

Kids/ Teens

Any arm Joint Lock
Straight Ankle Locks(Only advanced Teens)
No Spinal attacks
No Wrist Locks
Jumping guard is allowed
NO STANDING GUILLOTINES
5 min time limit

Gi: Blue or No Gi: Beginner

Any arm joint lock
Any Choke
Straight ankle lock
Straight knee bars
Wrist locks
Toe Holds
No Heel Hooks
No Calf/bicep slicer
No spinal attacks
5 min time limit

Gi: White or No Gi:Novice

Any Arm Joint Lock
Any Choke
Straight ankle lock
No knee bars
No Toe Holds
No Heel Hooks
No Calf/bicep slicer
No spinal attacks
5 min time limit

**Gi or No Gi- Advanced
Purple/Brown/Black**

Wrist Locks
Any Joint Lock
Any Choke
Any leg lock
Calf/bicep slicer
Heel hooks only allowed in NO-GI

6 min time limit(Purple)

8 min time limit(Brown)

10 min time limit(Black)

Prohibited Techniques:

- No slamming or spiking your opponent directly on their head or neck
- No small joint manipulation
- No strikes of any kind
- No inserting fingers into any orifice or cut
- No grabbing or attacking the trachea / windpipe directly (AKA c-clamp or rape choke)

Scoring:

ALL MATCH ARE SUBMISSION ONLY NO POINTS

3 Judges mat side will score the match in it's entirety, If a match does not end in a submission

The two criteria the judges look at are - Submission attempts and Positional dominance.