

SUB LEAGUE

NO-GI COMPETITION - MEN AND WOMEN

Allowed / Disallowed Holds and Takedowns

Skill Level	Beginner	Int.	Advanced	Elite
Match Duration in Minutes	4	4	6	6
Arm Locks	Y	Y	Y	Y
Omaplata	Y	Y	Y	Y
Rear Naked Choke / Triangle Choke	Y	Y	Y	Y
Guillotine Choke / Arm Triangle Choke	Y	Y	Y	Y
Ezekiel Choke	Y	Y	Y	Y
Straight Ankle Lock	Y	Y	Y	Y
Submission Techniques Stretching Legs Apart	Y	Y	Y	Y
Wrist Locks	N	Y	Y	Y
Rib & Kidney Compression from Closed Guard	N	Y	Y	Y
Guard Jumping (Includes Flying Attacks)	N	Y	Y	Y
Head on the Outside Single Leg	N	Y	Y	Y
Straight Knee Bar	N	Y	Y	Y
Figure 4 Toe Hold	N	N	Y	Y
Bicep Cutter	N	N	Y	Y
Calf Cutter	N	N	Y	Y
Canopener to Open Closed Guard	N	N	Y	Y
Cervical Lock Without Choke	N	N	N	Y
Scissor Takedown (Kani Basami)	N	N	N	Y
Heel Hook	N	N	N	Y
Neck Crank	N	N	N	N
Slamming	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.