



Arnold Martial Arts Grappling



GRAPPLING WEIGH INS

Friday - Weigh in and Late Registration from 5-8pm at Holiday Inn, 175 East Town Street, Columbus, Ohio 43215

Saturday - Late Weigh in at Tournament from 7-9am

Sunday - Late Weigh in at Tournament from 7-9am

SCHEDULE - Saturday, March 3 - GI DIVISIONS
 GREATER COLUMBUS CONVENTION CENTER
 Event Starts at 9am, HALL-C
 Rules Meeting: 9:30am, HALL-C

SCHEDULE - Sunday, March 4 - NO GI DIVISIONS
 GREATER COLUMBUS CONVENTION CENTER
 Competition begins at 9am, HALL-C
 Grappling Registration: 7am, ROOM C122

Competition Divisions

Divisions	Ages	Gender	Skill Levels	Weight Classes
ADCC MEN NO-GI EXPERT	18 yrs up	Male	ADVANCED (5+ yrs)	145.2 lbs 169.4 lbs 193.6 lbs 217.8 lbs 218+ lbs
Men NO GI	18 yrs up	Male	Novice (0-1 yrs) Beginner (1-3yrs) Intermediate (3-5 yrs)	0-134.9 lbs 135-144.9 lbs 145-154.9 lbs 155-169.9 lbs 170-184.9 lbs 185-204.9 lbs 205-219.9 lbs

				220+ lbs
Men BJJ	18 yrs up	Male	White Blue Purple Brown Black	0-134.9 lbs 135-144.9 lbs 145-154.9 lbs 155-169.9 lbs 170-184.9 lbs 185-204.9 lbs 205-219.9 lbs 220+ lbs
Master NO GI may also register for Men NO GI	30 yrs up	Male	Novice (0-1 yrs) Beginner (1-3yrs) Intermediate (3-5 yrs) Advanced (5+ yrs)	0-134.9 lbs 135-144.9 lbs 145-154.9 lbs 155-169.9 lbs 170-184.9 lbs 185-204.9 lbs 205-219.9 lbs 220+ lbs
Master BJJ may also register for Men BJJ	30 yrs up	Male	White Blue Purple Brown Black	0-134.9 lbs 135-144.9 lbs 145-154.9 lbs 155-169.9 lbs 170-184.9 lbs 185-204.9 lbs 205-219.9 lbs 220+ lbs
ADCC WOMEN NO-GI EXPERT	18 yrs up	Female	ADVANCED (3+ yrs)	132 lbs & under over 132 lbs
Women NO GI	18 yrs up	Female	Novice (0-1 yrs) Beginner (1-3yrs)	0-119.9 lbs 120-139.9 lbs 140-159.9 lbs 160+ lbs
Women BJJ	18 yrs up	Female	White Blue Purple and above	0-119.9 lbs 120-139.9 lbs 140-159.9 lbs 160+ lbs
Teen NO GI Boys may also register for Men Girls may also register for Women	13-15 yrs 16-17 yrs	Male Female	Novice (0-1 yrs) Beginner (1-3yrs) Intermediate (3+ yrs)	0-105.9 lbs 106-119.9 lbs 120-134.9 lbs 135-149.9 lbs 150-164.9 lbs 165-179.9 lbs 180+ lbs
Teen BJJ Boys may also register for Men Girls may also register for Women	13-15 yrs 16-17 yrs	Male Female	White/Yellow Orange/Green Blue/Purple	0-105.9 lbs 106-119.9 lbs 120-134.9 lbs 135-149.9 lbs 150-164.9 lbs 165-179.9 lbs 180+ lbs
Children NO GI	5-7 yrs 8-10 yrs 11-12 yrs	Male Female	Novice (0-1 yrs) Beginner (1-3yrs) Intermediate (3+ yrs)	0-49.9 lbs 50-59.9 lbs 60-69.9 lbs 70-79.9 lbs 80-89.9 lbs 90-99.9 lbs 100-109.9 lbs 110+ lbs

Children BJJ	5-7 yrs 8-10 yrs 11-12 yrs	Male Female	White Yellow Orange/Green	0-49.9 lbs 50-59.9 lbs 60-69.9 lbs 70-79.9 lbs 80-89.9 lbs 90-99.9 lbs 100-109.9 lbs 110+ lbs
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Abu Dhabi Combat Club