

SUB LEAGUE

NO-GI COMPETITION - YOUTH AND JUNIOR

Allowed / Disallowed Holds and Takedowns

Age	Youth (ages 5-13)			Junior (ages 14-17)		
Skill Level	Beg.	Int.	Adv.	Beg.	Int.	Adv.
Match Duration, in Minutes	3	4	4	4	4	4
Arm Locks, Bent and Straight	Y	Y	Y	Y	Y	Y
Rear Naked Choke / Triangle Choke *	Y	Y	Y	Y	Y	Y
Guillotine Choke / Arm Triangle Choke *	N	N	N	Y	Y	Y
Ezekiel Choke *	N	N	N	Y	Y	Y
Oumaplata	N	N	N	Y	Y	Y
Submission Techniques Stretching Legs Apart	N	N	N	Y	Y	Y
Straight Ankle Lock	N	N	N	N	N	Y
Wrist Locks	N	N	N	N	N	N
Straight Knee Bar	N	N	N	N	N	N
Canopener to open Closed Guard	N	N	N	N	N	N
Neck Crank	N	N	N	N	N	N
Canopener to Submit	N	N	N	N	N	N
Twister Body Lock / Spinal Twist	N	N	N	N	N	N
Spinal or Cervical Lock	N	N	N	N	N	N
Figure 4 Toe Hold	N	N	N	N	N	N
Heel Hook	N	N	N	N	N	N
Bicep Cutter	N	N	N	N	N	N
Calf Cutter	N	N	N	N	N	N
Guard Jumping	N	N	N	N	N	N
Scissor Takedown	N	N	N	N	N	N
Slam Takedown	N	N	N	N	N	N
Slam from the Guard	N	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.

* Choke & Guard Safety Rules *

No pulling on head to finish Triangle choke (straining the neck).

No standing Guillotine chokes. Must not try to finish choke standing. Attacking athlete must sit back to the ground in a safe manner. **No** throws while holding Guillotine (must have head and arm for throws).

No hitting or crushing the larynx with hand or forearm.

No crushing or squeezing neck with hands or forearm from bottom (guard) or top position.

No lock inside closed guard with legs compressing kidneys or ribs.