

SUB LEAGUE

GI COMPETITION - MEN AND WOMEN

Allowed / Disallowed Holds and Takedowns

Submission or Takedown	White	Blue	Purple	Brown	Black
Match Duration in Minutes	5	5	6	6	6
Armbars	Y	Y	Y	Y	Y
Oumaplata	Y	Y	Y	Y	Y
Rear Naked Choke / Triangle Choke	Y	Y	Y	Y	Y
Guillotine Choke / Arm Triangle Choke	Y	Y	Y	Y	Y
Ezekiel Choke	Y	Y	Y	Y	Y
Straight Ankle Lock	Y	Y	Y	Y	Y
Submission Techniques Stretching Legs Apart	Y	Y	Y	Y	Y
Wrist Locks	N	Y	Y	Y	Y
Guard Jumping	N	Y	Y	Y	Y
Straight Knee Bar	N	N	N	Y	Y
Figure 4 Toe Hold	N	N	N	Y	Y
Bicep Cutter	N	N	N	Y	Y
Calf Cutter	N	N	N	Y	Y
Canopener to open Closed Guard	N	N	N	N	N
Canopener to Submit	N	N	N	N	N
Scissor Takedown	N	N	N	N	N
Heel Hook	N	N	N	N	N
Neck Crank	N	N	N	N	N
Twister Body Lock / Spinal Twist	N	N	N	N	N
Spinal or Cervical Lock	N	N	N	N	N
Slam Takedown	N	N	N	N	N
Slam from the Guard	N	N	N	N	N

Calling out or making noises of exertion may be seen as verbal submission by the referee.

In an effort to prevent injury, referees may stop the match and grant submissions before the tap occurs if they deem the hold to be firmly secured.