



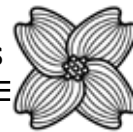
RULES OF

# 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

Title	Page
20 CSR 2040-5.010 Inspectors (Rescinded August 30, 2019) .....	3
20 CSR 2040-5.030 Rules for Professional Wrestling .....	3
20 CSR 2040-5.040 Rules for Professional Boxing .....	4
20 CSR 2040-5.060 Rules for Professional and Amateur Kickboxing and Professional Full-Contact Karate .....	6
20 CSR 2040-5.070 Fouls .....	8



**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**

**20 CSR 2040-5.010 Inspectors**

(Rescinded August 30, 2019)

*AUTHORITY: section 317.006, RSMo 2016. This rule originally filed as 4 CSR 40-5.010. Original rule filed April 30, 1982, effective Sept 11, 1982. Rescinded and readopted: Filed March 2, 1989, effective May 11, 1989. Amended: Filed Nov. 15, 2001, effective May 30, 2002. Moved to 20 CSR 2040-5.010, effective Aug. 28, 2006. Amended: Filed March 20, 2018, effective Sept. 30, 2018. Rescinded, re-adopted, and moved to 20 CSR 2040-4.100: Filed Jan. 25, 2019, effective Aug. 30, 2019.*

**20 CSR 2040-5.030 Rules for Professional Wrestling**

*PURPOSE: This rule describes authorized practices to be employed for professional wrestling contests.*

(1) The promoter is responsible for ensuring that all statutes and rules promulgated by the office are strictly observed and carried out, including using only licensed individuals at all contests.

(2) The referee and/or the office shall decide all questions arising out of a contest not specifically covered by the statutes and these rules. In all other respects, wrestling shall be subject to the statutes and rules governing this sport.

(3) Wrestler's Equipment.

(A) A wrestler will be clothed in clean apparel.

(B) A wrestler may wear two (2) pair of trunks, one (1) over the other.

(C) If a wrestler wears shoes, they shall be fitted with soft tops, soft smooth soles, soft laces, and equipped with eyelets only.

(D) A wrestler may not have any grease, lotion, or foreign substances on the body.

(E) A female wrestler must wear trunks and a top.

(F) The inspector present at the event may disallow the use of inappropriate attire or disqualify a wrestling participant for the lack of appropriate attire.

(4) Contestants shall have their fingernails trimmed closely.

(5) Ring Barrier.

(A) A ring is enclosed within a barrier which shall be erected between the ring and the seating area in the arena.

(B) The barrier shall be at least:

1. Six feet (6') away from the ring; and

2. Four feet (4') away from the first row of the seating area.

(C) The ring barrier shall conform to the following requirements:

1. Be constructed of metal or other shatterproof material;

2. Be designed to prevent a wrestler from exiting through the barrier into the seating area during a contest;

3. Be built to a height of at least forty-two inches (42") from the floor of the arena; and

4. Be stable.

(D) The ring barrier shall be approved by the office or the office's representative before its use during a contest.

(6) Time Limits.

(A) A wrestling match may have a maximum time limit of sixty (60) minutes.

(B) The office may authorize any other time limit.

(7) A timekeeper shall begin the beginning of the time limit of a contest upon the referee's signal and shall sound the bell at the referee's command.

(8) Conduct of Wrestling Contest.

(A) A wrestling contest will be determined by –

1. One (1) fall; or

2. Two (2) out of three (3) falls.

(9) Scoring a Fall.

(A) A fall is scored by a wrestler when the wrestler's opponent has both shoulders touching the mat for a count of three (3) seconds.

(B) The referee shall signal the wrestler scoring a fall by immediately slapping the mat.

(10) Breaking.

(A) A wrestler:

1. Shall break a hold when instructed by the referee;

2. Failing to break upon instruction by the referee, the offending contestant shall be given a count of ten (10) to release the hold; and

3. Failing to release the hold after the count of ten (10), the offending contestant shall be disqualified and the opponent shall be awarded the match by the referee.

(11) When any part of a contestant's body is touching the ropes or is outside the ropes or if, in the judgment of the referee, the contestant is no longer able to properly protect him/herself, the referee shall call time and the contestants at once shall release any holds and return to the center of the ring to standing positions and resume the bout.

(12) Disallowed Activities.

(A) The following actions are disallowed:

1. Inhibiting breathing by covering the nose and mouth at the same time; and

2. Unsportsmanlike or physically dangerous conduct.

(B) A wrestler continuing to engage in prohibited activities after sufficient warning may be disqualified by the referee.

