

# SUB LEAGUE

## GI COMPETITION - MEN AND WOMEN Allowed / Disallowed Holds and Takedowns

Submission or Takedown	White	Blue	Purple	Brown	Black
<b>Match Duration in Minutes</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>6</b>
Armbars	Y	Y	Y	Y	Y
Oumaplata	Y	Y	Y	Y	Y
Rear Naked Choke / Triangle Choke	Y	Y	Y	Y	Y
Guillotine Choke	Y	Y	Y	Y	Y
Straight Ankle Lock	Y	Y	Y	Y	Y
Wrist Locks	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.**