

KIDS: LEGAL TECHNIQUES BY AGE

Referee and scoring table quick reference

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
Omoiplata / 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.

CHANGED IN SEPTEMBER 2026

- Withdrawn or relaxed this revision. Now legal for kids:
- Head and arm throw
- 2-arm seoinage (shoulder throw)
- Over-the-head and sacrifice throws
- Stretching the legs apart for Kids 14-15