

# Submission Series 3 Itinerary

## **NO-GI COMPETITION:**

11:00am Ladies All division

1:00pm Intermediate (2-5 year's experience)

3:00pm Beginner (0-2 year's experience)

## **WEIGH INS:**

Saturday 7/31 - 12pm-3pm

Sunday 8/1 - 7am-10am

## **MATCH LENGTH - All Matches:**

Beginners: 5 Minute rounds

Intermediate: 6 Minute rounds

\*If there is no submission, competitors will go into overtime rules

## **Overtime:**

*SUDDEN DEATH-*

2-minute round. First point wins. If no winner, we will go to the second round of overtime

*EBI OVERTIME-*

One Round. 1 minute each person. Fastest submission will advance to the next round. If no winner, this will result in a referee decision.

*FINALS- No referee decisions*

In the event of a finals match going into OT. Athletes will continue the overtime rounds until a winner is decided. Sudden death, EBI, Sudden death ect.

## **Beginners (AGES 16 & UP)**

### ILLEGAL SUBMISSIONS

- No Bicep Slicer, No Calf Slicer and No Compression Locks of any kind.
- No Calf Lock of any kind.
- No Electric Chair Submissions.
- No Twister Submissions.
- No Twisting Leg Locks of any kind (heel hooks, toe holds, inverted heel hooks and inverted toe holds).
- No Cervical Lock of any kind.
- No Knuckles in the Throat.
- No Neck Cranks or Frontal Neck Cranks of any kind.
- No Neck Locks of any kind.
- No Scissors Takedown of any kind.

## **Intermediate (AGES 16 & UP)**

### ILLEGAL SUBMISSIONS

- No Twisting Leg Locks of any kind (heel hooks, inverted heel hooks and inverted toe holds).
- No Cervical Lock of any kind.
- No Knuckles in the Throat.
- No Neck Cranks or Frontal Neck Crank of any kind.
- No Neck Locks of any kind.
- No Scissors Takedown of any kind.

### - ADDITIONAL LEGAL SUBMISSION -

- Toe Holds are OK.
- Bicep Slicers are OK.
- Calf Slicers are OK.
- Electric Chair Submissions are OK.
- Twister Submissions are OK.