

SUB LEAGUE

NO-GI COMPETITION - MEN AND WOMEN Allowed / Disallowed Holds and Takedowns

Skill Level	Novice	Beginner	Int.	Advanced	Elite
Match Duration in Minutes	4	4	4	4	4
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	N	Y	Y	Y	Y
Wrist Locks	N	N	Y	Y	Y
Canopener to open Closed Guard	N	N	Y	Y	Y
Straight Knee Bar	N	N	Y	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
Scissor Takedown	N	N	N	Y	Y
Canopener to Submit	N	N	N	N	Y
Heel Hook	N	N	N	N	Y
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.