

Spark Submission Sports

General Rules and Competition Guidelines

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Tournament Brackets

Starting March 1st, 2024, Spark Submission Sports will be following single elimination tournament format.

Bracketing

When bracketing, it sometimes becomes necessary to join divisions. When doing so, all measures are taken to ensure safety and fair competition, when joining divisions, the following may apply:

- Mix genders (4-11 years old only)
- Move up in Age (no more than 3 years)
- Move up in Weight (10 lbs. / 4.5 kg or less)
- Move up in Rank (only 1 rank, 4-15 years old only)

Example:

8-year-old boy that weighs 63 lbs. can be moved to the 10-11-year-old division against a 10-year-old girl that weighs 65 lbs.

Bonus Divisions

When bracketing, there some competitors cannot be fairly matched in a division. In these cases, it is necessary for a competitor that is closest in age/weight/rank to be given a bonus division. These bonus divisions are always more challenging for the competitor being added to the division. However, they do follow the general bracketing rule of thumb mentioned previously in this section.

Bonus divisions are purely optional and are free. If you (or your child) have been added to an additional division, but do not wish to participate, please contact the tournament director prior to the tournament so that a suitable replacement can be arranged.

Competitors in a bonus division will have a [2] next to their name in the Brackets. Because this is a more challenging division, it is suggested that the competitor compete in their original division first.

~~Take Down Competition~~

Spark Submission Sports has separated the Take Down portion of all matches. Take Down will be offered in a separate/stand-alone Take Down competition. This is the only competition where both competitors will start in the standing position. No submissions permitted in Take Down Competition.

Divisions

Spark Submission Sports strives to accommodate all weight, age and rank combinations. We can find a division for you.

When creating divisions, it is common to mix the genders for the Kids divisions to ensure matches. Genders will not be mixed in the Junior, Teen, Juvenile, Adult, Masters, Seniors, or Executives divisions.

Age Groups

Our age groups are broken down into Kids, Juveniles, Adults, Masters, Seniors, and Executives. Please choose the age category that reflects your age as of the date of the tournament.

Kids (4-15 years old and split into 2-year age gaps)

- Tiny Kids (4-5 years old)
- Little Kids (6-7 years old)
- Kids (8-9 years old)
- Pre-Teen (10-11 years old)
- Juniors (12-13 years old)
- Teen (14-15 years old)

- Juvenile (16-17 years old)
- Adult (18+ years old)
- Masters (30+ years old)
- Seniors (40+ years old)

Example:

A 37 old competitor can compete in either the Adult or Master division.

Experience Levels

Gi and No Gi

- **Kids**
 - White - No Submissions [Ages 4-7 only]
 - White
 - Grey
 - Grey/White
 - Solid Grey
 - Grey/Black
 - Yellow
 - Yellow /White
 - Solid Yellow
 - Yellow /Black
 - Orange
 - Orange /White
 - Solid Orange
 - Orange /Black
 - Green
 - Green /White
 - Solid Green
 - Green /Black

- **Juvenile, Adults, Masters, and Seniors**
 - White
 - Blue
 - Purple
 - Brown
 - Black

You must register for the rank division you currently hold Brazilian Jiu Jitsu rank in.

Exceptions

- Judo Black Belts holding no Brazilian Jiu Jitsu rank must register as Blue Belts.
- USA Collegiate/University level wrestlers, wrestlers with National or International experience, and/or Professional MMA practitioners cannot compete as white belts.
- Orange Belts may enter Juvenile and Adult Blue Belt divisions.
- Green Belts may enter Juvenile and Adult, Blue and Purple Belt division.

Gi and No Gi Weight Divisions

To help avoid any scale related issues, we allow a 1 lb (0.5 kg) allowance for all competitors. It is advised that if you, or your child, is close to the maximum weight limit, that you register at a higher weight class to avoid disqualification. All weigh ins are conducted **WITHOUT** the Gi.