(C) No wrestling contestant may use a foreign object(s) or prop(s) with the deliberate intent to lacerate himself or herself, or one's opponent. No animal blood or human blood, other than that of the wrestling contestants that is incidentally introduced during a match, may be used as a prop or special effect in any wrestling match. Vials, capsules, or any vessel containing a gel substance appearing to be or simulating blood may be used as a prop or special effect during a wrestling contest so long as the container cannot cause lacerations upon breakage. The intent to use a foreign object(s) or prop(s) during a wrestling match must be disclosed to the office prior to any wrestling contest and be subject to the approval of the inspector present at the event. This shall include any vial, capsule, or container holding a gel substance that is meant to simulate blood.

(13) Refusal or Inability to Continue.

(A) If a wrestler refuses or is physically unable to continue a match, the match shall be ended and the decision awarded to



the wrestler's opponent.

(14) Tag Team Wrestling.

(A) "Tag Team Wrestling" means a contest between two (2) teams each composed of two (2) or more wrestlers.

(B) The time limit for this type of contest shall be a maximum of sixty (60) minutes.

(C) A team shall be awarded a fall when a member of the team scores a fall against a member of the opposing team.

(D) A two- (2-) minute rest period may be permitted between falls.

(E) A tag team contest shall be conducted as follows:

1. The contest will begin with one (1) wrestler from each team inside the ring while the respective partners remain outside the ring on the apron;

2. The wrestler(s) outside the ring may not enter the ring unless a fall is scored or his/her partner has tagged his/her hand;

3. In order to be eligible to receive a tag, the wrestler's partner shall be outside the ring on the apron in the proper corner with both feet on the ring apron and only receive the tag over the top ring rope;

4. When the tag is made, the wrestler making the tag shall leave the ring as the partner enters the ring;

5. Only two (2) wrestlers from opposing teams are permitted to be in the ring at any one (1) time;

6. After the scoring of a fall, a wrestler may relieve the partner;

7. If a wrestler is unable to continue, the wrestler's partner may continue the contest alone;

8. The referee may call time after an injury to permit the injured wrestler to be removed from the ring; and

9. Release the rope provided in the team corner until officially tagged by the partner.

(15) The referee shall warn a team of any disallowed conduct and may disqualify a team for persisting in disallowed conduct after a warning.

(16) A wrestler may have a second who –

(A) Shall remain in the wrestler's corner outside the ring enclosure; and

(B) The referee may immediately eject from the ring area any second engaging in disallowed activities after sufficient warning.

(17) Referee.

(A) The referee conducts the contest and enforces the regulations of the office.

(B) The referee's decision on any matter, whether arising under these regulations or not, is final.

(C) Referees assigned to officiate a contest shall:

1. Be properly attired thirty (30) minutes before the scheduled time of the opening contest; and

2. Remain attired and available until all matches have been concluded.

(18) Responsibility of Promoter.

(A) A promoter shall be responsible to the office for the conduct of its representatives and employees, including officials and contestants affiliated with the event.

(B) The promoter shall be responsible for conducting the wrestling contest in a safe, peaceable, and orderly fashion.

(C) Violation of the office's regulations by a representative or employee of the promoter, including officials and contestants

affiliated with the event, may be grounds for disciplinary action against the promoter.

*AUTHORITY: sections 317.006 and 317.015, RSMo 2016.\* This rule originally filed as 4 CSR 40-5.030. Original rule filed April 30, 1982, effective Sept. 11, 1982. Rescinded and readopted: Filed March 2, 1989, effective May 11, 1989. Rescinded and readopted: Filed Nov. 15, 2001, effective May 30, 2002. Amended: Filed July 1, 2004, effective Oct. 30, 2004. Amended: Filed May 13, 2005, effective Nov. 30, 2005. Moved to 20 CSR 2040-5.030, effective Aug. 28, 2006. Amended: Filed March 20, 2018, effective Sept. 30, 2018.*

*\*Original authority: 317.006, RSMo 1983, amended 1996, 2007 and 317.015, RSMo 1996, 2007.*

## 20 CSR 2040-5.040 Rules for Professional Boxing

*PURPOSE: This rule describes the authorized practices to be employed for professional boxing contests.*

(1) No bout may exceed twelve (12) rounds nor be less than four (4) rounds. Rounds shall be no more than three (3) minutes in length with a one (1) minute rest period in between rounds. Rounds involving females may be reduced to two (2) minutes in length with a one (1) minute rest period between rounds.

(2) Before a contest permit will be issued, each professional boxing contest may include a scheduled main bout of at least eight (8) rounds and at least one (1) semi-main bout of at least six (6) rounds. The remaining bouts may not be less than four (4) rounds each. A contest should have a minimum of four (4) bouts totaling not less than twenty-four (24) rounds. The Office of Athletics may waive any of these restrictions at its discretion.

