



International Association  
of mixed martial arts

## **Mixed Martial Rules and Regulations**

Mixed martial arts (MMA) is one of the most popular martial arts in the world. It is connected to the maximum possible number of technical actions, used by athletes. The procedure for deciding the winner in the sport is subject to the logic of the most simple and natural criterion – the refusal of an opponent to continue the fight or getting over an opponent of complete obvious advantages. It is a dynamic, exciting sport, adapted to the needs of a modern audience.

Mixed martial arts (MMA) – is a full contact competition of two athletes, using of a combination of techniques from different martial arts, including grappling, wrestling, kicking and striking.

This text is addressed to a wide audience – athletes, coaches, referees, spectators and commentators for the following reasons:

- Understanding of the rules allows the use of best practices for sports training and tactics of the fight, which contributes to personal development of an athlete, his manifestation of sportsmanship;
- Understanding of the relationship and the essence of the rules allow judges to make objective and timely decisions.

These Rules are mandatory for organizations conducting competitions in mixed martial arts.

Team leaders, coaches, athletes and judges taking part in competitions are obliged to be guided in their actions by the applicable Rules, Regulations and Competition Handbook approved by World MMA.

### **1. AGE GROUPS**

Competitors are divided into the following age groups in accordance with the Unified Sports Classification System:

**Juniors** – 18-20 years old.

All the athletes must be over the age of 18 years or aged 20 years before 1st day of competition and must be within this age band until the competition has been completed.

**Adults** – 18 years and older.

All the athletes must be 18 years old by the 1st day of competition. There is no upper age limit.

All athletes, taking part in the competitions, should submit to the Admission Committee an official document confirming their age and citizenship.

Athletes criminated of misrepresenting their age are automatically disqualified from these competitions.

The athletes who have reached the age of 18 years are entitled to take part in the competitions for men.

## 2. WEIGHT DIVISIONS

Official competitions are held in weight classes.

Weight classes for mixed martial arts athletes over 18 years old shall be:

<b>Male:</b>	<b>Female:</b>
strawweight – over 105 to 115 lbs (52,2 kg)	atomweight – up to 105 lbs (47,6 kg)
flyweight – over 115 to 125 lbs (56,7 kg)	strawweight – over 105 to 115 lbs (52,2 kg)
bantamweight – over 125 to 135 lbs (61.2 kg)	flyweight – over 115 to 125 lbs (56,7 kg)
featherweight – over 135 to 145 lbs (65.8 kg)	bantamweight – over 125 to 135 lbs (61.2 kg)
lightweight – over 145 to 155 lbs (70.3 kg)	featherweight – over 135 to 145 lbs (65.8 kg)
welterweight – over 155 to 170 lbs (77.1 kg)	lightweight – over 145 to 155 lbs (70.3 kg)
middleweight – over 170 to 185 lbs (83,9 kg)	
light heavyweight – over 185 to 205 lbs (93.0 kg)	
heavyweight – over 205 to 265 lbs (120,2 kg)	
super heavyweight over 265 lbs (120,2+ kg)	

A deviation isn't allowed.

## 3. DURATION

Each bout at World MMA competitions must be three rounds of tree minutes.

If the bout is scored a draw after 3 rounds, there can be an extra round of 3 minutes.

Rest time between rounds is 1 minute.

#### **4. ATHLETE SCREENING**

Athletes who meet the age groups and weight categories specified in these Rules, as well as those who meet the requirements of the regulations on sports competitions and who have submitted all the necessary documents to the Admission Committee are allowed to participate in sports competitions.

An athlete's admission to competitions is determined in the registration handbook as defined by the WORLD MMA.

Athletes who have more than five (5) wins in professional fights in their sports career, and who have valid contractual obligations with the promoter organization, as well as the holders of the champion belt of the promoter organization are not allowed to participate in the competitions.

#### **5. MEDICAL REQUIREMENTS**

All athletes are required to complete all pre competition medical examinations and tests. This can be found in the registration handbook as defined by the WORLD MMA. The medical requirements set out pre competition shall be mandatory.