Kids

Weight	LBS / KGS
Rooster I	Up to 40 / Up to 18.2
Rooster II	Up to 45 / Up to 20.5

Rooster III	Up to 55 / Up to 25.0
Feather I	Up to 65 / Up to 29.5
Feather II	Up to 75 / Up to 34.1
Feather III	Up to 85 / Up to 38.6
Light I	Up to 95 / Up to 43.2
Light II	Up to 105 / Up to 47.7
Light III	Up to 115 / Up to 52.3
Middle I	Up to 125 / Up to 56.8
Middle II	Up to 135 / Up to 61.4
Middle III	Up to 145 / Up to 65.9
Heavy I	Up to 160 / Up to 72.7
Heavy II	160.1 and Up / 72.8 and Up

Juveniles, Adults, Masters, Seniors, and Executives (Male)

Weight	LBS / KGS
Light Rooster	Up to 115 / Up to 52.3

Rooster	Up to 130 / Up to 59.1
Light Feather	Up to 145 / Up to 65.9
Feather	Up to 160 / Up to 72.7
Light	Up to 175 / Up to 79.5
Middle	Up to 190 / Up to 86.4
Medium Heavy	Up to 205 / Up to 93.2
Heavy	Up to 220 / Up to 100
Super Heavy	Up to 235 / Up to 106.8
Ultra-Heavy	235.1 and Up / 106.9 and Up

Juveniles, Adults, Masters, Seniors, and Executives (Female)

Weight	LBS / KGS
Light Rooster	Up to 105 / Up to 47.7
Light Feather	Up to 120 / Up to 54.5
Feather	Up to 135 / Up to 61.4
Light	Up to 150 / Up to 68.2
Middle	Up to 165 / Up to 75
Medium Heavy	Up to 180 / Up to 81.8
Heavy	180.1 and Up / 81.9 and Up

Bar None Divisions

Bar None divisions allow competitors opportunities to compete for special awards. There are 2 types of Bar None Divisions: Kids (6-15) and Adults (Juveniles - Executives).

Adults:

The Bar None divisions for adult competitors were created for those who wish to compete in their age and rank division but also with other weight classes. The adult weight classes for males are divided at 175 lbs./79.5kgs. Heavy weights are for competitors above 175 lbs. and Light weights are for competitors 175 lbs. and below. We believe this gives the opportunity for more matches, especially for the lighter weights. Typically, lighter weight competitors do not enter in Absolute / Open Class divisions for fear of injury. At Spark Submission Sports we offer the opportunity to compete versus multiple weight class without extreme weight differences. For those competitors who would like to compete in a division with an extreme weight class difference, they are welcome to enter the Heavy weight Bar None division.

Kids:

The Kids Bar None Divisions are different than adults. We do not allow extreme weight differences, due to safety issues. For safety reasons Kids are allowed to register in their Bar None divisions for extra matches against opponents of any rank and age, but they are restricted to compete against opponents that are at the same weight class.

There are white belt only Bar None Divisions.

Examples:

An 85 lb., Yellow Belt, 9-year-old competitor can compete against an 83 lb., 11-year-old, Grey Belt. A competitor must be Grey, Yellow, Orange, or Green Belt. White Belts are not permitted to compete in this Bar None division.

For the White belt only Bar None division, an 85 lb, White belt, 9-year-old competitor can compete against an 83 lbs., 11-year-old, White belt.

Match Durations

Divisions

- Tiny Kids 2 minutes
- Little Kids 2 minutes
- Kids 3 minutes
- Pre-Teen 3 minutes
- Juniors 3 minutes
- Teens 4 minutes
- Juvenile, Adult, Master, Senior, and Executive
 - White – 4 minutes
 - Blue – 4 minutes
 - Purple – 5 minutes
 - Brown – 5 minutes
 - Black – 5 minutes

Bar None

- Kids – 3 minutes
- Juvenile, Adult, Master, Senior, and Executive Divisions
 - White - 4 minutes
 - Blue - 4 minutes
 - Purple - 5 minutes
 - Brown - 5 minutes
 - Black - 5 minutes

ALL TAKE DOWN DIVISION MATCHES ARE TWO (2) MINUTES IN DURATION, REGARDLESS OF LEVEL

Please Note:

Sparks Submission Sports has separated all takedowns to a separate, stand alone competition.
(Please refer to “Take Down” sections.)

Non-Takedown Matches

When competitors are called to the mat, the blue competitor will be assigned “heads” and the red competitor will be assigned “tails”. The head referee will flip the Spark Submission Sports match coin. If the coin lands on heads, the blue competitor chooses start position preference and red competitor is assigned remaining position. If the coin lands on tails, the red competitor chooses start position preference and blue competitor is assigned the remaining position.

