



### ALLOWABLE TECHNIQUES FOR OPEN EVENTS

MATCH TIMES | KIDS 4MINS | TEENS (AGES 13+) 5 Mins | MASTERS 5 Mins | ADULTS 6 Mins | OPEN RULESETS ARE ADCC RULES MINUS THE CHART BELOW.  
 YouTube RULES VIDEO: <https://youtu.be/DAfqQwSHwbg> | HARD COPY RULES: <https://adcc-official.com/files/ADCC%20Rules.pdf>

TECHNIQUES	KIDS 12 Years and Under 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	ADULTS 18-35 Years Old INT	ADULTS 18-35 Years Old ADV
AMERICANA ARMBAR CHOKES GUILLOTINE OMOPLATA KIMURA EZEQUIEL CHOKE BUGGY CHOKES PULLING HEAD TRIANGLE	Green	Green	Green	Green	Green	Green	Green	Green
MUFFLER	Red	Green	Green	Green	Green	Green	Green	Green
SHOULDER LOCK VARIATIONS BARATOPLATA TARIKOPLATA	Red	Red	Red	Green	Green	Green	Green	Green
STRAIGHT ANKLE	Red	Red	Red	Green	Green	Green	Green	Green
KNEE BAR KNEE REAPING WRIST LOCK GROIN STRETCH TOE HOLD HEEL HOOKS SPINAL STRECH KINDNEY CRUSH BICEP/CALF SLICERS	Red	Red	Red	Red	Green	Green	Green	Green
KANI BASAMI / SCISSOR TAKEDOWN	Red	Red	Red	Red	Green	Green	Green	Green
BACK ARCH THROW/SUPLEX	Red	Red	Red	Red	Green	Green	Green	Green
LEG SCISSORS NO ARM TRIANGLE	Red	Red	Red	Red	Green	Green	Green	Green
CLAVICLE/SPINE /NECK CRANKS/FACE LOCKS	Red	Red	Red	Red	Green	Green	Green	Green
JUMPING GUARD	Red	Red	Red	Red	Red	Green	Green	Green
SLAMMING	Red	Red	Red	Red	Red	Red	Red	Green

#### Newly Added: Red and Blue Beanbags

All Kids (6-12 years old) and Teens (13-14 years old)

Each coach will be given a red/blue bean bag to have the ability to end the match at any moment.

Once the bean bag is thrown in, the match is final and the opponent will win the match via submission.

Please note: Referees still have the ability to call the match for any submission that may cause serious harm to a kid or teen.

Examples:

- Submission getting too tight.
- Score being ran up, etc.