During the pre-bout physical test, every female athlete will be required to pass a pregnancy test during the pre-bout physical test administered under the direction of the examining physician or an authorized physician's assistant.

Female athletes submitting written documentation acceptable to the examining physician may be waived from the pre-fight physical pregnancy test.

The World MMA commission licensing the contest shall conduct or supervise all pre-contest weigh-ins and supervise a rules meeting for all contestants and their coaches.

An athletes may not be allowed to further procedures of the Admission Committee and to take part in the competitions if they don't have a complete set of necessary documents.

#### **6. WEIGHT CUTTING**

World MMA is not accepting excessive weight cutting. All competitors must reach the weight on the day of the bout.

On multi-day tournaments, athletes will be weighed every day of the tournament. An athlete missing weigh-ins will be immediately disqualified.

## **7. ATHLETE MEDICAL SCREENING AFTER KNOCK-OUT**

1). An athlete knocked out in the body is admitted to participate in the following competitions by a doctor of the specialized agency of sports medicine after further examination.

2). If an athlete was knocked in the head without loss of consciousness, he is not permitted to compete at least 30 days.

3). If an athlete was knocked in the head with loss of consciousness, he is not permitted to compete at least 90 days.

4). If an athlete was knocked-out twice during six months, he is not allowed to compete during six months from the day of the second knock-out.

5). If an athlete was knocked-out three times during the year, he is not allowed to compete during 1 year from the day of the third knock-out.

6). If an athlete received medical restrictions, he shall not exercise within the specified period.

7). An athlete knocked out in the head as a result of forbidden strikes or after the command "Stop", which resulted in awarding the victory "due to disqualification" has no right to continue the competition.

8). If an athlete had a rehabilitation period after knock-out he should obtain an admission to the competitions from a qualified doctor in his medical and sports clinic. Whenever possible, he should undergo a special examination, electrocardiography and if necessary magnetic resonance imaging of cerebrum.

## **8. ANTI-DOPING**

World MMA Anti-Doping Rules adopt the WADA Prohibited List of substances and methods WADA prohibited List.

Athletes should check all medications to ensure any substances used are permitted.

## **9. EQUIPMENT**

Competitors participating in WORLD MMA official events should comply with the World MMA regulations.

In World MMA tournaments, all equipment (shorts, rash guards, gloves, shin guards) be certified by World MMA.

An athlete is not allowed to use equipment of color of the opposite corner.

### **Gloves:**

- The gloves shall be new for all events and in good condition.
- All athletes shall wear gloves with protective padding weighing a minimum of no less than 6 ounces and no more than 8 ounces.

- The wrist shall be supported by means of a Velcro strap.
- No lace up gloves is permitted.
- Gloves shall be colored either Red or Blue. If just neutral equipment is available, the wrist of the gloves must be wrapped with either red or blue wide duct tape.

#### **Tapes and Hand wraps:**

- Wrist wraps and tapes are allowed for fights of age groups in which blow techniques are used.
- Other than the athlete's hands, there will be no taping, covering, or protective gear, of any kind, on the upper body. This includes, but is not limited to joint sleeves, padding, or any form of brace/body tape.
- A competitor may use a soft neoprene sleeve to cover only the knee and/or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties, or any other material considered to be unsafe or that may create an unfair advantage. Tape, gauze, or any materials other than the approved sleeves are not permitted.

#### **Shin guards:**

- Shin guards shall be a tight fighting pull-on sock/neoprene type. Shin guards shall be colored either Red or Blue. If just neutral equipment is available, the top of the shin pads must be wrapped with either red or blue wide duct tape.

#### **Groin bandage:**

- All male athletes must provide and wear a groin protector.

#### **Mouthpiece:**

- All athletes are required to wear a well-fitting mouthpiece, which shall be subject to examination and approval. A round will not begin until both athletes have their respective mouthpieces in place.
- If a mouthpiece is involuntarily dislodged during the fight, the referee will call time and replace the mouthpiece at the first opportune moment, without interfering with the immediate action. Athletes are responsible for sourcing their own non-branded mouth guards.