The two start positions:

- Down Position - sitting, on back, on stomach, on side, or in turtle.
- Standing

**Both competitors cannot be standing at the same time.

**Assigned standing competitor may choose to also start in “down” position. (Both competitors are allowed to start in “down” position.

Scoring

Points – Gi and No Gi

Take Down

1 point

Competitors with one or two feet only on the mat are considered standing. If any other portion of the body is in contact with the mat, that competitor is in “Down” position. If the opponent after initiating the take down follows the downed competitor to mat and controls them for a full second, (1) “Take Down” point will be awarded. For points to be awarded, the dominant competitor must have top/back control controlling the head, shoulders, hip or legs. If the bottom competitor falls on all fours or three of four during any take down attempt, they are not considered down. A competitor must be controlled to their side, back, or sitting position to be considered “downed “. Once the point is awarded, the competitors are restarted in standing position. Points will not be awarded if competitor in “down” position is holding top competitor’s legs, preventing control. Submissions are not permitted in the Take Down Competition.

Sweep

2 points

- First person to come on top in a double guard pull earns 2 points.
 - In the case of a double guard pull the competitors have 20 seconds to come on top or be penalized for stalling.
 - All sweeps must come from a guard. No sweep points are earned from bottom side control, knee on belly or mount.
 - 50/50 sweeps are only awarded 1 time consecutively for each person. If the position changes and then 50/50 is established again, the competitors can earn 50/50 sweep points again.
 - If A attempts to sweep B, but B remains turtled, so long as A controls Turtle from behind the shoulder, sweep points are awarded. This rule is the same as “Snap down, spin and control” in the Takedown section.
-

Knee on Belly

2 points

- Points are awarded if the opponent is on their back or side.
- The knee in contact with their opponent's belly must be the leg closest to the opponent's leg.
The top athlete can only be awarded points if his free leg is posted on the sole of their foot. The top athlete's knee cannot touch the ground.
- Not awarded if opponent has spider guard.

Reversals

1 point

If the bottom competitor in any bottom position changes position with the top competitor and can hold the newly established top position for the accepted (3) count, they are awarded one (1) point for gaining top position. If the position change results in a 50/50, points are only awarded if the original bottom competitor gains controlled top position. If the Reversal attempt is countered by the original top competitor resulting in regaining the top position before the original bottom competitor can control the newly established top position, no points are awarded. If a reversal is successfully controlled, any subsequent reversal will be awarded points.

Guard Pass

3 points

- A guard must be established for it to be passed.
- All limbs of the passer must be out of the guard. Cradles are considered a guard pass.
- Passer must clear the hip line of the guard player.
- Points can be awarded to non-point worthy positions (i.e. Reverse Mount). This would equal just a guard pass and not a combination of Guard Pass to Mount.

Back (Back Mount, Back Control, Body Triangle or Hooks)

4 points

- Back Control consists of 1 of 4 leg positions while behind an opponent.
- Body Triangle – feet must not be inside opponent's legs.
- Hooks - feet cannot be crossed.
- Legs are allowed to trap arms but are not allowed over the shoulder of their opponent.
- Back Mount - when a competitor has their opponent belly to the mat from turtle with shins outside opponent's hips.

Mount (Reverse Mount, Technical Mount or Traditional)

4 points

- Traditional Mount – must have knees below the shoulder. A triangle is not Mount.
- Technical Mount – may be awarded points if the opponent is on their side.
- Reverse Mount earns no points.

All takedowns, guard passes, sweeps, knee on belly, mounts and back control **must be held for 3 seconds** for points to be awarded. No points will be awarded if the person doing the action is caught in a submission. Only after the submission is no longer a threat will stabilizing time be counted for points.

Referees will count the stabilization time by vertically moving their fist from their shoulder to their thigh. If the refs hit their thigh a third time, points will be awarded. If the count never touches the ref's thigh a third time, there is no point awarded.

Points will not be awarded for competitors who voluntarily abandon a position and then regain that same position.

Points can be awarded after the end of the match. If the referee has begun to count stabilizing time during the match period and the clock expires the points will be awarded to the person controlling their position.

No points will be awarded outside of the mat boundary line. All points must be scored inside the competition ring.

Restarts in Gi divisions with a lapel taken out or being used will be left out and restarted with the belt tied and the lapel shall be restarted in the same grips.

Submission Points:

Submission Points are awarded for **Strong** submission attempts only. The submission must necessitate defending to avoid the tap. Submission attempt should require no more needed steps. If a submission attempt meets requirements for being considered strong but does not result in a tap, one (1) point is given for the strong attempt.

