



## Ground Warrior Competitor Email

*Sent to all registered competitors at 11 am on Sunday, January 19, 2020*

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Thank you for registering for the Ground Warrior Submission Challenge!

This week we will email several reminders to all registered competitors to help ensure everyone has a positive experience next weekend. Please take the time to read these emails so that you arrive on time, prepared, and in the correct weight division.

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### **OVERWEIGHT = DISQUALIFICATION**

The number one reason for disqualification at Jiu Jitsu tournaments, time and time again, is coming in over weight. This is a costly and very disappointing mistake. If any competitor weighs more than the maximum weight allowed for their division, they will be disqualified. They will not receive a refund or credit. They will not be moved to a different division.

### **HOW WEIGH INS WORK**

Competitors will have only one opportunity to make weight. Weigh ins take place right before competitors step onto the mat to compete. All competitors must wear their full competition uniform during weigh ins. If an athlete competes in Gi and No-gi, they will weigh in separately for each (again, right before stepping onto the mat to compete).

### **OUR ADVICE**

If in doubt, move to the higher weight division. Many divisions will have competitors on the lower end of the weight class, or even slightly under. It is okay to weigh less than the weight range listed for the division, competitors just cannot be heavier than the maximum weight listed.

### **WHY SO STRICT?**

These guidelines are strictly enforced for all competitors, adults and children alike. Absolutely no changes will be made the day of the event. It is not fair to the competitors who read the rules, tracked their weight, and registered in the correct division to be paired with someone who should have been in the next weight class. With close to 1,000 Gi and No-gi athletes competing over two days, there is not time to rearrange

divisions while maintaining a schedule. Nor is it fair to move one competitor, when we are not able to move the next (i.e. when the division they would move to has already begun or finished competing).

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### **UPDATE YOUR REGISTRATION NOW**

All updates and corrections must be made online (through your RegFox account) by Tuesday, January 21, at 9 p.m. Click the link below to log in to RegFox with the email you used when registering to review your information and make any necessary corrections.

[Manage My Account](#)

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### **REVIEW THE RULES AT SUBLEAGUE.COM**

Review the rules, competition attire requirements, order of events (final schedule will be available by Thursday), and more at [subleague.com](http://subleague.com).

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If you have questions, please contact Registration Manager Tracy Chapman at [tracy@subleague.com](mailto:tracy@subleague.com).

Thank you again for participating in the Ground Warrior Submission Challenge. We look forward to seeing you next weekend at Portland Community College - Sylvania Campus!