#### **Rash guards:**

- The type of rash guard to be used shall be of tight fighting stretch material.
- All rash guards are to be of short sleeve type. The rash guards shall be colored either Red or Blue.
- Female athletes may for religious or cultural reasons may wear long sleeve rash guards.

#### **Shorts:**

- All athletes must wear mixed martial arts shorts/compression shorts. Pockets, zips, fasteners or any foreign substance other than that of the material that the shorts are made of are not permitted to present on the shorts. No external lace up waistband on the outside of the shorts are permitted. It must be inside the waist band of the shorts.

- The shorts shall be colored either Red or Blue.
- Female athletes may for religious or cultural reasons may wear long tights under the shorts to cover the skin.

**Shoes:**

- Athletes may not wear shoes of any kind during the fight.

**Head and hair:**

- Female athletes may for religious or cultural reasons have an additional head/hair cover approved by organizing committee.
- When deemed necessary by the referee all mix martial artists shall have their hair secured in a manner that does not interfere with the vision and safety of either contestant.
- Long hair must be tied up out of the way.
- No object can be worn to secure the contestant's hair which may cause injury to either contestant.

**Athlete's physical appearance:**

- Each contestant must be clean and present a tidy appearance.
- The application of Vaseline or another similar substance before the bout is done before entering the combat area by officials from the referee committee.
- Any application of substances like cremes, Thai Oil or any other products likely to be harmful or objectionable to an opponent is prohibited.
- The referee shall cause any excessive grease or foreign substance to be removed.
- The wearing of any jewelry or other piercing accessories will be strictly prohibited during all the fights.
- No other object may be worn during the competition.
- Nails on the toes and fingers should be cut short.

## **10. OFFICIALS (REFEREE AND JUDGES)**

The judging panel consists of:

- head judge;
- deputy head judge;
- chief secretary;
- secretary;
- cage leader;

- referee;
- judges;
- timekeeper;
- scorecard keeper.

The quantitative composition of the judging panel depends on the status and type of competitions, number of participants and the number of cages officials for one contest consists of:

- judges (3) evaluating and scoring the fight;
- referee (1) inside the cage;
- timekeeper;
- scorekeeper.

The referee is the sole arbiter of a contest, and is the only individual authorized to stop a bout.

The referee and the ringside physician are the only individuals authorized to enter the fighting area at any time during competition.

## 11. FOULS

1). **Elbow and forearm strike of any kind.** All elbow strikes to any target in any position are strictly prohibited. Only the hand and lower part of the forearm which is covered by the glove can be used for punches.

2). **Kneeing to the head of an opponent in all positions.**

3). **Kicking the head of a grounded opponent.** A grounded athlete is defined when anything other than soles of the feet bearing weight. When palm or fist (fingers only is not enough) of one hand is touching the ground, the athlete is considered grounded. At this time, all kicks or knees will not be allowed.

4). **Linear/front kicks directly targeting the knee.**

5). **Heel Hook.**

6). **Any submission deemed as applying pressure to the neck or spine** (Ex: twister, neck crank, can opener, sit through crucifix).

7). **Butting with the head.**

8). **Eye gouging of any kind.** Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the athlete's eye shall be considered legal attacks.

9). **Biting or spitting at an opponent.** An athlete must recognize that a referee may not be able to physically observe some actions and must make the referee aware if they are being bitten by an opponent.

10). **Fish Hooking.** Any attempt by an athlete to use their fingers in a manner that attacks their opponent's mouth, nose, ears or a cut and stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth of your opponent.

11). **Hair pulling.**

12). **Spiking the opponent to the canvas onto the head or neck** (pile-driving). A pile driving is considered to be any throw where you control your opponent's body placing their feet up in the air with their head straight down and then forcibly drives the 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 opponent's 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.

