NO-GI COMPETITION - YOUTH AND TEENS

Allowed / Disallowed Holds and Takedowns

Age	Youth (ages 5-12)			Teens (ages 13-17)		
Skill Level	**Beg.**	**Int.**	**Adv.**	**Beg.**	**Int.**	**Adv.**
SUB LEAGUE/GROUND WARRIOR Match Times	**3**	**3**	**3**	**4**	**4**	**4**
OREGON OPEN Match Times	**4**	**4**	**4**	**4**	**4**	**4**
Arm Locks, Bent and Straight	Y	Y	Y	Y	Y	Y
Rear Naked Choke	Y	Y	Y	Y	Y	Y
Triangle Choke (No Head Pull)	Y	Y	Y	Y	Y	Y
Guillotine Choke (Must Finish on the Ground) *	N	N	N	Y	Y	Y
Omaplata	N	N	N	Y	Y	Y
Submission Techniques Stretching Legs Apart	N	N	N	Y	Y	Y
Chokes with Cervical Lock (i.e. Arm triangle, darce, anaconda, Peruvian neck tie, Japanese neck tie)	N	N	N	N	N	Y
Straight Ankle Lock	N	N	N	N	N	Y
Head on the Outside Single Leg	N	N	N	N	N	N
Wrist Locks	N	N	N	N	N	N
Rib & Kidney Compression From Closed Guard	N	N	N	N	N	N
Straight Knee Bar	N	N	N	N	N	N
Crushing or squeezing neck with hands or forearm	N	N	N	N	N	N
Ezekiel Choke	N	N	N	N	N	N
Neck Crank	N	N	N	N	N	N
Spinal or Cervical Lock Without Choke	N	N	N	N	N	N
Figure 4 Toe Hold	N	N	N	N	N	N
Heel Hook	N	N	N	N	N	N
Bicep Cutter	N	N	N	N	N	N
Calf Cutter	N	N	N	N	N	N
Guard Jumping (Includes Flying Attacks)	N	N	N	N	N	N
Scissor Takedown (Kani Basami)	N	N	N	N	N	N
Slamming	N	N	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.

* 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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