

IBJJF Knee Reaping Rules (2024) – Instructor Handout

This handout summarizes the 2024 IBJJF rules regarding knee reaping, with distinctions between adult, masters, and children's divisions. It is intended for BJJ instructors to help ensure safe and rule-compliant training and competition environments.

Definition of Knee Reaping:

Knee reaping occurs when an athlete places their thigh behind the opponent's leg and passes their calf across the opponent's body above the knee, placing the foot beyond the opponent's midline and applying inward pressure on the knee. The position is illegal for lower belts and youth divisions due to the risk of knee injury.

Rules by Rank and Age Division:

Children (Ages 4–15): Knee reaping is strictly prohibited. Any leg crossing the opponent's midline or applying torque is a severe foul, resulting in immediate disqualification.

Juvenile (Ages 16–17, all belts): Reaping is illegal. Crossing the midline without torque is a serious foul; twisting pressure is a severe foul (DQ).

Adult & Masters White–Purple Belts: Reaping is illegal. Crossing the midline = penalty. Twisting or applying submission pressure = disqualification.

Adult & Masters Brown–Black Belts: Crossing the midline is permitted provided no twisting pressure is applied. If torque is applied, it's a severe foul (DQ).

Division Summary Table

Division	Belts	Reaping Allowed?	Penalty
Children (4–15)	All belts	No	Immediate Disqualification
Juvenile (16–17)	All belts	No	Penalty or Disqualification
Adult White–Purple	All	No	Penalty or Disqualification
Adult Brown–Black	Brown/Black	Yes (no twist)	Legal unless torque/submission
Masters White–Purple	All	No	Penalty or Disqualification
Masters Brown–Black	Brown/Black	Yes (no twist)	Legal unless torque/submission

Foul Severity by Belt Level

Belt Level	Action	Classification	Penalty
White–Purple	Foot crosses midline, no twist	Serious Foul	Stop, reset, warning & penalty
White–Purple	Twisting pressure or submission	Severe Foul	Disqualification
Brown–Black	Crossing midline, no twist	Legal	No penalty
Brown–Black	Twisting pressure/submission hold	Severe Foul	Disqualification

Safety and Teaching Notes:

The IBJJF prohibits reaping in youth and lower-belt divisions to protect the MCL and meniscus from twisting forces. Athletes should be trained to recognize dangerous knee angles and avoid torque in leg entanglements. Instructors are responsible for ensuring that training drills and positional sparring adhere to these safety standards.

Appendix: Source References

This summary integrates the following official IBJJF documents (valid January 1, 2024):

- IBJJF Rules Book – Version 6.1 (June 2024), pp. 29–34: Technical Fouls, Knee Reaping Definition.
- IBJJF Golpes Proibidos (Illegal Moves) – 2024 Edition: Knee Reaping illustrations and definitions.
- IBJJF Rules Update Guide – 2024: Revisions to referee authority, 50/50 guard inactivity rule, and classification of severe fouls.
- IBJJF General Competition Guidelines (2024): Belt-specific and age-specific enforcement for technical fouls, including knee reaping and twisting knee locks.

All interpretations in this document reflect IBJJF's official 2024 policies as of Version 6.1 and are consistent with www.ibjjf.org/rules.