

American Grappling Federation

General Rules and Competition Guidelines

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Tournament Brackets

The American Grappling Federation follows a single elimination tournament format. Depending on the number of competitors participating in a division, it is possible that a single loss could eliminate a competitor's opportunity to compete further in their division.

Bracketing

When bracketing, it sometimes becomes necessary to collapse divisions. When doing so, the safety and fairness of the competitors is paramount. The general rule of thumb when collapsing is one of the following:

- Mix genders (4-11 years old only)
- Move up in Age (no more than 2 years)
- Move up in Weight (10 lbs / 4.5 kg or less)
- Move up in Rank (only 1 rank, 4-15 years old only)

Aside from collapsing the genders, it is uncommon to do more than one of the two options listed above. There are exceptions to this rule.

Example:

9-year-old boy that weighs 64 lbs can be moved to the 10-11-year-old division against a 10-year-old girl that weighs 67 lbs.

Bonus Divisions

When bracketing, there are some competitors that cannot be fairly matched in a division. In these cases, it is necessary for a competitor that is closest in age/weight/rank to be given a bonus division. These bonus divisions are always more challenging for the competitor being added to the division. However, they do follow the general bracketing rule of thumb mentioned previously in this section.

Bonus divisions are purely optional and are free. If you (or your child) have been added to an additional division, and do not wish to participate, please contact the tournament director prior to the tournament so that a suitable replacement can be arranged.

Competitors in a bonus division will have a [2] next to their name in the Brackets. Because this is a more challenging division, it is suggested that the competitor compete in their original division first.

Divisions

No matter what your weight, age, or rank, the American Grappling Federation has you covered! With well over 2,100 possible weight, age and rank combinations, we are certain we can find a division for you.

When creating divisions, it is common to mix the genders for the Kids divisions to ensure matches. Genders will not be mixed in the Junior, Teen, Juvenile, Adult, Masters, Seniors, or Executives divisions.

Age Groups

Our age groups are broken down into Kids, Juveniles, Adults, Masters, Seniors, and Executives. When selecting your proper age category, you should use the one that properly reflects your age on the date of the tournament.

Kids (4-15 years old and split into 2-year age gaps)

- Tiny Kids (4-5 years old)
- Little Kids (6-7 years old)
- Kids (8-9 years old)
- Pre-Teen (10-11 years old)
- Juniors (12-13 years old)
- Teen (14-15 years old)

Juvenile (16-17 years old)

Adult (18+ years old)

Masters (30+ years old)

Seniors (40+ years old)

Executives (50 years old and above)

Masters, Seniors, and Executive competitors are permitted to compete down in age if they wish.

Examples:

A 37-year-old competitor can compete in either the Adult or Master division.

A 27-year-old competitor can only compete in the Adult division.

Experience Levels

Gi and No Gi

- **Kids**
 - White - No Submissions [Ages 4-7 only]
 - White
 - Grey
 - Grey/White
 - Solid Grey
 - Grey/Black
 - Yellow
 - Yellow /White
 - Solid Yellow
 - Yellow /Black
 - Orange
 - Orange /White
 - Solid Orange
 - Orange /Black
 - Green
 - Green /White
 - Solid Green
 - Green /Black
- **Juvenile, Adults, Masters, and Seniors**
 - White
 - Blue
 - Purple
 - Brown
 - Black

You must register for the division you currently hold Brazilian Jiu Jitsu rank in. The only exceptions are as follows:

- Judo Black Belts must register as Blue Belts if they hold no rank in Brazilian Jiu Jitsu.
- Competitors who wrestled at the College/University level in the USA or with a professional career in MMA cannot compete as a white belt. Wrestlers outside the United States with experience in National and World tournaments are also required to compete at a higher rank.
- Orange Belts can enter Juvenile and Adult Blue Belt divisions.
- Green Belts can enter Juvenile and Adult, Blue and Purple Belt divisions.

Example:

If you are a Blue belt in Brazilian Jiu Jitsu, you can only compete in the Blue belt division. You cannot register as a Purple belt.

