



# **AMATEUR MIXED MARTIAL ARTS *RULES,*** **STANDARDS AND *PROTOCOLS***

*Updated 5/16/11*

## **Event Advertising**

- All advertising must make it clear and obvious that the event is an AMATEUR competition. All advertising is subject to approval of the World Fighting Organization.

## **Insurance**

- Health and Accidental Death Benefit Policy for Athletes: \$10K minimum / \$500 deductible. Claims forms with the promoter information and policy number already written in shall be provided to the ringside physician prior to the start of the event. The promoter is responsible for the payment of the deductible amounts for any Injured athletes if their personal insurance doesn't cover said medical expense.
- General Liability Insurance Policy naming World Fighting Organization as co-insured: \$1 Million per claim / \$2 Million aggregate minimum.

## **Medical**

- All fighters will receive an onsite physical examination clearing them to compete performed by a medical doctor (MD or DO). Each fighter must submit a copy of a negative blood test (HIV Hep B & C) no older than six months from the date of the bout. All female fighters will be required to take a pregnancy test. Pregnant women will not be allowed to compete.
- There will be a minimum of one medical doctor (MD or DO) at cage-side during all bouts. It is highly recommended that two physicians be in attendance so that if one must leave cage-side the event may continue. Competition may not occur in the ring if the physician is not present at ringside.
- There will be a minimum of two licensed paramedics or EMT's in attendance at the event with at least one of these present at cage-side while competition is occurring. These paramedics/EMT will have in the facility, at cage-side all equipment necessary for treatment and or transportation of an injured athlete, including: Oxygen, Backboard and Neck Collar.
- There will be an ambulance (mobile medical unit) on site at all times during the event. If an athlete needs to use the ambulance for transport to the hospital another unit must arrive before the competition can continue.
- Fighters 35 and over will be subject to additional medical testing requirements; including a normal EKG less than six months old and a letter from the fighters personal physician clearing them to compete.

## **Fight Card**

- The fight card (matches) will be submitted to the World Fighting Organization in advance for approval. The matches will be evaluated to make certain that the matches are suitable, that all fighters are amateurs, and that none are under suspension. Any changes to the fight card will be subject to the approval of the World Fighting Organization or their event supervisor. The promoter is responsible for guaranteeing that each fight camp is fully informed regarding their opponent, the weight limit set for the match, the length of the match, the specific rules governing that match and the general event schedule (mandatory report times).

## **WEIGHT DIVISIONS AND PERMISSIBLE INTERDIVISIONAL WEIGHT SPREADS** *(DIVISION WEIGHT LIMITS NO MORE THAN)*

### Male fighters will compete in nine weight classes:

Flyweight (124.9 lbs and less) 5 lbs.  
Featherweight (125 lbs - 134.9 lbs) 5 lbs.  
Bantamweight (135 lbs - 144.9 lbs) 6 lbs.  
Lightweight (145 lbs - 154.9 lbs) 6 lbs.  
Welterweight (155 lbs - 169.9 lbs) 7 lbs.  
Middleweight (170 lbs - 184.9 lbs) 8 lbs.  
Light-Heavyweight (185 lbs.-204.9 lbs) 10 lbs  
Heavyweight (205 lbs - 234.9 lbs) 15 lbs.  
Super Heavyweight (235 lbs and up)

### Female fighters will compete in seven weight classes:

Featherweight (110.9 lbs. and below) 5 lbs.  
Bantamweight (111 lbs. – 116.9 lbs.) 5 lbs.  
Lightweight (117 lbs. -124.9 lbs) 5 lbs.  
Middleweight (125 lbs - 134.9 lbs) 5 lbs.  
Light-Heavyweight (135 lbs - 149.9 lbs) 6 lbs.  
Heavyweight (150 lbs - 174.9 lbs) 7 lbs.  
Super Heavyweight (175 lbs and up). 8 lbs.

- Amateur status as an MMA fighter requires that the athlete HAS NOT competed as a Professional (paid to perform) in ANY combat sport or full contact martial art. Amateur status is subject to approval of the World Fighting Organization.
- Matches will not be scheduled for more than three rounds with each round lasting no more than three minutes. There will be a rest period of one minute between each round.
- Fighters younger than 18 years of age shall not compete in MMA bouts.
- Fighters 35 and over will be subject to additional medical testing requirements; including a normal EKG less than six months old and a letter from the fighters personal physician clearing them to compete.

