

KGF Open Rules — Youth

One-page cheat sheet for youth divisions (ages 4–17) — age/belt structure, match times, and legal/illegal techniques.

AGE DIVISIONS & BELTS

Division	Age
Mighty Mite 1 / 2 / 3	4 / 5 / 6
Pee Wee 1 / 2 / 3	7 / 8 / 9
Junior 1 / 2 / 3	10 / 11 / 12
Teen 1 / 2 / 3	13 / 14 / 15
Juvenile 1 / 2	16 / 17

Belts (ages 4–15): White → Grey → Yellow → Orange → Green (each with plain/white/black stripes).
Ages 16–17 (Juvenile): White → Blue → Purple only — Brown & Black start in the Adult division (18+/19+). Age = current year minus birth year.

MATCH DURATION

Division	Time
Mighty Mite (1–3)	2 min
Pee Wee (1–3)	3 min
Junior & Teen (all)	4 min
Juvenile 1 & 2	5 min

WEIGHT DIVISIONS

Each age division has its own weight brackets (Rooster → Super Heavy naming), with lb/kg cutoffs that shift slightly year to year. Always confirm exact limits on the specific event's bracket sheet at ibjjf.com before weigh-ins.

SPECIAL FOUL RULE

White belts, all ages: jumping into closed guard while the opponent is standing is a serious foul. Referee stops the match and restarts both athletes standing — no points awarded.

PROHIBITED TECHNIQUES — ALL YOUTH (AGES 4–17, ALL BELTS)

Leg attacks: Heel hook, knee bar, toe hold (or outward foot pressure), straight foot lock (and turning the wrong direction), knee reaping, calf slicer, bicep slicer

Chokes & joint locks: Ezekiel choke, frontal guillotine, arm-triangle, any choke with a spinal lock, spinal locks without a choke, omoplata, triangle while pulling the head, wrist lock, rib/kidney-compressing closed-guard locks, submissions that stretch the legs apart

Takedowns & slams: Slams, suplex takedowns (landing on head/neck), scissor takedown, single-leg takedown with attacker's head outside opponent's body, belt-grab throws to the head

Other: Bending fingers backward

Generally allowed (not on the prohibited list): armbar, kimura, americana, rear naked choke, cross-collar & lapel chokes, bow-and-arrow choke, and the triangle choke as long as the head isn't pulled.