(3) No professional boxing bout shall be advertised or promoted as a championship bout unless it has the specific approval of the office.

(4) Contestants shall only fight contestants in their own weight category unless permission is granted by the office. In no instance may the office waive the weight category requirements, when the contestant's weight span exceeds ten (10) pounds excluding the weight classifications in subsections (L) and (M) of this section. Following is the schedule of weight classification:

(A) Flyweights	108–111 lbs.
(B) Bantamweights	112–118 lbs.
(C) Featherweights	119–126 lbs.
(D) Jr. Lightweight	127–130 lbs.
(E) Lightweight	131–135 lbs.
(F) Jr. Welterweights	136–140 lbs.
(G) Welterweights	141–147 lbs.
(H) Jr. Middleweights	148–154 lbs.
(I) Middleweights	155–160 lbs.
(J) Super Middleweights	161–168 lbs.
(K) Light Heavyweights	169–175 lbs.
(L) Cruiserweights	176–200 lbs.
(M) Heavyweights	over 200 lbs.

(5) Boxing Contestants.

(A) For the purpose of engaging in professional boxing contests, a professional is defined as a person who seeks to profit or earn a livelihood by boxing.

(B) No contestant under the age of eighteen (18) years shall be permitted to participate in a boxing contest. No contestant



participating in his/her professional debut shall be permitted to box more than six (6) rounds in length for the first ten (10) professional bouts. Contestants may have to present a birth certificate or picture identification to the office or inspector. False statements of age or other information shall be cause for discipline of the contestant's license. Contestants must complete all forms prescribed by the office. All contestants, upon request of the office or inspector, must furnish the office with a boxing passport or an identification card (ID) issued from his/her home state and a federal identification card issued by the Association of Boxing Commissions.

(C) Contestants in all licensed professional boxing contests shall be examined by a licensed physician at a time approved by the office and physical examinations must be completed at least one (1) hour before the contest time. The weigh-in will be within forty-eight (48) hours prior to the contest. Contestants will then have two (2) hours to make weight. The weights of the contestants or the class in which they will box must be announced at the ringside. In case of a substitution in a bout, the substitute contestant shall be subject to the same physical examination as other contestants and must be approved by the physician and office. Contestants failing to appear at the appointed place and at the specified time to be examined and weighed, or who leave the area before weigh-ins or physical examinations are completed without permission of the office, may subject their license to discipline or may be denied the right to compete in the scheduled bout.

(6) If a contestant claims to be injured due to an accidental foul during the bout, the referee, at their discretion, may stop the bout and request the physician to make an examination. If the physician decides that the contestant has been injured and should not continue, s/he should so advise the referee. If the physician decides that the injured contestant may be able to continue, s/he may order up to a five- (5-) minute recovery period, after which s/he will make another examination and again advise the referee of the injured contestant's condition.

(7) If a contestant falls due to fatigue, or is knocked down by his/her opponent, s/he will be allowed ten (10) seconds to rise unassisted. Following a contestant's fall, his/her opponent shall go to the farthest neutral corner and remain there during the count. The referee shall stop counting if the opponent fails to go to the neutral corner, then resume the count where it was left off when the opponent goes to the neutral corner. A contestant who is knocked out or falls out of the ring and on to the floor is allowed up to twenty (20) seconds to return to the ring.

(8) In case of a knockdown, the eight- (8-) count is mandatory.

(9) The office may require a contestant to submit to any physical examination it deems necessary to determine if the contestant is in a physical condition that would allow him/her to participate as a boxing contestant in the future.

(10) Preliminary contestants should be ready to enter the ring immediately after the finish of the preceding bout. Any contestant causing a delay by not being ready to immediately proceed when called may be subject to discipline or may be denied the right to compete in the scheduled bout.

(11) Any boxing contestant who has participated in a professional bout anywhere will not participate in a boxing bout in Missouri for at least seven (7) days after the previous bout. Any boxing contestant who is currently on suspension or revocation from any boxing commission, domestic or

foreign, shall not participate in any bout in Missouri until the suspension or revocation is lifted.

(12) No person other than the contestants and the referee shall enter the ring during a bout. There should be no standing or other distractions by seconds while the bouts are in progress. Offenders may be removed from the corners and their license may be subject to discipline. The physician may enter the ring if asked by the referee to examine an injury to a contestant.

(13) Handwraps shall not exceed the following restrictions: one (1) winding of surgeon's adhesive tape, not over one and one-half inches (1 1/2") wide, placed directly on the hand to protect the hand near the wrist. The tape may cross the back of the hand twice but shall not extend within one inch (1") of the knuckles when the hand is clenched to make a fist. Contestants shall use soft surgical bandage not over two inches (2") wide, held in place by not more than two feet (2') of surgeon's adhesive tape for each hand. One (1) twenty- (20-) yard roll of bandage shall complete the wrappings for each hand. Bandages may be adjusted in the presence of an inspector and both contestants. Either contestant may waive the privilege of witnessing the bandaging of opponent's hands.

