

## SUB LEAGUE

### NO-GI COMPETITION - YOUTH AND JUNIOR

Allowed / Disallowed Holds and Takedowns

Age	Youth (age 5-13)			Junior (age 14-17)		
Skill Level	Beg.	Int.	Adv.	Beg.	Int.	Adv.
Match Duration, in Minutes	3	3	3	4	4	4
Arm Locks, Bent and Straight	Y	Y	Y	Y	Y	Y
Rear Naked Choke	Y	Y	Y	Y	Y	Y
Triangle Choke (No Head Pull)	Y	Y	Y	Y	Y	Y
Guillotine Choke (Must Finish on the Ground) *	N	N	N	Y	Y	Y
Omaplata	N	N	N	Y	Y	Y
Submission Techniques Stretching Legs Apart	N	N	N	Y	Y	Y
Chokes with Cervical Lock (i.e. Arm triangle, darce, anaconda, Peruvian neck tie, Japanese neck tie)	N	N	N	N	N	Y
Straight Ankle Lock	N	N	N	N	N	Y
Head on the Outside Single Leg	N	N	N	N	N	N
Wrist Locks	N	N	N	N	N	N
Rib & Kidney Compression From Closed Guard	N	N	N	N	N	N
Straight Knee Bar	N	N	N	N	N	N
Crushing or squeezing neck with hands or forearm	N	N	N	N	N	N
Ezekiel Choke	N	N	N	N	N	N
Neck Crank	N	N	N	N	N	N
Spinal or Cervical Lock Without Choke	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 (Includes Flying Attacks)	N	N	N	N	N	N
Scissor Takedown (Kani Basami)	N	N	N	N	N	N
Slamming	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** 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).