

NO-GI DIVISIONS

KIDS (4 - 12yrs) Beginner Intermediate Advanced	TEENS (13 - 15yrs) Beginner Intermediate Advanced	ADULTS & TEENS (16+ yrs) Beginner	ADULTS Intermediate & TEENS Int. & Adv. (16+ yrs)	ADULTS Advanced	ADULTS Expert
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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)	✗	✗	✓	✓	✓	✓
Ezekiel	✗	✗	✓	✓	✓	✓
Groin Stretch	✗	✗	✓	✓	✓	✓
Straight Ankle Lock	✗	✗	✓	✓	✓	✓
Covering nose/mouth with hand	✗	✗	✓	✓	✓	✓
Jumping Guard	✗	✗	✗	✓	✓	✓
Body Compression	✗	✗	✗	✓	✓	✓
Wrist Lock	✗	✗	✗	✓	✓	✓
Spinal Lock (with choke)	✗	✗	✗	✓	✓	✓
Bicep/Calf Slicer	✗	✗	✗	✗	✓	✓
Knee Bar	✗	✗	✗	✗	✓	✓
Toe Hold	✗	✗	✗	✗	✓	✓
Face crush (Pressure to eyes/nose)	✗	✗	✗	✗	✓	✓
Neck Crank	✗	✗	✗	✗	✗	✓
Knee Reaping / Heel Hook	✗	✗	✗	✗	✗	✓
Scissor Takedown	✗	✗	✗	✗	✗	✓
Spinal Lock (no choke)	✗	✗	✗	✗	✗	✓
Slamming	✗	✗	✗	✗	✗	✗
Small Joint Manipulation	✗	✗	✗	✗	✗	✗
Windpipe/Trachea Pressure applied by a Closed Hand	✗	✗	✗	✗	✗	✗

MATCH LENGTHS

Kids (4 - 7 yrs) - 2 minutes
 Kids (8 - 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 (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 2024