



CENTRAL COMBATIVE SPORTS COMMISSION

MIXED MARTIAL ARTS CENTRAL UNIFIED RULES

PREFACE

For the purposes of this documents, “Commission” means the Central Combative Sports Commission or its designated representative.

WEIGHT AND WEIGH INS

WEIGHT DIVISIONS

1. Mixed martial arts (MMA) fighters will be divided into the following weight classes:

DIVISION	WEIGHT RANGE	WEIGHT DIFFERENTIAL
Atomweight	105 pounds and under	7 pounds
Strawweight	105.1 to 115 pounds	10 pounds
Flyweight	115.1 to 125 pounds	10 pounds
Bantamweight	125.1 to 135 pounds	10 pounds
Featherweight	135.1 to 145 pounds	10 pounds
Lightweight	145.1 to 155 pounds	10 pounds
Welterweight	155.1 to 170 pounds	15 pounds
Middleweight	170.0 to 185 pounds	15 pounds
Light Heavyweight	185.1 to 205 pounds	20 pounds
Heavyweight	205.1 to 265 pounds	30 pounds
Super Heavyweight	265.1 pounds and over	40 pounds

2. In all cases, the Commission must be satisfied that any bout between two fighters has a reasonable expectation of being fair, safe, and competitive.

3. At the weigh-in, fighters must weigh within the range permitted for the weight class of the fight, with a 1 pound over weight allowance.
4. The Commission may round weights out to the nearest half-pound, provided all competing fighters are weighed using the same criteria for the same event.

CATCH WEIGHT BOUTS

5. The Commission may approve the catch weight bouts, subject to its review and discretion. This includes scenarios where the opponents are not in the same weight class, or when one or both opponents exceed the agreed upon weight.
6. For catch weight bouts, opponents must not exceed the maximum weight differential for the class of the lighter participant. There is no overweight allowance.

WEIGH-INS

7. Unless otherwise approved, the official weigh-in for an event must take place no more than 36 hours before the scheduled start of the event.
8. The official scales will be made available at least 30 minutes prior to the weigh-in, during which time the fighters may weigh themselves.
9. A competing fighter who is overweight at the time of the weigh-in will be allowed a grace period of up to one hour to attain the required weight. Weight loss in excess of 2 pounds is not permitted during this grace period. At the end of the grace period, the fighter will be given a second chance to weigh-in.
10. If a fighter is still over the maximum allowable weight following the weigh-in and the grace period, the Commission can cancel the fight. The opponent may, however, still accept the fight, subject to commission approval and penalties for the fighter who failed to make weight.
11. Weight gained by any fighter during the grace period will not be considered by the Commission in approving a bout.
12. The Commission may require fighters to be weighed more than once for any reason.
13. The Commission, with advance notice, may limit the amount of weight a fighter can gain between the official weigh-in and their bout.

14. In order to be cleared to compete, fighters must be examined by a Commission appointed physician. This examination must take place during the official weigh-in, unless otherwise approved by the Commission.
15. Gloves must be available for all fighters at the weigh-in for fitting.

CAGE AND RING REQUIREMENTS

16. Mixed martial arts bouts may be held in either a fenced area (cage) or in a ring.
17. The required size and specification for the fighting area will be determined by Commission policy, in line with industry standard.

Deviation from the fighting area requirements policy must be approved by the Commission.

EQUIPMENT AND THE TECHNICAL ZONE

18. The Technical zone is the moat area, surrounding the cage or ring (often referred to as the “ringside” or “cage side” area). A bout may not begin until the Technical Zone is set up and secure to the satisfaction of the Commission. Instructions outlining the Commission’s standard Technical Zone requirements will be provided to the promoter in advance of the event.

COMPETITION TIMEFRAMES

IN-COMPETITION PERIOD

19. Fighters are considered to be “in competition” for a consecutive period of time surrounding their participation in a mixed martial arts event. Unless otherwise approved in advance by majority vote of the Commission, the “in-competition” period begins 36 hours before the scheduled start of the event, and ends after the completion of a fighter’s medical examination and any anti-doping testing or procedures, following the fighter’s last round of competition at the event

EVENT PERIOD

20. Unless otherwise approved in advance by majority vote of the Commission, the event period begins at the call time (or scheduled arrival time for fighters at a combative sports event and ends simultaneously with the conclusion of the in-competition period

for each fighter. The event period overlaps with the latter portion of the in-competition period.

