

PSUAC Proposed Unified Rule Amendments

Approved by the "ABC Rules Committee" at the ABC 2016 Conference

Fouls to be removed

1. Heel Kicks to the kidney.
2. Grabbing the clavicle.

Fouls to be redefined

1. Striking the back of the head or spine - "The back of the head is defined as the area covering a 2 inch wide strip that runs down the center of the back of the head starting at the "crown" and running straight down the neck and spine, including the tailbone."

2. Kicking or kneeing the head of a grounded fighter- "A grounded fighter is defined as: Any part of the body, other than a hand and feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. At this time, kicks or knees to the head will not be allowed."

Foul to be added

Eye Pokes- Moving forward toward opponent with fingers outreached
In the standing position, a fighter that moves offensively toward their opponent with an open hand, fingers pointing at the opponent, will be a foul. Referees are to prevent this dangerous behavior by communicating clearly to fighters. Fighters are directed to close their fists or point their fingers straight in the air when reaching toward their opponent.

Female clothing

Female competitors must wear a short-sleeved (above the elbow) or sleeveless form-fitting rash guard and/or sports bra. No loose-fitting tops are allowed. Female competitors will follow the same requirements for bottom coverings as the male competitors, minus the requirement for groin protection.