

NOVICE RULE SETS, TECHNIQUES, AND FOULS

Legal Techniques While Standing

Closed hand strikes to the body and legs
 Kicking to the body and legs
 Knees to body and legs (13+ only)
 Throws/Take downs/Sweeps
 Standing Submissions (Chokes, Arm Bars, Locks etc.)
 Shouldering to the body

Illegal Techniques While Standing

Head Strikes of any kind (Includes back of the head)
 Elbow or forearm strikes
 Knee strikes to the head
 Linear Kicks to knees
 Groin strikes
 Spine strikes
 Excessive Slamming (moving forward once an opponent is elevated in order to create more damage from the takedown)
 Throws onto head or neck (spiking)
 Throwing out of competition area
 Neck cranks (turning the neck)
 Holding ropes or cage
 Pinching, biting, gouging, and anything that might be considered "dirty fighting"
 Fish hooking
 Grabbing or holding the uniform or protective padding
 No stomping a grounded opponent

Legal Techniques While on the Ground

Closed hand strikes to the body and legs
 Knee strikes to the body and legs
 Submissions (chokes, arm bars/locks, NO LOWER BODY SUBMISSIONS ALLOWED)

Illegal Techniques While on the Ground

Striking the Head
 Elbow or forearm strikes
 Neck cranks (twisting the neck)
 All lower body submissions are prohibited
 Spinal locks (including can openers)
 Fish hooks
 Groin strikes
 Spine strikes
 Throwing out of competition area
 Pinching, biting, gouging, and anything that might be considered "dirty fighting"
 Grabbing or holding the uniform or protective padding
 Up kicks are legal but not to the head

FOULS Anything not expressly included above as legal techniques may be considered a foul, including but not limited to:

1. HEAD STRIKES
2. HEAD BUTTING
3. EYE GOUGING
4. BITING
5. HAIR PULLING
6. FISHHOOKING
7. GROIN ATTACKS OF ANY KIND
8. PUTTING A FINGER INTO AN ORIFICE OR INTO A CUT
9. SMALL JOINT MANIPULATION / FINGER LOCKS
10. STRIKING THE SPINE OR THE BACK OF THE HEAD
11. STRIKING WITH THE ELBOW OR FOREARM
12. KNEE STRIKES TO THE HEAD
13. LINEAR KICKS TO THE KNEES
14. LOWER BODY SUBMISSIONS
15. SPINE LOCKS (Including can openers)
16. NECK CRANKS
17. EXCESSIVE SLAMMING
18. THROAT STRIKES OR GRABBING THE TRACHEA
19. CLAWING, TWISTING OR PINCHING THE FLESH
20. STOMPING A GROUNDED OPPONENT
21. SPIKING AN OPPONENT TO THE CANVAS ON HIS HEAD OR NECK
22. PUSHING OR THROWING AN OPPONENT OUT OF THE CAGE/RING
23. HOLDING THE SHORTS OR *GLOVES* OF AN OPPONENT
24. SPITTING
25. ENGAGING IN ANY UNSPORTSMANLIKE CONDUCT THAT CAUSES AND INJURY
26. HOLDING THE FENCE
27. USING ABUSIVE LANGUAGE
28. ATTACKING ON THE BREAK
29. ATTACKING YOUR OPPONENT WHILE HE'S UNDER THE CARE OF THE REFEREE
30. ATTACKING AFTER THE BELL
31. FLAGRANTLY DISREGARDING THE INSTRUCTIONS OF THE REFEREE
32. TIMIDITY, INCLUDING AVOIDING CONTACT, LOSING YOU MOUTPIECE, FAKING INJURY
33. INTERFERENCE FROM THE CORNERMAN
34. *Youth 12 and under are not allowed any Jumping/Flying guard or submissions.
35. *Youth 12 and under are not allowed any knee strikes