Gi and No Gi Weight Divisions

To help avoid any scale related issues, we allow a 1 lb (0.5 kg) allowance for all competitors. It is advised that if you, or your child, is close to the maximum weight limit, that you register at a higher weight class to avoid disqualification. All weigh ins are conducted **WITHOUT** the gi.

Kids

Weight	LBS / KGS
Rooster I	Up to 40 / Up to 18.2
Rooster II	Up to 45 / Up to 20.5
Rooster III	Up to 55 / Up to 25.0
Feather I	Up to 65 / Up to 29.5
Feather II	Up to 75 / Up to 34.1
Feather III	Up to 85 / Up to 38.6
Light I	Up to 95 / Up to 43.2
Light II	Up to 105 / Up to 47.7
Light III	Up to 115 / Up to 52.3
Middle I	Up to 125 / Up to 56.8
Middle II	Up to 135 / Up to 61.4
Middle III	Up to 145 / Up to 65.9
Heavy I	Up to 160 / Up to 72.7
Heavy II	160.1 and Up / 72.8 and Up

Juveniles, Adults, Masters, Seniors, and Executives (Male)

Weight	LBS / KGS
Light Rooster	Up to 115 / Up to 52.3
Rooster	Up to 130 / Up to 59.1
Light Feather	Up to 145 / Up to 65.9
Feather	Up to 160 / Up to 72.7
Light	Up to 175 / Up to 79.5
Middle	Up to 190 / Up to 86.4
Medium Heavy	Up to 205 / Up to 93.2
Heavy	Up to 220 / Up to 100
Super Heavy	Up to 235 / Up to 106.8
Ultra-Heavy	235.1 and Up / 106.9 and Up

Juveniles, Adults, Masters, Seniors, and Executives (Female)

Weight	LBS / KGS
Light Rooster	Up to 105 / Up to 47.7
Light Feather	Up to 120 / Up to 54.5
Feather	Up to 135 / Up to 61.4
Light	Up to 150 / Up to 68.2
Middle	Up to 165 / Up to 75
Medium Heavy	Up to 180 / Up to 81.8
Heavy	180.1 and Up / 81.9 and Up

Challenger Divisions

The Challenger divisions were created to allow competitors additional opportunities to compete for special awards. There are 2 types of Challenger Divisions: Kids (6-15) and Adults (Juveniles - Executives).

Adults:

The Challenger divisions for adult competitors were created for those who wish to compete in their age and rank division but also with other weight classes. The adult weight classes for males are divided at 175 lbs/79.5kgs. Heavy weights are for competitors above 175 lbs and Light weights are for competitors 175 lbs and below. We believe this gives the opportunity for more matches, especially for the lighter weights. Typically, lighter weight competitors do not enter in Absolute / Open Class divisions for fear of injury. At AGF we offer the opportunity to compete versus multiple weight class without extreme weight differences. For those competitors who would like to compete in a division with an extreme weight class difference, they are welcome to enter the Heavy weight Challenger division.

Kids:

The Kids Challenger Divisions are different than adults. For safety reasons, we do not allow extreme weight differences. Kids are allowed to register in their Challenger divisions for extra matches against opponents of any rank and age, but they are restricted to compete against opponents that are at the same weight class.

Starting in 2023 there is now a White belt only Challenger division available. This division is restricted to kids 6-15 years old.

Examples:

An 85 lb, Yellow belt, 9-year-old competitor can compete against an 83 lb, 11-year-old, Grey belt. A competitor must be Grey, Yellow, Orange, or Green Belt. White belts are not permitted to compete in this Challenger division.

For the White belt only Challenger division, an 85 lb, White belt, 9-year-old competitor can compete against an 83 lbs, 11-year-old, White belt.

