



## LEGAL TECHNIQUES FOR OPEN EVENTS

MATCH TIMES: KIDS 4 MIN | TEENS/JUVENILES (AGES 13+) 5 MIN | MASTERS 5 MIN | ADULTS 6 MIN

Open rules are ADCC rules minus the red boxes below.

YouTube Rules Video: <https://www.youtube.com/DAfqQwSHwbq>

ADCC Official Rules: <https://adcc-official.com/files/ADCC%20Rules.pdf>

TECHNIQUES	KIDS -12 Years Old BEG/INT/ADV	TEENS 13-14 Years Old BEG/INT/ADV	JUVENILE 15-17 Years Old BEG	JUVENILE 15-17 Years Old INT/ADV	MASTERS 35+ Years Old BEG/INT/ADV	ADULTS 18-35 Years Old BEG/INT	ADULTS 18-35 Years Old ADV
AMERICANA ARMBAR CHOKES GROUNDED GUILLOTINE OMOPLATA KIMURA BUGGY CHOKE PULLING HEAD TRIANGLE							
MUFFLER EZEQUIEL CHOKE REAPING <sup>1</sup> STANDING GUILLOTINE <sup>2</sup>							
BARATOPLATA TARIKOPLATA							
STRAIGHT ANKLE LOCK							
KNEE BAR WRIST LOCK GROIN STRETCH TOE HOLD HEEL HOOK AOKI LOCK SPINAL STRETCH KIDNEY CRUSH BICEP/CALF SLICERS							
KANI BASAMI / SCISSOR TAKEDOWN							
BACK ARCH THROW SUPLEX							
LEG SCISSORS NO ARM TRIANGLE							
CLAVICAL / SPINE / NECK / FACE LOCKS							
JUMPING GUARD							
SLAMMING OUT OF SUBMISSION							

<sup>1</sup>13-17 Cannot submit while in a reap; <sup>2</sup>13-17 Cannot lift their opponent's feet off the mat

**Beanbags:** The coaches of all YOUTH (4-17) matches will be given a beanbag which they can throw in to stop the match at any moment. Once the beanbag is thrown in, the match is final and the opponent wins via submission.

**Please note:** Referees have the ability to stop a youth match (-17 years old) at any time if they are concerned for an athlete's safety (e.g. submission too tight, score being ran up, etc.).