

AVA Overtime Rules		AVA Overtime Rules	
How it works		Position	Definition
Coin flip to decide who goes first		Attacker Position	Seatbelt and hooks in
Competitors start attacking from the back (Seatbelt Position)		Defender Position	The defender must grip the top of the seatbelt . Hands on the inside of the seatbelt is prohibited. The defender cannot lean forward.
Competitors will take one-minute turns to attack		Defender Submission	The defender wins the match when they perform a submission
The competitor who performs the fastest submission is declared the winner		Back Position	Seatbelt without hooks , hooks without seatbelt . Double under hip control with no hooks is no longer the back position.
The competitor who performs the fastest escape is declared the winner		Live Positions	Positions that are permitted to flow together without having the match stop.
A submission overrides an escape		Live 12 and under	Back and spiderweb can flow together without the match being stopped
If the defender performs a submission while their back is taken the defender wins automatically		Live 13+	Back , spiderweb and truck can flow together without the match being stopped
Ref decision will be decided based on the Overtime rounds and not the Regulation round		Live Expert/Purple+	Back , spiderweb , truck and 411 can flow together without the match being stopped
		Escape	Escaping the seatbelt & hooks together including escaping any submission that is no longer a live position. Example: arm triangle transition (live), gift wrap (live), mount (escape).