13). **Strikes to the spine or the back of the head.** The back of the head starts at the crown of the head with a one 1-inch (2,5 cm) variance to either side, running down the back of the head to the occipital junction. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. It then travels down the spine with a one 1-inch (2,5 cm) variance from the spine's centerline, including the tailbone.

14). **Throat strikes of any kind and/or grabbing the trachea.** No directed throat strikes are allowed. A directed attack would include an athlete pulling his opponents head in a way to open the neck area for a striking attack. An athlete may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand-up action of a fight, a strike is thrown and the strike lands in the throat area of the athlete, this shall be viewed as a clean and legal blow.

15). **Fingers outstretched toward an opponent's face/eyes.** In the standing position, a fighter that moves his arm(s) toward his opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Referees are to prevent this dangerous behavior by communicating clearly to athletes. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

16). **Groin attacks of any kind.** Any attack to the groin area including, striking, grabbing, pinching, or twisting is illegal. It should be clear that groin attacks are the same for male and female.

17). **Small joint manipulation.** Fingers and toes are small joints. Wrists, ankles, knees, shoulders, and elbows are all large joints. Grabbing the majority of fingers or toes at once is allowed.

18). **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. Axe kicks are not stomping. Standing foot stops are not a foul. As such, this foul does not include stomping the feet of a standing fighter.

19). **Holding or grabbing the fence with fingers or toes:**

a). A fighter may out their hands on the fence and push off of it at any time.

b). A fighter may place their feet onto the cage and have their toes go through the fencing material at any time.



c). 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 now becomes an illegal action.

d). If a fighter is caught holding the fence, cage or ring rope material the referee may issue a one-point deduction from the offending fighters scorecard if the foul caused a substantial effect in the fight.

e). 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.

20). **Holding opponent's gloves, shorts, shin-guards or rash guard.** A Fighter is not allowed to control their opponent's movement by holding onto their opponent's shorts, gloves, shin-guards or rash guard. 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, but actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.

21). **Throwing an opponent out of the fighting area.** Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent. A fighter is not allowed to put their fingers into an open laceration in an attempt to enlarge the cut. An athlete is not allowed to place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

23). **Clawing, pinching, twisting the flesh.** Any attack that targets the athlete's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

24). **Timidity** (avoiding contact, or consistently dropping the mouthpiece, or faking an injury). Timidity is defined as any athlete who purposely avoids contact with his opponent or runs away from the action of the bout. Timidity can also be called by the Referee for any attempt by an athlete to stall time or delay the action of the bout by falsely claiming a foul, injury, purposely dropping or spitting out their mouthpiece and any other action designed to stall or delay the action of the fight.

25). **Use of abusive language in the fighting area.** The use of abusive language is not allowed during the competition. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that athletes can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (racially motivated or derogatory language).

26). **Flagrant disregard of the referee's instructions.** An athlete must follow the instructions of the referee at all times. Any deviation or non-compliance may result in the disqualification of the athlete.

27). **Unsportsmanlike conduct that causes an injury to opponent.** Every athlete competing in the sport of MMA is expected to represent the sport in a positive light displaying sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on an opponent or who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.

28). **Attacking an opponent after the bell has sounded the end of the period of unarmed combat.** The end of a round is signified by the sound of the bell (or horn) and the call of time by the Referee. Once the Referee has made the call of time, any offensive action initiated by the athlete shall be considered illegal.

29). **Attacking an opponent on or during the break.** An athlete shall not engage their opponent in any fashion during a time-out or break of action in competition

30). **Attacking an opponent who is under the care of the referee.** Once the referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.

31). **Interference from a fighter's corner or seconds.** Interference is defined as any action or activity aimed at disrupting the bout or causing an unfair advantage to be given to a corner's athlete.

Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

If the fighter's corner uses flagrant language, threaten officials or show unsportsmanlike behavior, the referee has the authority to deduct points and/or disqualify the athlete.

32). **Applying any foreign substance to the head or body in order to gain an advantage.**

## 12. FOUL PROCEDURE

### **If a foul is committed, the Referee shall:**

- 1). Call time and send the athlete who committed the foul to a neutral corner
- 2). Check the fouled contestant's condition and safety
- 3). Assess the foul for potential point deduction and/or time considerations and notify the cage leader, judges, and scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue without referee intervention.

