NO-GI COMPETITION - ADULT AND MASTERS

Allowed / Disallowed Holds and Takedowns

Skill Level	Beginner	Int.	Advanced	Elite
SUB LEAGUE/GROUND WARRIOR Match Times	**4**	**4**	**6**	**6**
OREGON OPEN Match Times	**Adult: 5 Master: 5**	**Adult: 6 Master: 5**	**Adult: 7 Master: 6**	**7**
Arm Locks	Y	Y	Y	Y
Omaplata	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
Submission Techniques Stretching Legs Apart	Y	Y	Y	Y
Straight Ankle Lock	N	Y	Y	Y
Wrist Locks	N	Y	Y	Y
Rib & Kidney Compression from Closed Guard	N	Y	Y	Y
Guard Jumping (Includes Flying Attacks)	N	Y	Y	Y
Head on the Outside Single Leg	N	Y	Y	Y
Straight Knee Bar	N	Y	Y	Y
Straight Ankle Lock (turning in direction of foot not under attack)	N	N	Y	Y
Figure 4 Toe Hold	N	N	Y	Y
Bicep Cutter	N	N	Y	Y
Calf Cutter	N	N	Y	Y
Canopener to Open Closed Guard	N	N	Y	Y
Cervical Lock Without Choke	N	N	N	Y
Scissor Takedown (Kani Basami)	N	N	N	Y
Heel Hook	N	N	N	Y
Neck Crank	N	N	N	N
Slamming	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.

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