FIGHTERS

HANDWRAPPING

21. In all weight classes, the bandages on each fighter's hand will be restricted to soft gauze cloth, no more than 45 feet in length and two inches in width, held in place by no more than 10 feet of surgeon's tape, one inch in width, for each hand.
22. Surgeon's adhesive tape will be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
23. The bandages must be evenly distributed across the hand.
24. Bandages and tape must be placed on all fighter's hands in the presence of the Commission. Under no circumstances are gloves to be placed on the hands of a competing fighter until the approval of the Commission is received.
25. Hand wrapping materials should be supplied by the promoter and must be approved by the Commission.

MOUTHPIECES

26. All fighters are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece in place. The mouthpiece will be subject to examination and approval by the Commission and attending physician.
27. If the mouthpiece is involuntarily dislodged during competition, the referee will call time, give the fighter the option to have the mouthpiece cleaned, and ensure the mouthpiece is reinserted without delay. Generally, this stoppage will be called as soon as possible after the mouthpiece is dislodged, but without interfering with the immediate action.

GLOVES

28. All competing fighters will wear open-finger, MMA-style gloves which weigh at least 4 ounces and no more than 6 ounces. Certain larger sized gloves (e.g. 2XL to 4XL) may be allowed, even though they slightly exceed 6 ounces.
29. Gloves should be supplied by the promoter and approved by the commission. No fighter will be permitted to supply their own gloves for participation.

30. Glove must be new or in good condition or they must be replaced.

31. Both opponents in a bout must have the same brand and type of glove, unless otherwise approved by the Commission, with the consent of both opponents.

ATTIRE

32. Each competing fighter will wear appropriate shorts (e.g. compression trunks, MMA shorts, kickboxing/muay-thai shorts) which do not extend above the waistline or reach further than above the knee. Shorts must not have pockets, sippers, or any adornments which may create a hazard or an advantage.

33. Female fighters must wear a short-sleeved (above the elbow) or sleeveless, form-fitting rash guard and/or sports bra. More than one sports bra may be worn. Loose fitting tops are not permitted.

34. For male fighters, gis or shirts of any kind are prohibited during competition.

35. Shoes, anklets, and any type of padding or tape on the feet are prohibited during competition.

36. In all cases, fighter attire and protective equipment must be deemed appropriate by the Commission.

PROTECTIVE EQUIPMENT

37. Male fighters must wear a combat sports-appropriate groin protector during competition.

38. Female fighters may choose to wear a combat sports-appropriate groin protector and/or chest protector during competition.

APPEARANCE

39. Fighters must not wear or use any of the following items during competition:

1. hard contact lenses;
2. spectacles;
3. removable false teeth;
4. a watch;

5. jewelry (including piercings);
6. a headband or hair net;
7. a hearing aid;
8. any plastic or metallic attachment to the trunks;
9. gauze, a Band-Aid, or dressing to the face, scalp, neck, arm, back or chest area;
10. a plaster or fibre-glass cast;
11. butterfly or steristrip sutures on the face, neck, scalp, chest, arm or back area;
12. suture material of any kind on the skin of a fighter's face, ears, neck, scalp or chest;
13. subcuticular suture in the face, neck, ear or chest;
14. collodion (surgical dressing) or a similar substance;
15. an implanted device which uses electricity or any substance which may alter bodily function;
16. tape anywhere on the body except the hands; and
17. metal supports.

40. Grease (petroleum jelly or similar) may be applied solely to the facial area of a competing fighter, an only immediately prior to a bout in the presence of the Commission. Excessive grease may not be used.

41. The Commission will determine whether a fighter's head or facial hair presents any hazard to the safety of the participants or will interfere with the supervision and conduct of the fight. If this is the case, the fighter may not compete unless the circumstances are corrected to the satisfaction of the Commission.

42. Finger and toe nails must be trimmed.

BANNED SUBSTANCES

43. As a condition of the participation in a mixed-martial arts event, fighters agree to be bound by the commission's drug testing, anti-doping and wellness policies.

44. Unless otherwise approved by the Commission, only water or non-caffeinated electrolyte drinks deemed acceptable by the Commission may be consumed by fighters during the event period.

