

# **RULES for competitors 4 to 17 years of age**

You are NOT allowed to.....

- **Submission techniques stretching legs apart**
- **Choke with spinal lock**
- **Straight foot lock**
- **Forearm choke using the sleeve (Ezequiel choke)**
- **Frontal guillotine choke**
- **Omoplata**
- **Triangle (pulling head)**
- **Arm triangle**
- **Lock inside the closed guard with legs compressing kidneys or ribs**
- **Wrist lock**
- **Mount naked choke**
- **Bicep slicer**
- **Calf slicer**
- **Knee bar**
- **Toe hold**
- **Slam**
- **Spinal lock**
- **Heel hook**
- **Locks twisting the knees**
- **Crossing outside foot inwards across opponent's belly button**
- **(Straight foot lock, X-guard and 50-50 guard)**
- **Kanibasami Takedown (scissor)**
- **Kicking, slapping or punching**
- **Hair pulling**
- **Bending fingers backwards**
- **Eye gouge**
- **Covering mouth or nose**

**Points are awarded for holding these positions for 3 seconds**

<b><u>4 POINTS</u></b>	<b><u>3 POINTS</u></b>	<b><u>2 POINTS</u></b>
<b>MOUNT BACK CONTROL BACK MOUNT</b>	<b>PASSING GUARD</b>	<b>TAKEDOWN KNEE ON BELLY SWEEP</b>

## **Round Times**

<b><u>4 to 6 Years Old</u></b>	<b><u>7 to 9 Years Old</u></b>	<b><u>10 to 15 Years Old</u></b>	<b><u>16 Years Old to Adult</u></b>
<b>2 Mins</b>	<b>3 Mins</b>	<b>4 Mins</b>	<b>5 Mins</b>