

Causes of Penalization

This is a Partial List of possible causes of penalization and may be used as a guideline to follow:

1. Attacking illegal or non-target areas.
2. Using illegal techniques.
3. Running out of the ring to avoid fighting (not fighting out).
4. Falling to the floor to avoid fighting.
5. Continuing after being ordered to stop (fighting after the call to break).
6. Excessive stalling.
7. Blind, negligent or reckless attacks.
8. Uncontrolled techniques.
9. Any unsportsmanlike like behavior.
10. Not being prepared or ready when it is time to compete.
11. Going to the head of a downed opponent.
12. Excessive contact.