



# **WELCOME!**

Sit back and enjoy today's exciting action.  
Thank you for attending- have a great day!

**"Where CHAMPIONS are born!"**

## ***SCHEDULE OF EVENTS***

These times are estimations only!

**9:00 A.M. - 10:00 A.M. .... TOURNAMENT REGISTRATIONS**

**10:00 A.M. - 10:30 A.M.....RULES MEETING**

**10:30 A.M....."SKIRMISH" BEGINS**

## ***OPENING CEREMONIES!***

**"YOU HAVE ENTERED THE SKIRMISH ZONE...BE CALM, STAY COOL,  
AND HOLD ON FOR THE RIDE OF YOUR LIFE."**

**10:03 A.M. - 2:30 P.M.....(JUNIOR COMPETITIONS)**

**STARTING WITH SUMO, THE BATTLE FOR THE CUPS IS ON!**

**2:30 P.M. - 4:30 P.M.....(ADULT COMPETITIONS)**

**5:00 P.M. - 6:00 P.M. - Finals = MAIN EVENTS!**

**See the 4 Exciting Adult Title belt matches!  
The action will be hot.**

**Tonight's action also features The "KING OF THE SKIRMISH"  
-The Absolute Open Division Tournament-  
The Main events will ROCK YOU!**

# WHERE CHAMPIONS ARE BORN!

## JUNIOR GRAPPLING RULES

TIME OF MATCH: 2 MINUTES

OVERTIME: 30 SECONDS

WAYS TO WIN: BY POINTS, OR BY THE JUDGES DECISION.

HOW TO SCORE POINTS

\*TAKEDOWNS (THROWS, TACKLES, AND SWEEPS) = 1 POINT

MOUNTED HOLD, OR REAR MOUNTED HOLD WITH HOOKS = 2

CROSS BODY OR SIDE HOLD = 1 POINT

GUARD (ON ONE'S BACK LEGS CROSSED AROUND WAIST) = 1

SCARF HOLD (ARM AND SHOULDER) = 1 POINT

2 POINTS WILL AUTOMATICALLY WIN A MATCH.

ALL HOLDS MUST BE HELD FOR 15 SECONDS IN ORDER TO  
Judges will count slowly to 10 to show this time.

\*Juniors 10 and under start on their knees!

Juniors 13 & UP - NO POINTS- Chokes now allowed too!

## ADULT GRAPPLING RULES

TIME OF MATCH: 4 MINUTES

OVERTIME: 2 MINUTES

HOW TO WIN: BY SUBMISSION OR BY JUDGE'S DECISION.

NO POINTS IN ADULT DIVISIONS.

YOU MUST IMPRESS THE JUDGE TO SCORE A VICTORY.

\*TITLE FIGHT MATCHES ARE 6 MINUTES LONG  
WITH 3 MINUTE OVERTIME!

THE REFEREE HAS THE RIGHT TO RE-START OR STOP THE  
MATCH AT ANY TIME IN THE FIGHT.  
SAFETY IS #1 IN THE SKIRMISH ZONE!

## MAINE SKIRMISH - SUMO RULES

The first junior to be forced out of the ring  
Or to touch the blue playing surface with any  
part of their body other than the soles of one's  
feet will be eliminated.

## MAINE SKIRMISH GENERAL RULES

1. No eyes gouges, face raking, fishhooks or hair pulling.
2. No groin grabs, biting, or head butts.
3. No striking techniques, kicking or punching.
4. No hardcore neck cranks or finger locks.
5. No unsportsmanlike conduct.
6. No heel hooks or kneebars in adult novice divisions.
7. No Pick up body slams in guard.
8. A great attitude and fun having the chance to compete is a must!

## MAINE SKIRMISH - BLOOD RULE

Small scrapes and cuts that can be covered will not end a match.

**\*ANY EXCESSIVE BLOOD WILL END A FIGHT IMMEDIATELY.**

**Make sure to cheer  
for your favorite fighter.  
The kids are SO MUCH FUN  
and always do great!**

**\*\* Above all else -  
Please Everyone have fun! \*\***



NEVER SETTLE- CHOOSE TO BE A CHAMPION!

30 ELM PLAZA - WATERVILLE, ME 04901  
(207) 873-0571 [www.championsfitnessclub.com](http://www.championsfitnessclub.com)

\*We offer an open judging policy at this event. All club instructors, team leaders and experienced coaches are allowed to referee. These people volunteer their help! All judges will do their best to call the fights fair and with no bias choices. Keep in mind all of us are human, not perfect, and can make a mistake.

\*\* We'd like you to please enjoy the event and take note of such. \*\*

**22 years of exciting Maine Skirmish action- WOW!**