

Youth and Teen Divisions

Allowed / Disallowed Holds Takedowns

| Submission or Takedown | Y o u t h N o v i c e U n d e r | Y o u t h B e h i n & U n d e r | Y o u t h I m p e d i t e e r | Y o u t h A t t a c k U n d e r | | T e e n N o v i c e t o | T e e n B e s t o f | T e e n I n t e r m e d i a t e | T e e n A d v a n c e d |
|-----------------------------------|--|--|---|--|--|--|--|--|--|
| Match Duration in Minutes | 3 | 3 | 4 | 4 | | 4 | 4 | 4 | 4 |
| Armbars | Y | Y | Y | Y | | Y | Y | Y | Y |
| Rear Naked Choke / Triangle Choke | N | Y | Y | Y | | N | Y | Y | Y |
| Guillotine Choke | N | Y | Y | Y | | N | Y | Y | Y |
| Oumaplata | N | N | Y | Y | | N | Y | Y | Y |
| Wrist Locks | N | N | Y | Y | | N | N | Y | Y |
| Straight Ankle Lock | N | N | Y | Y | | N | N | Y | Y |
| Straight Knee Bar | N | N | N | Y | | N | N | N | Y |
| Canopener to open Closed Guard | N | N | N | Y | | N | N | N | Y |
| Neck Crank | N | N | N | N | | N | N | N | N |
| Canopener to Submit | N | N | N | N | | N | N | N | N |
| Twister Body Lock / Spinal Twist | N | N | N | N | | N | N | N | N |
| Spinal or Cervical Lock | N | N | N | N | | N | N | N | N |
| Figure 4 Toe Hold | N | N | N | N | | N | N | N | N |
| Heel Hook | N | N | N | N | | N | N | N | N |
| Bicep Cutter | N | N | N | N | | N | N | N | N |
| Calf Cutter | N | N | N | N | | N | N | N | N |
| Scissor Takedown | N | N | N | N | | N | N | N | N |
| Slam Takedown | N | N | N | N | | N | N | N | N |
| Slam from the Guard | N | N | N | N | | N | N | N | N |