Match Durations

Divisions

- Tiny Kids 2 minutes
- Little Kids 2 minutes
- Kids 3 minutes
- Pre-Teen 3 minutes
- Juniors 3 minutes
- Teens 4 minutes
- Juvenile, Adult, Master, Senior, and Executive
 - White – 5 minutes
 - Blue – 5 minutes
 - Purple – 6 minutes
 - Brown – 6 minutes
 - Black – 6 minutes

Challenger Divisions

- Kids – 3 minutes
- Juvenile, Adult, Master, Senior, and Executive Divisions
 - White - 5 minutes
 - Blue - 5 minutes
 - Purple - 6 minutes
 - Brown - 6 minutes
 - Black - 6 minutes

Scoring

Points – Gi and No Gi

Action	Points
<p>Takedown</p> <ul style="list-style-type: none">Anytime two opponents are on their feet and one forces the other to the mat to a bottom position. Takedowns cannot be initiated while on the knees.Snap down, spin and control. If the opponent lands on his knee, the initiator must spin and control the opponent from behind his shoulders. Upper body control variations do not matter so long as the bottom player's arms (A) are not holding the top player's (B) legs preventing B from moving to A's back. Hand grips can be on the pants but not arms holding the legs from bottom turtle. One knee must be on the ground for 3 seconds for points to be given.Once a takedown is initiated, the athlete that controls top position for 3 seconds will be awarded 2 points.Once a takedown is initiated, if the opponent pulls guard, the athlete that initiated the takedown will be awarded 2 points.All takedowns must start and stop in bounds.	2
<p>Sweep</p> <ul style="list-style-type: none">First person to come on top in a double guard pull earns 2 points.In the case of a double guard pull the competitors have 20 seconds to come on top or be penalized for stallingAll sweeps must come from a guard. No sweep points are earned from bottom side control, knee on belly or mount50/50 sweeps are only awarded 1 time consecutively for each person. If the position changes and then 50/50 is then established again the competitors can earn 50/50 sweep points againIf A attempts to sweep B, but B remains turtled, so long as A controls Turtle from behind the shoulder, sweep points are awarded. This rule is the same as "Snap down, spin and control" in the Takedown section.	2
<p>Knee on Belly</p> <ul style="list-style-type: none">Points are awarded if the opponent is on their back or side.The knee in contact with their opponent's belly must be the leg closest to the opponent's leg.The top athlete can only be awarded points if his free leg is posted on the sole of their foot. The top athlete's knee cannot touch the ground.Not awarded if opponent has spider guard.	2

Guard Pass <ul style="list-style-type: none"> • A guard must be established for it to be passed. • All limbs of the passer must be out of the guard. Cradles are considered a guard pass • Passer must clear the hip line of the guard player • Points can be awarded to non-point worthy positions (i.e. Reverse Mount). This would equal just a guard pass and not a combination of Guard Pass to Mount. 	3
Back (Back Mount, Back Control, Body Triangle or Hooks) <ul style="list-style-type: none"> • Back Control consists of 1 of 4 leg positions while behind an opponent • Body Triangle – feet must not be inside opponent's legs. • Hooks - feet cannot be crossed. • Legs are allowed to trap arms but are not allowed over the shoulder of their opponent • Back Mount - when a competitor has their opponent belly to the mat from turtle with shins outside opponent's hips 	4
Mount (Reverse Mount, Technical Mount or Traditional) <ul style="list-style-type: none"> • Traditional Mount – must have knees below the shoulder. A triangle is not Mount. • Technical Mount – may be awarded points if opponent is on their side. • Reverse Mount earns no points 	4

All takedowns, guard passes, sweeps, knee on belly, mounts and back control **must be held for 3 seconds** for points to be awarded. No points will be awarded if the person doing the action is caught in a submission. Only after the submission is no longer a threat will stabilizing time be counted for points.

Referees will count the stabilization time by vertically moving their fist from their shoulder to their thigh. If the refs hit their thigh a third time, points will be awarded. If the count never touches the ref's thigh a third time, there is no point awarded

Points will not be awarded for competitors who voluntarily abandon a position and then regain that same position.

Points can be awarded after the end of the match. If the referee has begun to count stabilizing time during the match period and the clock expires the points will be awarded to the person controlling their position.

No points will be awarded outside of the mat boundary line. All points must be scored inside the competition ring

Restarts in Gi divisions with a lapel taken out or being used will be left out and restarted with the belt tied and the lapel shall be restarted in the same grips

Advantages

Advantages are only awarded for strong submission attempts. The submission must be defended for the advantage to be given. If the submission was not defended, it would cause a tap. There needs to be no more needed steps to apply the submission. There is no time requirement for a submission to be held to be awarded an advantage.