45. During the event period, competing fighters may only consume food approved by the commission.

46. On request of the Commission, a competing fighter must report for and comply with anti-doping procedures, including testing for the presence of prohibited substances, at any time during the in-competition period.

CONTESTANTS WITH DIABILITIES

47. The Commission, at its sole discretion and on a case-by case basis, may make reasonable accommodations in order to facilitate the participation of fighters with disabilities.

However, in all cases, the Commission must still be satisfied that a contest is fair, safe and competitive.

FIGHT RULES

48. A mixed martial arts bout may not start or continue unless at least one assigned physician and one representative of the Commission are present in the Technical Zone area, in addition to the judges, the timekeeper and the referee.

49. A competing fighter may not enter the cage unless they have met with the assigned referee prior to the bout to review the rules.

ROUND LENGTH

50. No mixed martial arts bout will be more than 5 rounds in length.

Bouts will generally only be scheduled for either 3 or 5 rounds, with 5-round bouts typically reserved for championship fights and main events. Exceptions to this standard (e.g. shorter tournament bouts) will only be permitted if approved in advance by majority vote of the Commission.

51. Rounds will be between 3 and 5 minutes in duration. There will be a rest period of at least 1 minute between rounds.

Professional bouts will generally only consist of 5-minute rounds. Exceptions to this standard will only be permitted if approved in advance by majority vote of the Commission.

52. Fighters are not permitted to participate in more than 5 rounds of competition during an event.

JUDGING AND SCORING

53. All bouts will be evaluated and scored by three judges who will evaluate the bout from different locations.
54. The referee of a bout may not be one of the judges for the same bout.
55. If any competing fighter protests the assignment of a judge, the matter will be heard by the Commission, if time permits. Protests not made in a timely manner may be summarily rejected.
56. The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for an extremely rare even round, which is scored 10-10. No fraction of points can be awarded.
57. The following objective scoring criteria will be utilized by the judges when scoring a round;
- 10-10** A round can be scored as a **10-10** only in the rare instance when both opponents appear to be fighting evenly and neither fighter shows any discernable dominance in the round;
 - 10-9** A round is to be scored as a **10-9** when a fighter wins a competitive round by a close margin, with objectively superior striking, grappling or other maneuvers;
 - 10-8** A round is to be scored as a **10-8** when a fighter wins a competitive round by a large margin, with objectively superior striking, grappling or other maneuvers;
 - 10-7** A round is scored as a **10-7** only when a fighter overwhelmingly dominates the entire round with striking, grappling or other maneuvers, and a stoppage is warranted.
58. In evaluating a round, judges will assess the impact of the effective striking/grappling, with a focus on damage, dominance and duration.
- Effective striking is judged by considering the impact of legal strikes, solely based on the results of those strikes.

- Effective grappling is judged by considering the impact of the successful execution of takedowns, submission attempts, reversals, and achieving advantageous positions.

Top and bottom position fighters are to be assessed more on the result of their actions, rather than their position.

59. Judges will use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

- (a) If the fighters spent **a majority of a round on the canvas**, then:
 - a. Effective grappling is weighed first; and
 - b. Effective striking is then weighed
- (b) If the fighters spent **a majority of a round standing**, then;
 - a. Effective striking is weighed first; and
 - b. Effective grappling is then weighed
- (c) If a round ends with a **relatively even amount of standing and canvas fighting**, striking and grappling are weighed equally.

60. If the effective striking/grappling is completely even during a round, judges may then consider effective aggressiveness in evaluating the round.

- **Effective aggressiveness** is judged by evaluating active and aggressive attempts by a fighter to finish the bout.

61. If effective striking/grappling and effective aggressiveness are completely even during a round, they may then consider fighting area control in evaluating the round.

- **Fighting area control** is judged by determining who is dictating the pace, location and position of the bout.

GENERAL RULES

62. Fighters must protect themselves at all times during a round, until otherwise instructed by the referee.

63. The referee is the primary arbiter of a bout.

64. Other than the referee, the Commission and ringside physicians are the only individuals authorized to enter the fighting area at any time and/or stop a bout.

65. A competing fighter is not permitted to leave the fighting area during any rest period between rounds of competition.
66. Before a bout begins the referee or Commission will check the bandages, gloves, mouthpieces and protective equipment of the participants and will ensure that no unauthorized substances have been applied to the gloves, bandage, bodies, hair or attire of the fighters.
67. The Commission and the referee have the authority to make decisions on all matters regarding the conduct of a mixed martial arts bout not specifically addressed in these rules.

