Allowed Submissions or Takedown	Kids * (9 and under) (3 Minute)	Youth * (10-12) (4 minute)	Junior * (13-17) (5 minute)	White (5 Minute)	Blue (6 Minute)	Purple (7 Minute)	Brownn (TBD)	Black (TBD)	Novice / Begineer (4 Minute)	Intermlediate (5 Minute)	Advance (6 Miinute)
	✓ = Allowed x = Not Allowed										
Stretching Legs Apart (Electric Chair)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Armbars	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Omoplata/Kimura/Americana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rear Naked Choke/Triangle Choke	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Guillotine Choke/Arm Triangle Choke	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ezekiel Choke	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straight Ankle (Foot) Lock	x	x	x	✓	✓	✓	✓	✓	✓	✓	✓
Wrist Lock	x	x	x	x	✓	✓	✓	✓	✓	✓	✓
Straight Knee Bar	x	x	x	x	✓	✓	✓	✓	✓	✓	✓
Figure 4 Toe Hold	x	x	x	x	x	x	✓	✓	x	x	✓
Bicep Cutter	x	x	x	x	x	x	✓	✓	x	x	✓
Calf Cutter	x	x	x	x	x	x	✓	✓	x	x	✓
Can Opener to Open Closed Guard	x	x	x	x	x	x	x	x	x	x	x
Can Opener To Submit	x	x	x	x	x	x	x	x	x	x	x
Scissor Takedown	x	x	x	x	x	x	x	x	x	x	x
Heel Hook	x	x	x	x	x	x	x	x	x	x	x
Neck Crank	x	x	x	x	x	x	x	x	x	x	x
Twister Body Lock/Spinal twist	x	x	x	x	x	x	x	x	x	x	x
Spinal or Cervical Lock	x	x	x	x	x	x	x	x	x	x	x
Slam Takedown	x	x	x	x	x	x	x	x	x	x	x
Slam from the Guard	x	x	x	x	x	x	x	x	x	x	x
Rib/Kidney Compression from Closed Guard	x	x	x	x	x	x	x	x	x	x	x
Crossing Outside Foot to Inside Across the Hip	x	x	x	x	x	x	x	x	x	x	x
In Straight Ankle (Footlock) Turning in the Direction of Foot Not under Attack	x	x	x	x	x	x	x	x	x	x	x