

NOGI 2019

NOV. BEG. INT. ADV. PRO

TINY KIDS - TEEN

NOV.	BEG.	INT.	ADV.	PRO	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR • GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BICEP SLICER
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	EZEKIAL CHOKE
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	JUMPING GUARD
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SCISSOR (ONE HAND ON MAT)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SLAM
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SMALL JOINT MANIPULATION
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SPINAL LOCKS AND NECK CRANKS
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STANDING OR FLYING SUBMISSIONS
TINY KIDS, KIDS, & PRE-TEEN <input checked="" type="checkbox"/> TEEN <input checked="" type="checkbox"/>					STRETCHING THE LEGS APART
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SUBMISSIONS BELOW THE WAIST (EXCEPT STRETCHING THE LEGS APART)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WRIST LOCK



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NOV. BEG. INT. ADV. PRO

JUVENILE - SENIOR

NOV.	BEG.	INT.	ADV.	PRO	
✓	✓	✓	✓	✓	COMMON SUBMISSIONS: ARM TRIANGLES • ARM BAR, GUILLOTINE • SHOULDER LOCKS • OMAPLATA • TRIANGLE ETC...
✗	✗	✓	✓	✓	BICEP SLICER
✗	✗	✓	✓	✓	CALF SLICER
✓	✓	✓	✓	✓	EZEKIAL CHOKE
✗	✗	✗	✓	✓	HEEL HOOK
✗	✗	✓	✓	✓	JUMPING GUARD
✓	✓	✓	✓	✓	KNEEBAR
✗	✗	✗	✓	✓	REAPING THE KNEE
✗	✗	✗	✓	✓	SCISSOR (ONE HAND ON MAT)
✗	✗	✗	✗	✗	SLAM
✗	✗	✗	✗	✗	SMALL JOINT MANIPULATION
✗	✗	✗	✓	✓	SPINAL LOCKS AND NECK CRANKS
✓	✓	✓	✓	✓	STANDING SUBMISSIONS
✓	✓	✓	✓	✓	STRAIGHT FOOT LOCK
✓	✓	✓	✓	✓	STRETCHING THE LEGS APART
✗	✗	✓	✓	✓	TOE HOLD
✓	✓	✓	✓	✓	WRIST LOCK



GI 2019

ALL RANKS
(4-12)

ALL RANKS
(13-15)

WHITE
(16+)

BLUE
(16+)

PURPLE - BLACK
(16+)

	ALL RANKS (4-12)	ALL RANKS (13-15)	WHITE (16+)	BLUE (16+)	PURPLE - BLACK (16+)	
COMMON SUBMISSIONS: ARM TRIANGLES, ARM BAR, GUILLOTINE, SHOULDER LOCKS, OMOPLATA, TRIANGLE ETC...	✔	✔	✔	✔	✔	
BICEP SLICER	✘	✘	✘	✘	✔	
CALF SLICER	✘	✘	✘	✘	✔	
EZEKIAL CHOKE	✔	✔	✔	✔	✔	
HEEL HOOK	✘	✘	✘	✘	✘	
JUMPING GUARD	✘	✘	✘	✔	✔	
KNEEBAR	✘	✘	✘	✘	✔	
REAPING THE KNEE	✘	✘	✘	✘	✘	
SCISSOR (ONE HAND ON MAT)	✘	✘	✘	✘	✘	
SLAM	✘	✘	✘	✘	✘	
SMALL JOINT MANIPULATION	✘	✘	✘	✘	✘	
SPINAL LOCKS AND NECK CRANKS	✘	✘	✘	✘	✘	
STANDING SUBMISSIONS	✘	✘	✔	✔	✔	
STRAIGHT FOOT LOCK	✘	✘	✔	✔	✔	
STRETCHING THE LEGS APART	✘	✔	✔	✔	✔	
TOE HOLD	✘	✘	✘	✘	✔	
WRIST LOCK	✘	✘	✘	✔	✔	



TIMES 2019

No Overtime, Ref's Decision

Kids - (4 - 15 years)

Tiny (4 - 6 years) - 2 minutes

Kid (7 - 9 years) - 3 minutes

Pre Teen (10 - 12 years) - 3 minutes

Teen (13 - 15 years) - 4 minutes

JUVENILE, ADULT, MASTER, SENIOR

White / Novice - 5 minutes

Blue / Beginner - 5 minutes

Purple / Intermediate - 6 minutes

Brown / Advanced - 6 minutes

Black / Pro - 6 minutes

