

KGF Open Rules — Adults

One-page cheat sheet for the Adult division (18–29) — belts, match times, weight classes, scoring, and which submissions unlock at each belt.

BELTS & MATCH DURATION

Belt	Time
White	5 min
Blue	6 min
Purple	7 min
Brown	8 min
Black	10 min

Adult = ages 18–29. Masters 1–7 (30+) use shorter times.

SCORING

Action	Pts
Takedown	2
Sweep	2
Knee-on-belly	2
Guard pass	3
Mount	4
Back control (2 hooks)	4

3-sec hold to score. Submission = instant win. Advantages break ties only.

WEIGHT DIVISIONS — GI (kg)

Class	Male	Female
Rooster	≤57.5	≤48.5
Light Feather	57.5–64	48.5–53.5
Feather	64–70	53.5–58.5
Light	70–76	58.5–64
Middle	76–82.3	64–69
Medium Heavy	82.3–88.3	69–74
Heavy	88.3–94.3	74–79.3
Super Heavy	94.3–100.5	79.3+ (open)
Ultra Heavy	100.5+	—

No-Gi cutoffs run ~1.5–2 kg lower per class.

WHAT UNLOCKS AT EACH BELT (GI)

White — legal: Straight ankle lock (turn away from the free leg), armbar, kimura, americana, omoplata, triangle (head-pull ok), arm-triangle, Ezekiel, frontal guillotine, collar/lapel chokes, RNC, bow-and-arrow.

White — illegal: Wrist lock; kidney/rib-compressing closed-guard locks; single-leg TD w/ head outside body; slicers; kneebar; toehold; heel hook; knee reaping; wrong-direction footlock turn.

Blue & Purple — newly legal: Wrist lock; kidney/rib-compressing closed-guard locks; single-leg takedown with head outside opponent's body.

Blue & Purple — still illegal: Bicep/calf slicer, kneebar, toehold, heel hook, knee reaping, wrong-direction footlock turn.

Brown & Black, Gi — newly legal: Bicep slicer, calf slicer, kneebar, toehold, turning toward the free leg in a footlock.

Brown & Black, Gi — still illegal: Heel hook, knee-twisting locks, knee reaping, outward toehold pressure.

Brown & Black, No-Gi ONLY — newly legal: Heel hook, knee-twisting locks, knee reaping, outward toehold pressure (2021 change — No-Gi looser than Gi here).

Illegal for every belt, Gi & No-Gi: slams; spinal locks without a choke (neck cranks); scissor/flying-scissor takedown; bending fingers backward; belt-grab throw to the head while defending a single leg; suplex takedowns landing on the head/neck.

White-belt-only foul: jumping into closed guard while the opponent is standing. Referee stops the match and restarts both athletes standing — no points awarded, no penalty.