

AGE BASED TECHNIQUE LIMITATIONS CHART

Group	Ages		Technique Limitations
Junior	16-17 yrs		<i>(No age-base technique limitations)</i>
Cadet	14-15 yrs	No	Knee Strikes or Leg Submissions
Schoolboy	12-13 yrs	Plus No	Standing or Jumping Submissions
Novice	10-11 yrs	Plus No	Arm in Guillotine, Anaconda, or D'Arce Choke
Rookie	8-9 yrs	Plus No	Ground Strikes

AGE BASED TECHNIQUE LIMITATIONS GRAPH

Group	Ages	Knee Strikes or Leg Submissions	Standing or Jumping Submissions	Arm in Guillotine, Anaconda, or D'Arce Choke	Ground Strikes
Junior	16-17 yrs	<i>(No age-based technique limitations)</i>			
Cadet	14-15 yrs				
Schoolboy	12-13 yrs				
Novice	10-11 yrs				
Rookie	8-9 yrs				

■ ILLEGAL TECHNIQUES PER AGE GROUP

NOTE: Novice and Rookie Groups can be CO-ED