

RULES UPDATE GUIDE - 2024 - VALID FROM JANUARY 1ST 2024

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6.2.1 Stalling

Update: A - Stalling is defined by one athlete clearly not pursuing positional progression in a match.

New point: F - If an athlete is in the 50/50 guard position and grips the lapel or the belt of their opponent, the athlete will immediately receive an 'Action!' call and has 10 seconds to pursue positional progression. If positional progression has not been achieved by the end of the 10 second period the athlete will receive a penalty for stalling as described in rule 7.3.1, regardless of intention.

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Update:

TABLE: TECHNICAL FAULTS - ILLEGAL MOVES

	4 to 12 years old	13 to 15 years old	16 & 17 years old (all ranks) and white belts (Adult to Master 7)	Adult to Master 7 (blue & purple belts)	Adult to Master 7 (brown & black belts) Except Adult No Gi	Adult (brown & black belts) No Gi	
1	⊗	⊙	⊙	⊙	⊙	⊙	Submission techniques stretching legs apart
2	⊗	⊗	⊙	⊙	⊙	⊙	Choke with spinal lock
3	⊗	⊗	⊙	⊙	⊙	⊙	Straight foot lock
4	⊗	⊗	⊙	⊙	⊙	⊙	Forearm choke using the sleeve (Ezequiel choke)
5	⊗	⊗	⊙	⊙	⊙	⊙	Frontal guillotine choke
6	⊗	⊗	⊙	⊙	⊙	⊙	Omoplata
7	⊗	⊗	⊙	⊙	⊙	⊙	Triangle (pulling head)
8	⊗	⊗	⊙	⊙	⊙	⊙	Arm triangle
9	⊗	⊗	⊗	⊙	⊙	⊙	Lock inside the closed guard with legs compressing kidneys or ribs
10	⊗	⊗	⊗	⊙	⊙	⊙	Wrist lock
11	⊗	⊗	⊗	⊙	⊙	⊙	Single leg takedown while the attacking athlete has their head outside the opponent's body
12	⊗	⊗	⊗	⊗	⊙	⊙	Bicep slicer
13	⊗	⊗	⊗	⊗	⊙	⊙	Calf slicer
14	⊗	⊗	⊗	⊗	⊙	⊙	Kneebar
15	⊗	⊗	⊗	⊗	⊙	⊙	Toe hold
16	⊗	⊗	⊗	⊗	⊙	⊙	In straight foot lock, turning in the direction of foot not under attack
17	⊗	⊗	⊗	⊗	⊗	⊙	Heel hook
18	⊗	⊗	⊗	⊗	⊗	⊙	Locks twisting the knees.
19	⊗	⊗	⊗	⊗	⊗	⊙	Knee reaping (See definition on page 31)
20	⊗	⊗	⊗	⊗	⊗	⊙	In toe hold, applying outward pressure on the foot
21	⊗	⊗	⊗	⊗	⊗	⊗	Slam
22	⊗	⊗	⊗	⊗	⊗	⊗	Spinal lock without choke
23	⊗	⊗	⊗	⊗	⊗	⊗	Scissor takedown
24	⊗	⊗	⊗	⊗	⊗	⊗	Bending fingers backwards
25	⊗	⊗	⊗	⊗	⊗	⊗	Grabbing the opponent's belt and throwing them to the floor on their head while defending a single leg takedown with the opponent's head on the outside of the body
26	⊗	⊗	⊗	⊗	⊗	⊗	Suplex takedown technique forcing the opponent's head or neck into the ground

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7.1 Major Faults

Update: Disciplinary Faults: Disqualification from the match and the competition at the moment of the infraction. If an athlete is disqualified from a Gi event and is also signed up for No-Gi, they will be disqualified from both events.

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8.2 Hygiene

Update: 8.2.3 Athletes will be disqualified if they are wearing hair dye or makeup that stains their opponent's Gi during a match.