



Practical BJJ Competition Guide

Scoring, fouls and legal techniques by belt.
IBJJF rules · Technique glossary.

MUNTANYA JIU-JITSU · SORT

School affiliated with Team Ganbaru · Do your best

1. Scoring table

Action	Points	Condition for the referee to score it
Takedown or throw	2	The opponent lands on their back or side and you keep a dominant position. The only action that doesn't require the full 3 seconds.
Sweep	2	From guard you invert the position and end up on top with stable control for 3 seconds.
Knee on belly	2	Knee resting on the torso, the other foot on the mat, in base, 3 seconds.
Guard pass	3	You get past the legs and establish side control, north-south or equivalent for 3 seconds.
Mount	4	Seated on the torso, knees or feet on the mat, above the armpit line, 3 seconds.
Back control	4	From behind with both hooks in or a body triangle on the torso, 3 seconds.

Master rule: you must stabilise the position for **3 seconds** for it to score. The only exception is the takedown, which scores when the opponent lands on their back or side.

2. Nuances that decide matches

Takedown. If the opponent lands seated or on their knees and you don't consolidate on top, no points. If they sit down voluntarily before you take them down, none either.

Sweep. If you stand up from guard and end up on your feet with no control on the ground, it isn't a sweep: it's a position recovery and doesn't score.

Knee on belly. Doesn't score if you come from mount. You can't "step down" to a lesser position to collect extra points.

Guard pass. Half guard doesn't count as a pass. You must clear the opponent's legs completely.

Mount. The knees can't sit below the armpit line. Technical mount, with one knee up, is valid.

Back. Without both hooks there are no points, even if you control the back. Crossed heels over the body can be ruled illegal.

3. Advantages

When you attempt a scoring action and come close without completing it, the referee may award an advantage. Typical cases: you almost sweep but the opponent recovers base, you almost pass but they recover guard, or a submission that forces a desperate defence.

Advantages only break ties. If you're up 4-2 on points, it doesn't matter if your opponent has 5 advantages: you win. Advantages never outrank points.

4. Fouls: three different levels

This is the point that creates the most confusion. Not all fouls accumulate.

Serious fouls — these do accumulate

Stalling or lack of combativeness, fleeing the match area to escape, pulling guard as a white belt, disobeying the referee. Penalties for serious fouls and for lack of combativeness accumulate with each other:

Foul	Consequence
1st	The penalty is recorded (warning)
2nd	One advantage for the opponent
3rd	2 points for the opponent
4th	Disqualification

Severe fouls — immediate disqualification

Applying a **technique that is forbidden in your division** is a severe foul (rule 6.2.3 M) and means **immediate disqualification** from the match. There is no prior warning and no accumulation: attempting a heel hook as a blue belt eliminates you on the spot.

Disciplinary fouls

Biting, hair pulling, striking, pressing genitals or eyes, or applying traumatic blows (punches, elbows, knees, headbutts, kicks). They mean **immediate disqualification from the match and from the competition**.

5. How the match is decided

1. **Submission** — ends the match instantly, whatever the score.
2. **Points** when time runs out.
3. **Advantages**, if the points are tied.
4. **Penalties**, if points and advantages are tied: fewest wins.
5. **Referee's decision**, if everything is still tied. Whoever chased the finish more and controlled the pace is favoured.

6. Legal techniques by belt

The IBJJF doesn't apply one single list to everyone. Its official matrix contains **26 technical situations** spread across six columns by age, belt and, in one single case, whether the match is gi or No-Gi. It works like a cumulative ladder: each rung unlocks a block, and everything above it stays forbidden.

Division	Forbidden rows (of 26)
4 to 12 years old	1 to 26 (all)
13 to 15 years old	2 to 26
16-17 any belt, plus white belt from Adult to Master 7	9 to 26
Blue and purple, Adult to Master 7	12 to 26
Brown and black, Adult to Master 7, except adult No-Gi	17 to 26



Adult brown and black in No-Gi

21 to 26

Adult white belt what they can use

Already allowed: straight ankle lock, ezeziel, front guillotine, omoplata, triangle pulling the head, arm triangle and submissions that open the legs.

Still forbidden: squeezing kidneys or ribs with the legs from closed guard, wrist locks, the single leg with the head on the outside, and everything belonging to the higher belts.

Rulebook nuance: the single leg with the head outside is listed as forbidden, but the official poster's note states the athlete will not be penalised for it.

Blue belt

Unlocks only three things: rib or kidney compression from closed guard, wrist locks and the single leg with the head on the outside.

