



## Ohio Administrative Code Rule 3773-7-01 Definitions.

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(A) Brazilian jiu-jitsu: Also known as "Gracie Jiu-Jitsu", it is a martial art developed in Brazil by the Gracie family during the mid-20th century. Originally based on the Japanese martial art of judo as it existed before World War II, it has since developed into an independent system with a major emphasis on ground fighting and grappling, these techniques may be used in mixed martial arts events.

(B) Cage: A fenced enclosure in which some promotional organizations hold mixed martial arts competition. It may have four but not more than eight sides.

(C) Fish-hooking: The action of hooking (grasping) and pulling the inside of an opponent's cheek so as to control his head movement. This is illegal.

(D) Freestyle wrestling: An Olympic grappling sport which permits contestants to attack their opponent above and below the waist, these techniques may be used in mixed martial arts events.

(E) Gi: The traditional uniform worn when practicing aikido; jujitsu; judo; and karate, may not be worn in mixed martial arts events.

(F) Grappling: Techniques of throwing, locking, holding, and wrestling, as opposed to kicking and punching, these techniques may be used in mixed martial arts events.

(G) Greco Roman wrestling: An Olympic grappling sport in which all holds are applied above the waist in an attempt to throw the opponent, these techniques may be used in mixed martial arts events.

(H) Ground and pound: A MMA term which describes the barrage of strikes delivered by the contestant who is in his opponent's guard or in the mount position.

(I) Guard: A basic position in which one competitor lies on his back with their knees bent and legs



open. If their opponent is between their legs, the opponent is in their guard. Depending upon the leg position of the fighter on their back, the guard is refereed to as being an open, closed, half, butterfly, spider, or rubber-band guard.

(J) Hammer-fist: A strike with the small finger side of the fist, as if holding a hammer.

(K) Judo: Meaning gentle way, it is a grappling art created by Jigoro Kano. Based on the techniques of jujitsu, these techniques may be used in mixed martial arts events.

(L) Judoka: Judo practitioners.

(M) Jiu-Jitsu: Also written as jujitsu, ju-jitsu, and jujutsu. Meaning gentle art, a traditional Japanese self-defense that includes kicking, striking, kneeing, throwing, choking and joint locks, and these techniques may be used in mixed martial arts events.

(N) Kickboxing: Adapted from Muay Thai, it is a striking sport which permits punches, kicks, and knees, these techniques may be used in mixed martial arts events.

(O) Mixed martial arts: A general term that describes the convergence of techniques from a variety of combative sports disciplines including boxing, wrestling, judo, jujitsu, kickboxing and others. "MMA" techniques can be broken down into two categories, striking and grappling.

(P) Mount: A basic position in which a competitor gains top position and controls their opponent by sitting on top of them in the full mount position, or from the side of the opponent in the side mount.

(Q) Muay Thai: Known as Thai boxing, it is the national sport of Thailand. It is a pure striking art in which blows are delivered with the hands, feet, knees and elbows these techniques may be used in mixed martial arts events.

(R) No-holds-barred: An erroneous description and characterization of the sport of mixed martial arts.

(S) Octagon: A fenced enclosure in which some promotional organizations hold MMA competition.



(T) Pankration: Meaning all strength or all power, this is an ancient style of Greek wrestling and boxing in which kicks, throws, and joint locks were used, these techniques may be used in mixed martial arts events.

(U) Passing the guard: This is a term which describes a fighter's attempt to escape from their opponent's guard in order to secure the mount position.

(V) Positions:

(1) "Closed Guard" - most common defensive position seen on the ground. Fighter on bottom has wrapped legs around their opponent's waist and crossed their feet.

(2) "Open Guard" - fighter on bottom has not closed their legs around the waist of their opponent.

(3) "Butterfly Guard" - fighter on bottom has placed their feet inside their opponent's legs near groin area. Knees are held high to prevent passing the guard.

(4) "X-Guard" - performed by using both legs against opponent's one leg crossing feet similar to an X. Arms attack opponent's other leg attempting to off balance the other fighter.

(5) "Half Guard" - position of fighting when the bottom fighter controls only one leg of the top fighter with their legs.

