

AVA Overtime Rules (updated January 28, 2025)

How it works

Each competitor has one round of 1 minute to attack.

A coin toss decides who attacks first.

Attackers may start from the Back with seatbelt grip or Spider Web, choosing either side for both positions.

The competitor with the fastest submission wins.

The competitor with the fastest escape wins.

A submission takes precedence over an escape.

The referee's decision, based on the overall match performance, is final.

AVA Overtime Rules (updated January 28, 2025)

Position	Definition
Starting Position - The Back	Competitors must sit upright, with seatbelt grip at the lower sternum; the defender's hands must be on top of the attacker's seatbelt.
Starting Position – Spider Web	This is a forearm hook armbars position, with the other hand posted on the mat. The legs that envelop the defender's arms may be closed or open. The defender must either figure-four their arms on the leg that is over their face or clasp their hands/arms together. Bodies must be perfectly perpendicular.
Live Positions	These are the positions that are allowed to flow together without stopping the match. They include Back, Spider Web, Mount, Quarter Mount, Side Control, Truck, and 411 (for Purple belts and above). Any submission position is also considered live.
Live 12 and under	Back, Spider Web, Mount, Quarter Mount, and Side Control are positions that can flow together without the match being stopped. Any submission position is also considered live.
Live 13 and Over	Back, Spider Web, Mount, Quarter Mount, Side Control, and Truck are the positions that can flow together without the match being stopped. Any submission position is also considered live.
Live Purple and Above	The positions include Back, Spider Web, Mount, Quarter Mount, Side Control, Truck and 411 are the positions that can flow together without the match being stopped. Any submission position is also considered live.
Escape	An escape is recognized when the escaping competitor is completely clear of any Live positions or submission attempts.