Additional Kids Division Rules

All Guillotines, Arm Triangle variations, all shoulder lock submissions and pulling the head of a Triangle are legal. No submissions below the waist are legal for kids' divisions.

Hand over mouth suffocation techniques can only be attacked from the back.

Submission

A competitor wins via submission by forcing an opponent to:

- Physically tap two (2) times
 - Tap with hand on an opponent or on the mat.
 - Tap with foot on the mat.
-
- Verbal tap
 - Request the referee to stop the match.
 - Make any noise that sounds like pain while a match is in progress.
 - Crying during a match is a verbal tap.

Referee Stoppage

The referee can stop a match when a competitor is caught in a submission that could cause a serious injury.

Disqualification

There are numerous ways an opponent can be disqualified. The disqualification can be specific to a match or the tournament in general.

Verbal request

If a referee or ring coordinator receives a verbal request from the competitor or the competitor's coach.

Failure to report when bracket is called

If the competitor does not show up when the competitor's name is called, or if the competitor leaves an assigned area by the Pit Coordinator or Ring Coordinator.

Uniform requirements not properly met

Please see the uniform guidelines (page 18).

Equipment malfunction

Please see the uniform guidelines (page 18).

Unsportsmanlike conduct

These infractions may result in the competitor being disqualified or a warning/penalty being

assessed. The fouls are not limited to, but include:

- Striking of any type
- Biting
- Spitting
- Eye gouging
- Groin attacks
- Hair pulling
- Fish hooking
- Small joint manipulation
- Putting fingers in any orifice
- Excessive talking during the match
- Unsportsmanlike conduct from the competitor's coach and or teammates

Rule infractions

These infractions will result in the competitor being disqualified. The fouls are not limited to, but include:

- Slamming – Any intention to cause injury, damage, or concussion to their opponent to escape a submission or points being scored. Shaking an opponent off and the opponent off and the opponent falling to the mat is not a slam.
- Clawing, pinching or twisting of skin.
- Use of foul language
- Immoral acts directed towards any member of the staff, crowd or competitor.
- Malicious conduct
- Any contact with the referee (medical issues are permitted)
- Interference by a coach
- Attacking an opponent after a match has been stopped.
- Only 1 coach per competitor is allowed in front of the barricades and must remain in the coach's chair for the duration of the match.
- Performing any illegal submission attempt for that division

Medical issues

Not limited to, but including: cramping, vomiting, loss of bowels, loss of consciousness, or bleeding that cannot be stopped a second time. Bleeding, eye pokes, groin hits, and dislocated fingers or toes are given a maximum of 5 minutes to recover. Competitors may compete in additional brackets after the medical DQ so long as it was not a concussion or spinal injury.

Example:

If a competitor bleeds from the nose and stops the bleeding, he can continue. If his lip starts bleeding, he is allowed to stop that bleeding and continue. However, the same spot cannot bleed more than once.

Any competitor with a concussion or head injury is not permitted to compete for the rest of the day.

If the medical staff rules a competitor to be medically disqualified, then that competitor will not be allowed to compete for the remainder of the tournament.

Fleeing

Any time a competitor flees the competition area to avoid a submission, the penalty is disqualification (DQ). If the competitor flees the mat to avoid being scored upon, the attacking competitor will be awarded 2 points and the match will begin in initial starting positions in the center of the mat.

If a competitor's natural method of escaping the submission causes them to leave the competition area, the competitor will not be disqualified, but 2 points will be awarded and both competitors will resume in initial starting positions in the center of the mat.

Penalties and Warnings

Coaches are not allowed inside the competition area unless they are brought in by staff or there is a medical emergency. Failure to stay in the designated coaching areas will result in a verbal warning for the 1st offense, forfeit of 10 team points for the 2nd offense, and disqualification of team points and removal from the tournament for the 3rd offense.

For competitors some infractions do not merit an immediate disqualification. In those situations, a warning will be issued to discourage that infraction from being repeated. Warnings are not limited to, but include:

- Arguing with the referee
- Disengaging from competition (avoiding contact with opponent, fleeing a sweep or takedown, etc.)
- Illegal grips (grabbing inside the opponent's sleeve or pant leg)
- Intentionally removing the Gi or belt during a match
- Pushing an opponent out of bounds
- Stalling (20 seconds of inactivity)
- Athletes have 20 seconds to tie their belts. Upon stopping the match, the referee will instruct the competitor they have 20 seconds to tie or they will be penalized, and begin watching their wrist watch.

