



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 ALL LEVEL	TEENS 13-14 Years ALL LEVEL	JUVENILE 15-17 Years BEG	JUVENILE 15-17 Years INT/ADV	MASTERS 30+ BEG/INT	MASTERS 30+ ADV	ADULTS 15+ Years BEG/INT	ADULTS 15+ Years ADV
AMERICANA ARMBAR CHOKES GROUNDED GUILLOTINE OMOPLATA KIMURA BUGGY CHOKE PULLING HEAD TRIANGLE PERUVIAN NECKTIE								
MUFFLER EZEQUIEL CHOKE REAPING ¹ STANDING GUILLOTINE ²								
BARATOPLATA TARIKOPLATA STRAIGHT ANKLE LOCK								
KNEE BAR WRIST LOCK GROIN STRETCH TOE HOLD AOKI LOCK SPINAL STRETCH KIDNEY/RIB COMPRESSION BICEP/CALF SLICERS BOSTON CRAB TO OPEN THE CLOSED GUARD LEG SCISSORS ARMLESS TRIANGLE CLAVICAL / SPINE LOCKS FACE LOCKS BACK ARCH THROW SUPLEX								
JUMPING GUARD HEEL HOOK								
KANI BASAMI / SCISSOR TAKEDOWN								
SLAMMING OUT OF SUBMISSION								

¹13-17 Cannot submit while in a reap; ²13-17 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.).

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