

MANITOBA OPEN

Official Rulebook

Rules are based on the IBJJF rulebook for points, with the Manitoba Open changes noted below.

Reference: www.ibjjf.org/rules.htm

MATCH LENGTH

Match time

- Kids: 3 minutes
- Teens: 4 minutes
- Adults: 5 minutes

Overtime

- A drawn match adds a 1-minute overtime period.
- Both athletes start standing. The first to score wins.

MATCH DECISION

A match is decided by one of the following, in order of priority:

- Submission
- Stoppage
- Disqualification
- Loss of consciousness
- Score
- Referee decision

Submission

- The athlete taps twice with a hand on the opponent, the ground, or themselves, clearly and apparently.
- The athlete taps the ground twice with a foot when the arms are trapped.
- The athlete verbally withdraws, asking for the match to stop.
- The athlete screams or makes a noise expressing pain while trapped in a submission.

Stoppage

- When the referee perceives that a hold may expose an athlete to serious injury.

Disqualification

- When one or both athletes commit an infraction listed in the illegal moves table.

Loss of consciousness

- An athlete loses on losing consciousness to a legal hold, or to an accident not caused by an illegal manoeuvre.
- An athlete who loses consciousness to head trauma does not compete again in the same tournament and is directed to medical staff.

Referee decision

- On a draw, the referee decides the winner on aggression through the match.

POINTS

Athletes must demonstrate control to be awarded points.

4 POINTS

Mount · Back mount · Back control

3 POINTS	Guard pass
2 POINTS	Takedown · Knee on belly · Sweep

No points are awarded for reversals.

Takedown (2)

- Awarded to the athlete who initiates a takedown where the opponent lands on any part of their back, sideways, or seated, and control is maintained.
- If the opponent lands on hands and one or both knees, the initiating athlete must establish control to score.

Sweep (2)

- The bottom athlete, with the opponent in guard or half-guard, inverts the position so the top athlete ends up on the bottom.

Knee on belly (2)

- From side control, a knee on the belly, chest, or ribs of the bottom athlete, the other leg extended diagonally with the foot on the ground, body facing the opponent's head, showing control.

Submission position (2)

- If a submission is applied under apparent threat and one or both athletes leave the match area, the attacking athlete is awarded 2 points and the match restarts standing in the middle.

Guard pass (3)

- The top athlete surmounts the opponent's legs and maintains side control, mount, or north-south.

Mount (4)

- On top and clear of the guard, sitting on the torso with two knees, or one foot and one knee, on the ground, facing the opponent's head, with up to one arm trapped under the leg.

Back mount (4)

- On top and clear of the guard, sitting on the back with two knees on the ground, facing the opponent's head. Hooks are not required.

Back control (4)

- Both heels between the opponent's thighs without crossing the legs, in a position to trap up to one arm.

Cumulative points

- Points accumulate through a progression when three-second control in the final position continues from the earlier ones. Guard pass to side control to mount scores 3 + 0 + 4.
- Knee on belly scores once per progression.
- Giving up a position to score it again does not score again. Mount to side control to mount adds nothing.

PENALTIES

Warnings

- Following IBJJF guidelines, the referee gives two warnings. On the third, the opponent is awarded 2 points. On the fourth, the offending athlete is disqualified.
- This includes stalling.

Knee reaping

- Following IBJJF guidelines, intentional knee reaping is not allowed, except in adult no-gi divisions at brown belt and above.
- The reaping leg may not cross the centre line of the opponent at any time. It may rest on the hip or shoulder.
- An accidental knee reap is a warning, and the position resets without the reap.
- An intentional knee reap is an immediate warning and infraction. A second may result in disqualification from the tournament.

Referee interference

- Disparaging or confrontational remarks toward a referee are not tolerated and may result in disqualification. This applies to coaches and athletes alike.
- Any match can be escalated to a head referee for discussion and remediation.
- Spectators behaving this way will be asked to leave the venue.

UNIFORM

Gi

- Gis must be in good condition, sleeves reaching the wrist and pants close to the ankle.
- A gi judged too short in the sleeves or pants means finding a replacement before the match. Final discretion rests with the organizer and referee.

No-Gi

- Shorts and a tight-fitting shirt. Singlets and going without a shirt are not acceptable.

ILLEGAL MOVES: KIDS

An athlete committing any of these is disqualified. Kids 4-5 follow the kids rules with no submissions of any kind.

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
Omoplata / 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.

ILLEGAL MOVES: 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.

ALWAYS PROHIBITED, EVERY DIVISION

- Striking of any kind
- Kicking
- Eye gouging or fish hooking
- Biting
- Hair pulling
- Grinding the face with chin, hand, elbow, knee or shin
- Small digit manipulation
- Slippery substances on the body or clothing