## **The Weigh-in Event**

- The weigh-in event will be scheduled in advance and held in a suitable facility. The promoter is responsible for providing pens for fighter registration, an approvable scale for the weigh-in, an approved Physician to administer the fighter physicals and a pregnancy test for each female athlete.
- All fighters are responsible for presenting a government issued picture I.D., filling out a fighter license application, signing a liability waiver and providing complete and accurate medical information on the physician's form.
- A World Fighting Organization representative must be present at the weigh-in event.
- A full rules-meeting for the fighters and trainers covering the rules of the ring as well as ring-side and locker room protocols must be provided.

## **Officials**

- All officials will be assigned by the World Fighting Organization. Only certified officials will be used. This will include an Event Supervisor, at least one Referee, Three Judges, a Timekeeper, a Scorekeeper and approved Locker Room Inspectors. The World Fighting Organization will determine the fees for these officials and collect these fees in advance from the promoter for distribution after the event. The Event Supervisor will be the official representative of the World Fighting Organization. This person may not have any kind of relationship with the event promoter or participating fighters that might constitute a conflict of interest and damage the credibility of the event or the integrity of the sport.

## **Security**

- The promoter is responsible for arranging for enough security personnel to adequately guarantee a safe and controlled event environment.

## **Event Credentials**

- Promoter will arrange for event credentials to be available for staff, officials, fighters, trainers and press. For the security of the event, anyone who enters cage-side should have an appropriate cage-side credential. The same is true for the locker-rooms. Only licensed fighter, trainers, event staff and officials will be allowed in the locker rooms. You may use credentials on lanyards, wristbands or a combination of both. Promoter should have personnel prepared to distribute these credentials at the venue entrance prior to the report time for the fighters.

## **The Ring / Cage**

- The fighting area shall be no smaller than 18' by 18'. The fighting area floor shall be padded and covered in a manner as approved by the World Fighting Organization.
- A standard boxing type rope ring, MMA type cage or specially designed matted competition area may be allowed; subject to the World Fighting Organization approval.
- If a standard boxing type roped ring is used it must have five ring ropes that are

connected vertically in at least two places on each of the four sides. The ring floor shall extend beyond the ropes not less than 18". Padding must extend over the edge of the platform.

- If an MMA Cage is used there must be at least two locking entrance / exits with stairs. Any portion of the interior of the cage that might present a danger to the competitors must be covered and padded in a manner approved by the World Fighting Organization.
- The ring or cage platform shall be at least 30" above the floor of the building and shall be provided with suitable steps or ramp for use by the fighters.

### **Ringside / Cageside**

- The ring or cage should be surrounded on all sides by rectangular tables pressed up against the ring. The tables may be no higher than the ring /cage platform. Seats at these tables are reserved for officials, and production staff. The promoter will provide three raised chairs (bar stools with seat backs are suitable) for the judges. There will need to be a buffer zone of no less than 6 ft. measured from the back of the official's chairs at ring-side to the barricade separating ring-side from the paid spectators. This barricade safeguarding the ring-side area is required. During the event, no alcoholic beverages may be served or consumed with-in the ring-side zone. The Event Supervisor will designate the exact seating for the official ring-side personnel which will include the Event Supervisor, Time Keeper, Score Keeper, Three Judges, the "off" Referee, the Shadow Officials, the Event Physicians, the EMT's, The Fighter's Seconds and The Ring Maintenance Personnel. A space must be reserved within the barricaded ring-side area for the emergency stretcher and EMT medical supplies.

### **Ringside / Cageside Equipment**

- The promoter of the event will provide all necessary ringside or cageside equipment including stools for use by fighters and seconds at all events. There will be a bell or horn suitable for signaling the start and finish of each round. There will be a clacker or hammer suitable for notifying the referee that there is 10 seconds remaining in the rounds, a whistle suitable signaling "seconds out" and at least two stop watches.

### **Sanitation**

- All promoters are held responsible for ensuring acceptable sanitary standards are met, with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and the World Fighting Organization event supervisors are to make a particular examination at every event for violations of these rules.

