

<b>AVA Overtime Rules (updated February 10, 2025)</b>
<b>How it works</b>
<b>Each competitor has one round of 1 minute to attack.</b>
<b>A coin toss decides who attacks first.</b>
<b>Attackers may start from the Back with seatbelt grip or Spider Web, choosing either side for both positions.</b>
<b>The competitor with the fastest submission wins.</b>
<b>The competitor with the fastest escape wins.</b>
<b>A submission takes precedence over an escape.</b>

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<b>Position</b>	<b>Definition</b>
<b>Starting Position - The Back</b>	Competitors must sit upright, with seatbelt grip at the lower sternum; the defender's hands must be on top of the attacker's seatbelt.
<b>Starting Position – Spider Web</b>	This is a forearm hook armbar 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.
<b>Live Positions</b>	These are the positions that are allowed to flow together without stopping the match. They include Back Control, Spider Web, Mount, Quarter Mount, Side Control (and its variations such as North-South, Knee-on-Belly, Scarf Hold etc.), Truck, and 411 (for Purple belts and above). Additionally, any submission position is considered live, meaning athletes may transition seamlessly between these positions without match interruption.
<b>Live 12 and under</b>	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.
<b>Live 13 and Over</b>	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.
<b>Live Purple and Above</b>	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.

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

**Escape**

An escape is recognized when the competitor is completely clear of any live positions or submission attempts. This can be through complete disengagement, where they fully separate from their opponent with no grips or control, or a positional escape, where they establish a full guard (Closed, Half, or variations) or a top position inside guard (Closed, Open, or Half) with no submission threats.