SECONDS

68. For the purposes of these rules, the term 'seconds' refers to all corners (including, without limitation, coaches, managers, assistants, trainers).
69. No competing fighter will have more than three seconds during competition, except in a championship bout or a special event, when the Commission may authorize four seconds.
70. Only two of a fighter's assigned seconds are allowed to enter the fighting area during a rest period, unless otherwise approved by the Commission.
71. A second may not coach excessively or disruptively from the corners during a bout and may not simulate sounds which could be confused for the bell, horn, whistle or clacker.
72. Any violation of the rules by a second may be grounds for disqualification of the fighter with whom the second is associated, at the discretion of the referee or the Commission, at any time before, during, or after a bout.

FOULS

73. The following acts constitute fouls in a mixed martial arts bout and may result in penalties, at the discretion of the referee, if committed:
 - (1) Striking or butting with the head.
 - (2) Eye gouging of any kind.
 - (3) Biting.

- (4) Spitting at an opponent.
- (5) Hair pulling.
- (6) Fish hooking.
- (7) Groin attacks of any kind.
- (8) Deliberately inserting a finger into any orifice, cut or laceration of an opponent.
- (9) Small joint manipulation.
- (10) Striking downward using the point of the elbow ("12-lo-6 elbows").
- (11) Striking to the spine or the back of the head. *
- (12) Throat strikes of any kind, including, without limitation, grabbing the trachea.
- (13) Clawing, pinching or twisting the flesh.
- (14) Kicking or kneeing the head of a grounded opponent. **
- (15) Stomping a grounded opponent. **
- (16) Holding or grabbing the fencing or ring apparatus.
- (17) Holding the ring attire or gloves of an opponent.
- (18) Using abusive language or hate speech in the fighting area.
- (19) Engaging in any unsportsmanlike conduct that causes injury to an opponent.
- (20) Attacking an opponent on or during a break.
- (21) Attacking an opponent who is under the care of the referee.
- (22) Attacking an opponent after the bell has sounded the end of a round.
- (23) Timidity (including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.)
- (24) Throwing opponent out of the fighting area.
- (25) Flagrantly disregarding the instructions of the referee.
- (26) Pile driving (spiking an opponent to the canvas on his/her head or neck).
- (27) Interference by a second.
- (28) Applying any unauthorized or foreign substance to the body, hair, ring attire or gloves to gain a potential advantage.
- (29) In a standing position, extending an arm towards an opponent with an open hand, fingers pointing at the opponent's face/eyes.

* Strikes are not permissible from the nape of the neck area up to the top of the ears. Above the ears, permissible strikes do not include Mohawk area from the top of the ears up until the crown of the head. The crown of the head is found where the head begins to curve. In other words, strikes behind the crown of the head and above the ears are not permissible within the Mohawk area.

** A grounded opponent is any fighter who has both hands, palm/fist down, an/or any other body part (other than the soles of the feet) touching the fighting area floor. Also, if the referee determine that a fighter would otherwise be downed, but remains standing only because the fence, ropes or fighting area have held them from the ground, the referee can consider that fighter grounded.

74. Fouls may result in a point or points being deducted from the offending fighter's score, based on the severity and circumstances of the foul, as determined by the referee.

75. The referee may disqualify a fighter who commits any combination of two or more fouls, or after any single foul which the referee deems to be intentional or flagrant.

76. During a bout, only the referee can assess a foul and determine whether it was accidental or intentional. If the referee does not call a foul, the judges are not permitted to make that assessment on their own. Judges must never factor an uncalled foul into their scoring calculation.

INITIAL PROCEDURE FOR FOULS

77. If the referee determines that a foul has been committed:

(1) The referee will call a timeout

(2) The referee will direct the offending fighter to a neutral location.

(3) The referee will check the fouled fighter's condition and safety.

(4) The referee will assess the foul and any penalties (verbal warning, points deduction, disqualification)

(5) The referee will notify the offending fighter, the Commission, the seconds, the judges and the scorekeeper of the decision on whether the foul was accidental or intentional and, if applicable, the points deduction or decision.

Unless:

78. If a bottom fighter commits a foul, and the top fighter does not appear injured, the round can continue, so as not to jeopardize the dominant fighter's superior positioning at the time. In that case:

(1) The referee will verbally notify the bottom fighter of the foul.