(14) Gloves shall not be twisted or manipulated in any way by the contestants or their seconds. If a glove breaks or a string becomes untied during the bout, the referee will instruct the timekeeper to take time-out while the glove is being adjusted. All gloves shall be at least eight (8) ounces, with the thumb attached.

(15) Contestants must wear proper athletic attire and appropriate protective devices including mouthpiece and protective foul-proof cup. If the mouthpiece comes out during the fight, the referee may have the second replace the mouthpiece at the first lull in the action.

(16) Only discretionary use of petroleum jelly and nothing else will be allowed on the face, arms, or any part of the body.

(17) Twenty (20) points may be the maximum number scored in any round. The round winner will receive ten (10) points and his/her opponent proportionately less. If the round is even, each contestant will receive ten (10) points.

(18) A boxer will be deemed down when any part of the body other than the feet is on the floor or when s/he is hanging helplessly over or on the ring ropes (but even then s/he is not officially down until so pronounced by the referee, who may count him/her out on the ropes, on the floor, or while rising from a down position).

(19) The following tactics or actions shall be fouls:

- (A) Hitting below the belt;
- (B) Hitting an opponent who is down or is getting up after being down;
- (C) Holding an opponent with one (1) hand and hitting with the other;
- (D) Holding or deliberately maintaining a clinch;
- (E) Wrestling or kicking;
- (F) Striking an opponent who is helpless as a result of blows but is supported by the ropes and does not fall;
- (G) Butting with the head or shoulder or using the knee;
- (H) Hitting with the open glove or with the butt of the hand, the wrist or the elbow, or backhand blows;
- (I) Purposely going down without being hit;



- (J) Deliberately striking the body over the kidneys;
- (K) Using the pivot blow or deliberately using the rabbit punch;
- (L) Jabbing the opponent's eyes with the thumb of the glove;
- (M) Using abusive language in the ring;
- (N) Using any unsportsmanlike trick or action;
- (O) Hitting on the break;
- (P) Hitting after the bell has sounded ending the round;
- (Q) Roughing at the ropes;
- (R) Pushing an opponent about the ring or into the ropes;
- (S) Spitting out the mouthpiece intentionally;
- (T) Biting; and
- (U) Any other actions that are deemed fouls by the referee that are not described above and approved by the inspector may be called by the referee.

(20) For the fouls listed in section (19), the referee may penalize a contestant by warning the contestant, taking a point(s), or disqualifying the contestant.

(21) Injuries sustained by fouls include –

(A) Intentional Fouls.

1. If an intentional foul causes an injury, and the injury is severe enough to terminate a bout immediately, the boxer causing the injury shall lose by disqualification.

2. If an intentional foul causes an injury and the bout is allowed to continue, the referee will notify the authorities and deduct two (2) points from the boxer who caused the foul. Point deductions for intentional fouls will be mandatory.

3. If an intentional foul causes an injury and the injury results in the bout being stopped in a later round, the injured boxer will win by technical decision if s/he is ahead on the scorecards or the bout will result in a technical draw if the injured boxer is behind or even on the scorecards.

4. If a boxer injures him/herself while attempting to intentionally foul his/her opponent, the referee will not take any action in his/her favor, and this injury will be the same as one produced by a fair blow.

5. If the referee feels that a boxer has conducted him/herself in an unsportsmanlike manner s/he may stop the bout and disqualify the boxer.

(B) Accidental Fouls.

1. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately, the bout will result in a no contest if stopped before one-half (1/2) of the rounds are completed for bouts scheduled to last four (4) rounds through eight (8) rounds. In any bouts scheduled for nine (9) or more rounds, at least four (4) rounds must be completed. A round is complete when the bell rings signifying the end of the current round.

2. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately, after four (4) rounds have been completed, the bout will result in a technical decision, awarded to the boxer who is ahead on the scorecards at the time the bout is stopped. A partial or incomplete round will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.

3. A fighter who is hit with an accidental low blow may continue after a reasonable amount of time but no more than five (5) minutes or s/he will lose the fight by technical knockout.

(22) In case of a cut, the referee may consult the physician to determine if the bout should be stopped or can continue. If the physician steps on the ring apron, the referee must have the

injured contestant examined by the physician. Final authority rests with the referee. If the boxer who is cut by legal blows cannot continue, that boxer loses by technical knockout.

