

Official Rules - Adult Elite

Match Time: 8 minutes

Legal Techniques

- Submission techniques that force the opponent's legs to open
- Chokes
- Covering the opponent's mouth and nose
- Straight foot lock
- Forearm choke (Ezekiel choke)
- Front guillotine choke
- Omoplata
- Triangle (pulling the head)
- Arm triangle
- Arm lock
- Compression from inside the closed guard, pressing the kidneys or ribs
- Wrist lock
- Single leg takedown when the attacking athlete's head is outside the opponent's body
- Calf slicer
- Toe hold
- All takedowns, as long as the opponent's head or neck is not the first part to hit the ground
- Spine-twisting choke
- Biceps slicer
- Knee lock
- Heel hook
- Any knee twisting techniques
- Knee reaping
- In the straight foot lock, turning toward the foot that is not being attacked
- In the toe hold, applying outward pressure on the foot
- Slamming to defend a submission
- Spinal twist without a choke

- Scissor takedown (kani basami)

Illegal Techniques

- Bending the fingers backward
- Suplex-type takedown that makes the opponent land first on the head or neck
- Slamming when it is not used to defend a submission
- Squeezing the trachea

This document is a standardized presentation of the official SUG rules supplied for this division.