

Techniques by division

Gi and No-Gi; adult No-Gi Elite / Expert has a separate chart. Red dots on the source graphic are interpreted as prohibited; blank cells as allowed.

Technique	4–12 years	13–15 years	16–17 · all belts	Adult & Master · white–purple	Adult & Master · brown & black
Submission stretching the opponent's legs apart	Prohibited	Allowed	Allowed	Allowed	Allowed
Choke with spinal lock	Prohibited	Prohibited	Allowed	Allowed	Allowed
Straight foot lock	Prohibited	Prohibited	Allowed	Allowed	Allowed
Forearm choke (Ezekiel)	Prohibited	Prohibited	Allowed	Allowed	Allowed
Front guillotine choke	Prohibited	Prohibited	Allowed	Allowed	Allowed
Omoplata	Prohibited	Prohibited	Allowed	Allowed	Allowed
Triangle, pulling the head	Prohibited	Prohibited	Allowed	Allowed	Allowed
Arm triangle	Prohibited	Prohibited	Allowed	Allowed	Allowed
Closed-guard compression of kidneys or ribs	Prohibited	Prohibited	Prohibited	Allowed	Allowed
Wrist lock	Prohibited	Prohibited	Prohibited	Allowed	Allowed
Single leg with the attacker's head outside	Prohibited	Prohibited	Prohibited	Allowed	Allowed
Biceps slicer	Prohibited	Prohibited	Prohibited	Prohibited	Allowed
Calf slicer	Prohibited	Prohibited	Prohibited	Prohibited	Allowed
Knee bar	Prohibited	Prohibited	Prohibited	Prohibited	Allowed
Toe hold	Prohibited	Prohibited	Prohibited	Prohibited	Allowed
Heel hook	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Knee-twisting locks	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Knee reaping	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Straight foot lock: turning toward the foot not under attack	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Toe hold: outward pressure on the foot	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Slam	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Spinal lock without a choke	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Scissor takedown (kani basami)	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Bending fingers backward	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Belt-grip head-first throw while defending an outside-head single leg	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Suplex landing the opponent on the head or neck	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited

Adult No-Gi Elite / Expert

8-minute match. Slams and scissor takedowns are prohibited. Squeezing the trachea remains prohibited under the currently published rules.

The source graphic references an undefined single-leg footnote and knee-reaping definition; these remain to be clarified.

Technique	Status
Submission stretching the opponent's legs apart	Allowed
Choke with spinal lock	Allowed
Spinal lock without a choke	Allowed
Straight foot lock	Allowed
Forearm choke (Ezekiel)	Allowed
Front guillotine choke	Allowed
Omplata	Allowed
Triangle, pulling the head	Allowed
Arm triangle	Allowed
Closed-guard compression of kidneys or ribs	Allowed
Wrist lock	Allowed
Single leg with the attacker's head outside	Allowed
Biceps slicer	Allowed
Calf slicer	Allowed
Knee bar	Allowed
Toe hold	Allowed
Heel hook	Allowed
Knee-twisting locks	Allowed
Knee reaping	Allowed
Straight foot lock: turning toward the foot not under attack	Allowed
Toe hold: outward pressure on the foot	Allowed
Covering the opponent's mouth and nose	Allowed
Slam	Prohibited
Scissor takedown (kani basami)	Prohibited
Bending fingers backward	Prohibited
Suplex landing the opponent on the head or neck	Prohibited

Children and teen weight classes

Gi and No-Gi, male and female. Kilograms are as printed; pounds are approximate conversions, not independent weigh-in thresholds.

