GI COMPETITION - YOUTH AND TEENS

Allowed / Disallowed Holds and Takedowns

Age	Youth (age 5-12)	Teens (age 13-17)	
Belt	**White, Grey, Yellow, Orange, Green**	**White, Grey, Yellow, Orange, Green**	**Blue (age 16-17)**
SUB LEAGUE/GROUND WARRIOR Match Times	**3**	**4**	**4**
OREGON OPEN Match Times	**4**	**4**	**5**
Arm Locks, Bent and Straight	Y	Y	Y
Gi Chokes	Y	Y	Y
Rear Naked Choke	Y	Y	Y
Triangle Choke (No Head Pull)	Y	Y	Y
Guillotine Choke (Must Finish on the Ground) *	N	Y	Y
Forearm Choke with Sleeve (Ezekiel Choke)	N	Y	Y
Oumaplata	N	Y	Y
Submission Techniques Stretching Legs Apart	N	Y	Y
Chokes with Cervical Lock (i.e. Arm triangle, darce, anaconda, Peruvian neck tie, Japanese neck tie)	N	N	Y
Triangle Choke (Head Pull Allowed)	N	N	Y
Straight Ankle Lock	N	N	Y
Wrist Locks	N	N	N
Straight Knee Bar	N	N	N
Head on Outside Single Leg	N	N	N
Rib & Kidney Compression from Closed Guard	N	N	N
Crushing or squeezing neck with hands or forearm without choke (grip on gi required)	N	N	N
Neck Crank	N	N	N
Spinal or Cervical Lock	N	N	N
Figure 4 Toe Hold	N	N	N
Heel Hook	N	N	N
Bicep Cutter	N	N	N
Calf Cutter	N	N	N
Guard Jumping (Includes Flying Attacks)	N	N	N
Scissor Takedown (Kani Basami)	N	N	N
Slamming	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.

* Choke & Guard Safety Rules *

No standing Guillotine chokes. Must not try to finish choke standing. Attacking athlete must sit back to the ground in a safe manner. **No** throws while holding Guillotine (must have head and arm for throws).

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