

ILLEGAL MOVES

Severe penalties and illegal techniques, all divisions

An athlete committing any of these is disqualified. The kids table is on page 2 and the adults table on page 3, each with its referee notes. Anything not listed is permitted by default.

CHANGED IN SEPTEMBER 2026

Three takedowns brought in from the Ontario ruleset in April 2026 are withdrawn and no longer appear on the rule sheets. They are legal again for every kids division, executed with control. Every row that was stricter than the IBJJF rulebook now matches it.

- Now legal: Head and arm throw
- Now legal: 2-arm seoinage (shoulder throw)
- Now legal: Over-the-head and sacrifice throws
- Now legal: Stretching the legs apart for Kids 14-15
- Now legal: Jumping guard from blue belt
- Now legal: Bicep and calf slicers at Brown+
- Now legal: 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)
- Single leg with the head on the outside stays illegal for kids and for juvenile and beginner adults, as under IBJJF.
- Jumping or flying guard stays illegal for kids and for juvenile and beginner adults.
- Slam, suplex on the head or neck, and the scissor takedown stay illegal for everyone.
- Kids 4-5 still take no submissions of any kind.
- Where the Manitoba Open is more permissive than IBJJF (submissions at 14-15, knee bars and toe holds at purple) nothing changed.

ALWAYS PROHIBITED, EVERY DIVISION

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| <ul style="list-style-type: none"> ■ Striking of any kind ■ Kicking ■ Eye gouging or fish hooking ■ Biting | <ul style="list-style-type: none"> ■ Hair pulling ■ Grinding the face with chin, hand, elbow, knee or shin ■ Small digit manipulation ■ Slippery substances on the body or clothing |
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KIDS

LEGAL permitted
 ILLEGAL not permitted
 NONE no submissions (Kids 4-5)

TECHNIQUE	KIDS 4-5	KIDS 6-13	KIDS 14-15
GENERAL SUBMISSIONS			
Armbar (straight)	NONE	LEGAL	LEGAL
Kimura	NONE	LEGAL	LEGAL
Americana	NONE	LEGAL	LEGAL
Omolata / gogoplata	NONE	ILLEGAL	LEGAL
Wrist lock	NONE	ILLEGAL	ILLEGAL
Bicep slicer	NONE	ILLEGAL	ILLEGAL
Leg splitting / stretching the legs apart IBJJF bans this to age 12 only.	NONE	ILLEGAL	LEGAL
Lock inside closed guard compressing ribs or kidneys	NONE	ILLEGAL	ILLEGAL
CHOKES			
Rear naked, collar, bow and arrow choke	NONE	LEGAL	LEGAL
Triangle (clean)	NONE	LEGAL	LEGAL
Triangle pulling the head to finish	NONE	ILLEGAL	LEGAL
Frontal guillotine	NONE	ILLEGAL	LEGAL
Ezekiel (choke with spinal lock)	NONE	ILLEGAL	LEGAL
Arm triangle	NONE	ILLEGAL	LEGAL
Neck crank, cervical lock, can opener	NONE	ILLEGAL	ILLEGAL
LEG LOCKS			
All leg attacks: heel hook, calf slicer, knee bar, toe hold, straight foot lock, knee reaps	NONE	ILLEGAL	ILLEGAL
TAKEDOWNS			
Slam	ILLEGAL	ILLEGAL	ILLEGAL
Suplex landing on the head or neck	ILLEGAL	ILLEGAL	ILLEGAL
Scissor takedown	ILLEGAL	ILLEGAL	ILLEGAL
Jumping or flying guard and attacks Also illegal for juvenile and beginner adults.	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
Single leg with the head on the outside Per IBJJF the referee stops the match and restarts standing. No penalty.	ILLEGAL	ILLEGAL	ILLEGAL
Single and double legs with the head inside, body locks, trips, foot sweeps, inside throws Executed with control.	LEGAL	LEGAL	LEGAL
CONDUCT			
Suffocation, finger or toe bending, hair pulling, biting, striking, foul language, unsportsmanlike conduct	ILLEGAL	ILLEGAL	ILLEGAL

REFEREE NOTES

- Kids 4-5 follow the kids rules with no submissions of any kind. Matches are decided on points, positional control, or referee decision.
- Kids 4-5 and 6-13 both sit inside the official Kids 13 and under division. They are split here only to show the 4-5 carve-out.
- Gi and No-Gi are identical.

ADULTS

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
Omoplata, 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.