(23) The office may discipline the license of any contestant, matchmaker, judge, second, or any official who is guilty of unfair dealings, unsportsmanlike conduct, protesting the decisions of the officials in an unsportsmanlike manner, or violating any rules. Any boxing second who acts in an unsportsmanlike manner may immediately be removed from their contestant's corner.

(24) Before a felled contestant resumes fighting after slipping, falling, or being knocked to the floor, the referee shall wipe the contestant's gloves free of any foreign substance.

(25) An individual who is making their professional debut as a boxer in Missouri will be required to have a minimum of six (6) sanctioned amateur bouts with a winning record prior to being permitted to compete as a professional boxing contestant in Missouri.

*AUTHORITY: sections 317.006 and 317.015, RSMo Supp. 2023.\* This rule originally filed as 4 CSR 40-5.040. Original rule filed April 30, 1982, effective Sept. 11, 1982. Rescinded and readopted: Filed March 2, 1989, effective May 11, 1989. Amended: Filed July 25, 1994, effective Jan. 29, 1995. Rescinded and readopted: Filed Nov. 15, 2001, effective May 30, 2002. Moved to 20 CSR 2040-5.040, effective Aug. 28, 2006. Amended: Filed March 20, 2018, effective Sept. 30, 2018. Amended: Filed Jan. 25, 2019, effective Aug. 30, 2019. Amended: Filed July 19, 2021, effective Jan. 30, 2022. Amended: Filed April 2, 2024, effective Oct. 30, 2024.*

*\*Original authority: 317.006, RSMo 1983, amended 1996, 2007, 2018, and 317.015, RSMo 1996, amended 2007, 2020.*

## 20 CSR 2040-5.060 Rules for Professional and Amateur Kickboxing and Professional Full-Contact Karate

*PURPOSE: This rule sets forth the official professional regulations of professional and amateur kickboxing and professional full-contact karate including kickboxing, or any form of martial arts.*

(1) Gloves shall be leather and of the regular boxing type. No karate-type hand gear or any hand gear that does not fully cover the hand will be allowed. Glove weight shall be eight to sixteen (8–16) ounces.

(2) All male contestants are required to wear a groin protector. All female contestants may be required to wear plastic breast protectors and a protective pelvic girdle.

(3) All contestants are required to use a mouthpiece. If a contestant loses a mouthpiece during a round, the mouthpiece must be replaced when there is a lull in the action.

(4) Handwraps may not exceed the following restrictions: one (1) winding of surgeon's adhesive tape, not over one and one-half inches (1 1/2") wide, placed directly on the hand to protect the hand near the wrist. The tape may cross the back of the hand twice but shall not extend within one inch (1") of the knuckles when the hand is clenched to make a fist. Contestants shall use soft surgical bandage not over two inches (2") wide, held in place by not more than two feet (2') of surgeon's adhesive



tape for each hand. One (1) twenty- (20-) yard roll of bandage shall complete the wrappings for each hand. Bandages may be adjusted in the presence of an inspector and both contestants. Either contestant may waive the privilege of witnessing the bandaging of opponent's hands.

(5) The weigh-ins for professional and amateur combined events will be conducted within forty-eight (48) hours before the contest. The weigh-ins may be more than forty-eight (48) hours prior to the contest with special permission from the office. A contestant who fails to make the weight will be given up to two (2) hours to make weight. Any contestant who fails to make the weight may be disqualified.

(6) For events that include amateur contestants only, all weigh-ins must be scheduled no earlier than 10:00 AM on the day of the event. There shall be no weight allowances for amateurs. Amateur contestants must compete within the weight classes listed in section (7) of this rule. No substitutes may be submitted after the weigh-in has begun unless approved by the office due to special circumstances.

(7) Professional contestants may only fight contestants in their own weight category unless permission is granted by the office. In no instance shall the office waive the weight category requirements, when the contestant's weight span exceeds ten (10) pounds excluding the weight classifications in subsections (L) and (M) of this section. Following is the schedule of weight classification:

(A) Flyweights	108–111 lbs.
(B) Bantamweights	112–118 lbs.
(C) Featherweights	119–126 lbs.
(D) Jr. Lightweight	127–130 lbs.
(E) Lightweight	131–135 lbs.
(F) Jr. Welterweights	136–140 lbs.
(G) Welterweights	141–147 lbs.
(H) Jr. Middleweights	148–154 lbs.
(I) Middleweights	155–160 lbs.
(J) Super Middleweights	161–168 lbs.
(K) Light Heavyweights	169–175 lbs.
(L) Cruiserweights	176–200 lbs.
(M) Heavyweights	over 200 lbs.