Additional Kids Division Rules

Kids are not permitted to “**jump**” to gain a closed guard. They are required to **pull** guard. They cannot have both soles of their feet leave the ground for a guard jump or back take. The kid’s divisions are not allowed to jump on top of any standing opponent for safety reasons. The back and side positions when standing are included in this rule.

Kids must pull guard with a submission from standing. Standing submissions are not permitted and will result in disqualification if their opponent taps. If a referee is able to stop the submission before a tap happens, the submission will not be restarted. The two competitors will start from a neutral standing position in the center of the mat and attacker will be penalized. Flying submissions are legal versus a seated position.

Example:

A is standing, B is sitting Butterfly, A can jump to a triangle because the danger of breaking knees is changed.

All Guillotines, Arm Triangle variations, all shoulder lock submissions and pulling the head of a Triangle are legal. No submissions below the waist are legal for kids’ divisions.

Hand over mouth suffocation techniques can only be attacked from the back.

Submission

A competitor wins via submission by forcing an opponent to:

- Physically tap two (2) times
 - Tap with hand on an opponent or on the mat
 - Tap with foot on the mat
- Verbally tap
 - Request the referee to stop the match
 - Make any noise that sounds like pain while a match is in progress
 - Crying during a match is a verbal tap

Referee Stoppage

The referee can stop a match when a competitor is caught in a submission that could cause a serious injury.

Coaches Challenge

We realize that even though we train our referees, they are human, and will make mistakes. In order to give a chance for the coaches to challenge a call, we have implemented a rule to help maintain the integrity of the sport. A Coach's Challenge bean bag will be placed on the chairs or handed to the coaches in the coaching chairs at the beginning of all matches. If a coach feels the need to challenge a call, he can throw the bean bag onto the mat and say, "Coach's Challenge."

To help eliminate frivolous disputes, we have the following rules:

- A team is only allowed **2 challenges** per competition day. The head referee will keep track of the challenges made. **A challenge will not be deducted from a team that wins a challenge.**
- A challenge bag must be thrown onto the mat. It is not to be thrown at the refs or competitors.
- A challenge needs to be made once a stoppage is possible with a pause in the match. A challenge cannot be called for action prior to the match.
- The head referee, tournament director, or any other referee that is available is alerted of the challenge. Once the Challenge Official arrives, the Challenger has 3 minutes to provide sufficient evidence (a clear video) for the official to make a decision.
- All decisions are final. After the 3-minute review period, the Challenge Official must make a ruling. The scoreboard will be adjusted accordingly, and the match will resume (if necessary).
- The Head referee will notify that team how many challenges they have remaining.

Disqualification

There are numerous ways an opponent can be disqualified. The disqualification can be specific to a match or the tournament in general.

Verbal request

If a referee or ring coordinator receives a verbal request from the competitor or the competitor's coach.

Failure to report when bracket is called

If the competitor does not show up when the competitor's name is called, or if the competitor leaves an assigned area by the Pit Coordinator or Ring Coordinator.

Uniform requirements not properly met

Please see the uniform guidelines (page 21).

Equipment malfunction

Please see the uniform guidelines (page 21).

Unsportsmanlike conduct

These infractions may result in the competitor being disqualified or a warning/penalty being assessed. The fouls are not limited to, but include:

- Striking of any type
- Biting
- Spitting
- Eye gouging
- Groin attacks
- Hair pulling
- Fish hooking
- Small joint manipulation
- Putting fingers in any orifice
- Excessive talking during the match
- Unsportsmanlike conduct from the competitor's coach and or teammates

Rule infractions

These infractions will result in the competitor being disqualified. The fouls are not limited to, but include:

- Slamming – Any intention to cause injury, damage, or concussion to their opponent to escape a submission or points being scored. Shaking an opponent off and the opponent off and the opponent falling to the mat is not a slam.
- Clawing, pinching or twisting of skin
- Use of foul language
- Immoral acts directed towards any member of the staff, crowd or competitor
- Malicious conduct
- Any contact with the referee (medical issues are permitted)
- Interference by a coach
- Attacking an opponent after a match has been stopped
- Performing any illegal submission attempt for that division
- Only 1 coach per competitor is allowed in front of the barricades and must remain in the coach's chair for the duration of the match.
- Performing any illegal submission attempt for that division

Medical issues

Not limited to, but including: cramping, vomiting, loss of bowels, loss of consciousness, or bleeding that cannot be stopped a second time. Bleeding, eye pokes, groin hits, and dislocated fingers or toes are given a maximum of 5 minutes to recover. Competitors may compete in additional brackets after the medical DQ so long as it was not a concussion or spinal injury.

Example:

If a competitor bleeds from the nose and stops the bleeding, he can continue. If his lip starts bleeding, he is allowed to stop that bleeding and continue. However, the same spot cannot bleed more than once.

Any competitor with a concussion or head injury is not permitted to compete for the rest of the day.

If the medical staff rules a competitor to be medically disqualified, then that competitor will not be allowed to compete for the remainder of the tournament.

Fleeing

Any time a competitor flees the competition area to avoid a submission, the penalty is disqualification (DQ). If the competitor flees the mat to avoid being scored upon, the attacking competitor will be awarded 2 points and the match will begin standing in the center of the mat.

If a competitor's natural method of escaping the submission causes them to leave the competition area, the competitor will not be disqualified, but 2 points will be awarded and both competitors will resume standing in the center of the mat.

Penalties and Warnings

Coaches are not allowed inside the competition area unless they are brought in by staff or there is a medical emergency. Failure to stay in the designated coaching areas will result in a verbal warning the 1st offense, forfeit of 10 team points for the 2nd offense, and disqualification of team points and removal from the tournament for the 3rd offense.

For competitors some infractions do not merit an immediate disqualification. In those situations, a warning will be issued to discourage that infraction from being repeated. Warnings are not limited to, but include:

- Arguing with the referee
- Disengaging from competition (avoiding contact with opponent, fleeing a sweep or takedown, etc.)
- Illegal grips (grabbing inside the opponent's sleeve or pant leg)
- Intentionally removing the gi or belt during a match
- Pushing an opponent out of bounds
- Stalling (20 seconds of inactivity)
- Athletes have 20 seconds to tie their belts. Upon stopping the match, the referee will instruct the competitor they have 20 seconds to tie or they will be penalized, and begin watching their wrist watch.

Excessive penalties/warnings

When a warning is issued, the following penalties are applied:

- First Penalty - Verbal Warning, penalty advantage given
- Second Penalty - 2 points for opponent and penalty given to the competitor penalized
- Third Penalty - Disqualification

Hygiene and Uniform Guidelines

Competitors must follow the uniform and hygiene requirements to be permitted to compete. Failure to comply will result in disqualification.

Hygiene Guidelines

- Finger and toenails must be trimmed with no sharp edges
- Finger and toenails must be clean with no dirt underneath them
- Competitors with long hair must have it controlled so that it does not interfere with either the competitor or their opponent. Hair must be restricted above the shoulders.
- Competitor must not have any open cuts or lacerations
- Competitor cannot compete if they have any active skin infections: ringworm, staph, herpes, chicken pox, etc.
- Skin must be dry and not be slippery (no lotions, oils or grease that can cause excess slippage)

Uniform Guidelines and Inspection

Upon reporting to the Pit, a competitor will need to remove any clothing or footwear they will not be competing in. Qualified AGF employees will inspect the competitors for proper uniform requirements as well as excessive hair products (no products or styles that can affect the match are allowed), jewelry, trimmed toe & finger nails, hair length (not to exceed shoulders), excessive lotions or greasing and cleanliness.

If a uniform is damaged during a match, the referee will allow a competitor 5 minutes to change the uniform and return to the match. If the period of time exceeds 5 minutes, then the referee will disqualify the competitor.