Purple belt

Unlocks nothing new over blue. Blue and purple share a column in the official matrix. **It is the most repeated error in the guides circulating online.**

Brown and black, with the gi

Unlock: bicep slicer, calf slicer, kneebar, toe hold and turning towards the non-attacked foot during a straight footlock.

Adult brown and black, No-Gi only

Unlock: heel hooks, knee-twisting locks, knee reaping and the toe hold with outward pressure.

Master divisions don't get this exception: a Master brown or black belt competing No-Gi stays in the previous column.

Forbidden for absolutely everyone, no exception: slams · spinal locks without a choke · scissor takedown (kani basami) · bending fingers backwards · grabbing the belt and throwing the opponent onto their head while defending a single leg · any suplex that lands the opponent on their head or neck.

Jumping to guard

It's not part of the 26-row matrix: it sits apart, under rule 6.2.2(W), as a **serious foul**. It applies to all white belts of any age and to every division up to 15 years old at any belt, when the opponent is still standing. It includes attacks that start by jumping to guard, such as the flying triangle or flying armbar. The referee restarts both standing. If you jump to guard while defending a takedown or sweep, the opponent also gets 2 points.

7. Differences in No-Gi

The points system is identical. What changes is everything else: no collar or sleeve grips, all lapel chokes disappear, and the last column of the matrix opens for adult brown and black belts (heel hooks and knee reaping).

Before you compete: every federation scores differently. ADCC awards no points during the first half of the match, and other circuits are submission-only. Always check the ruleset of the specific event, not just the IBJJF's.

8. Technique glossary

Positions

Closed guard, open guard, half guard, De La Riva, reverse De La Riva, X-guard, single-leg X (half X), spider guard, lasso, butterfly guard, seated guard, knee shield, 50/50 guard, gomo guard, mount, S-mount, technical mount, side control, Kesa Gatame, north-south, knee on belly, back control, crucifix, truck.

Chokes

From the back: rear naked choke (mata leão), bow and arrow, collar choke, short choke.

From guard and top: triangle, arm triangle, cross collar choke, loop choke, baseball bat choke, bread cutter, brabo, ezequiel, gogoplate, clock choke, north-south choke, d'arce, anaconda, peruvian necktie, japanese necktie, guillotine in its arm-in, high elbow and marceloteen variants.

Arm locks

Armbar / juji gatame, americana (keylock), kimura, omoplata, monoplata, baratoplata, mir lock, bicep slicer, wrist lock (mão de vaca).

Leg locks

Straight ankle lock, inside and outside heel hook, toe hold, kneebar, calf slicer, estone lock, aoki lock, 50/50 heel hook.

Sweeps

Scissor sweep, hip bump, flower sweep (pêndulo), butterfly sweep, hook sweep, X-guard sweep, De La Riva sweep, berimbolo, kiss of the dragon, tomoe nage, tripod sweep, sickle sweep, waiter sweep, overhead sweep, lumberjack sweep, John Wayne sweep.

Guard passes

Toreando (bullfighter), knee slice / knee cut, double under, over-under, stack pass, leg drag, X-pass, long step, smash pass, folding pass, headquarters (HQ), body lock pass, cartwheel pass, floating pass.

Takedowns and throws

Double leg (morote gari), single leg, ankle pick, arm drag, snap down, uchi mata, osoto gari, seoi nage, harai goshi, tai otoshi, kouchi gari, ouchi gari, sumi gaeshi, foot sweep (de ashi barai), duck under, blast double.

Escapes and transitions

Shrimping (hip escape), bridge and roll (upa), granby roll, technical stand-up, frame and escape, ginástica natural, inverting, guard recovery, wrestle-up, sit-up escape.

Controls and concepts

Underhook, overhook, grips (collar, sleeve, neck, trousers), frames, hooks, body triangle, Saddle (411 / honey hole), Ashi Garami, Outside Ashi, Inside Sankaku, backstep, hip switch, posting, base, pressure passing.

Refereeing terms

Vantagem (advantage), punição (penalty), serious foul, severe foul, disciplinary foul, stalling / lack of combativeness, combate (order to resume), parou (stop), luta (fight).

Competition guide of **Muntanya Jiu-Jitsu (Sort)**, based on the IBJJF Rules Book (June 2024, v6.0/6.1) and the official technical fouls and illegal moves poster (2024, v4.0). The 26-row matrix is indicative: the poster itself warns that its examples don't cover every forbidden variant. Check the current version at ibjjf.com and the specific event's ruleset before competing. School affiliated with Team Ganbaru · Do your best.