms of technical content — the SportMMA matches are recreational, skill based contests of point sparring and grappling. (Full contact strikes or the intent to injure your opponent will result in disqualification)

The rules are designed to encourage fast paced action, and be equally accessible to strikers and grapplers alike. A well rounded athlete has an edge of course as they can adapt their strategy to their opponents.

The matches consist of two rounds of light contact continuous sparring with the option to attempt takedowns and achieve ground control and submissions.

Match Rules

- Beginner, Intermediate and Advanced divisions consist of two 1.5-minute rounds with 30 secs between rounds
- Expert divisions consists of two 2-minute rounds with 30 seconds between rounds
 - Clinches will be allowed to last 5-10 seconds (at the referee’s discretion) if no takedown is scored the

competitors will be restarted by the referee

- Body punches and kicks are allowed in the clinch
- If the competitors end up on the ground they will be given 30 seconds to accumulate points and/or secure a submission victory. The referee can extend the ground time at his discretion if he deems one of the competitors is clearly in the process of applying a submission. (for example one competitor has the back mount and is nearly applying a rear naked choke)
- Points are accumulated on each of the judges “clickers” and each judge calls the winner of the round based on his score. In the event of a 1-1 round tie, there will be a 30 second overtime round.
- The referee can end the match if he deems one of the contestant’s refusal to tap will lead to injury while caught in a clear submission technique.

Grand Championship Rules

- The matches will consist of two 2.5-minute rounds with ground time extended until the referee deems there is not enough action.
- A draw will result in a 2 min. overtime round

Minimum Required Gear

- Shorts (with drawstrings and no pockets)
 - Groin Protector
 - Mouth Guard
 - Foot Protectors
 - Gloves
 - Shin Guards
 - Head Gear
 - T-shirt or rash guard
- *Competitors can wear shorts, T-shirts, rash guards, partial or full gi.*

Point System

- Punch : 1 point
- Kick to body - 1 points
- Leg Kick (roundhouse to the thigh only) : 1 point
- Kick to the head: 2 points
- Takedown: 4 points
- Positional Control - any clear top dominant control for 3 seconds or more: 1 point
- Guard Sweeps (guard or half guard reversal to dominant position): 1 point
- Guard Pass (must end up in dominant position): 1 point
- Ground Body punches(Advanced divisions only)-no other ground strike allowed- will be counted based on the judges determination that such a punch would cause damage if executed at full power (for example punching down on chest from the mount) body punches are allowed from any position but it is unlikely they will be

counted if thrown from an inferior position: 1 point

- Serious submission attempt with near success - 2 points

**Warnings followed by point deductions may be given by the referee for running away or any other actions deemed inappropriate.*

***The referee can immediately disqualify a contestant for any behaviour that is intentionally directed at causing injury to his/her opponent.*

****All strikes must be precise, controlled techniques, with light touch contact*

Illegal Techniques

- No Striking of any kind to the head while one or both competitors are on the ground
- No heel hooks
- No neck cranks
- No twisting ankle or leg attacks
- No attacks to the front of the windpipe
- No hair pulling
- No fingers in any orifice
- No SLAMMING an opponent on the mat
- No small joint manipulation (toes, fingers)
- No conduct deemed inappropriate or showing poor sportsmanship
- No striking with the clear intent to cause injury
- No elbows/knees/head butts
- No groin strikes

Junior Divisions

In addition to the 1st, 2nd, and 3rd place winners, every junior competitor will receive a Medal of Courage for their participation. We want to recognize and encourage all the young athletes in their martial arts pursuit. (All junior divisions and events are subject to change).

Age Divisions

- Boys and Girls: 3-6 years old
- Boys and Girls: 7-9 years old
- Girls: 10-12 years old
- Boys: 10-12 years old
- Girls: 13-16 years old (105lbs & under)
- Girls: 13-16 years old (106lbs +)
- Boys: 13-16 years old (125lbs & under)
- Boys: 13-16 years old (126lbs+)

*Some 16 year olds may be moved up to adult divisions.

Skill Divisions

Basic: 0 to 12 months of training;
Intermediate: 1 to 3 years of training;
SuperHero: 3+ years of training.

Grappling

- 3 - 9 years old: 3 minute round
- 10 - 16 years old: 4 minute round
- 3 - 9 years old: no submissions
- 10 - 16 years old: no chokes
- 7-12 years old: no submissions/chokes
- 13-15 years old: no chokes
- Takedowns: 2 points
- Guard Pass (to top control): 3 points
- Any Dominant Top Control (3 seconds): 2 points

- Guard Sweep: 2 points
 - Full Reversal (going from bottom to a top dominant position): 2 points
 - Serious submission attempt with near success: 2 points (10+ years old)
- *The competitors must wear a minimum of shorts, T-shirt, mouth guard, and groin protector. Wearing a Gi is optional.