General allowances

- Cups are not permitted
- Headgear of any type is not permitted
- Eyewear of any type is not permitted
- Mouthpieces are not required
- Wrestling shoes are not permitted
- Elbow/Knee sleeves are permitted but cannot contain any hard plastic/metal or aid in preventing a submission.
- Bobby pins or any metal hairpins are not permitted
- Grappling socks that cover the ball or heel of the foot are not permitted
- Hair that passes shoulder length must be tied or braided

Gi

- Competitor must wear a valid BJJ kimono
- The kimono must not have any tears or loose thread
- The kimono must be clean and be free of any excessive stains and odors


- Any color kimono is permitted, however the top and bottoms must match
- Belt must be intact and in decent shape with no hanging strings
- Pants cannot be shorter than 2 inches above the ankle bone
- Jacket sleeves cannot be shorter than 1 inch from the wrist
- Patches cannot be used in a manner that prevents grips or to cover tears
- Competitors are not allowed to wear t-shirts under their gi
- Rash guards are allowed under the gi

No Gi

- Competitor must wear a rash guard (t-shirts are not permitted)
- Short and long sleeve rash guards are permitted
- Competitor may wear fight shorts, board shorts, spats, or Lycra shorts.
- Kimono pants are not permitted
- Shorts with metal grommets are not permitted
- Shorts with pockets are not permitted
- Shorts with strings are permitted, however the strings must be tucked in and the shorts tied tight so that the shorts do not fall off during a match
- Wrestling singlets are not permitted

Allowed Techniques

Gi – Allowed Techniques

ALL RANKS (4-15)	WHITE (16+)	BLUE (16+)	PURPLE - BLACK (16+)	
✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
✗	✓	✓	✓	ANKLE LOCK
✗	✗	✗	✓	BICEP SLICER
✗	✗	✗	✓	CALF SLICER
✓	✓	✓	✓	EZEKIAL CHOKE
✗	✗	✗	✗	HEEL HOOK
✗	✗	✗	✓	JUMPING GUARD
✗	✗	✗	✓	KNEEBAR
✗	✗	✗	✗	REAPING THE KNEE
✗	✗	✗	✗	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	SLAM
✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✗	✗	SPINAL LOCKS AND NECK CRANKS
✗	✓	✓	✓	STANDING SUBMISSIONS
✗	✓	✓	✓	STRAIGHT FOOT LOCK
✓	✓	✓	✓	STRETCHING THE LEGS APART
✗	✗	✗	✓	TOE HOLD
✗	✓	✓	✓	WRIST LOCK

No Gi – Allowed Techniques



NOGI 2023

JUVENILE - EXECUTIVE

WHITE BLUE PURPLE BROWN BLACK

✓	✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR, GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
✗	✗	✓	✓	✓	BICEP SLICER
✗	✗	✓	✓	✓	CALF SLICER
✓	✓	✓	✓	✓	EZEKIAL CHOKE
✗	✗	✓	✓	✓	HEEL HOOK
✗	✗	✓	✓	✓	JUMPING GUARD
✗	✗	✓	✓	✓	KNEEBAR
✗	✗	✓	✓	✓	REAPING THE KNEE
✗	✗	✓	✓	✓	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	✗	SLAM
✗	✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✓	✓	✓	SPINAL LOCKS AND NECK CRANKS
✓	✓	✓	✓	✓	STANDING SUBMISSIONS
✓	✓	✓	✓	✓	STRAIGHT FOOT LOCK
✓	✓	✓	✓	✓	STRETCHING THE LEGS APART
✗	✗	✓	✓	✓	TOE HOLD
✓	✓	✓	✓	✓	WRIST LOCK

AMERICAN GRAPPLING FEDERATION



NOGI 2023

TINY KIDS - TEEN

WHITE GREY YELLOW ORANGE GREEN

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BICEP SLICER
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	EZEKIAL CHOKE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	JUMPING GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SCISSOR (ONE HAND ON MAT)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLAM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SMALL JOINT MANIPULATION
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SPINAL LOCKS AND NECK CRANKS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STANDING OR FLYING SUBMISSIONS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUBMISSIONS BELOW THE WAIST (EXCEPT STRETCHING THE LEGS APART)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WRIST LOCK

AMERICAN GRAPPLING FEDERATION