



NOGI 2023

TINY KIDS - TEEN

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 2023

JUVENILE - EXECUTIVE

WHITE BLUE PURPLE BROWN BLACK

WHITE	BLUE	PURPLE	BROWN	BLACK	
<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"/>	CALF 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"/>	HEEL HOOK
<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"/>	KNEEBAR
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	REAPING THE KNEE
<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 SUBMISSIONS
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STRAIGHT FOOT LOCK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<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"/>	TOE HOLD
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WRIST LOCK



GI 2023

ALL RANKS
(4-15)

WHITE
(16+)

BLUE
(16+)

PURPLE - BLACK
(16+)

	ALL RANKS (4-15)	WHITE (16+)	BLUE (16+)	PURPLE - BLACK (16+)	COMMON SUBMISSIONS; ARM TRIANGLES, ARM BAR • GUILLOTINE • SHOULDER LOCKS, OMAPLATA • TRIANGLE ETC...
	✔	✔	✔	✔	
	✘	✔	✔	✔	ANKLE LOCK
	✘	✘	✘	✔	BICEP SLICER
	✘	✘	✘	✔	CALT 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
	✘	✔	✔	✔	STRAGHT FOOT LOCK
	✔	✔	✔	✔	STRETCHING THE LEGS APART
	✘	✘	✘	✔	TOE HOLD
	✘	✔	✔	✔	WRIST LOCK

TIMES 2023

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