

NOVICE/YOUTH MMA RULE SET AND FOULS

Legal Techniques While Standing

Closed hand strikes to the body and legs
Kicking & Knees to the body and legs
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)
Kicking or stomping a downed opponent
Elbow or forearm strikes
Kicking/knees targeting the knee of an opponent
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 *if used
Pinching, biting, gouging, and anything that might be considered "dirty fighting"
Fish hooking
Grabbing or holding the uniform or protective padding
Wristlocks
Bicep/Calf Slicers
No Standing Guillotine Chokes

Legal Techniques While on the Ground

Closed hand strikes to the body and legs
Knees 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
Kicking a downed opponent
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 to a standing opponent but not to the head
Wristlocks
Bicep/Calf Slicers

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

1. STRIKES TO THE HEAD
2. KICKING A DOWNED OPPONENT
3. HEAD BUTTING
4. EYE GOUGING
5. BITING
6. HAIR PULLING
7. FISHHOOKING
8. GROIN ATTACKS OF ANY KIND
9. PUTTING A FINGER INTO AN ORIFICE OR INTO A CUT
10. SMALL JOINT MANIPULATION / FINGER LOCKS
11. STRIKING THE SPINE
12. STRIKING WITH THE ELBOW OR FOREARM
13. KICKS/KNEE STRIKES 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/HER HEAD OR NECK
22. SCISSOR TAKEDOWNS
23. WRISTLOCKS
24. PUSHING OR THROWING AN OPPONENT OUT OF THE CAGE/RING
25. HOLDING THE SHORTS OR GLOVES OF AN OPPONENT
26. SPITTING
27. ENGAGING IN ANY UNSPORTSMANLIKE CONDUCT THAT CAUSES AND INJURY
28. HOLDING THE FENCE/ROPES (If used)
29. USING ABUSIVE LANGUAGE
30. CALF/BICEP SLICERS
31. ATTACKING ON THE BREAK
32. ATTACKING YOUR OPPONENT WHILE UNDER THE CARE OF THE REFEREE
33. ATTACKING AFTER THE BELL
34. FLAGRANTLY DISREGARDING THE INSTRUCTIONS OF THE REFEREE
35. TIMIDITY, INCLUDING AVOIDING CONTACT, LOSING YOU MOUTPIECE, FAKING INJURY
36. INTERFERENCE FROM THE CORNERMAN
37. All Guillotine Chokes Must be from a grounded position and be with an Arm-In. No straight neck Guillotines allowed.
38. *Youth 11 and under are not allowed any Jumping/Flying guard or submissions.