



Submission Only Ruleset

Beginner	Intermediate	Advanced / Expert	
Yes	Yes	Yes	Submission technique stretching legs apart
Yes	Yes	Yes	Choke/strangle
Yes	Yes	Yes	Straight foot lock
Yes	Yes	Yes	Shoulder joint lock
Yes	Yes	Yes	Triangle
Yes	Yes	Yes	Head & arm triangle
Yes	Yes	Yes	Knee bar
No	Yes	Yes	Jumping guard/flying triangle
No	Yes	Yes	Toe hold
No	Yes	Yes	Wrist lock
No	Yes	Yes	Bicep slicer/calf slicer
No	Yes	Yes	Heel hook/knee reap
No	Yes	Yes	Hip joint lock
No	No	Yes	Spinal lock without a choke
No	No	Yes	Slam out of a submission (below shoulder height)
No	No	No	Scissor takedown (kani basami)
No	No	No	Small joint manipulation
No	No	No	Slam from above shoulder height
No	No	No	Strike, bite, gouge, or fishhook the mouth, nose, etc
5	6	7/8	Normal match length (mins)