

Match length

- Kids 4 minutes
- White to blue 6 minutes
- Absolute Open 8 minutes
- 2 minute overtime-1 minute per athlete

Ways to win in regulation: submission

Overtime rules:

1 minute per athlete of back control(seat belt, hooks, sitting up)

Coin flip to determine top and bottom

Criteria to win overtime:

1. Fastest Submission
2. If no submission fastest Escape to good position(Back to bottom mount is not an escape)
3. If no submission or escape in overtime the athlete with the least amount of penalties
4. If there aren't any penalties, overtime continues

Penalties:

- Repeatedly attempting illegal techniques.
- Stalling-not trying for a takedown
- not engaging passing,
- 2 steps away on a take down or pass
- not actively attacking from guard,
- not actively trying to escape a bad position.

You will be given a warning then a 5 second countdown before the penalty is assessed.

Illegal Technique-Adults:

- Slamming from the guard or out of a sub
- Jumping closed guard
- Scissor Takedown
- Small joint manipulation(must have at least 3 fingers)

*For white & blue belts all of the above plus

- Heel Hooks
- Reaping in a leg lock(controlling the foot and hip putting pressure to turn the knee in)
- Spinning into a reap while being foot locked

Illegal Technique-Kids(8-12):

Bicep Slicer, Jumping guard, Scissor takedown, Slams, Small joint manipulation, spinal locks and neck cranks, standing or flying submissions, submissions below the waist, and wristlocks.