(8) The referee has general supervision of the bout. S/he enforces the rules, promotes safety of the contestants, and ensures fair play. Only the inspector may overrule the referee if the referee is not enforcing the rules. Before starting a bout the referee shall ascertain from each contestant the name of his/her chief second responsible for the conduct of the assistant seconds during the progress of the bout. The referee may call contestants together before each bout for final instructions, at which time each contestant may be accompanied by the chief second only.

(9) The three (3) judges shall be stationed at ringside, each at a separate side. The judges will score each round on a ten- (10-) point must system and turn the scorecards over to the referee after each round. The referee will then hand the scorecards to the inspector. A final decision must be made before the judges may leave the area. Any erasures or changes on the card must be approved and initialed by the judge and inspector.

(10) The attending physician will have an adequate room in which to make the physical examination. Whenever a contestant, because of illness or injuries, is unable to take part in

a contracted bout, s/he or his/her second must immediately report the fact to the inspector. The contestant will then submit to an examination by a physician designated by the office. Contestants who have been knocked out will be kept lying down until they have recovered. When a contestant is knocked out, no one will touch him/her except the referee who will remove his/her mouthpiece, until the ringside physician enters the ring and personally attends to the contestant and issues necessary instructions to the contestant's second(s).

(11) No professional bout may exceed twelve (12) rounds nor be less than three (3) rounds. Rounds shall be no more than three (3) minutes in length with a one (1) minute rest period in between rounds. Round lengths may be reduced to as low as one (1) minute in length with a one (1) minute rest period between rounds. The maximum number of rounds for an amateur kickboxing bout shall be five (5) rounds.

(12) Any contestant guilty of foul tactics in a round will be given an immediate warning or points may be deducted from the contestant's total score, or both, as determined by the referee. The use of foul tactics also may result in the disqualification of the contestant. The following tactics are considered fouls:

- (A) Headbutts or clubbing blows with the hand;
- (B) Striking the groin, woman's breast, the spine, throat, collarbone or that part of the body over the kidneys;
- (C) Palm heel strikes;
- (D) Anti-joint techniques;
- (E) Jabbing the eye with the thumb of the glove;
- (F) Hitting with the glove open, or with the wrist or forearm;
- (G) Grabbing or holding onto an opponent's leg or foot;
- (H) Holding an opponent with one hand and hitting with the other;
- (I) Leg checking the opponent's leg or stepping on the opponent's foot to prevent the opponent from moving or kicking;
- (J) Purposely going down without being hit;
- (K) Using abusive language in the ring;
- (L) Unsportsmanlike conduct;
- (M) Attacking on the break;
- (N) Attacking after the bell has sounded ending the round;
- (O) Intentionally pushing, shoving, or wrestling an opponent out of the ring;
- (P) Biting;
- (Q) Linear or thrusting kicks directed at the knee including front kicks, side kicks, and back kicks;
- (R) Amateur rule differences, no knee strikes to the head of any kind; and
- (S) Any other actions that are deemed fouls by the referee or inspector that are not described above may be called by the referee and appropriate action taken by the referee.

(13) Amateur contestants may clinch in order to immediately attack with a legal knee strike to the body only. If the knee attack and/or counter attack by the opponent is continuous and in the opinion of the referee productive, the referee may allow the knee strikes to continue up to five (5) seconds and the fighters shall be directed to break the clinch by the referee.

(A) Amateur contestants may wear headgear and shin pads, however, if neither device will be worn in a bout, both contestants must mutually agree to this fact in the written bout agreement.

(B) Amateur contestants may not wear gloves smaller than twelve (12) ounces.

(C) Kickboxing may take place in a ring or in a cage with special permission of the office.



(14) A contestant who intentionally refuses to engage an opponent for a prolonged period of time may receive an immediate warning from the referee. If the contestant continues these tactics after a warning, a point will be deducted by the referee.

(15) The referee shall stop the bout for any of the following reasons:

(A) The referee determines that one (1) of the contestants is clearly less experienced and/or skilled than his/her opponent to the extent that allowing the bout to continue would pose a substantial risk of serious harm or injury to the less-experienced/skilled contestant;

(B) The referee decides that a contestant is not making his/her best effort; or

(C) For any other reason the referee deems sufficient.

(16) In the event of serious cuts or injuries, the referee shall summon the physician who decides if the bout should be stopped.

(17) If a contestant fails or refuses to resume fighting when the bell sounds starting the next round, the referee will award a technical knockout to his/her opponent as of the last completed round.

(18) Before a felled contestant resumes fighting after slipping, falling, or being knocked to the floor, the referee shall wipe the contestant's gloves free of any foreign substance.

