

AVA Action Rules

Action	All Competitors	Notes
Hostile behavior	DQ	Displaying poor sportsmanship towards competition such as foul language and disrespectful gestures.
Biting, fish hooking, gouging, hair pulling	DQ	including chin in eye socket, thumb in armpit.
Squeezing/crushing groin	DQ	
Elbow, fingers or knee on the face	DQ	including striking of any kind (punches, elbows, knees, head butts, kicks, etc).
Vomiting or secreting bodily fluids	DQ	
Bad hygiene	DQ	Finger and toenails are to be trimmed short, long hair tied up. Wearing hair dye that stains are DQed. Use footwear up to the match area.
Infectious skin condition	DQ	Skin gashes/sores that are noticed will be taken to medical area. The first aid medic has the final say to allow a competitor to compete.
Using oily/slippery substances	DQ	Using a substance that makes the body or Gi slippery.
Using sticky substances	DQ	Using a substance that increase the adherence in any part of the body or Gi
Not wearing underwear	DQ	

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Causing a penalty during a submission escape	DQ	Example: escaping a trianle by placing fingers inside the sleeves.
Forcing an opponent into an illegal position	DQ	Attempt to get their opponent disqualified. Example: reap
Escaping a submission by Leaving the match area?	DQ	Example: Crawling out of bounds with a Submission on. If a technique is performed to escape a submission causes the competitors to move out of bound the match will be reset with the submission hold.
Fleeing the match area	penalty	Avoiding to fight by leaving the match area. Including forcing a competitor out of bounds.
Disobeying a referee order	penalty	
Inserting hands inside of underwear	penalty	Grabbing the pants at the hip is allowed without gripping the underwear.
Stalling for 20 seconds	penalty	When one or both competitors are not trying to progress.
Disengaging from combat	penalty	When a competitor disconnects with their opponent and does not immediatly return to combat.
Out of bounds	penalty	The referee will reset the match when the position settles including submission. Time does not pause.