- 1). The referee will verbally notify the bottom contestant of the foul.
- 2). When the round is over, the referee will assess the foul and notify both corners, the judges and the official scorekeeper.

### **Eye Poke foul procedure:**

- 1). Once the referee calls time for the foul, the fighter is permitted the use of a cold compress or wet towel on the injured eye.
- 2). Unless the fighter requires immediate medical attention the referee and ringside physician shall allow the fighter time to compose themselves so the fighter can then give a verbal "yes" or "no" that they can see.

During all time out procedures, no coaching of an athlete is permitted.

Fouls resulting in a point being deducted and as signaled by the referee must result in the deduction from the offending contestant's score and is to be notated by cage leader, all three judges and official scorekeeper.

Only a referee can assess a foul. If the referee does not call the foul then judges must not make that assessment on their own.

Disqualification can occur after any combination of fouls or after a single flagrant foul.

#### **Time consideration:**

If a foul to the groin or eye poke occurs and the athlete is able to continue, the fouled athlete may have up to five (5) minutes to recover.

Athletes who are injured severely enough by a foul and require medical consultation may be given up to two (2) minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.

At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.

#### **Injuries sustained by fair blows:**

- If injury is severe enough to terminate a contest, the injured fighter loses by TKO.
- If a fighter, during the course of a round, visibly loses control of bodily function (vomit, urine, feces), the fight shall be stopped by the referee and the fighter shall lose the contest by a TKO due to Medical Stoppage.
- If a loss of bodily function occurs in the rest period between rounds, the ringside physician shall be called in to evaluate if the combatant can continue. If the combatant is not cleared by the ringside physician to continue, that combatant shall lose by a TKO due to Medical Stoppage.

#### **Accidental Fouls:**

- If an accidental foul causes an injury severe enough for the referee to stop the bout, the bout will result in either a NO CONTEST or DISQUALIFICATION if stopped before ½ of the scheduled rounds
- If an accidental foul causes an injury severe enough for the referee to stop the bout after ½ of the scheduled rounds, the bout has been completed, the bout will result in a TECHNICAL DECISION awarded to the athlete who is ahead on the score cards at the time the bout is stopped.

Partial or incomplete rounds 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.

**Intentional Fouls:**

- If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the athlete causing the injury shall lose by disqualification.
- If an intentional foul causes an injury and the bout is allowed to continue, the Referee shall notify the authorities and deduct two (2) points from the athlete who caused the foul. Point deductions for intentional fouls will be mandatory.
- If an intentional foul causes a laceration and/or swelling and the bout is allowed to continue, and the injury results in the bout being stopped in any round after  $\frac{1}{2}$  of the scheduled rounds, of the fight has been completed, by either another legal or illegal strike, the injured athlete will win by TECHNICAL DECISION if they are ahead on the score cards; and the bout will result in a TECHNICAL DRAW if the injured athlete is behind or even on the score cards.
- If the athlete injures himself/herself while attempting to intentionally foul their opponent, the Referee will not act in their favor, and this injury shall be the same as one produced by a fair blow.
- If the Referee feels that an athlete has conducted themselves in an unsportsmanlike manner, they may stop the action of the athlete to deduct points or stop the bout to disqualify the athlete.

**13. TYPES OF DECISIONS****Submission:**

- 1). **Tap Out:** When a contestant physically uses of their body to indicate that he or she no longer wishes to continue;
- 2). **Verbal Tap Out:** When a contestant verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue;
- 3). **Technical Submission:** When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).

**Technical Knockout (TKO):**

- 1). **Referee Stoppage:** the referee stops the contest because the combatant IS NOT INTELLIGENTLY DEFENDING HIMSELF/HERSELF: Strikes, Laceration, Corner Stoppage, Did Not Answer the Bell;
- 2). **TKO due to Medical Stoppage:** Laceration, Doctor Stoppage, Loss of control of bodily function.