(19) When a contestant is knocked down, the referee shall order the opponent to retire to a neutral corner of the ring, point to the corner, and immediately begin the count over the downed contestant. The referee will pick up the count from the timekeeper and audibly announce the passing seconds, accompanying the count with arm motions. Any time a contestant is knocked down, the referee will automatically begin a mandatory eight (8) count and then, if the contestant appears able to continue, will allow the bout to resume. If a contestant who is down, rises before the count of ten (10) is reached and goes down immediately without being struck, the referee shall resume the count where it was left off. If the contestant is still down when the referee calls the count of ten (10), the referee will wave both arms to indicate that the contestant has been knocked out and will signal that the opponent is the winner. If a round ends before the referee reaches ten (10), the contestant must still rise before the count of ten (10) to avert a knockout. A contestant will be declared knocked down when, as a result of any legal blow or strike, any portion of the contestant's body other than the feet touches the floor.

(20) The referee, at his/her discretion, may request that the attending physician examine a contestant during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed. The physician may order the referee to stop the bout. The referee will then render the appropriate decision.

(21) Injuries sustained by fouls include:

(A) Intentional Fouls.

1. If an intentional foul causes an injury, and the injury is severe enough to terminate a bout immediately, the contestant causing the injury may lose by disqualification.

2. If an intentional foul causes an injury and the bout is allowed to continue, the referee will notify the authorities and

deduct two (2) points from the contestant who caused the foul. Point deductions for intentional fouls will be mandatory.

3. If an intentional foul causes an injury and the injury results in the bout being stopped in a later round, the injured contestant will win by technical decision if s/he is ahead on the scorecards or the bout will result in a technical draw if the injured contestant is behind or even on the scorecards.

4. If a contestant injures him/herself while attempting to intentionally foul his/her opponent, the referee will not take any action in his/her favor, and this injury will be the same as one (1) produced by a fair blow.

5. If the referee feels that a contestant has conducted him/herself in an unsportsmanlike manner s/he may stop the bout and disqualify the contestant;

(B) Accidental Fouls.

1. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately, the bout will result in a no contest if stopped before one-half (1/2) of the rounds are completed for bouts scheduled to last four (4) rounds through eight (8) rounds. In any bouts scheduled for nine (9) or more rounds, at least four (4) rounds must be completed. A round is complete when the bell rings signifying the end of the current round.

2. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately after four (4) rounds have been completed, the bout will result in a technical decision awarded to the contestant who is ahead on the scorecards at the time the bout is stopped. A partial or incomplete round will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.

3. A contestant who is hit with an accidental low blow must continue after a reasonable amount of time but no more than five (5) minutes or s/he will lose the fight by technical knockout.

(22) Before the office issues a permit for an event, the promoter shall provide the office proof of insurance providing for payment of each contestant in the amount of at least ten thousand (\$10,000) dollars in case of injury or at least ten thousand (\$10,000) dollars in case of death. No contestant may waive the insurance coverage. Promoter shall be responsible for deductible payments, if any.

*AUTHORITY: section 317.006, RSMo Supp. 2021.\* This rule originally filed as 4 CSR 40-5.060. Original rule filed March 12, 1989, effective May 11, 1989. Rescinded and readopted: Filed Nov. 15, 2001, effective May 30, 2002. Moved to 20 CSR 2040-5.060, effective Aug. 28, 2006. Amended: Filed March 20, 2018, effective Sept. 30, 2018. Amended: Filed Jan. 25, 2019, effective Aug. 30, 2019. Amended: Filed July 19, 2021, effective Jan. 30, 2022.*

*\*Original authority: 317.006, RSMo 1983, amended 1996, 2007, 2018.*

## 20 CSR 2040-5.070 Fouls

*PURPOSE: This rule defines prohibited conduct for mixed martial arts bouts/contests and establishes related penalties and/or sanctions.*

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

(A) Holding or grabbing the fence – a fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through



the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it is an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time. If a fighter is caught holding the fence, cage, or ring rope material the referee may issue a one- (1-) point deduction from the offending fighters scorecard if the foul caused a substantial change in position such as the avoidance of a takedown. If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position;

(B) Holding opponent's shorts or gloves – a fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove. It is legal to hold onto your own gloves or shorts;

(C) Butting with the head – any use of the head as a striking instrument whether head to head, head to body, or otherwise is illegal;

(D) Eye gouging of any kind – eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and are legal attacks;

(E) Biting or spitting at an opponent – biting in any form is illegal. A fighter should recognize that a referee may not be able to physically observe some actions, and make the referee aware if they are being bitten during an exhibition of unarmed combat;

(F) Hair pulling – pulling of the hair or holding the hair to control an opponent in any fashion is an illegal action;

(G) Fish hooking – any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose, or ears, stretching the skin to that area, placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent will be considered "fish hooking";

(H) Groin attacks of any kind – any attack to the groin area including, striking, grabbing, pinching, or twisting is illegal;

