

RULES DEMO

A. Striking Related Fouls

1. Strikes to the face, head, back and spine.
2. Any strike to the knee joint; front, rear or side.
4. Elbow or forearm strikes of any kind.
5. All Strikes with the non-gloved portion of the hand.
6. Butting with the head.
7. Heel kicks to the Kidney or any other part of the body from the bottom.
8. Kicking the body of a downed opponent.
9. Stomping of a grounded fighter and up kicks from the grounded fighter.
10. Grounded knees are permitted only when executed with one knee touching the ground and one hand on opponent.
11. All striking techniques must be controlled and focused.

B. Grappling Related Fouls

1. Takedowns and throws designed or intended to cause injury.
2. Intentional slamming when performing a takedown or defending a submission.
3. Spiking the opponent to the floor onto the head or neck.
4. Flying Scissors style takedowns.
5. Back Splashing to escape a submission.
6. Small joint Manipulation.
7. Clawing, Pinching, Twisting the flesh or grabbing the clavicle, neck or trachea.
8. Neck Cranks.
9. All Twisting leg submissions.
10. Spine locks or twisters.
11. Bicep and Calf Slicers.
12. Straight Guillotines
13. All submissions must be executed with applied pressure not “cranked”, to allow reasonable time to submit prior to injury.

C. Other Fouls

1. Holding opponent's shorts or gloves.
2. The use of abusive language or unsportsmanlike conduct in the fighting arena.
3. Biting or spitting at an opponent.
4. Hair pulling.
5. Fish-Hooking.
6. Groin attacks of any kind.
7. Intentional placing finger or toe into any orifice or into any cut or laceration of your opponent.
8. Eye gouging.
9. Attacking an opponent after the round has ended or when referee halts the match.
10. Maliciously causing injury to an opponent or exploiting an injury.
11. Attacking an opponent on or during the break.
12. Attacking an opponent who is under the care of the referee.
13. Throwing an opponent out of the fighting area.
14. Executing excessive non-scoring techniques.
15. Timidity.

16. Failure to present body for strikes.
17. Holding or grabbing the fence or ropes.
18. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.

Age Group	Additional illegal techniques
Junior: ages 16 to 17	None
Cadet: ages: 14 & 15	Knees and Leg/ Foot Submissions
Schoolboy: ages 12 & 13	Standing or Jumping Submissions / Guard*
Novice: ages: 10 & 11	Arm in Guillotine, Anaconda, & D'arce Choke
Rookie: age 8 & 9	Ground Striking

** Referee will break the hold or submission if body is lifted above hips after reaction time.*

Some examples of passivity:

- Refusing to ground grapple after executing a takedown.
- Avoiding takedown by “butt scooting”.
- Continuously backing up without any offensive techniques.
- Holding a mount, side control or back control position without attempting to advance the match (score points).
- Holding a closed guard with no serious attempt to score with submission or reversal attempts.
- Laying or remaining static inside the guard with no serious attempt to pass, submit or score striking points.
- Executing excessive non-scoring strikes on the ground without change of position.
- Executing excessive non-scoring strikes in a stand up clinch.
- Executing excessive non-scoring leg kicks.
- Defending a submission or scoring attempt is not considered passivity.
- In general 15 seconds of inaction (after a warning) is considered passivity before the point is awarded.
- Referees will award the opponent 1 point for each occurrence of passivity and restart to the neutral position unless the passive fighter was in a disadvantaged controlled position.