

## California Grappling Restrictions

These restrictions are set by the state board to nurture this developing sport. Being that this sport is in its infant stages the safety and structure is necessary for its success. The California state board feels that these restrictions are needed for this sport to succeed. There is no timeline for these restrictions, and they will be implemented until the state board feels it is necessary for them to be removed.

### Age Groups Restrictions:

No athlete under the age of 15 is permitted to compete in Grappling.

Junior: 16-19

Senior: 20- up; 18 & 19 year old athletes are permitted to compete in senior division with their coach's approval.

Junior divisions do not allow to use figure four toe holds.

### Weight Classes:

Junior:

Men: 110, 121, 132, 145, 163, 185, 211, & 264

Women: 97, 106, 112, 130, 139, 148, & 159

Senior:

Men: 136.5, 154, 175, 202.5, & 275

Women: 105.5, 121, 138.5, 158.5

These are the official FILA weights. However, tournament organizers are permitted to adjust the weight classes to suit the demography of the event. Madison system is encouraged to provide more competition for the athletes.

### Skill Levels:

The entry of skill divisions will be the responsibility of coaches and parents. If there is any doubt of the athlete's ability we urge the entry into lower skill divisions. The safety of the athletes is our 1<sup>st</sup> priority. Tournament organizers may combine Novice and Intermediate division to suit the tournament demographic, but the technique restriction will follow the lower skill level.

Junior & Senior:

Novice, Intermediate, & Advance

- Novice divisions are for 1<sup>st</sup> year grapplers and 2<sup>nd</sup> year wrestlers.
- Intermediate divisions are for 2<sup>nd</sup> year grapplers and 3<sup>rd</sup> wrestlers.
- Advance is for any serious athlete that is looking to compete at the highest level.

Novice & Intermediate divisions do not allow to use figure four toe holds and grand amplitude five point throws in either age group.