(2) When the round is over the referee will assess the foul and notify the Commission, the seconds, the judges and the scorekeeper.

CONTINUING AFTER A LOW BLOW

79. A fighter who has been struck with a low blow is given up to 5 minutes to recover from the foul, unless the ringside physician determines that the fighter is not fit to continue on in the bout.

80. Following a low blow (unlike with all other fouls) the fouled fighter may determine the length of their own recovery period, up to the 5-minute limit. The referee will only restart the bout when the fighter is able to continue.

81. If the fighter goes over the 5-minute time allotment, the round cannot be restarted and the bout must end.

CONTINUING AFTER ALL OTHER FOULS

82. If a bout is stopped because of a foul (other than a low blow), the referee will assess the fighter's condition and may consult the ringside physician or ask for a medical examination of the fighter.

83. Stoppage time, including medical examinations, may not exceed 5 minutes. Once the 5-minute limit is exceeded, the round cannot be restarted and the bout must end.

84. Unlike the rule for low blows, the fighter does not have 5 minutes of recovery time to use at their discretion. The fouled fighter must continue the bout when instructed to by the referee.

85. In all cases, the action taken will depend on the fighter's condition, as follows:

(1) If the referee and ringside physician determine that **the fouled fighter is fit to continue**, and the foul did not constitute grounds for disqualification, therefore will restart the fight, as soon as is practical.

(2) If the referee and ringside physician determine that **the fouled fighter is not fit to continue**, the referee will immediately call a halt to the bout and render a decision based on the criteria in the next section.

FIGHT OUTCOMES

86. A mixed martial arts bout may end by:

(1) Submission

- (a) Physical tap out
- (b) Verbal tap out

(2) Knockout (KO) or Technical Knockout (TKO)

- (a) Referee stoppage (TKO)
- (b) Physician/Doctor stoppage(TKO)
- (c) injury as a result of a legal move ends the bout (TKO)
- (d) Fighter rendered unconscious due to strikes or kicks (KO)

(3) Decision (via. scorecards)

- (a) Unanimous Decision
(All three judges score the bout for the same fighter)
- (b) Split Decision
(Two judges score for the same fighter; one judge scores for the opponent)
- (c) Majority Decision
(Two judges score for the same fighter; one judge scores a draw)
- (d) Unanimous Draw
(All three judges score the bout a draw)
- (e) Majority Draw
(Two judges score the bout a draw)
- (f) Split Draw
(All three judges score differently)

(4) Disqualification

(a) Fighter disqualified for committing any combination of two or more fouls.

(b) Fighter disqualified for committing a flagrant or intentional foul(s).

(5) Forfeit

(a) Fighter ends the bout for reasons other than injury or by indicating a tap out

(b) A second ends the bout on their fighter's behalf.

(6) Technical Draw:

(a) An injury is caused by an intentional foul and the injured fighter is unable to continue and the injured fighter is even or behind on the score cards at the time of stoppage.

(b) The referee determines that both fighters are in such a condition that to continue might subject the fighters to serious injury (a.k.a. Double Knockout)

(7) Technical Decision:

Bout is prematurely stopped due to injury; score cards determine the outcome.

(8) No contest:

(a) Bout is prematurely stopped due to accidental injury; not enough rounds have completed to render a scorecard decision.

(b) Reversal of the original decision by the Commission.

87. The referee will respond to injuries sustained during a fight as follows:

(1) Legal manoeuvre; Fighter not fit to continue

If an injury sustained during competition as a result of a legal manoeuvre is severe enough to terminate a bout, the injured fighter loses by *technical knockout*.

(2) Intentional foul; Fighter not fit to continue

If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the fighter causing the injury loses by disqualification.

(3) Intentional foul; Fighter able to continue

If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee will deduct up to two points from the fighter who committed the foul.

(4) Intentional foul; Fighter only temporarily able to continue

If an injury sustained during competition as a result of an intentional foul causes the injured fighter to be unable to continue at a subsequent point in the bout, the injured fighter will win by technical decision, if they are ahead on the score cards. If the injured fighter is even or behind on the score cards at the time of stoppage, the outcome of the bout will be declared a technical draw.

