



# NOGI

## TINY KIDS - TEEN

WHITE GREY YELLOW ORANGE GREEN

WHITE	GREY	YELLOW ORANGE	GREEN		
<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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	JUMPING GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SCISSOR (ONE HAND ON MAT)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLAM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SMALL JOINT MANIPULATION
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SPINAL LOCKS AND NECK CRANKS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STANDING OR FLYING SUBMISSIONS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUBMISSIONS BELOW THE WAIST (EXCEPT STRETCHING THE LEGS APART)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WRIST LOCK



# NOGI

WHITE BLUE PURPLE BROWN BLACK

## JUVENILE - EXECUTIVE

WHITE	BLUE	PURPLE	BROWN	BLACK	
✓	✓	✓	✓	✓	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

# AMERICAN GRAPPLING FEDERATION



# ***TIMES***

***No Overtime, Ref's Decision***

## ***KIDS - (4 - 15 YEARS)***

*Tiny (4 - 5 years) - 2 minutes*

*Little Kids (6 - 7 years) - 2 minutes*

*Kid (8 - 9 years) - 3 minutes*

*Pre Teen (10 - 11 years) - 3 minutes*

*Juniors (12 - 13 years) - 3 minutes*

*Teen (14 - 15 years) - 4 minutes*

## ***JUVENILE, ADULT, MASTER, SENIOR, EXECUTIVE***

*White - 5 minutes*

*Blue - 5 minutes*

*Purple - 6 minutes*

*Brown - 6 minutes*

*Black - 6 minutes*



***AMERICAN GRAPPLING FEDERATION***