

WAC 36-14-510 Amateur mixed martial arts fouls, to include amateur mixed martial arts sanctioning organizations and training facilities. The following are minimum required fouls and will result in penalties if committed:

- (1) Holding or grabbing the fence or ropes;
- (2) Holding opponent's shorts or gloves;
- (3) Butting with the head;
- (4) Eye gouging of any kind;
- (5) Biting or spitting at an opponent;
- (6) Hair pulling;
- (7) Fish hooking;
- (8) Groin attacks of any kind;
- (9) Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent;
- (10) Downward pointing elbow strikes;
- (11) Small joint manipulation;
- (12) Strikes to the spine or the back of the head;
- (13) Heel kicks to the kidney;
- (14) Throat strikes of any kind, including, without limitation, grabbing the trachea;
- (15) Clawing, pinching, twisting the flesh or grabbing the clavicle;
- (16) Kicking the head of a grounded opponent;
- (17) Kneeing the head of a grounded opponent;
- (18) Stomping of a grounded fighter;
- (19) The use of abusive language in the fighting area;
- (20) Any unsportsmanlike conduct that causes an injury to opponent;
- (21) Attacking an opponent on or during the break;
- (22) Attacking an opponent who is under the care of the referee;
- (23) Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury);
- (24) Interference from a mixed martial artist's seconds/cornerman;
- (25) Throwing an opponent out of the ring or caged area;
- (26) Flagrant disregard of the referee's instructions;
- (27) Spiking the opponent to the canvas onto the head or neck (pile-driving);
- (28) Attacking an opponent after the bell or horn has sounded the end of the period of unarmed combat;
- (29) Heel hooks;
- (30) Elbows to the head;
- (31) Twisting knee locks;
- (32) Knees to head;
- (33) For ages fifteen and under: Closed fist strikes to the head while on the ground.

[Statutory Authority: RCW 43.24.023, 43.24.086, 67.08.015, 67.08.017, 67.08.105, 67.08.107, and 2012 c 99. WSR 12-24-045, § 36-14-510, filed 11/30/12, effective 1/1/13.]