Sparring

- Two 1-minute rounds with 30 secs between rounds.
 - Points are accumulated on each of the judges "clickers" and each judge calls the winner of the round based on his score. In the event of a 1-1 round tie, the center referee can break the tie. In the event the referee cannot decide a winner, there will be a 30 sec overtime round.
 - Any legal hand striking technique: 1 point
 - Body kicks: 1 point
 - Head kicks: 2 points
 - Spin kicks: 2 points
- *all strikes must be precise, controlled techniques, with light touch contact
*The competitors must wear a minimum of shorts, T-shirt, mouth guard, groin protector, head gear, hand pads and foot pads. Wearing a Gi is optional.

SportMMA

- Two 1.5-minute rounds with 30 secs between rounds
- 7-12 years old: no submissions/chokes

- 13-15 years old: no chokes
 - Takedowns: 4 points
 - Guard Pass (to top control): 3 points
 - Any Dominant Top Control (3 secs): 2 points
 - Guard Sweep: 2 points
 - Full Reversal (going from bottom to a top dominant position): 2 points
 - Serious submission attempt with near success: 2 points (10+ years old)
 - any legal hand strikes: 1 point
 - kick to the body: 1 point
 - kick to the head: 2 points
 - spinning kick: 2 points
- *The competitors must wear a minimum of shorts, T-shirt, mouth guard, groin protector, head gear, hand pads and foot pads. Wearing a Gi is optional.

Point Fighting

- One 2-minute round
 - Points are accorded by center referee and two side judges. Fight stops at each point for decision. The first competitor to reach 3 points wins the match. In the event of a tie, a 1-minute overtime round will be called.
 - All punches: 1 point
 - Body kicks: 1 point
 - Head kicks: 2 points
- *all strikes must be precise, controlled techniques, with light touch contact
*The competitors must wear a minimum of shorts, T-shirt, mouth guard, groin protector, head gear, hand pads and foot pads. Wearing a Gi is optional.

2009 SPORTMMA CHAMPIONSHIP: EVENT DAY

Start times are estimates as the exact number of competitors is unknown until event day. Detailed schedules, ring assignments, and all other information will be posted at the event. In the weeks leading up to the tournament, visit www.sportMMAonline.com

REGISTRATION

In addition to providing you with discounts, pre-registration will give you use of a special expedited line at the door. Athletes choosing to register at the door on event day may have a considerable wait due to the time necessary to process paper work.

WEIGH IN

All participants that are 13 and over MUST Weigh In to be placed in the appropriate division. If you didn't take advantage of the Advanced Weigh In you must weigh in by the following times at the on-site Weigh In station on June 28th, 2009.

- By 8:30 am for the age group 13 to 16 years of age (3 years old to 12 years old do not need to weigh in)
- By 10:30 am for age group 17 and up for the Sparring event
- By 12:00 pm for age group 17 and up for the Grappling, No-Gi Grappling and SportMMA events. If you miss the Weigh In deadline your index card that indicates your division, level and weight might not be waiting for you at the indicated mat area the day of.

For all pre-registered participants an Advance Weigh In will take place on June 27th from 9:00 am to 1:00 pm at two locations: Ottawa Central — 1175 Wellington St (corner of Parkdale St) and Ottawa East — 1222 Place d'Orleans Dr (across from Place d'Orleans Shopping Center).

YOUR DIVISIONS

Start time are estimates as the exact number of competitors is unknown until event day. The following are tentative start times. We will update the website to keep you posted of any changes. It is important to refer to the Weigh In schedule for your events as that schedule is set in stone. All Junior divisions (3 to 16 years old) start time: 9:00 am, the Adult divisions start times: 10:30 am for Sparring, 12:30 pm for No-Gi Grappling, at 2:00 pm for Gi Grappling and at 3:30 pm for Sport MMA. The mat areas will be divided by weight. All levels and all weight class must present themselves at the start time of each division to separate the competitors accordingly and to ensure that all competitors have a fair fight.

This is a single elimination event. As we award 3rd place, you may be asked to fight again, even if you lost your prior match. Every one of the matches that will take place starts and ends with a handshake because everyone who competes commands respect. We hope you have a great time at the event and win every match! However it is the mathematical nature of competition that half the athletes lose. That is why winning and losing is only a part of the reason people compete. You test yourself, both bringing out your best, and inspiring your training in the future.

You are admired not just for taking first place, but for having the courage to compete in the first place. We hope to see you there.

If you have any questions or concerns, call us at 613-725-1036 or info@sportMMAonline.com