

COPA NOVA

GRAPPLING CHAMPIONSHIP

Saturday, January 9th, 2009

Schedule of Events:

Ticket sales (Online): \$9 spectators, \$5 children under 12.

Day of Event (Door): \$10 spectators, \$5 children under 12.

Early Pre-registration (Nov 8 thru Dec 8): \$60 for one division or \$80 for two or more.

Pre-registration (Dec 9 thru Jan 8th, 2pm): \$65 for one division or \$85 for 2 or more.

Day of event: \$80 for one gi or no-gi division, \$100 for two or more.

7:30AM: Final registrations/weigh ins begin.

Weigh ins will stop at 9:25 am.

Competitor meeting at 9:30 am.

10:00 AM: Tournament Begins with Children's Divisions

Teen's No-Gi, followed by Kids/Teen's BJJ. Next: Advanced, Intermediate, and Beginner Men and Women No-Gi.

Brief Break for Refs and Table workers Prior to Gi Divisions Starting

Next: Men's, Masters, Executives Gi Brown and Purple Divisions, Women's BJJ

Next: Men's, Masters, Executive Blue

Next: Men's White Belt All Divisions

Weigh Ins:

Night Before from 6:00pm to 8:00pm

Location: Fightworks

201 Davis Drive, Suite JJ

Sterling, VA 20170

www.fightworks.net

Day of event from 7:30am to 10:00am

Location: Briar Woods High School

22525 Belmont Ridge Road

Ashburn, VA 20148.

No-Gi Skill Levels and Division Breakdown:

Length of matches:

Men's Beginner: 4 minutes

Men's Intermediate: 5 minutes

Men's Advanced: 6 minutes

Children Beginner: 3 minutes

Children Advanced: 4 minutes

Teen Beginner/Advanced: 5 minutes

Women's Beginner: 4 minutes

Women's Intermediate: 5 minutes

Women's Advanced: 6 minutes

Executive/Masters: 5 minutes

Descriptions of No-Gi Divisions:

Men's Novice: less than 12 months training or White Belt

Men's Intermediate: 13 months to 36 months training or Blue Belt

Men's Advanced: more than 36 months training or Purple Belt and up

Children (12 Yrs. and Below) Beginner: Less than 12 months training

Children (12 Yrs. and Below) Advanced: 12 months or more of training

Teens (13-16 yrs.) Beginner: Less than 12 months training

Teens (13-16 yrs.) Advanced: 12 months or more of training

Women Novice: Less than 12 months training or White Belt

Women Intermediate: 13 months to 36 months training or Blue Belt

Women Advanced: more than 36 months training or Purple Belt and up

Masters: 40 years and over, by weight

Executive: 30-39 years, by weight

Children's No-Gi Divisions – Beginner (Up to 12 Years Old)

Children's Bantamweight: 49.9 lbs. and below

Children's Flyweight: 50-59.9 lbs.

Children's Featherweight: 60-69.9 lbs.

Children's Lightweight: 70-79.9 lbs.

Children's Welterweight: 80-94.9 lbs.

Children's Middleweight: 95–109.9 lbs.

Children's Cruiserweight: 110-124.9 lbs.

Children's Heavyweight: 125 lbs. and over.

Children's No-Gi Divisions – Advanced (Up to 12 Years Old):

Children's Bantamweight: 49.9 lbs. and below

Children's Flyweight: 50-59.9 lbs.

Children's Featherweight: 60-69.9 lbs.

Children's Lightweight: 70-79.9 lbs.

Children's Welterweight: 80-94.9 lbs.

Children's Middleweight: 95–109.9 lbs.

Children's Cruiserweight: 110-124.9 lbs.

Children's Heavyweight: 125 lbs. and over.

Teen No-Gi – Beginner (13-16 Years Old):

Teen's Lightweight: 114.9 lbs. and below.

Teen's Welterweight: 115–129.9 lbs.

Teen's Middleweight: 130-149.9 lbs.

Teen's Cruiserweight: 150-169.9 lbs.

Teen's Heavyweight: 170 lbs. and over.

Teen No-Gi – Advanced (13-16 Years Old):

Teen's Lightweight: 114.9 lbs. and below.

Teen's Welterweight: 115–129.9 lbs.

Teen's Middleweight: 130-149.9 lbs.
Teen's Cruiserweight: 150-169.9 lbs.
Teen's Heavyweight: 170 lbs. and over.

