



HARLEQUIN'S

LEGAL TECHNIQUES
GRAPPLING INDUSTRY RULESET · 2026



TECHNIQUE	UNDER 18	GI WHITE	GI BLUE+	GI ADV.	NO-GI
Arm Locks	✓	✓	✓	✓	✓
Gi Chokes	✓	✓	✓	✓	✓
Shoulder Locks	✓	✓	✓	✓	✓
Rear Naked Choke	✓	✓	✓	✓	✓
Arm Triangle, Anaconda, D'arce	✓	✓	✓	✓	✓
Guillotine Choke (on ground)	✓	✓	✓	✓	✓
Head Outside Single Leg Takedown	✓	✓	✓	✓	✓
Triangle Choke (pulling head)	✓	✓	✓	✓	✓
North South Choke	✓	✓	✓	✓	✓
Ezequiel & Punch Chokes	✗	✓	✓	✓	✓
Paper Cutter Choke	✗	✓	✓	✓	✓
Gogoplata	✗	✗	✓	✓	✓
No-Arm Triangle / Head Scissor	✗	✗	✓	✓	✓
Kidney Compression (closed guard)	✗	✗	✓	✓	✓
Groin Stretch	✗	✗	✓	✓	✓
Straight / Rotational Ankle Lock	✗	✗	✓	✓	✓
Wrist Lock	✗	✗	✓	✓	✓
Guillotine Choke (standing)	✗	✗	✓	✓	✓
Hand Smothering	✗	✗	✓	✓	✓
Jumping Attacks	✗	✗	✗	✓	✓
Knee Bar	✗	✗	✗	✓	✓
Toe Hold (outside/inside) †	✗	✗	✗	✓	✓
Knee Reap	✗	✗	✗	✗	✓
Bicep / Calf Slicer	✗	✗	✗	✗	✓
Cloverleaf	✗	✗	✗	✗	✓
Neck / Spinal Crank	✗	✗	✗	✗	✓
Z-Lock / Hip-Lock	✗	✗	✗	✗	✓
Scissor Takedown	✗	✗	✗	✗	✓
Heel Hook (outside/inside)	✗	✗	✗	✗	✓
One & Two-Hand Attacks to Trachea	✗	✗	✗	✗	✗
Slam	✗	✗	✗	✗	✗

✓ Legal ✗ Illegal ✓ No-Gi only

† Toe Hold includes Estima Lock, Boltcutter, and similar toe-compression variants.
Under 18: Referees may stop action at any time (including legal submissions) for competitor safety.
Knee Reap (U18 & White Belt): 1st offence = penalty + reap removed. 2nd offence or submission applied in conjunction = disqualification.
Slam: lifting opponent from guard or takedown and returning uncontrolled. Any intentional head/neck spiking is disallowed.
Jumping Attacks: Jumping Closed Guard, Flying Submissions, Jumping Back Takes. Both competitors must be standing.
Standing Guillotine: arching back to choke from a front headlock (not hold control) differentiates from a standard guard pull.