

MEN OF WAR PRO SUBMISSION GRAPPLING RULES

KIDS (under 14yrs of age)

TEENS (14-17)

ADULT (18 +)

KIDS (ages 13 and under)

- ALL CHOKES AND ARM LOCKS ARE ALLOWED
- NO LOWER BODY SUBMISSIONS
- NO STANDING GUILLOTINES, NECK CRANKS, SPINAL ATTACKS OR SLICERS
- NO WRIST LOCKS

TEENS (14-17) NON-BLUE BELT

- **STRICT ANKLE** LOCKS ARE ONLY LEG LOCKS ALLOWED
- NO NECK CRANKS, SPINAL ATTACKS, SLICERS OR WRIST LOCKS

ADULT/TEEN BLUE BELT

- STRICT ANKLE, KNEE BAR, AND TOE HOLDS ARE ALLOWED
- REAPING IS ALLOWED
- NO HEEL HOOKS
- NO SPINAL ATTACKS

PURPLE, BROWN & BLACK BELTS

- ALL SUBS LEGAL IN NO-GI DIVISIONS
- NO HEEL HOOKS IN GI

Illegal Techniques for all Divisions

- NO SLAMMING OR SPIKING YOUR OPPONENT DIRECTLY ON THEIR HEAD OR NECK
- NO FLYING SCISSOR TAKEDOWNS
- NO SMALL JOINT MANIPULATION
- NO STIKES OF ANY KIND
- NO GRABBING OR ATTACKING THE TRACHEA/WINDPIPE DIRECTLY
- NO COVERING THE NOSE AND MOUTH WITH YOUR HAND

**ALL MATCH ARE SUBMISSION ONLY NO POINTS 3 Judges mat
side will score the match in it's entirety, If a match does not end in a
submission The two criteria the judges look at are - Submission
attempts and Positional dominance.**