

Junior Male 15 years and under:

- U35kg
- U45kg
- U55kg
- U65kg
- O65kg

Junior Female 15 years and under:

- U30kg
- U40kg
- U50kg
- U60kg
- O60kg

Female 16 + years ----- under 3 years

- U60kg
- O60kg

Female 16 + years ----- over 3 years

- U60kg
- O60kg

Male 16 + years ----- under 3 years

- U65kg
- U75kg
- U85kg
- U95kg
- O95kg

Male 16 + years ----- over 3 years

- U65kg
- U75kg
- U85kg
- U95kg
- O95kg

Male 35 + years ----- under 3 years

- U65kg
- U75kg
- U85kg
- U95kg
- O95kg

Male 35 + years ----- over 3 years

- U65kg
- U75kg
- U85kg
- U95kg
- O95kg

Male 16 + years

Male 16+ Absolute (Free Entry to and only for the 1st Placed Winners of their own Division and Weight Category)

Note: The Male 16+ Absolute will run providing there is enough time to do so

Legal Techniques:

Male and Female Juniors 15 years and under:

- Osekomi/Pins-Hold Downs Only

Male and Female 16 + years, All Divisions

- Osekomi/Pins-Hold Downs
- All Arm and Shoulder Locks
- All Chokes (*Except for using the Open Hands, Fists, Elbows, Knees to Choke*)

Scoring:

- | | | |
|--------------|---|------------------|
| • Koka | = 10 seconds Pin/Hold Down x 10 Koka's | = Ippon = Winner |
| • Yuko | = 15 seconds Pin/Hold Down x 5 Yuko's | = Ippon = Winner |
| • Waza Ari | = 20 seconds Pin/Hold Down x 2 Waza Ari's | = Ippon = Winner |
| • Ippon | = 25 seconds Pin/Hold Down x 1 Ippon | = Ippon = Winner |
| • Submission | | = Ippon = Winner |

Note i: Standing on both feet upright is allowed but only to; Pass Guard, Stack Up, Escape or Manoeuvre for a better position, or for a Submission attempt, but the other Athlete must be grounded at the same time whilst doing so

Contest Time Limit: 3 minutes

Note: There is no Overtime

If a Contest is a Draw: The Contest will be decided by; 1st Highest Scores, 2nd Penalties issued, lastly, if the scores are still equal, Referee's Decision

Note i: If an Athlete is unable or incapable of defending themselves or position, or put themselves in any Potential or Serious Danger of Injury, shouts or screams out in pain from a submission attempt or goes quiet, limp, closes they're eyes or passes out, the Referee can and will stop the Contest, and the Athlete will be declared as not capable of defending themselves or the position without being seriously Hurt or Injured, and will lose the Contest

Note ii: If an Athlete wins a Contest but can no longer continue to the next round or Contest, then the Athlete that they were to meet in the next round and/or Contest will be declared the Winner by default and automatically go through to the next round and/or win the Contest in question

Warning and Penalties:

1st = Official Warning
2nd = Koka Awarded to Opponent
3rd = Yuko Awarded to Opponent
Disqualification

Illegal: Could or will lead to a Warning and/or Immediate Penalties and/or Immediate Disqualification

- No Standing Throws or Standing Takedowns, No Throwing an Opponent in a Suplexes, No Scissor Takedowns, No Spiking, No Throwing the Opponent on they're Head, No Throwing Opponent on they're Neck, No Crucifix techniques which do not allow an opponent to tap out, and No Reaping the Leg if you are in the under 5 years Divisions
- No Leg or Ankle Locks, No Spine Locks, No Headlocks, No Groin Stretches
- No Slamming (*To Escape a Submission or from the Guard*)
- No Eye gouging, No Fish hooking, No Covering of the mouth, nose or eyes
- No Grabbing the ears, No Hair pulling, No Thumbing, No Scratching, No Pinching, No Biting
- No Finger or Toe manipulation or holds, No Striking of any kind, No Head Butting
- No knees, forearm, fists or elbows on face and rubbing of and/or twisting (*You can push up the face, lower jaw or forehead with the hand or forearm*)
- No Slippery substances on the head, body, arms, leg areas or clothing
- No Touching the Male or Female Genitalia
- No Stalling, No Running or Backing Away, No Showboating or Goading your Opponent

Athletes Starting Position at the Start of the Contest or for a Restart of a Contest:

- Both Athletes Start in the seated Back to Back Position

Athletes Restart Positions if they go out of the Contest Area:

- The Athletes will be restarted in the same position or as near as possible if they are too far out of the Contest Area or when they do go out of the Contest Area, if that is not possible or is in dispute between both Athletes, then they will both be restarted from the kneeling position

Athletes Dress Code: Appropriate Gi/Kimono

Note: No Groin Guards are allowed to be worn

Note i: No Greasing Up, you will be immediately Disqualified

Note ii: No Excessive Bandaging or Excessive Taping Up, unless for actual medical purposes and of which must be approved by either the First Aid Medical Support Team or the Referee

Athlete Weigh In: As soon as you arrive at the Venue after Signing in and with your Gi/Kimono on

Note: Any one Weight Bracket must have a minimum of Two Competing Athletes minimum, if there is only one Athlete in any one Bracket, we will endeavour to arrange to move the Athlete into the next suitable and available and appropriate Division and/or Weight Bracket, if this is not possible, or if the Athlete does not want to be moved, then we will refund the Athletes Entry Fee in Full, as we do not award default medals to any single entry Athlete in any Division or Weight Bracket.

Contest Elimination:

- **Two Athletes in any one Bracket:** Best of Three Contests (*The First Athlete to Win Two Contests*)
- **Three Athletes in any one Bracket:** Round Robin/Pool (*All Three Athletes Compete against each other*)
- **Four or more Athletes in any one Bracket:** Elimination with Repechage (*Double Elimination*)
- **Absolute Bracket:** Tournament Style Straight Elimination (*Only the Winner goes through*)

Note: Every Registered and Competing Athlete is Guaranteed a minimum of Two Contests in their Division and Weight Bracket

Winners: 1st, 2nd and 3rd

The Club Trophy: Is Awarded to the Club that attains the Highest Points Scored of the Championships

1st Place Winner = 10 Points

2nd Place Runner Up = 4 Points.

3rd Place = 1 Point

The UMA NGB Open Grappling Championships are Open to all Martial Arts, Combat Sports, Styles and Systems etc, e.g.

Judo, JiuJitsu, BJJ, Groundfighting, Wrestling, Sombo, Grappling, Ne Waza, MMA, Karate, Kung Fu, Kickboxing, TKD etc, infact any one from any Traditional Martial Art, Sporting Martial Art or any Combat Sporting background who wants to enter can attend and participate, the Different Times as specified is a guide to time and experienced gained in training etc, if you are unsure, just ask us and we will ensure you are entered in the correct Division and Weight Bracket

All UMA Championship Events are Drug Free Events, and hence, we strictly forbid the use of any Doping, Steroids or any other Prohibited Drugs, performance enhancing or not