

**Title 20—DEPARTMENT OF
COMMERCE AND INSURANCE
Division 2040—Office of Athletics
Chapter 5—Rules for Professional Boxing,
Professional Wrestling, Professional and
Amateur Kickboxing,
and Professional Full-Contact Karate**

PROPOSED AMENDMENT

20 CSR 2040-5.070 Fouls. The office is amending section (1).

PURPOSE: This amendment updates language on fouls.

(1) Fouls. The following actions in a mixed martial arts bout or contest are defined as fouls:

~~[(J)]~~ *Downward pointing of elbow strikes—a ceiling to floor or twelve to six (12–6) elbow strikes is prohibited.*

~~[(K)]~~**(J)** Small joint manipulation—fingers and toes are small joints. Wrists, ankles, knees, shoulders, and elbows are all large joints. In order to hold small joints, at least two (2) or more digits must be held;

~~[(L)]~~**(K)** Strikes to the spine or the back of the head—strikes behind the crown of the head and above the ears within the Mohawk area and below the top of the ear are not permissible and within the nape of the neck area are not permissible;

~~[(M)]~~**(L)** No intentional direct strikes to the kidney including heel kicks to the kidney;

~~[(N)]~~**(M)** Throat strikes of any kind, including, without limitation, grabbing the trachea—no directed throat strikes, including, but not limited to, a fighter pulling his opponents head in a way to open the neck area for a striking attack or gouging their fingers or thumb into their opponent’s neck or trachea in an attempt to submit their opponent are not allowed;

~~[(O)]~~**(N)** Clawing, pinching, twisting the flesh, or grabbing the clavicle—any attack that targets the fighter’s skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul;

~~[(P)]~~**(O)** Kneeing and/or kicking the head of a grounded opponent—a *[grounded fighter is defined as: any part of the body, other than the soles of the feet, touching the fighting area floor. Also to be grounded the palm of one (1) hand must be down or posting of the fingers to the fighting area floor. A single knee or arm makes a fighter grounded without having to have any other body part in touch with the fighting area floor. At this time, kicks or knees to the head will not be allowed]* **fighter shall be considered grounded and may not be legally kneed or kicked to the head when any part of their body other than their hands or feet is in contact with the canvas, (ground);**

~~[(Q)]~~**(P)** Stomping of a grounded fighter—stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. Note: Axe kicks are not stomps. Standing foot stops are legal. As such, this foul does not include stomping the feet of a

- standing fighter;
- [(R)](Q)** The use of abusive language in the fighting area;
- [(S)](R)** Any unsportsmanlike conduct that causes an injury to opponent;
- [(T)](S)** Attacking an opponent on or during the break—a fighter shall not engage their opponent in any fashion during a time-out or break of action in competition;
- [(U)](T)** Attacking an opponent who is under the care of the referee;
- [(V)](U)** Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury)—timidity is any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight;
- [(W)](V)** Interference from a mixed martial artists seconds—interference is any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one (1) combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion;
- [(X)](W)** Throwing an opponent out of the ring or caged area;
- [(Y)](X)** Flagrant disregard of the referee’s instructions—a fighter must follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter’s disqualification;
- [(Z)](Y)** Spiking the opponent to the canvas onto the head or neck (pile-driving)—a pile driver is any throw where you control your opponent’s body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted, when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position or let go of their hold before being slammed to the canvas;
- [(AA)](Z)** Attacking an opponent after the bell has sounded the end of the round;
- [(BB)](AA)** The end of the round shall occur when the bell or horn sounds ending the round; and
- [(CC)](BB)** A fighter may not be saved by the bell or horn in any round, including the last round.

*AUTHORITY: section 317.001, RSMo 2016, and section 317.006, RSMo Supp. 2023. * This rule originally filed as 20 CSR 2040-8.140. Original rule filed April 3, 2007, effective Oct. 30, 2007. Amended: Filed March 20, 2018, effective Sept. 30, 2018. Moved to 20 CSR 2040-5.070 and amended: Filed Jan. 25, 2019, effective Aug. 30, 2019. Amended: Filed Sept. 10, 2024.*

PUBLIC ENTITY COST: This proposed amendment will not cost state agencies or political subdivisions more than five hundred dollars (\$500) in the aggregate.

PRIVATE ENTITY COST: This proposed amendment will not cost private entities more than five hundred dollars (\$500) in the aggregate.

*NOTICE TO SUBMIT COMMENTS: Anyone may file a statement in support of or in opposition to this proposed amendment with the Office of Athletics, PO Box 1335, Jefferson City, MO 65102, by facsimile at (573) 751-5649 or via email at athletic@pr.mo.gov. To be considered, comments must be received within thirty (30) days after publication of this notice in the **Missouri Register**. No public hearing is scheduled.*