

## NO-GI DIVISIONS

	<b>KIDS</b> (4 - 12yrs) Beginner Intermediate Advanced	<b>TEENS</b> (13 - 15yrs) Beginner Intermediate Advanced	<b>ADULTS &amp; TEENS</b> (16+ yrs) Beginner	<b>ADULTS</b> Intermediate & <b>TEENS</b> Int. & Adv. (16+ yrs)	<b>ADULTS</b> Advanced	<b>ADULTS</b> Expert
Arm Bar	✓	✓	✓	✓	✓	✓
Rear Naked Choke	✓	✓	✓	✓	✓	✓
Shoulder Lock	✓	✓	✓	✓	✓	✓
Triangle (Not Pulling Head)	✓	✓	✓	✓	✓	✓
Triangle (Pulling Head)	✗	✓	✓	✓	✓	✓
Arm Triangle	✗	✓	✓	✓	✓	✓
Guillotine (ground, arm inside)	✓	✓	✓	✓	✓	✓
Guillotine (ground, no arm)	✗	✓	✓	✓	✓	✓
Guillotine (standing)	✗	✗	✓	✓	✓	✓
Groin Stretch	✗	✗	✓	✓	✓	✓
Spinal Lock (with choke)	✗	✗	✓	✓	✓	✓
Straight Ankle Lock	✗	✗	✓	✓	✓	✓
Jumping Guard	✗	✗	✗	✓	✓	✓
Body Compression	✗	✗	✗	✓	✓	✓
Wrist Lock	✗	✗	✗	✓	✓	✓
Bicep/Calf Slicer	✗	✗	✗	✗	✓	✓
Knee Bar	✗	✗	✗	✗	✓	✓
Toe Hold	✗	✗	✗	✗	✓	✓
Neck Crank / Face Lock / Ezekiel	✗	✗	✗	✗	✗	✓
Knee Reaping / Heel Hook	✗	✗	✗	✗	✗	✓
Scissor Takedown	✗	✗	✗	✗	✗	✓
Spinal Lock (no choke)	✗	✗	✗	✗	✗	✓
Slamming	✗	✗	✗	✗	✗	✗
Small Joint Manipulation	✗	✗	✗	✗	✗	✗
Covering nose/mouth with hand	✗	✗	✗	✗	✗	✗
Windpipe/Trachea Pressure applied by a Closed Hand	✗	✗	✗	✗	✗	✗

## MATCH LENGTHS

Kids (4 - 12 yrs) - 3 minutes

Teens (13 - 17 yrs) - 4 minutes

Adults (18 - 29 yrs):

Beginner - 5 minutes

Intermediate - 6 minutes

Advanced - 6 minutes

Expert - 7 minutes

Masters & Seniors (30+ yrs) - 5 minutes

## SCORING

Takedown - 2 points

Knee on Belly - 2 points

Sweep - 2 points

Locked submission attempts

ending out-of-bounds - 2 points

Guard Pass - 3 points

Mount - 4 points

Back Control - 4 points



**GRAPPLINGGAMES**

Last updated: May 2022