Women's No-Gi Weight Classes (Beginner):

Class A: 119.9 lbs. and below
Class B: 120 - 134.9 lbs.
Class C: 135 – 149.9 lbs.
Class D: 150 lbs. and over
Absolute Women (Open Weight)

Women's No-Gi Weight Classes (Intermediate):

Class A: 119.9 lbs. and below
Class B: 120 - 134.9 lbs.
Class C: 135 – 149.9 lbs.
Class D: 150 lbs. and over
Absolute Women (Open Weight)

Women's No-Gi Weight Classes (Advanced):

Class A: 119.9 lbs. and below
Class B: 120 - 134.9 lbs.
Class C: 135 – 149.9 lbs.
Class D: 150 lbs. and over
Absolute Women (Open Weight)

Men's No-Gi Weight Classes (Beginner):

Men's Super Lightweight: Up to 134.9 lbs
Men's Lightweight: 135-149.9 lbs
Men's Middleweight: 150-164.9 lbs.
Men's Cruiserweight: 165-179.9 lbs.
Men's Light-Heavyweight: 180-194.9 lbs.
Men's Heavyweight: 195-220 lbs.
Men's Superheavyweight: 220 lbs. and over
Absolute Mens (Open Weight)

Men's No-Gi Weight Classes (Intermediate):

Men's Super Lightweight: Up to 134.9 lbs
Men's Lightweight: 135-149.9 lbs
Men's Middleweight: 150-164.9 lbs.
Men's Cruiserweight: 165-179.9 lbs.
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Men's Light-Heavyweight: 180-194.9 lbs.
Men's Heavyweight: 195-220 lbs.
Men's Superheavyweight: 220 lbs. and over
Absolute Mens (Open Weight)

Men's Masters No-Gi Weight Classes (30+ yrs) (Beginner):

Lightweight: 159.9 lbs. and below
Middleweight: 160 – 179.9 lbs.
Cruiserweight: 180 – 199.9 lbs.
Heavyweight: 200 lbs. and over

Men's Masters No-Gi Weight Classes (30+ yrs) (Intermediate):

Lightweight: 159.9 lbs. and below
Middleweight: 160 – 179.9 lbs.
Cruiserweight: 180 – 199.9 lbs.
Heavyweight: 200 lbs. and over

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Lightweight: 159.9 lbs. and below
Middleweight: 160 – 179.9 lbs.
Cruiserweight: 180 – 199.9 lbs.
Heavyweight: 200 lbs. and over

Gi (BJJ) Divisions

Children's BJJ Divisions – (Up to 12 Years Old - All Belts - Beginner):

Children's Bantamweight: 49.9 lbs. and below
Children's Flyweight: 50-59.9 lbs.
Children's Featherweight: 60-69.9 lbs.
Children's Lightweight: 70-79.9 lbs.
Children's Welterweight: 80-94.9 lbs.
Children's Middleweight: 95–109.9 lbs.
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Teen's Welterweight: 115–129.9 lbs.
Teen's Middleweight: 130-149.9 lbs.
Teen's Cruiserweight: 150-169.9 lbs.

Teen's Heavyweight: 170 lbs. and over.

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Teen's Lightweight: 114.9 lbs. and below.

Teen's Welterweight: 115–129.9 lbs.

Teen's Middleweight: 130-149.9 lbs.

Teen's Cruiserweight: 150-169.9 lbs.

Teen's Heavyweight: 170 lbs. and over.

Women's White Belt (BJJ) Weight Classes:

Class A: 119.9 lbs. and below

Class B: 120 - 134.9 lbs.

Class C: 135 – 149.9 lbs.

Class D: 150 lbs. and over

Absolute Women (Open Weight)

Women's Blue Belt (BJJ) Weight Classes:

Class A: 119.9 lbs. and below

Class B: 120 - 134.9 lbs.

Class C: 135 – 149.9 lbs.

Class D: 150 lbs. and over

Absolute Women (Open Weight)

Women's Purple Belt (BJJ) Weight Classes:

Class A: 119.9 lbs. and below

Class B: 120 - 134.9 lbs.

Class C: 135 – 149.9 lbs.

Class D: 150 lbs. and over

Absolute Women (Open Weight)

Women's Brown Belt (BJJ) Weight Classes:

Class A: 119.9 lbs. and below

Class B: 120 - 134.9 lbs.

Class C: 135 – 149.9 lbs.

Class D: 150 lbs. and over

Absolute Women (Open Weight)

Women's Black Belt (BJJ) Weight Classes:

Class A: 119.9 lbs. and below

Class B: 120 - 134.9 lbs.

Class C: 135 – 149.9 lbs.

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Absolute Women (Open Weight)

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Men's Black Belt (BJJ) Weight Classes:

Light: 159.9 lbs. and below
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Absolute Mens (Open Weight)

Masters White Belt (BJJ) Weight Classes (30+ yrs):

Lightweight: 159.9 lbs. and below
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