

The mission is submission

# Lock & Choke 5

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## Supplementary regulations

On **November 10<sup>th</sup>** the next Submission-Wrestling tournament of the European Luta Livre Organization (ELLO) will take place. The tournament is open for martial artists of all organisations. **Members of ELLO have the chance to position themselves in the ELLO ranking list.**

**Prices:** 200,-- Euro for the winner of the open class  
Place/GK: Trophy & extra prize (Advanced Class)  
2<sup>nd</sup> und 3<sup>rd</sup> Place/GK: Medal & T-Shirt (Advanced Class)

**Venue:** Deutsche Sporthochschule Köln, Hall 23

**Scale:** from 09:00 am to 10:15 am

**Start of fights:** 10:45 am

**Finals:** 06:30 pm

**Weight classes:**

- under 65 kg
- 66 to 76,9 kg
- 77 to 87,9 kg
- 88 to 98,9 kg
- 99 and more
- Absolute class

**Beginnersclass:** Beginners with graduation less than bluebelt in Luta Livre, BJJ, Judo, Jiu Jitsu, Ju-Jitsu or less than 1 year wrestling experience

**Advancedclass:** more than bluebelt, or more than one year wrestling

**Age classes:**

- Men under 40 years
- Men older than 40 years (M Ü40)
- Women under 40 years
- Women older than 40 years (F Ü40)

**Fee:**

25,-- Euro non-members

15,-- Euro ELLO members and students (pay at scale)

10,-- Euro extra fee for the absolute class

**late-fee after October 10<sup>th</sup> 2007 : + 5,-- Euro**

**Rules:**

The **LOCK & CHOKE 5** is a **K.O.-tournament** after classical Luta Livre regulations in which only the winner of a fight can move on to the next round.

**Dresscode** requires long, cotton pants (judo pants) or shorts without sippers or any applications and a t-shirt or lycra shirt.

Any kind of shoes are strictly prohibited.

**Fighters fight barefoot.**

For distinction, the fighters will wear different colour bands on their ankles. The colours are blue and red.

**Bandages and tape** are legal as long as they don't restrict the movement of the joints to much.

Tape will be checked and decontrolled by the fight judges.

**Jockstraps, mouthguard** and **kneepads** are recommended.

Fighting area will be a not bounded mat with the measures **7 x 7 m.**

**If the fighters leave the fighting area**, the fight will be continued in the middle of the mat in the same position that they had when leaving the mat.

If the mat is left while standing, the fight will be continued standing in the middle of the mat.

**If the fighters stay longer than two minutes passiv in a position** the raferee can make them stand up and start the fight again.

**Permitted techniques:**

- Any kind of choke except finger use on the laryngeal.
- Any kind of joint locks with the exception of twisters on knees and neck.

**Prohibited techniques:**

- Twisted neck- and knee locks
- Suplex (Throws on neck and head)
- Blows and kicks of any kind
- eye gauging
- Ear grabbing
- Hair pulling
- Pulling or twisting of single fingers / toes
- Scatching or pinching
- biting
- grabbing of genitals and laryngeal
- hands, knees or ellbows on face
- lubricants or other substances on body or clothes

**Valuation:**

(counts from start of fight)

- Backmount 4 points
- Mount 3 points
- Takedown 2 points
- Takedown in (Half-)Guard 1 point

**Penalties:**

- Passivity -1 point

**A fight is won if:**

- The opponent gives up (verbally or by tapp out)
- After one fighter has reached 9 points
- The fighting judge breaks of the fight because one of the fighters can't defend himself.
- A fighter is couioned twice for breaking the rules he will be disqualified by the judges.
- If a fighter, his coach or his fans are behaving against the rules of good sportsmanship the fighter can be disqualified by the judge.

**Fighting time:**

- ATTENTION: Fightingtime in the advanced class is unlimited!!!
- Beginner class: Fightingtime 5 minutes, if draw 2 minutes overtime more with option to golden point. Draw after overtime, referee decision.

**Women:**

The same rules as shown above are valid for women.  
The event management reserves the right to change weight classes due to possible lack of contestants.

**Weight classes:**

- to 55 Kg
- to 60 Kg
- to 65 Kg
- more than 65 Kg

**Registration form:**

This form has to be send in **until October 10<sup>th</sup>** for ahead registering (Fax possible) or, the latest brought at the day of the contest (**CAUTION: Late registry fee 5,-- Euro**).

Email registration is possible, if all positions are filled out.

**Fighter:**

Member of the ELLO  yes /  no

\_\_\_\_\_  
Name / first name

\_\_\_\_\_  
Weight

\_\_\_\_\_  
Address

\_\_\_\_\_  
DOB

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Fon.

**Team (if existing):**

\_\_\_\_\_  
FIGHTING TEAM / COACH

\_\_\_\_\_  
City / Country

Hereby I bindingly register for the ELLO **Lock & Choke** Submission-Wrestling tournament on November 10<sup>th</sup> 2007. I have a current (not older than 1 year) medical check attestation (do not need to show) that bills me physical fitness. I'm free of contagious diseases and participate on the tournament on my own risk.

\_\_\_\_\_  
Signature of fighter

**Please send to:**

**TRAINERAKADEMIE für LUTA LIVRE**

ELLO - HEADQUARTER

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