

LIONS

PRIDE

SUBMISSION

GRAPPLING

P R E S E N T S

THE NO GI SUBMISSION GRAPPLING



MID-SOUTH NATIONALS



NOVEMBER 7, 2009

SANCTINED BY FILA - USA WRESTLING - LIONS PRIDE GRAPPLING

Where	When	Weigh Ins	Cost	Divisions
Mt. Juliet HS. Mt. Juliet, TN	11/7/09	8 - 9:00 AM	\$40 Pre Register Online \$60 Register At Door Spectator Adult \$6 Kids 12 & Under \$4 (3 & Under Free)	OPEN (3 yr+) Intermediate (0-2 yr) High School Open(Born After 9/1/89-1994)

Uniform (NO GI)	Contact	Weight Classes
Board, Vale Tudo Shorts / Rash Guard ABSOLUTELY NO GI'S ALLOWED Wrestling shoes (Optional)	Stephen Petricca 615-498-0700	High School: 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285
	coach@lionspridegrappling.com	Int. & Open: 121.25, 132.25, 138.75, 145.5, 154.25, 163, 174, 185, 211.5, 264.5

- **You Can PRE REGISTER and Pay ONLINE at www.lionspridegrappling.com for the tournament**
- **USA Wrestling/Grappling Membership REQUIRED for insurance reasons. You card is a ONE TIME purchase and is good for from 8/1/09-7/31/10 for ALL USA Wrestling /Submissions Grappling and FILA event. This fee is paid directly to the USAW/FILA Organization. YOU MUST PRESENT USA CARD AT TOURNAMENT CHECK IN. Lions Pride is sanctioning 15-20 tournaments throughout the South and Midwest so you will get your use of the USAW card. You will need this card if you are planning on competing at the World Championships in Phoenix as well.**
- USAW FEE: \$35 and can **only** be purchased online. Follow the membership links at www.lionspridegrappling.com or at www.themat.com. The membership is dual for either wrestling or submission grappling. USAW MEMBERSHIP is an insurance card that covers as primary insurer (80/20) if grappler has none. Additionally it acts as secondary if a primary insurance is already present for additional coverage of incident. See membership coverage for details.
- This is a **double elimination** bracketed tournament. If you have 5 or less in your weight class it will be round robin. For a minimum of 2-3 matches win or lose.
- RULES: FILA WORLD See rule book at www.fila-grappling.com or www.lionspridegrappling.com/Docs/GrapplingRulebook.pdf
- Medals for Top 3 Places
- LIMITED TO THE FIRST 16 IN EVERY WEIGHT CLASS AND EVERY DIVISION: REGISTER EARLY

REGISTRATION BEGINS: 11/7/09 ENDS: 11/4/09 (or when weight class fills to 16 grapplers)
www.lionspridegrappling.com