

SAGA LEGAL and ILLEGAL TECHNIQUES

2018.06.05a



Technique

- Legal Techniques (Allowed)
- Illegal Techniques (NOT Allowed)

Technique	Kids (5-13 years)				Teens (14-17 years)				Adults 18+ years Masters 36+ years Veterans 45+ years			
	Beginner	Intermediate	Advanced	Absolute / Grand Champion	Beginner	Intermediate	Advanced	Absolute / Grand Champion	Beginner	Intermediate	Advanced	Absolute / Grand Champion
Choke	●	●	●	●	●	●	●	●	●	●	●	●
Pulling on the Head in the Triangle - when applied safely, to secure the choke. i.e. NOT a Crank	●	●	●	●	●	●	●	●	●	●	●	●
Strangle	●	●	●	●	●	●	●	●	●	●	●	●
Frontal Ezekiel Choke	●	●	●	●	●	●	●	●	●	●	●	●
Bent Arm Lock	●	●	●	●	●	●	●	●	●	●	●	●
Straight Arm Lock	●	●	●	●	●	●	●	●	●	●	●	●
Omolata	●	●	●	●	●	●	●	●	●	●	●	●
Knee Bar	●	●	●	●	●	●	●	●	●	●	●	●
Straight Leg Lock / Ankle / Achilles Lock	●	●	●	●	●	●	●	●	●	●	●	●
Throwing an opponent from an 'arm in' head lock	●	●	●	●	●	●	●	●	●	●	●	●
Any Other legitimate grappling submission technique, that is deemed by the Referee to be 'Safe'	●	●	●	●	●	●	●	●	●	●	●	●
Front Guillotine (Seated - Guard)	●	●	●	●	●	●	●	●	●	●	●	●
Front Guillotine (Standing)	●	●	●	●	●	●	●	●	●	●	●	●
Reaping the Knee, while applying a straight leg lock - not a twisting knee lock	●	●	●	●	●	●	●	●	●	●	●	●
Rear Naked Choke, with a crush, applying pressure to the Jaw or Nose	●	●	●	●	●	●	●	●	●	●	●	●
Bicep Lock or slicer	●	●	●	●	●	●	●	●	●	●	●	●
Calf Lock or slicer	●	●	●	●	●	●	●	●	●	●	●	●
Heel Hook	●	●	●	●	●	●	●	●	●	●	●	●
Spinal lock with a Choke (Twister / Crucifix, used as a control position to apply a legitimate Choke)	●	●	●	●	●	●	●	●	●	●	●	●
Reaping the Knee / Twisting Knee Attack	●	●	●	●	●	●	●	●	●	●	●	●
Straight foot lock / Toe Hold, turning inward (forcing the knee)	●	●	●	●	●	●	●	●	●	●	●	●
Outward foot lock / toe hold, applying outward pressure to the knee	●	●	●	●	●	●	●	●	●	●	●	●
Wrist Lock	●	●	●	●	●	●	●	●	●	●	●	●
Do-Jime (squeezing the body or head with the legs)	●	●	●	●	●	●	●	●	●	●	●	●
'Electric Chair' Stretching Legs Apart	●	●	●	●	●	●	●	●	●	●	●	●
Scissor Takedown	●	●	●	●	●	●	●	●	●	●	●	●
Spinal Lock, Cervical Lock, or Neck Crank (without a Choke)	●	●	●	●	●	●	●	●	●	●	●	●
Full Nelson	●	●	●	●	●	●	●	●	●	●	●	●
Crucifix	●	●	●	●	●	●	●	●	●	●	●	●
Suplex takedown technique, throwing the opponent's head or neck to the ground	●	●	●	●	●	●	●	●	●	●	●	●
Spiking an opponent on his/her head (Takedown)	●	●	●	●	●	●	●	●	●	●	●	●
Throwing an opponent from a headlock (head only, no arm)	●	●	●	●	●	●	●	●	●	●	●	●
Slamming from the Guard	●	●	●	●	●	●	●	●	●	●	●	●
Small Joint Manipulation. Pulling a thumb or less than three fingers is NOT permitted, Bending fingers backwards	●	●	●	●	●	●	●	●	●	●	●	●
Slamming to Escape a Submission	●	●	●	●	●	●	●	●	●	●	●	●
Any Other submission technique, that is deemed by the Referee to be 'Un-Safe'	●	●	●	●	●	●	●	●	●	●	●	●

'Regulation Time' - Qualifying Round (minutes)	2	2	2	3	3	3	3	8	4	6	6	8
'Regulation Time' - Semi Final and Final (minutes)	3	3	3	4	4	4	4	10	5	8	8	10