



	KIDS ALL	TEENS ALL	ADULT WHITE/ BEGINNER	ADULT BLUE/PURPLE INTERMEDIATE	ADULT BROWN/BLACK ADVANCED / EXPERT
ARMBAR					
REAR NAKED CHOKE	✓	✓	✓	✓	✓
LAPEL CHOKES	✓	✓	✓	✓	✓
TRIANGLE	✓	✓	✓	✓	✓
ARM TRIANGLE	✓	✓	✓	✓	✓
GUILLOTINE (GROUND)	✓	✓	✓	✓	✓
GUILLOTINE (STANDING)		✓	✓	✓	✓
CLOSED GUARD JUMP			✓	✓	✓
STRAIGHT ANKLE LOCK			✓	✓	✓
KNEEBAR				✓	✓
TOE HOLD				✓	✓
WRIST LOCK				✓	✓
BICEP/CALF SLICER				✓	✓
NECK CRANK					✓
TWISTER					BROWN/BLACK EXPERT
SCISSOR TAKEDOWN					EXPERT
HEEL HOOK					EXPERT
KNEE REAPING					EXPERT

SCORING

TAKEDOWN - 2 POINTS
 SWEEP - 2 POINTS
 KNEE ON BELLY - 2 POINTS
 GUARD PASS - 3 POINTS
 MOUNT - 4 POINTS
 BACK TAKE - 4 POINTS

MATCH LENGTH

KIDS - 3 MIN
 TEENS - 4 MIN
 ADULTS - 5 MIN
 EXPERT - 6 MIN
 BROWN - 6 MIN
 BLACK - 6 MIN