

COMING FROM OJA

Reading the Ontario kids chart across to the Manitoba ruleset

The MJA ruleset governs this event. This sheet lets you read across from the OJA chart you already know. Rows marked DIFFERS are where MJA permits something OJA bans for kids. Check those first.

TECHNIQUE	UNDER MJA	UNDER OJA	
Armbar (straight)	Legal for kids 6+	From 6-7 colour belt	
Kimura	Legal for kids 6+	From age 8-9	
Americana	Legal for kids 6+	From age 8-9	
Omoplata / gogoplata	Illegal 6-13, legal 14-15	Banned for all kids	DIFFERS
Wrist lock	Illegal for all kids	Banned for all kids	
Bicep slicer	Illegal for all kids	Banned for all kids	
Leg splitting / stretching the legs apart	Illegal 6-13, legal 14-15	Banned for all kids	DIFFERS
Rear naked, collar, bow and arrow choke	Legal for kids 6+	From age 8-9	
Triangle (clean)	Legal for kids 6+	From age 8-9	
Triangle pulling the head to finish	Illegal 6-13, legal 14-15	Banned for all kids	DIFFERS
Frontal guillotine	Illegal 6-13, legal 14-15	Banned for all kids	DIFFERS
Ezekiel (choke with spinal lock)	Illegal 6-13, legal 14-15	Banned for all kids	DIFFERS
Arm triangle	Illegal 6-13, legal 14-15	Banned for all kids	DIFFERS
Neck crank, cervical lock, can opener	Illegal for all kids	Banned for all kids	
All leg attacks: heel hook, calf slicer, knee bar, toe hold, straight foot lock, knee reaps	Illegal for all kids	Banned for all kids	
Slam	Illegal for all kids	Banned, all ages	
Suplex landing on the head or neck	Illegal for all kids	Banned, all ages	
Scissor takedown	Illegal for all kids	Banned, all ages	
Jumping or flying guard and attacks	Illegal for all kids	Banned, all ages	
Single leg with the head on the outside	Illegal for all kids	Banned, all ages	
Suffocation, finger or toe bending, hair pulling, biting, striking, foul language, unsportsmanlike conduct	Illegal for all kids	Banned, all ages	
Head and arm throw	Legal for all kids	Banned, all ages	DIFFERS
2-arm seoinage (shoulder throw)	Legal for all kids	Banned, all ages	DIFFERS
Over-the-head and sacrifice throws	Legal for all kids	Banned, all ages	DIFFERS

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.
- Anything not on the MJA illegal list is permitted by default.
- The last three rows were illegal under MJA between April and September 2026. They are withdrawn from the rule sheets and legal again for every kids division.