

# KIDS AND JUVENILE RULES

MATCH DURATION DESCRIBED BELOW	
DIVISIONS	MATCH DURATION
Division A (5 – 6 Yrs Old)	3 - Minutes
Division B (7 – 8 Yrs Old)	3 - Minutes
Division C (9 -10 Yrs Old)	3 - Minutes
Division D (11 – 12 Yrs Old)	4 – Minutes
Division E ( 13 – 14 Yrs Old)	4 - Minutes
Juvenile (15 – 17 Yrs Old)	5 - Minutes

## Prohibited Techniques (5 -12 Yrs Old)

- **Triangle (pulling head) – Triangle can be applied but no pulling down on the head.**
- **Frontal guillotine choke**
- **Arm triangle**
- Submission techniques stretching legs apart
- Choke with spinal lock
- Straight foot lock
- Forearm choke using the sleeve (Ezequiel choke)
- Omoplata
- Lock inside the closed guard with legs compressing kidneys or ribs
- Wrist lock
- Mount naked choke
- Bicep slicer
- Calf slicer
- Knee bar
- Toe hold
- Slam
- Spinal lock without choke
- Heel hook
- Locks twisting the knees.
- Crossing outside foot inwards across opponent's crotch (straight foot lock, X-guard and 50-50 guard)
- Kanibasami (scissor) – Scissoring the legs from standing to apply a takedown.
- In straight foot lock, turning in the direction of foot not under attack.
- In toe hold, applying outward pressure on the foot
- Bending fingers backwards