ADCC Opens Legal Techniques by Division

	Techniques	Kids -12			Teens 13-14			Teens 15-17			Adults			Masters		
		Beg	Int	Adv	Beg	Int	Adv	Beg	Int	Adv	Beg	Int	Adv	Beg	Int	Adv
Updated 2/13/2026 JW	*Any…*															
Straight Arm Locks	Arm Bar															
	Choi Bar															
Twisting Arm Locks	Americana (w/ arms or legs, Mir Lock etc)															
	Kimura (Omo-Barato-Tarikoplata etc)															
Naked Chokes	Rear-Naked Bulldog Ninja Smother etc															
Arm-In Chokes	Legs Triangle (Pulling head OK)															
	Arm Triangle (D'Arce Anaconda Buggy etc)															
	Neckties (Peruvian Scottish Japanese etc)															
Grounded Guillotine	Attacker has knee(s) on mat															
Flying Submissions	Flying Triangle/Armbar															
Punch Chokes	Ezekiel/Triangle Punch Choke	X	X	X												
Muffler	Hand covering mouth/nose	X	X	X												
Standing Guillotine	Attacking player is standing	X	X	X												
Reaping - Unlocked	Reaper's legs not crossed on reaped leg No locked submissions on reaped leg	X	X	X												
Lifting Opp. from Guard	Standing from inside closed guard	X	X	X	X	X		X	X							
Closed Guard on Takedown	Closing guard during takedown	X	X	X	X	X		X	X							
Straight Ankle Lock	Straight Ankle Lock	X	X	X	X	X	X	X	X							
Heel Hooks	Inside or Outside Heel Hook	X	X	X	X	X	X	X	X	X				X	X	
Reaping - Locked	Reaper's legs crossed or submission on reaped leg	X	X	X	X	X	X	X	X	X						
Straight Leg Locks	Knee Bar Dog Bar	X	X	X	X	X	X	X	X	X						
Twisting Leg Locks	Aoki Estima Toe-Hold Z Lock	X	X	X	X	X	X	X	X	X						
Groin Stretches	Banana Split	X	X	X	X	X	X	X	X	X						
Slicers	Calf & Bicep Slicers	X	X	X	X	X	X	X	X	X						
Compressions	Rib/Kidney and Leg Scissor on Neck	X	X	X	X	X	X	X	X	X						
Cranks and Twists	Neck Crank (Except Cervical) Can Opener	X	X	X	X	X	X	X	X	X						
	Twister	X	X	X	X	X	X	X	X	X						
	Boston Crab or stepover to open guard	X	X	X	X	X	X	X	X	X						
Back Arch Throws	Suplex	X	X	X	X	X	X	X	X	X						
Wrist Locks	Twisting Flexion or Hyperextension	X	X	X	X	X	X	X	X	X						
Jumping Guard	Jumping closed guard from standing	X	X	X	X	X	X	X	X	X				X	X	X
Scissor Takedowns	Kani Basami or jumping to Victor Nagi	X	X	X	X	X	X	X	X	X	X	X		X	X	X
Slams Out of Submissions	Slamming attacker to shoulder blades	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Match Times:	4 Min			5 Min			5 Min			6 Min			5 Min		

Points

4 Points Takedown or Sweep to *Unguarded* position

3 Points Guard Pass and Back Control

2 Points Takedown or Sweep to Guarded position. Mount. Knee on Belly.

-1 Point Penalty or Guard Pull/Deliberately grounding self from standing during Points, Overtime and Entire Finals Match