

ADULTS: LEGAL TECHNIQUES BY DIVISION

Referee and scoring table quick reference

LEGAL permitted **ILLEGAL** not permitted **NO-GI ONLY** legal in no-gi, illegal in gi

TECHNIQUE	JUVENILE / BEGINNER	INTERMEDIATE (BLUE)	ADVANCED (PURPLE)	ADVANCED (BROWN+)
ILLEGAL IN EVERY ADULT DIVISION				
Slam	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Suplex landing on the head or neck	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Scissor takedown	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Belt grab throwing a single-leg attacker onto their head Defending a single leg with the attacker's head outside. IBJJF row 25.	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Spinal lock without a choke (e.g. can opener)	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Bending fingers backward	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Suffocation (e.g. hand over the mouth)	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
Hair pulling, biting, striking, foul language, unsportsmanlike conduct	ILLEGAL	ILLEGAL	ILLEGAL	ILLEGAL
DIVISION DEPENDENT				
Jumping or flying guard and attacks Illegal for kids as well. IBJJF bans it under 15 and at white belt.	ILLEGAL	LEGAL	LEGAL	LEGAL
Intentional knee reaps Per IBJJF, permitted in no-gi only, at brown belt and above. Illegal in gi at every belt.	ILLEGAL	ILLEGAL	ILLEGAL	NO-GI ONLY
Heel hook	ILLEGAL	ILLEGAL	ILLEGAL	NO-GI ONLY
Knee twists	ILLEGAL	ILLEGAL	ILLEGAL	NO-GI ONLY
Toe hold, outward pressure on the foot	ILLEGAL	ILLEGAL	ILLEGAL	NO-GI ONLY
Bicep slicer	ILLEGAL	ILLEGAL	ILLEGAL	LEGAL
Calf slicer	ILLEGAL	ILLEGAL	ILLEGAL	LEGAL
Wrist lock	ILLEGAL	LEGAL	LEGAL	LEGAL
Single leg with the head on the outside Per IBJJF the referee stops the match and restarts standing. No penalty.	ILLEGAL	LEGAL	LEGAL	LEGAL
Toe hold, inward pressure	ILLEGAL	ILLEGAL	LEGAL	LEGAL
Straight knee bar	ILLEGAL	ILLEGAL	LEGAL	LEGAL
Straight foot lock, turning toward the foot not under attack	ILLEGAL	ILLEGAL	LEGAL	LEGAL
Straight ankle lock The only leg attack available to beginners.	LEGAL	LEGAL	LEGAL	LEGAL
Leg splitting	LEGAL	LEGAL	LEGAL	LEGAL
Lock inside closed guard compressing ribs or kidneys	LEGAL	LEGAL	LEGAL	LEGAL
Omo-plata, arm triangle, Ezekiel, frontal guillotine	LEGAL	LEGAL	LEGAL	LEGAL

REFEREE NOTES

- Beginners may use straight ankle locks and no other leg attack. No other foot locks, knee bars, or toe holds.
- No-gi only means legal in no-gi and illegal in gi, at that belt and above.
- Nothing here is stricter than the IBJJF rulebook (v6.1). Where the Manitoba Open is more permissive, the row says so.
- Anything not on the illegal list is permitted by default.

CHANGED IN SEPTEMBER 2026

- Aligned with IBJJF wherever the Manitoba Open was stricter. Now legal:
- Jumping guard from blue belt
- Bicep and calf slicers at Brown+
- Heel hooks, knee twists and outward toe holds at Brown+, no-gi only
- Added, illegal everywhere: Belt grab throwing a single-leg attacker onto their head (IBJJF row 25)