

AVA Technical Rules *(updated June 17, 2025)*

Technique	Ages 12 and under	Ages 13-15	Ages 16-17	18 + WHITE BELT	18 + BLUE BELT	18 + PURPLE, BROWN AND BLACK BELT	18 + THRONE QUALIFIERS	Notes
Jumping scissor takedown	DQ	DQ	DQ	DQ	DQ	DQ	DQ	A scissor takedown executed without posting.
Head spike	DQ	DQ	DQ	DQ	DQ	DQ	DQ	Techniques with the intent to drive the head into the ground, such as a back arch suplex, countering a single leg takedown, Pile Driver, back mounted forward roll spike, are prohibited.
Slam	DQ	DQ	DQ	DQ	DQ	DQ	DQ	Slamming the Guard, Back, Triangle, Armbar etc. is prohibited. If an athlete stands up while caught in a Triangle Choke, the match will be reset on the ground with the Triangle still in place.
Face pressure attacks	DQ	DQ	DQ	DQ	DQ	DQ	DQ	Attacks that apply pressure to the face using the forearm, wrist, or other body parts are not permitted. RNC over the jaw permitted if elbow is aligned with chin and applied as a choke.
Squeezing windpipe	DQ	DQ	DQ	DQ	DQ	DQ	DQ	Squeezing the windpipe is prohibited; however, using C-grips for control or posting purposes is permitted.
Small joint manipulations (bending fingers back)	DQ	DQ	DQ	DQ	DQ	DQ	DQ	Grabbing 3 or more fingers and toes is permitted.
Choke with untied belt	DQ	DQ	DQ	DQ	DQ	DQ	DQ	Using the belt to choke someone is not allowed when it is not tied, but it can be used as a weapon if it remains tied
Feet/hands inside gi	penalty	penalty	penalty	penalty	penalty	penalty	penalty	Placing the hands and feet inside of the sleeves, pants or gi top is prohibited.
Nogi - grabbing the rashguard, shorts or leggings	penalty	penalty	penalty	penalty	penalty	penalty	penalty	
Ezekiel choke	penalty	penalty	permitted	permitted	permitted	permitted	permitted	Including the Fist Choke and Ezekiel Choke variations.
No arm triangle	penalty	penalty	permitted	permitted	permitted	permitted	permitted	A Triangle Choke without trapping an arm inside.
Scissor choke	penalty	penalty	permitted	permitted	permitted	permitted	permitted	
Omoplata	penalty	penalty	permitted	permitted	permitted	permitted	permitted	Shoulder locks applied with the legs/hips including Tarikoplata and Baratoplata etc.
Head-and-Arm Chokes	penalty	penalty	permitted	permitted	permitted	permitted	permitted	Chokes that trap the head and one arm, applied using the arms or a combination of arm and leg (includes the Arm Triangle, Darce, Anaconda, and Buggy Choke).
Triangle (pulling head)	penalty	penalty	permitted	permitted	permitted	permitted	permitted	Triangle choke without pulling the head is allowed at ages 15 and under.
Smothering	penalty	penalty	permitted	permitted	permitted	permitted	permitted	Using any part of the body, including the hand(s), chest, to cover an opponent's mouth and nose in order to restrict their breathing and cause suffocation.
Splits submissions	DQ	permitted	permitted	permitted	permitted	permitted	permitted	Any submissions that forces the hips and groin apart.
Ankle lock	DQ	DQ	permitted	permitted	permitted	permitted	permitted	
Frontal guillotine	DQ	DQ	permitted	permitted	permitted	permitted	permitted	
Bicep slicer	DQ	DQ	DQ	DQ	permitted	permitted	permitted	

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Calf slicer	DQ	DQ	DQ	DQ	permitted	permitted	permitted	
Toe hold	DQ	DQ	DQ	DQ	permitted	permitted	permitted	Examples: Basic Toe Hold, Estima lock, Corkscrew etc.
Knee bar	DQ	DQ	DQ	DQ	permitted	permitted	permitted	
Wrist lock	DQ	DQ	DQ	DQ	permitted	permitted	permitted	
Guard jump	DQ	DQ	DQ	DQ	permitted	permitted	permitted	This includes jumping guard, triangle and arnbar etc.
Single leg takedown while the attacking competitor has their head outside the opponent's body	DQ	DQ	DQ	DQ	permitted	permitted	permitted	Single leg takedown while the attacking competitor has their head outside the opponent's body.
Ribs compression	DQ	DQ	DQ	DQ	permitted	permitted	permitted	Scorpion Crunch, Body Triangle from Guard, Scarfhold Crucifix.
Heel hook	DQ	DQ	DQ	DQ	DQ	permitted	permitted	
Outward toe hold	DQ	DQ	DQ	DQ	DQ	permitted	permitted	
Posted scissor takedown	DQ	DQ	DQ	DQ	DQ	permitted	permitted	Must be performed with one posted hand.
Locks twisting the knee	DQ	DQ	DQ	DQ	DQ	permitted	permitted	Example: Electric chair, Vaporizer, Z Lock, Mikey Lock, Aoki Lock
Locked knee reap	penalty	penalty	penalty	penalty	penalty	permitted	permitted	When the leg being reaped is stuck or locked
Can opener	DQ	DQ	DQ	DQ	DQ	DQ	permitted	Example: Closed Guard & Triangle Choke defense.
Neck crank	DQ	DQ	DQ	DQ	DQ	DQ	permitted	Example: Twister, Full Nelson etc.