### **Fighter Equipment**

- The wrapping of hands or feet is not mandatory. Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape or approved commercial hand wraps. Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten yard roll of gauze, and not more than two yards of tape, is the maximum allowable amounts for each hand. Gauze shall be for the protection of the hand only, and the amount shall be the discretion of the Event Supervisor. Tape

shall be present only to hold the gauze in place, with NO TAPE allowed over the front of the knuckles (striking surface) and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length. Up to twelve (12) feet of tape may be used to wrap each foot and ankle. The Event Supervisor, or his designee, must inspect all hand and foot wrappings, and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands.

- Neoprene or Elastic knee braces may be worn if there are no plastic or metal braces, hinges or joints.
- Neoprene or Elastic ankle supports may be worn or a moderate amount of tape may be used subject to the approval of the event supervisor.
- The Promoter will provide regulation 7 oz. or larger MMA gloves in good condition in RED and BLUE for the fighters to wear.
- The Promoter will provide approved Shin and Instep protective pads for the fighters to wear.
- All fighters will wear an approved mouthguard. No fighter will be allowed to begin any bout without a mouthpiece. Whenever the mouthpiece is knocked out by a fair blow or a foul tactic, or however the mouthpiece is dropped or spit out by the fighter, the referee shall wait for a lull in the activity of both fighters, call time out, stop the bout in place, and replace the mouthpiece. Willful dropping, or spitting out of the mouthpiece by a fighter, shall also be deemed as a "delay of bout" foul, and the fighter shall be penalized accordingly by the referee. The mouthpiece is replaced whenever it is lost for any reason. All fighters must bring two mouthpieces to the ringside for use during their match.
- All male fighters will wear an approved groin protector.
- No rings, jewelry, or items other than those authorized may be worn. Elbow pads and forearm pads shall not be worn. All piercing shall be removed prior to leaving the locker room.

### **Locker Room and Ring/Cage-side Protocols**

World Fighting Organization approved Inspectors will supervise all locker-room activity according to the following minimum protocols:

- Only water and approved electrolyte drinks in their sealed original containers in the dressing room. No food, vitamins or supplements of any kind in the dressing room.
- Any alcohol, "energy" drinks, controlled substances or any illegal enhancing substance is grounds for immediate suspension.
- Only licensed individuals working the corners are allowed in dressing room. Exceptions require prior permission.

- Offensive clothing, placards, emblems, etc. are prohibited.
- No hard contact lenses.
- Toe nails to be trimmed, Henna type tattoos are prohibited, Piercing accessories are prohibited, Use only soft materials to tie hair.
- Hand wraps will need to be inspected before you put your gloves on.
- Only pre-approved gloves and shin/instep pads provided by the promoter are allowed. Do not tamper with this equipment in any way.
- Only form fitted supports are allowed (neoprene or elastic for the ankles and knees only) no elbow supports. Supports may not have braces, metal, plastic, etc. of any kind.
- Anti social behavior of any kind to include name calling, gestures, vulgar/offensive language, etc. will result in disciplinary action.
- Only light coat of Vaseline on the face applied at cageside under the supervision of the referee or inspector; nothing else anywhere.
- Ice in a bag only; no loose ice at ringside.
- No excessive coaching from corner. Cornermen must remain seated in the designed chairs throughout the entire round. Only one cornerman will be allowed in the ring during the rest periods.
- When a Contestant is knocked out or injured by submission, no one is allowed in the cage/ring until authorized by a referee or physician.
- No photography or video by corner during contest.
- Questions or protests will be posed in a calm, courteous and respectful manner.

### **Legal Fighting Techniques and Fouls**

#### **AUTHORIZED OFFENSIVE TECHNIQUES**

#### **A. LEGAL TECHNIQUES WHILE STANDING**

- Closed hand strikes to the head and body
- Kicking to the head, body and legs
- Knees to body and legs
- Foot Stomps
- Throws/Take downs/Sweeps
- Standing Submissions
- Chokes
- Arm bars
- Shouldering

**\*\*SPECIAL NOTE:** If punch or kick causes a knockdown, the action will NOT continue. The standing fighter will not continue to attack. Instead, the referee will send the uninjured fighter to fence furthest from the downed fighter and begin a 10 count. The referee will determine whether the bout should be stopped via KO/TKO or continue upon his command.

