

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	4	4
Armbars	Y	Y	Y	Y
Oumaplata	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
Canopener to open Closed Guard	N	Y	Y	Y
Straight Knee Bar	N	Y	Y	Y
Guard Jumping	N	Y	Y	Y
Figure 4 Toe Hold	N	N	Y	Y
Bicep Cutter	N	N	Y	Y
Calf Cutter	N	N	Y	Y
Scissor Takedown	N	N	N	Y
Canopener to Submit	N	N	N	Y
Heel Hook	N	N	N	Y
Twister Body Lock	N	N	N	Y
Spinal or Cervical Lock	N	N	N	Y
Neck Crank	N	N	N	N
Slam Takedown	N	N	N	N
Slam from the Guard	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.