(I) Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent – a fighter may not place their fingers into an open laceration in an attempt to enlarge the cut or into an opponent's nose, ears, mouth, or any body cavity;

(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;

(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;

(L) No intentional direct strikes to the kidney including heel kicks to the kidney;

(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;

(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;

(O) Kneeing and/or kicking the head of a grounded opponent – a 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);

(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;

(Q) The use of abusive language in the fighting area;

(R) Any unsportsmanlike conduct that causes an injury to opponent;

(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;

(T) Attacking an opponent who is under the care of the referee;

(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;

(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;

(W) Throwing an opponent out of the ring or caged area;

(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;

(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;

(Z) Attacking an opponent after the bell has sounded the end of the round;

(AA) The end of the round shall occur when the bell or horn sounds ending the round; and

(BB) A fighter may not be saved by the bell or horn in any round, including the last round.

(2) Any contestant competing in an amateur bout may not currently or ever have been a professional fighter in any contact sport including but not limited to boxing, kickboxing, full-contact karate, martial arts, or mixed martial arts.

(3) The maximum number of rounds for an amateur mixed martial arts contest shall be three (3).





(4) The maximum length of a round for an amateur mixed martial arts bout shall be three (3) minutes with one (1) minute rest between rounds.

(5) The minimum glove size shall be four (4) ounces and the maximum glove size shall be eight (8) ounces.

(6) Neoprene ankle wraps or elbow pads are optional. Contestant may tape their ankles and have a neoprene wrap or similar material covering the tape.

(7) No elbow strikes of any kinds.

(8) For the first five (5) sanctioned amateur bouts there shall be a prohibition of knee strikes to the head of an opponent during an amateur mixed martial arts contest. Both contestant may mutually agree to allow knees strikes during a bout after the fifth sanctioned bout by each contestant. A sanctioned fight is a bout that is sanctioned by a state or tribal agency charged with legal regulatory authority to regulate amateur mixed martial arts.

(9) An amateur mixed martial arts contestant will be required to have a minimum of six (6) sanctioned amateur bouts with a winning record prior to being permitted to compete as a professional mixed martial arts contestant in Missouri.

(10) Amateur contestants shall not receive any valuable consideration for their participation in an amateur event including but not limited to a purse, percentage of ticket sales, and/or discounts for gym training fees. No more than one hundred (\$100) dollars may be paid to an amateur contestant for travel expenses for participation in a bout.

(11) Injuries Sustained by Fouls.

(A) Intentional Fouls.

1. If an intentional foul causes an injury, and the injury is severe enough to terminate a bout immediately, the contestant causing the injury shall lose by disqualification.

2. If an intentional foul causes an injury and the bout is allowed to continue, the referee may notify the authorities and deduct two (2) points from the contestant who caused the foul. Point deductions for intentional fouls are mandatory.

3. If an intentional foul causes an injury and the injury results in the bout being stopped in a later round, the injured contestant shall win by technical decision if he/she is ahead on the scorecards or the bout shall result in a technical draw if the injured contestant is behind or even on the scorecards.

4. If a contestant injures himself/herself while attempting to intentionally foul his/her opponent, the referee shall not take any action in his/her favor, and this injury shall be the same as one produced by a fair blow.

5. If the referee feels that a contestant has conducted himself/herself in an unsportsmanlike manner he/she may stop the bout and disqualify the contestant.

(B) Accidental Fouls.

1. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately, the bout is a no contest if stopped before half of the scheduled rounds have been completed.

2. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately after half of the scheduled rounds have been completed, the bout may result in a technical decision awarded to the contestant who is ahead on the scorecards at the time the bout is stopped. A partial

or incomplete round is scored. If no action has occurred, the round is scored as an even round. This is at the discretion of the judges.

3. A contestant who is hit with an accidental low blow must continue after a reasonable amount of time, but no more than five (5) minutes, or he/she may lose the bout by technical knockout.

(12) Except as provided herein, any contestant guilty of foul tactics in a round shall be given an immediate warning or points may be deducted from the contestant's total score, or both, as determined by the referee. The use of foul tactics may also result in the disqualification of the contestant.

(13) A contestant who intentionally refuses to engage an opponent for a prolonged period of time may receive an immediate warning from the referee. If the contestant continues these tactics after a warning, a point(s) may be deducted by the referee.

*AUTHORITY: section 317.001, RSMo 2016, and section 317.006, RSMo Supp. 2024. \* 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 Dec. 28, 2022, effective June 30, 2023. Amended: Filed Sept. 10, 2024, effective April 30, 2025.*

*\*Original authority: 317.001, RSMo 1983, amended 1996, 2007, and 317.006, RSMo 1983, amended 1996, 2007, 2018.*