#### B. LEGAL TECHNIQUES WHILE ON THE GROUND

- Closed hand strikes to body and legs
- Submissions (chokes, arm bars, straight leg locks ONLY)

#### C. ILLEGAL TECHNIQUES WHILE STANDING

- Elbows
- Knees to head
- Linear Kicks to knees
- Groin strikes
- Intentionally Hitting back of head
- Spine or kidney strikes
- Excessive Slamming (moving forward once an opponent is elevated in order to create more damage from the takedown)
- Throws onto head or neck (spiking)
- Throws against a joint
- Throwing out of competition area
- Neck cranks
- Holding ropes or cage
- Pinching, biting, gouging, and anything that might be considered "dirty fighting"
- fish hooking
- Grabbing or holding the uniform or protective padding

#### D. ILLEGAL TECHNIQUES WHILE ON GROUND

- Any striking to head
- Elbow strikes
- Neck cranks
- Any submission attempt attached the legs ankles or feet other than a straight knee bar. (Heel hooks or any angled leg locks)
- Finger locks
- Toe locks
- Choking with hand on throat
- Smothering (hand over mouth)
- Spine locks
- Hammer locks
- Fish hooks
- Groin strikes
- Spine strikes
- Throwing out of competition area
- Pinching, biting, gouging, and anything that might be considered "dirty fighting"
- Grabbing or holding the uniform or protective padding

#### E. FOULS (other than and including those mentioned above)

Anything not expressly included above as legal techniques may be considered a foul, including but not limited to:

- Head butting
- Eye gouging
- Biting
- Hair pulling
- Fishhooking
- Groin attacks of any kind
- Putting a finger into an orifice or into a cut
- Small joint manipulation / finger locks
- Striking the spine or the back of the head
- Striking with the elbow or forearm
- Knee strikes to the head
- Linear kicks to the knees
- Heel hooks
- Spine locks
- Neck cranks
- Excessive slamming
- Throws against a joint
- Throat strikes or grabbing the trachea
- Clawing, twisting or pinching the flesh
- Grabbing the clavicle
- Striking the head of a grounded opponent
- Pursuing an opponent to the ground who has been downed by a damaging strike
- Stomping a grounded opponent
- Striking the kidney
- Spiking an opponent to the canvas on his head or neck
- Pushing or throwing an opponent out of the ring
- Holding the shorts or *gloves* of an opponent
- Spitting
- Engaging in any unsportsmanlike conduct that causes and injury
- Holding the fence
- Using abusive language
- Attacking on the break
- Attacking your opponent while he's under the care of the referee
- Attacking after the bell
- Flagrantly disregarding the instructions of the referee
- Timidity, including avoiding contact, losing you mouthpiece, faking injury
- Interference from the cornerman

Only the referee can assess a foul. When the referee has determined that a foul has been committed he will stop time\* and inform the event supervisor the nature of the foul and the points deduction. At the discretion of the referee the fouled fighter may be granted up to five minutes to recuperate before the bout is restarted.



## **Types of Bout Results**

Submission by:

Tap Out

Verbal tap out

TKO by:

Referee stops bout

Ringside Physician stops bout

Corner stops bout

KO by:

Failure to rise from the canvas

Decision via score cards:

Unanimous - When all three judges score the bout for the same contestant.

Split Decision - When two judges score the bout for one contestant and one judge scores for the opponent.

Majority - When two judges score the bout for the same contestant and one judge scores a draw.

Draw -

Unanimous - When all three judges score the bout a draw

Majority - When two judges score the bout a draw

Split - When all three judges score differently

Disqualification

Forfeit

Technical Draw

Technical Decision

No Contest

## **Scoring System**

Using the 10-Point Must Scoring System Judges are required to determine a winner of a bout that ends after the scheduled number of rounds have been completed. 10 points must be awarded to the winner of each round and fewer points awarded to the loser, except for a rare even round, which is scored (10-10).

## **Reporting Results**

The World Fighting Organization is responsible for reporting the official results from each event to the national database specified by the Athletic Commission.

## **Medical Suspensions**

The event physician will determine the fighter medical suspensions. All fighters who participate will be suspended for a minimum of 7 days unless competing in an approved tournament format. Generally speaking, fighters who lose via TKO will be suspended for 30 or more days and fighters who lose via KO (who lose consciousness) will be suspended for 60 or more days. Fighters who lose via submission may also be suspended if their injuries from the submission warrant a mandatory recovery period beyond 7 days. The event physician may in some cases also require medical testing in addition to time in regard to having a suspension cleared. All medical suspensions will be reported by the World Fighting Organization to the national database specified by the Athletic Commission.