

## Intercollegiate Brazilian Jiu Jitsu Tournament

Dear Club Contact

ITT Dublin would like to invite all CUSAI Members to the BRAZILIAN JIU JITSU Tournament on Saturday the 23<sup>rd</sup> of March at 11am. Registration and weigh in from 11am. Competition will start at 12.00. The competition will have Beginner (under 1 years experience), Intermediate (under 2 years experience) and Advanced levels (over 2 years experience). This competition is also open to students who have Grappling or Submission Wrestling Clubs in their Colleges. There will also be a Team event at end of competition. (3 points for Gold, 2 points for Silver and 1 point for Bronze Medals Winners)

- Beginner (under 1 year experience).
- Intermediate (under 2 year's experience).
- Advance (over 2 year's experience).

The weight class for Men is as follow (-65kg, -70kg, -75kg, -80kg, -85kg, -90kg and open weight) and for Ladies (-60kg, -65kg, -70kg and open weight).

Due to the nature of the Sport rules of the competition will be read out and demonstrated on day of competition.

### **The competition will be run as follows:**

- 5 minute per match
- If no submission, 1<sup>st</sup> take down determines winner
- Single elimination
- No slamming
- No leg locks for beginners
- Straight leg locks allowed for Intermediate and Advanced only
- No spinal attack
- No cranks
- No slicers for beginners
- No flying submission for beginners and intermediate

**Cost:** €15 per Individual.

Yours in sport,

Shane O'Connor  
ITT Dublin Brazilian Jiu Jitsu Club Chairperson  
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