

# SUB LEAGUE

## NO-GI COMPETITION - YOUTH AND JUNIOR

### Allowed / Disallowed Holds and Takedowns

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