(5) Fighter injured while committing a foul

If a fighter is injured while attempting to foul an opponent, the referee will not take any action in the offending fighter's favour; the injury will be treated in the same manner as an injury produced by a fair blow.

(6) Accidental foul; Fighter not fit to continue

If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout will result in either a no contest or a technical decision, depending on when the stoppage occurs.

The bout will be ruled a no contest if stopped before two rounds have been completed in a three-round bout or if stopped before three rounds have been completed in a five-round bout. Two-round and four-round bouts will be ruled a no contest if stopped before half the rounds have been completed.

If, however, the fight has progressed past the above demarcation points, the bout will result in a technical decision awarded to the fighter who is ahead on the score cards at the time the bout is stopped. Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds, up to the point the fight is stopped.

One-round bouts will always be ruled a no contest if the bout was stopped before the entire round has been completed.

POST-FIGHT

88. Following an event, competing fighters will be given a mandatory medical suspension (period of rest) by the Commission, in consultation with the physician.

CHANGING A RESULT

89. The official outcome of a bout may be reviewed by the Commission, upon receiving a written appeal from a competing fighter or on the Commission's own initiative.

Any reviews which could affect the official result of a bout must be heard by a Commission Hearing Panel.

90. Upon reviewing the facts of the case, the Commission Hearing Panel may either:
- (a) Rule that the original outcome should remain unchanged; or
 - (b) Modify the official result of the bout, if warranted, subject to the strict limitations in the following sections.

91. The Commission Hearing Panel is only permitted to change the official result of a bout if one of the following occurs:

- (a) The Commission determines that there was collusion affecting the result of the bout;
- (b) The compilation of the scorecards of the judges discloses an error which shows that an incorrect decision was rendered;
- (c) As the result of an error in interpreting these rules, the referee has rendered an incorrect decision;
- (d) The Commission is convinced that an intentional, flagrant foul, committed by

a winning fighter, directly determined the outcome of a bout; or

(e) A competing fighter is confirmed to have committed a doping violation.

92. Regardless of the circumstances, the Commission Hearing Panel is only permitted to adjust the result of a disputed bout to a no contest. The only exception to this is following a confirmed scorecard counting error, in which case the decision may be adjusted to reflect the accurate result of the scorecards.

EXHIBITION BOUTS

93. Exhibition bouts may only take place with advance approval by majority vote of the Commission.

94. Exhibition bouts will be subject to the same rules as professional mixed martial arts contests, unless otherwise approved in advance by majority vote of the Commission.

AMATEUR RULES

95. Amateur mixed martial arts bouts will be contested using either "Amateur Rules", or "Advanced Amateur Rules".

96. "Amateur Rules" are designated for fighters who have limited experience in sanctioned mixed martial arts fights. "Advanced Amateur Rules" are intended for fighters who, in the sole opinion of the Commission, have sufficient experience to begin transitioning to professional rules.

AMATEUR RULES

97. All rules governing professional MMA bouts will also apply to Amateur contests, with the following exceptions:

98. All amateur bouts will consist of no more than 5 rounds, each lasting 3 minutes with a rest period of at least 90-seconds between rounds.

Amateur bouts will generally only be scheduled for 3 or 5 rounds, with 5-round bouts typically reserved for championship fights and main events. Exceptions to this standard will only be permitted if approved in advance by majority vote of the Commission.

99. Any foul, even if it is determined to be accidental, may result in immediate disqualification.

100. In addition to the regular list of fouls, the following are also considered fouls in

Amateur bouts:

(a) Elbow strikes of any kind to any area

- (b) Kneeing the head of an opponent.
- (c) Kicks to the head of an opponent.
- (d) Linear kicks to the knee joint.
- (e) Neck cranks; Any hold that places the fighter's neck in jeopardy from a crank.
- (f) All twisting leg submissions;
- (g) Heel hooks and toe holds. (Straight knee bars and the straight ankle locks are permitted).
- (h) Spine locks.
- (i) Smothering (Covering an opponent's mouth or nose to disrupt breathing)
- (j) Strikes to the head of a grounded opponent.

ADVANCED AMATEUR RULES

101. Advanced Amateur bouts will be contested under the Amateur Rules in the section above, with the following exception:

102. In an Advanced Amateur bout it is legal to strike to the head of a grounded opponent using hands and fists only. All other fouls listed in the Amateur Rules remain prohibited.