Excessive penalties/warnings

When a warning is issued, the following penalties are applied:

- First Penalty - Verbal Warning
- Second Penalty - 2 points for opponent and penalty given to the competitor penalized
- Third Penalty - Disqualification

Hygiene and Uniform Guidelines

Competitors must follow the uniform and hygiene requirements to be permitted to compete. Failure to comply will result in disqualification.

Hygiene Guidelines

- Fingernails and toenails must be trimmed with no sharp edges.
- Fingernails and toenails must be clean with no dirt underneath them.
- Competitors with long hair must have it controlled so that it does not interfere with either the competitor or their opponent. Hair must be restricted above the shoulders.
- Competitor must not have any open cuts or lacerations.
- Competitor cannot compete if they have any active skin infections: ringworm, staph, herpes, chicken pox, etc.
- Skin must be dry and not be slippery (no lotions, oils or grease that can cause excess slippage)

Uniform Guidelines and Inspection

Upon reporting to the Pit, a competitor will need to remove any clothing or footwear they will not be competing in. Qualified Spark Submission Sports employees will inspect the competitors for proper uniform requirements as well as excessive hair products (no products or styles that can affect the match are allowed), jewelry, trimmed toenail & fingernails, hair length (not to exceed shoulders), excessive lotions or greasing and cleanliness.

If a uniform is damaged during a match, the referee will allow a competitor 5 minutes to change the uniform and return to the match. If the period of time exceeds 5 minutes, then the referee will disqualify the competitor.

General allowances

- Cups are not permitted.
- Headgear of any type is not permitted.
- Eyewear of any type is not permitted.
- Mouthpieces are not required.
- Wrestling shoes are not permitted.
- Elbow/Knee sleeves are permitted but cannot contain any hard plastic/metal or aid in preventing a submission.
- Bobby pins or any metal hairpins are not permitted.
- Grappling socks that cover the ball or heel of the foot are not permitted.
- Hair that passes shoulder length must be tied or braided.

Gi

- Competitor must wear a valid BJJ kimono.
- The kimono must not have any tears or loose thread.
- The kimono must be clean and be free of any excessive stains and odors.
- Any color kimono is permitted, however the top and bottoms must match.
- Belt must be intact and in decent shape with no hanging strings.
- Pants cannot be shorter than 2 inches above the ankle bone.
- Jacket sleeves cannot be shorter than 1 inch from the wrist.
- Patches cannot be used in a manner that prevents grips or to cover tears.
- Competitors are not allowed to wear t-shirts under their Gi.
- Rash guards are allowed under the Gi.

No Gi

- Competitor must wear a rash guard (t-shirts are not permitted)
- Short and long sleeve rash guards are permitted.
- Competitor may wear fight shorts, board shorts, spats, or Lycra shorts.
- Kimono pants are not permitted.
- Shorts with metal grommets are not permitted.
- Shorts with pockets are not permitted.
- Shorts with strings are permitted, however the strings must be tucked in and the shorts tied tight so that the shorts do not fall off during a match
- Wrestling singlets are not permitted.

Allowed Techniques

Gi - Allowed Techniques



GI 2023

ALL RANKS
4 thru 15

WHITE
16+

BLUE
16+

PURPLE - BLACK
16+

<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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ANKLE LOCK
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	BICEP SLICER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	CALF SLICER
<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"/>	HEEL HOOK
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	JUMPING GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	KNEEBAR
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REAPING THE KNEE
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLAM
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<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STRECHING THE LEGS APART
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	TOE HOLD
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WRIST LOCK

SPARK SUBMISSION SPORTS



NO GI 2023

JUVENILE - EXECUTIVE

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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BICEP SLICER
<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	HEEL HOOK
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	JUMPING GUARD
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	KNEE BAR
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	REAPING THE KNEE
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLAM
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<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SPINAL LOCKS AND NECK CRANKS
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<input type="checkbox"/>	<input 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

SPARK SUBMISSION SPORTS



NO GI 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...
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<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
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUBMISSIONS BELOW THE WAIST (EXCEPT STRECTING THE LEGS APART)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WRIST LOCK

SPARK SUBMISSION SPORTS