

Technique	Nogi Beginner / White Belt	Nogi Intermediate / Blue Belt	Gi Purple, Brown, and Black Belts	Nogi Advanced
Armbar	✓	✓	✓	✓
Rear naked choke	✓	✓	✓	✓
Kimura	✓	✓	✓	✓
Americana	✓	✓	✓	✓
Triangle (pulling head)	✓	✓	✓	✓
Submission techniques stretching legs apart	✓	✓	✓	✓
Frontal guillotine choke	✓	✓	✓	✓
Ezekiel choke (gi & nogi)	✓	✓	✓	✓
Baseball Bat choke (gi & nogi)	✓	✓	✓	✓
Omo-plata	✓	✓	✓	✓
Arm triangle	✓	✓	✓	✓
D'arce or Anaconda	✓	✓	✓	✓
Choke with spinal lock	✓	✓	✓	✓
Straight foot lock	✓	✓	✓	✓
Wrist lock	✗	✓	✓	✓
Jumping Guard	✗	✓	✓	✓
Lock inside the closed guard with legs compressing kidneys or ribs.	✗	✓	✓	✓
Bicep slicer	✗	✗	✓	✓
Calf slicer	✗	✗	✓	✓
Knee bar	✗	✗	✓	✓
Toe hold	✗	✗	✓	✓
Heel hook	✗	✗	✗	✓
Knee reap	✗	✗	✗	✓
In straight footlock, turning in the direction of foot not under attack.	✗	✗	✗	✓
Locks twisting the knees	✗	✗	✗	✓
In toe hold, applying outward pressure on the foot	✗	✗	✗	✓
Twister	✗	✗	✗	✓
Spinal lock without choke	✗	✗	✗	✓
Slam	✗	✗	✗	✗
Scissor takedown	✗	✗	✗	✗
Bending fingers backwards	✗	✗	✗	✗
Belt grab throw while defending single leg takedown w/ head on outside of body.	✗	✗	✗	✗
Suplex takedown	✗	✗	✗	✗

Technique	4-9 years old Nogi Beg, Int, Adv Gi All Belt Levels	10-12 years old Nogi Beginner Gi White & Wht/Gray	10-12 years old Nogi Int & Adv Gi Gray, Yellow, Orange, Green
Armbar	✓	✓	✓
Rear naked choke	✓	✓	✓
Kimura	✓	✓	✓
Americana	✓	✓	✓
Triangle (For ages 9 & Under No Pulling on Head)	✓	✓	✓
Frontal Guillotine choke (No jump on guard or Standing Guillotine)	✓	✓	✓
Submission techniques stretching legs apart	✗	✓	✓
Ezekiel Choke (gi & nogi)	✗	✗	✓
Baseball Bat Choke (gi & nogi)	✗	✗	✓
Omo-plata	✗	✗	✓
Arm triangle	✗	✗	✓
D'arce or Anaconda choke	✗	✗	✓
Choke with spinal lock	✗	✗	✗
Straight foot lock	✗	✗	✗
Wrist lock	✗	✗	✗
Lock inside the closed guard with legs compressing kidneys or ribs	✗	✗	✗
Jumping Guard	✗	✗	✗
Bicep slicer	✗	✗	✗
Calf slicer	✗	✗	✗
Knee bar	✗	✗	✗
Toe hold	✗	✗	✗
Heel hook	✗	✗	✗
Knee reap	✗	✗	✗
In straight footlock, turning in the direction of foot not under attack.	✗	✗	✗
Locks twisting the knees	✗	✗	✗
In toe hold, applying outward pressure on the foot	✗	✗	✗
Twister	✗	✗	✗
Spinal lock without choke	✗	✗	✗
Slam	✗	✗	✗
Scissor takedown	✗	✗	✗
Bending fingers backwards	✗	✗	✗
Belt grab throw while defending single leg takedown w/head on outside of body.	✗	✗	✗
Suplex takedown	✗	✗	✗

✓ = LEGAL TECHNIQUE ✗ = ILLEGAL TECHNIQUE

NOVICE: Novice divisions are points only, no submissions.
None of the above techniques are allowed in Novice divisions.

Technique	12-13 years old Nogi Beginner Gi Wht & Wht/Gray	12-13 years old Nogi Inter & Adv Gi Gray to Green	14-15 years old Nogi All Levels Gi All Belt Ranks	16-17 years old Nogi Beg & Inter Gi White to Green	16-17 years old Nogi Advanced Gi Blue Belts
Armbar	✓	✓	✓	✓	✓
Rear naked choke	✓	✓	✓	✓	✓
Kimura	✓	✓	✓	✓	✓
Americana	✓	✓	✓	✓	✓
Triangle (For ages 9 & Under No Pulling on Head)	✓	✓	✓	✓	✓
Frontal Guillotine choke (No jump on guard or Standing Guillotine)	✓	✓	✓	✓	✓
Submission techniques stretching legs apart	✓	✓	✓	✓	✓
Ezekiel Choke (gi & nogi)	✗	✓	✓	✓	✓
Baseball Bat Choke (gi & nogi)	✗	✓	✓	✓	✓
Omo-plata	✗	✓	✓	✓	✓
Arm triangle	✗	✓	✓	✓	✓
D'arce or Anaconda choke	✗	✓	✓	✓	✓
Choke with spinal lock	✗	✗	✗	✓	✓
Straight foot lock	✗	✗	✗	✓	✓
Wrist lock	✗	✗	✗	✗	✓
Lock inside the closed guard with legs compressing kidneys or ribs	✗	✗	✗	✗	✓
Jumping Guard	✗	✗	✗	✗	✓
Bicep slicer	✗	✗	✗	✗	✗
Calf slicer	✗	✗	✗	✗	✗
Knee bar	✗	✗	✗	✗	✗
Toe hold	✗	✗	✗	✗	✗
Heel hook	✗	✗	✗	✗	✗
Knee reap	✗	✗	✗	✗	✗
In straight footlock, turning in the direction of foot not under attack.	✗	✗	✗	✗	✗
Locks twisting the knees	✗	✗	✗	✗	✗
In toe hold, applying outward pressure on the foot	✗	✗	✗	✗	✗
Twister	✗	✗	✗	✗	✗
Spinal lock without choke	✗	✗	✗	✗	✗
Slam	✗	✗	✗	✗	✗
Scissor takedown	✗	✗	✗	✗	✗
Bending fingers backwards	✗	✗	✗	✗	✗
Belt grab throw while defending single leg takedown w/head on outside of body.	✗	✗	✗	✗	✗
Suplex takedown	✗	✗	✗	✗	✗