

SOUTH CAROLINA AMATEUR FIGHTING TECHNIQUES AND FOULS

AUTHORIZED OFFENSIVE TECHNIQUES

a. LEGAL TECHNIQUES WHILE STANDING

- Closed hand strikes to the head, body and legs
- Kicking to the head, body and legs
- Knees to body and legs
- Throws/take downs/sweeps
- Standing submissions (chokes, arm bars and locks etc.)
- Shouldering to the body

b. LEGAL TECHNIQUES WHILE ON THE GROUND

- Closed hand strikes to head, body and legs
- Knee strikes to the body and legs
- Submissions (chokes, arm bars/locks, straight leg locks ONLY)

c. ILLEGAL TECHNIQUES WHILE STANDING (FOULS)

- Elbow or forearm strikes
- Knee strikes to the head
- Linear kicks to knees
- Groin strikes
- Intentionally hitting back of head
- Spine or kidney 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)
- Throws against a joint
- 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

d. ILLEGAL TECHNIQUES WHILE ON GROUND (FOULS)

- Elbow or forearm strikes
- Neck cranks (twisting the neck)
- Heel hooks or ankle locks
- Angled leg locks ·
- Finger or toe locks
- Choking with hand on throat
- Smothering (hand over mouth)
- Spine locks
- Hammer locks
- 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

FOULS (including and in addition to those mentioned above)

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

1. HEAD BUTTING
2. EYE GOUGING
3. BITING
4. HAIR PULLING
5. FISHH OOKING
6. GROIN ATTACKS OF ANY KIND
7. PUTTING A FINGER INTO AN ORIFICE OR INTO A CUT
8. SMALL JOINT MANIPULATION / FINGER LOCKS
9. STRIKING THE SPINE OR THE BACK OF THE HEAD
- 10. STRIKING WITH THE ELBOW OR FOREARM**
- 11. KNEE STRIKES TO THE HEAD**
- 12. LINEAR KICKS TO THE KNEES**
- 13. HEEL HOOKS OR ANGLED LEG LOCKS**
- 14. SPINE LOCKS**
- 15. NECK CRANKS**
- 16. EXCESSIVE SLAMMING**
- 17. THROWS AGAINST A JOINT**
18. THROAT STRIKES OR GRABBING THE TRACHEA
19. CLAWING, TWISTING OR PINCHING THE FLESH
20. GRABBING THE CLAVICLE
21. STOMPING A GROUNDED OPPONENT
22. STRIKING THE KIDNEY
23. SPIKING AN OPPONENT TO THE CANVAS ON HIS HEAD OR NECK
24. PUSHING OR THROWING AN OPPONENT OUT OF THE 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
29. USING ABUSIVE LANGUAGE
30. ATTACKING ON THE BREAK
31. ATTACKING YOUR OPPONENT WHILE HE'S UNDER THE CARE OF THE REFEREE
32. ATTACKING AFTER THE BELL
33. FLAGRANTLY DISREGARDING THE INSTRUCTIONS OF THE REFEREE
34. TIMIDITY, INCLUDING AVOIDING CONTACT, LOSING YOU MOUTPIECE, FAKING INJURY
35. INTERFERENCE FROM THE CORNERMAN