

Oregon Open Jiu Jitsu Championship

# **NO-GI COMPETITION - ADULT AND MASTERS**

Allowed / Disallowed Holds and Takedowns

<b>Skill Level</b>	<b>Beginner</b>	<b>Int.</b>	<b>Advanced</b>	<b>Elite</b>
<b>Match Duration in Minutes</b>	<b>Adult: 5 Master: 5</b>	<b>Adult: 6 Master: 5</b>	<b>Adult: 7 Master: 6</b>	<b>7</b>
Armbars	Y	Y	Y	Y
Oumaplata	Y	Y	Y	Y
Rear Naked Choke / Triangle Choke	Y	Y	Y	Y
Guillotine Choke / Arm Triangle Choke	Y	Y	Y	Y
Ezekiel Choke	Y	Y	Y	Y
Straight Ankle Lock	Y	Y	Y	Y
Submission Techniques Stretching Legs Apart	Y	Y	Y	Y
Wrist Locks	N	Y	Y	Y
Canopener to open Closed Guard	N	Y	Y	Y
Straight Knee Bar	N	Y	Y	Y
Guard Jumping	N	Y	Y	Y
Figure 4 Toe Hold / Estima Lock	N	N	Y	Y
Bicep Cutter	N	N	Y	Y
Calf Cutter	N	N	Y	Y
Canopener to Submit	N	N	N	Y
Scissor Takedown	N	N	N	Y
Heel Hook	N	N	N	Y
Neck Crank	N	N	N	N
Twister Body Lock / Spinal Twist	N	N	N	N
Spinal or Cervical Lock	N	N	N	N
Slam Takedown	N	N	N	N
Slam from the Guard	N	N	N	N

**Calling out or making noises of exertion may be seen as verbal submission by the referee.**

**In an effort to prevent injury, referees may stop the match and grant submissions before the tap occurs if they deem the hold to be firmly secured.**