**Knockout (KO):**

**Referee Stoppage:** the referee stops the contest because the combatant CAN NOT INTELLIGENTLY DEFEND HIMSELF/HERSELF:

- 1). Due to Strikes;
- 2). Due to impact from takedown or throw.

**Disqualification:**

- 1). When an injury sustained during the bout because of an intentional foul is severe enough to terminate the bout;
- 2). Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.

**No Contest:**

When a bout is prematurely stopped due to accidental injury and insufficient time has not been completed to render a decision via the score cards.

**Decisions:**

- 1). **Unanimous decision:** when all three judges score the bout for the same athlete;
- 2). **Spilt Decision:** when two judges score the bout for one athlete and one judge scores for the opponent;
- 3). **Majority Decision:** when two judges score the contest for the same contestant and one judge scores a draw;
- 4). **Technical Decision:** when a bout is prematurely stopped due to injury from an accidental foul and an athlete is leading on the score cards.

**Draws:**

- 1). **Unanimous Draw:** when all three judges score the contest a draw;
- 2). **Majority Draw:** when two judges score the contest a draw;
- 3). **Split Draw:** when all three judges score differently;
- 4). **Technical Draw:** when an injury is sustained during competition as a result of an intentional foul and the bout was allowed to continue, subsequently requiring stoppage due to the injury from either a legal or illegal strike to the affected area after  $\frac{1}{2}$  of the scheduled rounds, plus 1 second has been completed, if the injured athlete is even or behind on the score cards at the time of stoppage, the decision is a Technical Draw.

In a medal competition “no contests” and “draws” can't be applied. If the three rounds of competition have resulted in a draw, then a fourth round shall be contested.

In the event of a point deduction that results in a score draw in the fourth/over time round then the fighter who committed the foul and had the point deduction shall be eliminated from the tournament, the opponent who did not commit the foul advances.

This rule can only be applied to the fourth overtime round.

Only in a tournament format where fighter progression is needed, should overtime rounds be contested. At all other times the judge's evaluation and score remains final.

## 14. JUDGING CRITERIA

All bouts will be evaluated and scored by three (3) judges.

The 10 Point Must System will be the standard of scoring a bout.

Under the 10-Point Must Scoring System, 10 points will be awarded to the winner of the round and nine points or less will be awarded to the loser, except for a rare even round, which is scored (10-10).

In a tournament format where fighter progression and medal placing is needed, no contests and draws cannot be applied. In such instances if the three rounds of competition have resulted in a draw, then a fourth period/over time round shall be contested. In the event of a point deduction that results in a score draw in the overtime round then the fighter who committed the foul and had the point deduction shall be eliminated from the tournament, the opponent who did not commit the foul advances. This rule can only be applied to the fourth overtime round.

Only in a tournament format should overtime rounds be contested. At all other times the judge's evaluation and score remains final.

Judges shall evaluate mixed martial arts techniques, such as **effective striking/ wrestling/grappling, effective aggressiveness, and control of the combat area.**

Evaluation shall be made in the specific order in which the techniques appear in above, giving the most weight in scoring to effective striking/grappling, effective aggressiveness, and control of the fighting area.

Effective striking/grappling shall be considered the first priority of round assessments. Effective Aggressiveness should not be considered unless the judge does not see ANY advantage in the Effective Striking/Grappling realm. Cage/Ring Control should only be needed when all other criteria are 100% even for both competitors.

**Effective striking** is judged by determining the immediate or cumulative impact/effect of legal strikes landed by a contestant solely based on the results of such legal strikes. More precise legal strikes with immediate effect are valued heavily than many blows with unprecise hits.

**Effective grappling** is assessed by the successful executions and impactful/effective result coming from: takedowns, submission attempts, achieving an advantageous positions and reversals.

Submission attempts that cause an opponent to tire and weaken, taking considerable effort to escape shall be given greater weight when scoring than those attempt that are easily defended and escaped without effort.

