



# ADCC Germany Rules

## Fight Duration

	Beginner	Intermediate	Professionals	
<b>Preliminaries</b>	5 Minutes	6 Minutes	6 Minutes	
Overtime	<i>2 Minutes</i>	<i>3 Minutes</i>	<i>3 Minutes</i>	<i>max 1 OT</i>
<b>Finals</b>	6 Minutes	8 Minutes	8 Minutes	
Overtime	<i>3 Minutes</i>	<i>4 Minutes</i>	<i>4 Minutes</i>	<i>max 1 OT</i>

## Points

Passing the Guard	3 Points
Knee on Stomach	2 Points
Mount Position	2 Points
Backmount with Hooks	3 Points
Takedown (ends Guard/Halfguard)	2 Points
Takedown	4 Points
Sweep (ends Guard/Halfguard)	2 Points
Sweep	4 Points
Passivity	1 Minus Point
Jumping/Pulling Guard	1 Minus Point

## Legal/Illegal Techniques and Actions

Technique/Action	Beginner	Intermediate	Professionals
Jumping/Pulling Guard	X	X	X
Throws/Slams on Head or Neck	X	X	X
Hands on Face	X	X	X
Knees on Face	X	X	X
Elbows on Face	X	X	X
Closing the windpipe with hand	X	X	X
Kicking and striking	X	X	X
Biting	X	X	X
Touching Groin Area	X	X	X
Scratching and Pinching	X	X	X
Slippery substances used	X	X	X
Thumbing	X	X	X
Holding Fingers and Toes	X	X	X
Hairpulling	X	X	X
Grabbing the ears	X	X	X
Eyegouging and Fishhooking	X	X	X
Banasplit	X	✓	✓
Calfslicer /-pressure	X	✓	✓
Bicepslicer /-pressure	X	✓	✓
Crossface holds or -chokes	X	X	✓
Footlocks twisting the knee	X	X	✓
Kneebar	X	✓	✓
Toehold	X	X	✓
Heelhook	X	X	✓
Spinetwister	X	✓	✓
Opposite RNC	X	X	✓
Can Opener	X	X	✓
Full Nelson	X	X	X
Crucifix	X	X	X

Neck Crank	X	X	✓
Slamming	X	X	Release Slam
Any Kind of Choke	✓	✓	✓
Any kind of arm-/shoulderlocks	✓	✓	✓
Any kind of foot/leglocks	✓	✓	✓
Unsportsman-like behavior	X	X	X