Division	Little Owls 4–5	Owls 6–7	Hawks 8–9	Falcons 10–11	Eagles 12–13	Teens 14–15
Rooster	12 kg ≈ 26.5 lb	15 kg ≈ 33.1 lb	18 kg ≈ 39.7 lb	25.5 kg ≈ 56.2 lb	35 kg ≈ 77.2 lb	54 kg ≈ 119 lb
Bantam	14 kg ≈ 30.9 lb	17 kg ≈ 37.5 lb	21 kg ≈ 46.3 lb	29 kg ≈ 63.9 lb	38 kg ≈ 83.8 lb	58 kg ≈ 127.9 lb
Feather	16 kg ≈ 35.3 lb	19 kg ≈ 41.9 lb	24 kg ≈ 52.9 lb	32 kg ≈ 70.5 lb	43 kg ≈ 94.8 lb	62 kg ≈ 136.7 lb
Light	18 kg ≈ 39.7 lb	21 kg ≈ 46.3 lb	27 kg ≈ 59.5 lb	35.5 kg ≈ 78.3 lb	47 kg ≈ 103.6 lb	66 kg ≈ 145.5 lb
Middle light	20 kg ≈ 44.1 lb	23 kg ≈ 50.7 lb	30 kg ≈ 66.1 lb	39 kg ≈ 86 lb	51 kg ≈ 112.4 lb	70 kg ≈ 154.3 lb
Middle	22 kg ≈ 48.5 lb	25 kg ≈ 55.1 lb	33 kg ≈ 72.8 lb	42.5 kg ≈ 93.7 lb	55 kg ≈ 121.3 lb	75 kg ≈ 165.3 lb
Middle heavy	24 kg ≈ 52.9 lb	27 kg ≈ 59.5 lb	36 kg ≈ 79.4 lb	46 kg ≈ 101.4 lb	59 kg ≈ 130.1 lb	80 kg ≈ 176.4 lb
Heavy	26 kg ≈ 57.3 lb	29 kg ≈ 63.9 lb	39 kg ≈ 86 lb	49.5 kg ≈ 109.1 lb	69 kg ≈ 152.1 lb	85 kg ≈ 187.4 lb
Super heavy	> 26 kg ≈ 57.3 lb	> 29 kg ≈ 63.9 lb	> 39 kg ≈ 86 lb	> 49.5 kg ≈ 109.1 lb	> 69 kg ≈ 152.1 lb	> 85 kg ≈ 187.4 lb

The graphic pairs 69 kg with 133 lb; this guide uses 69 kg and calculates approximately 152.1 lb. The intended limit is provisional. The Teens 14–15 and Juvenile 15–17 age ranges overlap at age 15. Eligibility is not assigned by this guide.

Juvenile male - 15–17 years

The Teens 14–15 and Juvenile 15–17 age ranges overlap at age 15. Eligibility is not assigned by this guide.

Division	Weight limit	Approx. pounds
Rooster	Up to 54 kg	≈ 119 lb
Bantam	Up to 58 kg	≈ 127.9 lb
Feather	Up to 62 kg	≈ 136.7 lb
Light	Up to 66 kg	≈ 145.5 lb
Middle light	Up to 70 kg	≈ 154.3 lb
Middle	Up to 75 kg	≈ 165.3 lb
Middle heavy	Up to 80 kg	≈ 176.4 lb
Heavy	Up to 85 kg	≈ 187.4 lb
Super heavy	Over 85 kg	> 187.4 lb

Juvenile female - 15–17 years

The Teens 14–15 and Juvenile 15–17 age ranges overlap at age 15. Eligibility is not assigned by this guide. Juvenile female limits are from the currently published weight PDF; no juvenile female graphic was supplied.

Division	Weight limit	Approx. pounds
Up to 44 kg	Up to 44 kg	≈ 97 lb
Up to 48 kg	Up to 48 kg	≈ 105.8 lb
Up to 52 kg	Up to 52 kg	≈ 114.6 lb
Up to 56 kg	Up to 56 kg	≈ 123.5 lb
Up to 60 kg	Up to 60 kg	≈ 132.3 lb
Up to 65 kg	Up to 65 kg	≈ 143.3 lb
Up to 69 kg	Up to 69 kg	≈ 152.1 lb
Up to 74 kg	Up to 74 kg	≈ 163.1 lb
Over 74 kg	Over 74 kg	> 163.1 lb

Adult and Master male

Provisional: Heavy is up to 100 kg and Super heavy is over 100 kg, resolving the duplicated +100 on the poster.

Division	Weight limit	Approx. pounds
Rooster	Up to 60 kg	≈ 132.3 lb
Feather	Up to 66 kg	≈ 145.5 lb
Light	Up to 72 kg	≈ 158.7 lb
Middle	Up to 80 kg	≈ 176.4 lb
Middle heavy	Up to 90 kg	≈ 198.4 lb
Heavy	Up to 100 kg	≈ 220.5 lb
Super heavy	Over 100 kg	> 220.5 lb

Absolute divisions

Up to 80 kg / Over 80 kg - PROVISIONAL

Provisional continuous split: up to 80 kg / over 80 kg. The poster says over 81 kg.

Adult and Master female

Adult female limits follow the supplied English and Portuguese graphics.

Division	Weight limit	Approx. pounds
Flyweight	Up to 48 kg	≈ 105.8 lb
Bantamweight	Up to 53 kg	≈ 116.8 lb
Featherweight	Up to 58 kg	≈ 127.9 lb
Lightweight	Up to 64 kg	≈ 141.1 lb
Welterweight	Up to 69 kg	≈ 152.1 lb
Middleweight	Up to 74 kg	≈ 163.1 lb
Light heavyweight	Up to 79.3 kg	≈ 174.8 lb
Heavyweight	Over 79.3 kg	> 174.8 lb

Absolute divisions

Up to 64 kg / Over 64 kg

Women's absolute limits are from the current published PDF.