

OREGON OPEN

GI COMPETITION - YOUTH AND JUNIOR

Allowed / Disallowed Holds and Takedowns

Age	Youth (ages 5-13)			Junior (ages 14-17)		
Belt	White & Yellow	Orange	Green	White & Yellow	Orange	Green
Match Duration in Minutes	4	4	4	4	4	4
Arm Locks, Bent and Straight	Y	Y	Y	Y	Y	Y
Gi Chokes	Y	Y	Y	Y	Y	Y
Rear Naked Choke / Triangle Choke *	Y	Y	Y	Y	Y	Y
Guillotine Choke *	N	N	N	Y	Y	Y
Oumaplata	N	N	N	Y	Y	Y
Straight Ankle Lock	N	N	N	N	Y	Y
Wrist Locks	N	N	N	N	N	N
Straight Knee Bar	N	N	N	N	N	N
Canopener to Open Closed Guard	N	N	N	N	N	N
Neck Crank	N	N	N	N	N	N
Canopener to Submit	N	N	N	N	N	N
Twister Body Lock / Spinal Twist	N	N	N	N	N	N
Spinal or Cervical Lock	N	N	N	N	N	N
Figure 4 Toe Hold	N	N	N	N	N	N
Heel Hook	N	N	N	N	N	N
Bicep Cutter	N	N	N	N	N	N
Calf Cutter	N	N	N	N	N	N
Scissor Takedown	N	N	N	N	N	N
Slam Takedown	N	N	N	N	N	N
Slam from the Guard	N	N	N	N	N	N

Calling out or making noises of exertion may be seen as verbal submission by the referee.

In an effort to prevent injury, referees may stop the match and grant submissions before the tap occurs if they deem the hold to be firmly secured.

* Choke Safety Rules *

No pulling on head to finish Triangle choke (straining the neck).

No standing Guillotine chokes. Must not try to finish choke standing. Attacking athlete must sit back to the ground in a safe manner. **No** throws while holding Guillotine (must have head and arm for throws).

No hitting or crushing the larynx with hand or forearm.

No crushing or squeezing neck with hands or forearm from bottom (guard) or top position.