

Illegal Techniques for Youth & teens	4-9 years old All No-Gi skill levels. All belt ranks.	10-13 years old No-Gi Beginner. Wht. & Wht. /gray	10-13 years old Inter. & Advanced. Gray/blk, Yell., Orge. & Grn.	14-15 years old All No-Gi skill levels. All belt ranks.	16-17 years old No-Gi Beginner & Inter. White - Green.	16-17 years old No-Gi Advanced. Blue belts
Triangle (pulling head)	X	◇	◇	◇	◇	◇
Submission techniques stretching legs apart	X	◇	◇	◇	◇	◇
Frontal guillotine choke (No Standing Guillotine)	X	◇	◇	◇	◇	◇
Ezequiel choke (forearm choke using the sleeve)	X	X	◇	◇	◇	◇
Omoplata	X	X	◇	◇	◇	◇
Arm triangle	X	X	◇	◇	◇	◇
Choke with spinal lock	X	X	X	X	◇	◇
Straight foot lock	X	X	X	X	◇	◇
Wrist lock	X	X	X	X	X	◇
Lock inside the closed guard with legs compressing kidneys or ribs	X	X	X	X	X	◇
Single leg takedown while the athlete has his head outside his opponenets body.	X	X	X	X	X	◇
Jumping Guard	X	X	X	X	X	◇
Bicep slicer	X	X	X	X	X	X
Calf slicer	X	X	X	X	X	X
Knee bar	X	X	X	X	X	X
Toe hold	X	X	X	X	X	X
Heel hook	X	X	X	X	X	X
Knee reap	X	X	X	X	X	X
In straight footlock, turning in the direction of foot not under attack.	X	X	X	X	X	X
Locks twisting the knees	X	X	X	X	X	X
In toe hold, applying outward pressure on the foot	X	X	X	X	X	X
Twister	X	X	X	X	X	X
Slam	X	X	X	X	X	X
Spinal lock without choke	X	X	X	X	X	X
Scissor takedown	X	X	X	X	X	X
Bending fingers backwards	X	X	X	X	X	X
Belt grab throw while defending single leg takedown w/head on outside of body.	X	X	X	X	X	X
Suplex takedown	X	X	X	X	X	X
Illegal Techniques for Adults	18 & over No-Gi Beginner. White belt	18 & over No-Gi Inter. Blue belt	18 & over Purple, Brown & Black belts.	18 & over No-Gi Advanced.		
Triangle (pulling head)	◇	◇	◇	◇		
Submission techniques stretching legs apart	◇	◇	◇	◇		
Frontal guillotine choke	◇	◇	◇	◇		
Ezequiel choke (forearm choke using the sleeve)	◇	◇	◇	◇		
Omoplata	◇	◇	◇	◇		
Arm triangle	◇	◇	◇	◇		
Choke with spinal lock	◇	◇	◇	◇		
Straight foot lock	◇	◇	◇	◇		
Wrist lock	X	◇	◇	◇		
Lock inside the closed guard with legs compressing kidneys or ribs	X	◇	◇	◇		
Single leg takedown while the athlete has his head outside his opponenets body.	X	◇	◇	◇		
Jumping Guard	X	◇	◇	◇		
Bicep slicer	X	◇	◇	◇		
Calf slicer	X	◇	◇	◇		
Knee bar	X	◇	◇	◇		
Toe hold	X	◇	◇	◇		
Heel hook	X	X	X	◇		
Knee reap	X	X	X	◇		
In straight footlock, turning in the direction of foot not under attack.	X	X	X	◇		
Locks twisting the knees	X	X	X	◇		
In toe hold, applying outward pressure on the foot	X	X	X	◇		
Twister	X	X	X	◇		
Spinal lock without choke	X	X	X	◇		
Slam	X	X	X	X		
Scissor takedown	X	X	X	X		
Bending fingers backwards	X	X	X	X		
Belt grab throw while defending single leg takedown w/head on outside of body.	X	X	X	X		
Suplex takedown	X	X	X	X		