

## **14B NCAC 10 .0102      DEFINITIONS**

The definitions contained in G.S. 143-651 apply to the rules in this Chapter in addition to the following:

- (1) "Cage" means a fenced enclosure in which promotional organizations hold mixed martial arts competition.
- (2) "Choke" means a submission technique which restricts blood flow in the carotid arteries, resulting in a competitor either tapping-out or losing consciousness including guillotine choke, rear-naked choke, leg triangle choke, and the arm triangle choke.
- (3) "Fish-hooking" means the action of hooking (grasping) and pulling the inside of an opponent's cheek so as to control his head movement
- (4) "Gi" means the traditional uniform worn when practicing aikido, jujitsu, judo and karate.
- (5) "Grappling" means the techniques of throwing, locking, holding, and wrestling, as opposed to kicking and punching.
- (6) "Guard" means a position in which one competitor lies on his back with his or her knees bent and legs open. If his or her opponent is between his or her legs, the opponent is in his or her guard. Depending upon the leg position of the fighter on his or her back, the guard is referred to as being an open, closed, half, butterfly, spider, or rubber-band guard.
- (7) "Hammer-fist" means a strike with the small finger side of the fist, as if holding a hammer.
- (8) "Kickboxing" means a striking sport which permits punches, kicks, and knees.
- (9) "Mount" means a position in which a competitor gains top position and controls his or her opponent by sitting on top of him or her or from the side of the opponent.
- (10) "Passing the guard" means a fighter's attempt to escape from his or her opponents guard in order to secure the mount position.
- (11) "Spike, Spiking" means after lifting and inverting an opponent or attempting to slam him or her headfirst into the canvas.
- (12) "Strikes" means a cumulative number of punches administered by a contestant to his or her opponent.
- (13) "Submission" means a grappling technique which forces a contestant to tap-out. Techniques include chokes, and the hyperextension or over-rotation of a joint.
- (14) "Tap-out" means the physical act of tapping the opponent, the mat, or one's self to signal a submission. When unable to physically tap-out, a submission may be vocal.

*History Note: Authority G.S. 143-652.1; 143-651;  
Temporary Adoption Eff. January 1, 1996;  
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Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.*