



EUROPEAN  
GROUND  
FIGHTING  
CHAMPIONSHIP

# ILLEGAL MOVES BY AGE AND CATEGORY

	4 to 12 years old	13 to 15 years old	16&17 years old (all ranks) and white belts (Adult to Master 7)	Adult to Master 7 (blue & purple belts)	Adult to Master 7 (brown & black belts) except Adult NoGi	Adult (brown & black belts) NoGi	
1	×						Submission techniques stretching legs apart
2	×	×					Choke with spinal lock
3	×	×					Straight foot lock
4	×	×					Forearm choke using the sleeve (Ezequiel choke)
5	×	×					Frontal guillotine choke
6	×	×					Omoplata
7	×	×					Triangle (pulling head)
8	×	×					Arm triangle
9	×	×	×				Lock inside the closed guard with legs compression kidneys or ribs
10	×	×	×				Wrist lock
11	×	×	×				Single leg takedown while the attacking athlete has his head outside his opponents body
12	×	×	×	×			Bicep slicer
13	×	×	×	×			Calf slicer
14	×	×	×	×			Knee bar
15	×	×	×	×			Toe hold
16	×	×	×	×	×		Heel hook
17	×	×	×	×	×		Lock twisting the knees
18	×	×	×	×	×		Knee Reaping
19	×	×	×	×	×		In straight foot lock, turning in the direction of foot not under attack
20	×	×	×	×	×		In toe hold, applying outward pressure on the foot
21	×	×	×	×	×	×	Slam
22	×	×	×	×	×	×	Spinal lock without choke
23	×	×	×	×	×	×	Scissor Takedown
24	×	×	×	×	×	×	Bending fingers backwards
25	×	×	×	×	×	×	Grab the opponents belt and throw him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.
26	×	×	×	×	×	×	Suplex takedown technique, landing with the opponent's head or neck on the ground.