

### **Amateur Competition Fouls:**

- 1. Elbow strikes of any kind.**
- 2. Knee strikes to the head.**
- 3. Up-kicking to the groin, neck or head of an opponent.**
- 4. Kicking a grounded opponent, i.e. three or more points of contact on the mat.**
- 5. Butting with the head, (to any part of the opponent's body.)**
- 6. Eye gouging of any kind.**
7. Biting.
8. Hair pulling.
9. Fish Hooking.
- 10. Groin attacks of any kind. (Intentional v. Accidental for point deduct./disqual.)**
- 11. Putting a finger into any orifice or into any cut or laceration on an opponent.**
12. Small joint manipulation (two digits or less.)
13. Striking to the spine or the back of the head;(Between the ears fr. Neck-Crown.)
14. Throat strikes of any kind including grabbing the trachea.
- 15. Clawing, pinching or twisting the flesh.**
- 16. Grabbing the clavicle.**
17. Stomping a grounded opponent. (See rule #4.)
18. Kicking to the kidney with the heel, (even on a standing opponent.)
- 19. Spiking an opponent to the canvas on his head or neck.(Slams w/an arc=no spike.)**
- 20. Throwing an opponent out of the ring or fenced area.**
21. Holding the shorts or gloves of an opponent; (Gripping the fabric.)
22. Spitting at an opponent.
23. Engaging in unsportsmanlike conduct of any kind, i.e.: climbing on the cage.
- 24. Holding the ropes or the fence (to gain, maintain or avoid a position).**
- 25. Using abusive language in the ring or fenced area.**
26. Attacking an opponent on or during a break, i.e. break on command.
27. Attacking an opponent who is under the care of the referee.
28. Attacking an opponent after the bell/horn has sounded, i.e. break on command.
- 29. Flagrantly disregarding the instructions of the referee, i.e. break on command.**
- 30. Timidity to include, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.**
31. Interference by the corner to include throwing in the towel during competition.
32. Energy drinks in the corner.
33. Unapproved writing on the body or attire

Fighters are allowed up to five minutes recovery time subsequent to groin strikes or any other foul committed which in the referee's opinion requires recovery time before the fight is to continue. When a fighter who is in a dominant position commits a foul, said fighter shall lose the dominant position at the restart. When the fighters are in neutral positions on the ground during a foul, the referee shall, at his discretion, either place the fighters back into their last neutral positions on the ground, or into neutral standing positions, at the restart. Fighters are reminded that they are responsible for their weapons and are expected to use said weapons fairly.