(6) "Side Control" - dominant position of fighting where the top fighter has cleared the legs of the bottom fighter and is now off to one side on top of their opponent.

(7) "Mount" - dominant position where the top fighter has straddled the bottom fighter with their legs.

(8) "Rear Mount" - the fighter who has the back will have their legs hooked into their opponent's pelvic area or will triangle their opponent's body to control position.



- (9) "North - South" - both fighters are on the ground. Fighter on the bottom is facing up, while the fighter on top is facing down. The fighters' feet will be facing opposite directions.
- (10) "Crucifix" - a technique that is used to control an opponent's arms by use of your legs and arms. Can also be a submission hold when applied as a neck crank. Usually used to control a fighter's arms in a ground and pound movement.
- (11) "Can Opener" - used to open a closed guard of an opponent by pulling on the head bringing it towards the chest area.
- (12) "Underhooks" - wrapping the arm under an opponent's arm and around the shoulder area or torso area.
- (13) "Overhooks" - wrapping the arms over the top of an opponent's arms.
- (14) "Double Underhooks" - wrapping both arms under an opponent's arms. Usually has connection of the hands for takedown attempt.
- (15) "Plumb" - muay thai technique used to control the head with both hands clasp around the neck area.
- (16) "Hip Over Sweep" - used from guard position. Fighter traps opponent's post arm, elevates hips and rotates opponent over, landing in mount position.
- (17) "Scissor Sweep" - used from the guard position bottom fighter traps post arm, brings one leg up high the other leg low and scissor kicks the legs together while pulling on the opponent's trapped arm.
- (18) "Elevator Sweep" - from the guard position the bottom fighter hooks inside the opponent's leg with their foot. Fighter then pulls opponent towards them while lifting with hooked leg. Opponent is rolled over the shoulder area to complete the sweep.
- (19) "Double Ankle Sweep from Guard" - from the guard position the top fighter stands up. The



bottom drops their closed guard and grabs their opponent's ankles. The bottom fighter pinches knees together, lowers their hips and pushes the standing fighter over following the movement by getting into top position.

(W) Shoot: A wrestling technique wherein a competitor attempts to capture his opponent's legs and takes him off his feet, these techniques may be used in mixed martial arts events.

(X) Spike, Spiking: After lifting and inverting an opponent, attempting to slam them headfirst into the canvas. This is illegal.

(Y) Sprawl: A defensive wrestling technique employed to block and counter an opponents shoot.

(Z) Strikes: A cumulative number of punches administered by a contestant to their opponent.

(AA) Submissions:

(1) "Armbar" - a straight arm lock technique that locks the elbow hyper-extending the elbow joint.

(2) "Double Armbar" - performed from the guard position, the fighter brings their legs up high around their opponent's back and neck area trapping both arms.

(3) "Kimura / Double Wrist Lock" - performed from either side while standing or on the ground. Arm needs to be bent at approximately ninety degree angle at the elbow with the arm being moved from the fighter's waist toward their head.

(4) "Arm Triangle" - performed by trapping an opponent's arm against their own neck. The head is used to control the arm while the arms were wrapped around the opponent's neck and arm.

(5) "Americana" - also known as key lock, performed in a cross body or mount position. Fighter must control their opponent's head position while keeping the arm bent at a ninety degree angle.

(6) "Omoplata" - submission technique using the legs around the shoulder of the opponent.



(7) "Gogplata" - a choke hold usually performed from the guard position. The shin is brought across the opponent's neck while one arm moves under the leg and meets up with the other arm to pull down on the opponent's head.

(8) "Rear Naked Choke" - most common choke used from behind an opponent. The fighter brings their arm around their opponent's neck and locks the arm in place by grabbing their opposite arm at the elbow and wrapping their hand behind the opponent's head.

(9) "Guillotine Choke" - straight arm choke when facing the opponent. Usually performed from standing or guard position.

(10) "Anaconda Choke" - started from north to south position fighter moves hand from neck area to far side of opponent and wraps hand into opposite elbow and the rolls their opponent bringing their hips towards the opponent's hips tightening the hold.

