



1° ITALIAN GRAPPLING OPEN NO-GI

Grappling tournament NO-GI, for male and female, open to italian athletes and foreigner grappler

Italian Grappling Open will take place in Milan, the 20th of December 2009 at the Palaiseo, a nice venue which has hosted numerous high profile sport events. This event will be opened to any Italian and/or foreigner grappler willing to compete in a prestigious tournament that will see the best italians to face up the best international grappling schools. Milan, as many people know, is a nice city in the North of Italy, full of entertainment and fun, easily reachable from any European country

DATE: Sunday 20th December 2009.

INFO: www.figr.it italianopen@figr.it

VENUE: PALAISEO – Via Iseo 6, MILANO.

FINAL ENTRIES: before Wednesday 16th December 2009 on the website www.figr.it
On the home page click on “Iscrizione Torneo Italian Grappling Open”

BEGINNING OF THE COMPETITION: 10:30 AM

RULES: FILA International Regulations

DURATION OF THE BOUTS: 5 minutes

DIVISIONS: Depending on their experience, athletes could enter as **1° division** (advanced) **2° division** (novice)

WEIGH-IN: The athletes will be able to choose to weigh-in the day of the competition or the day before. The weigh-in will be Saturday 19th December from 5 PM (17:00) to 7 PM (19:00) and Sunday 20th December from 9 AM (9:00) to 10 AM (10:00) at the PALAISEO, were the competition will be held.

At the weigh-in, the athletes must show a valid identity document, so that the age can be checked, pay 15 Euros in cash and sign a document were they declare to have passed medical exam needed in order to compete.

AGE: Athletes must b 16 or more. Athletes under 18 must show a written agreement sign by their parents to compete.

ACCOMMODATION: Accommodation for the competition days can take place in the following hotels:

Centro Alberghiero Ornato, Via Luigi Ornato 64, Milano, tel. +39.02.6473512

Ostello Yha di Piero Rotta, Via Salmoiraghi 1 (ang. via Calliano), Milano, tel. +39.02.39267096

Hotel Bernina, Via Napo Torriani 27, Milano, tel. +39.02.66988022

Ostellolinda, via Ippocrate 45, Milano, tel. +39.02.64445219

Hotel Salus, Via Pellegrino Rossi 59, Milano, tel. +39.02.645 8332; +39.02.66202281; 338.2906364

Hotel Brivio, Via Brivio 33, Milano, tel. +39.02.66802119