Successful takedown is not merely a changing of position, but the establishment of an attack from the use of the takedown.

High amplitude and impactful throws and takedowns are weighed more heavily than athletes who are tripped or bundled to the mat.

**Effective aggressiveness** means aggressively making attempts to finish the fight. Chasing after an opponent with no effective result or impact should not render in the judges' assessments.

**Fighting area control** is assessed by determining who is dictating the pace, place and position of the bout.

### **Round Scoring;**

The following judging criteria shall be utilized by the judges when scoring around:

**10-10 round** is when both contestants have competed for whatever duration of time in the round and there is no difference or advantage between either fighter. A 10 – 10 round in MMA should be extremely rare.

**10-9 round** is when a contestant wins by a close margin; where the winning fighter lands the better strikes or utilizes effective grappling during the round.

**10-8 round** is when a contestant wins the round by a large margin by impact, dominance, and duration of striking or grappling in a round.

Judges shall give a score of 10 – 8 when the judge has established that one fighter has dominated the action of the round, had duration of the domination and also impacted their opponent with either effective strikes or effective grappling that have diminished the abilities of their opponent.

**Impact:** a judge shall assess if a fighter impacts their opponent significantly in the round, even though they may not have dominated the action. Impact includes visible evidence such as swelling, and lacerations. Impact shall also be assessed when a fighter's, using striking and/or grappling, lead to diminishing of their opponent's energy, confidence, abilities and spirit. All of these come as a direct result of impact. When a fighter is impacted by strikes, by lack of control and/or ability, this can create defining moments in the round and shall be assessed with great value.

**Dominance:** dominance of a round can be seen in striking when the losing athlete is forced to continually defend, with no counters or reaction taken when openings present themselves. Dominance in the grappling phase can be seen by fighters staking dominant positions in the fight and utilizing those positions to attempt fight ending submissions or attacks. Merely holding a dominant position shall not be primary factor in assessing dominance. What the fighter does with those positions is what must be assessed. In the absence of dominance in the grappling

phase, to be considered dominate, there must be singularly or in combination, some types of submission attempt, strikes, or an overwhelming pace which is measured by improved or aggressive positional changes that cause the losing fighter to consistently be in a defensive or reactive mode.

**Duration:** duration is defined by the time spent by one athlete effectively attacking, controlling, and impacting their opponent; while the opponent offers little to no offensive output. A judge shall assess duration by recognizing the relative time in a round when one athlete takes and maintains full control of the effective offense. This can be assessed both in striking or wrestling.

**Scoring of incomplete rounds:** there should be scoring of incomplete rounds. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

## 15. APPEAL

An appeal must be lodged by a team representative or athlete's coach in connection with a violation of the Rules within 15 minutes after the decision has been announced.

Athlete's representative may appeal only for referee misconduct.

The appeal shall be made in writing, stating the reason, and handed to the Head Judge of the tournament.

Fight video is necessary and have to be provided by the organizer or objector.

The Appeals Panel will review the appeal within 15 minutes and make a final decision.

## 16. FIGHTING AREA

World MMA competitions can be held in indoor sports facilities.

The fighting area must be circular, or may form another shape such as hexagonal or octagonal and have equal sides and must be no smaller than 7,3 x 7,3 meters and no larger than 8,3 x 8,3 meters in diameter/cross section with the fighting area no smaller than 6x6 meters.

The fighting area floor shall be covered with the padding 10cm high. Padding shall extend beyond the fighting area and over the edge of the platform.

The ring/fighting area shall have a vinyl covering. Canvas covers are not permitted unless for a single day competition or final.

The canvas/vinyl floor covering of the fighting area shall be enclosed by a fence made of such material as will not allow a contestant to fall out or break through it onto the floor or spectators.



Any metal portion of the fenced area must be covered and padded in a manner approved by the World MMA commission and must not be abrasive to the contestants.

A ring stool must be available for each fighting area in use and for both red and blue corners.

An appropriate number of stools or chairs shall be available for each contestant's seconds in the corner.