(11) "D'Arce Choke" - performed the opposite of an anaconda choke. The hand starts from the side and moves up along the neck area and wraps into the opposite elbow.

(12) "Front Choke" - performed by placing the blade of the forearm across the neck area and grapping the arm to fulcrum the leverage down into the throat area to create the choke.

(13) "North / South Choke" - performed while one fighter is on top of their opponent with one fighter facing down and one fighter facing up. The top fighter slips their arm around the bottom fighter's head allowing the armpit area to settle into the throat area. The top fighter then settles their weight down applying the choke.

(14) "Toe Hold" - performed by fighter grabbing the foot and figure fours their arms around the lower leg while applying pressure towards the inside of the foot.

(15) "Triangle Choke" - used primarily from the guard position. The fighter must pass one leg over their opponent's shoulder trapping the head and one arm inside. The fighter then must figure four their legs applying pressure against the neck by forcing the trapped arm against the neck. Pulling down on the opponent's head intensifies the hold.



(16) "Ankle Lock" - The fighter uses their arm and torso to apply pressure to the ankle.

(17) " Heel Hook" - placed pressure on the knee joint. The fighter positions their opponent's foot down past their side and the heel just outside the crook of the elbow. The fighter then applies pressure by pulling the heel towards their nose.

(18) "Inverted Heel Hook" - set up in a similar fashion as the straight heel hook applies pressure rotating the heel towards the inside. The inverted applies the rotation of the heel to the outside.

(BB) Tap-out: The physical act of tapping the opponent, the mat, or one's self to signal a submission. When unable to physically tap-out, a submission can be vocal.

(CC) Verbal tap-out -when an opponent verbally announces to the referee they do not wish to continue or makes any audible sound that would indicate pain.

(DD) Takedowns:

(1) "Duck Under" - a grappling move in which a fighter ducks under the opponent's arm in an attempt to get behind them to position them for a lift, throw, trip, takedown or other mma maneuver.

(2) "Single Leg" - a move in which a fighter takes the opponent down by lifting and controlling one of the opponent's legs.

(3) "Double Leg" - a driving takedown which is accomplished when a fighter engages another fighter by grasping both of the fighter's legs, generally gripping the back of the fighter's knees and lifting to displace balance.

(4) "Arm Drag" - a method of grabbing, pulling and controlling an opponent's arm in an attempt to throw them off balance and gain positional control.

(5) "Ankle Pick" - a move which a fighter takes the opponent down by grabbing or lifting of the ankle of the opponent and forcing them to the ground.



- (6) "Inside Trip" - is a sweeping motion applied when one fighter sweeps or hooks with their leg, the inner leg of their opponent in an effort to displace their balance and bring them to the ground.
- (7) "Outside Trip" - is a hooking motion applied when one fighter hooks with their leg the outside leg of their opponent in an effort to displace their balance and bring them to the ground.
- (8) "Body Lock" - a hold in which a fighter locks their arms around the opponent's body as a method of control and from this position may take their opponent to the ground.
- (9) "Osoto Gari" - is a throw where a fighter steps to the outside of their opponent, pushing the opponent off balance while at the same time sweeping the opponent's legs.
- (10) "Hip Toss" - a forward throw common to most grappling competitors where one fighter is thrown over the other fighters hips
- (11) "Power Bomb" - a lifting technique generally used when a fighter is stopped during a double legs takedown attempt. The fighter grabs their opponent by the waist and uses a swinging motion while simultaneously elevating their opponent. The fighter performing the move steps back and throws their opponent onto the mat.
- (12) "Seoinagi" - a throw common to grappling competitors. It is a forward throwing technique in which one fighter is thrown over their opponent's shoulder.
- (13) "Iranian Lift" - a wrestling technique used when a fighter has pushed their weight to far forward when their opponent attempted a takedown. Usually performed from the knees the fighter will raise their back straight up while holding their opponent's legs causing their opponent to be inverted.
- (14) "Whizzer" - Defensive technique to prevent a single leg takedown attempt.
- (15) "Switch" - defensive technique used against a single leg takedown attempt to switch the position and gain control.