

Fight Sports Association



Incorporated



Mixed Martial Arts General Rules

WEIGHT DIVISIONS:

Bantamweight - under 61.2kg

Featherweight - under 65.7kg

Lightweight - under 70.3kg

Welterweight - under 77.1kg

Middleweight - under 83.9kg

Light Heavyweight - under 93.0kg

Heavyweight - over 93.0kg under 120.2kg

Super heavyweight - over 120.2kg

Note: At the matchmaker's discretion an agreed catch weight can be implemented within an already existing weight division, weight may be matched as close to your weight

General rules, times & Classes:

1. C: CLASS NOVICE AMATEUR FIGHTS - will consist of 2 x 2 minute rounds. No striking to the head at all, no rotations or cranks must wear shin insteps. Scoring will be 10pts system. In the event of a tap out competitors will stand up and continue the bout. (If more than one tap out in a round the competitor that received the first tap out wins the round regardless if the other opponent gained more tap outs later). This is a touch contact level with no knock outs, this is development level.
2. B: CLASS AMATEUR FIGHTS - will consist of 2 x 5 minute rounds. This is the only difference between A & B rules (no elbows to head / body standing or ground no rotations or cranks. Knees to the body only if both athletes agree). Must be registered with the Fight Sports Association and have a current full medical in accordance with the association's guidelines. Note: those wanting to use knees to the head must step up to A class
3. A: CLASS ELITE AMATEUR FIGHTS - will consist of 3 x 5 minute rounds. (Full M.M.A rules apply). Must be registered with the Fight Sports Association and have a current full medical in accordance with the association's guidelines. A: CLASS bouts can only be held in an approved cage.

*These rules apply to all fighters. In addition to these rules – B class amateur fighters cannot elbow to the head or body of an opponent, knees may be allowed to the body standing only if both athletes agree.

*A class amateur fighters cannot strike using their elbows unless both athletes agree due to medical rules

Note: Upon agreement between the matchmaker and fighters/trainers rules may be adjusted to cater for individual fighters experience levels. It is the responsibility of the fighter /coach / trainer to know the class and its rules.

LEGAL TECHNIQUES

While standing - (*No striking with the elbow while the forearm is vertical*) all legal striking including kicks, knees, punches and elbow strikes to the head and body are allowed **(A) class only**. Clinching and standing submissions are legal.

(B) Class NO elbows standing to the head or body / (knees to body only if both athletes agree)

While grounded – Punches and legal elbow strikes to the head and body are allowed **(A) class only**. *A fighter may knee to the body of a grounded opponent* (kneeing the head of a grounded fighter is illegal). Submissions while either one or both fighters are grounded are legal.

(B) Class NO knees / elbows on ground to the head or body

Classification of a grounded fighter.

At all times the referee shall be the final decision maker regarding a fighter being in the grounded position. The fundamental definition of a grounded fighter is three point contact with the mat. Generally speaking, this means both feet and another body part are on the mat and bearing weight, or both hands on the mat as well as another part of the body.

A fighter shall be deemed to be grounded when:

1. Any part of the body other than the soles of the feet is touching the mat and bearing a fair degree of body weight;
2. Kneeling on one or both knees;
3. On "all fours", with hands and knees on the mat;
4. On his/her back or belly, regardless of whether the feet are touching the mat.

A fighter who is standing but has a hand lightly on the mat in a way that does not bear weight and does not overly affect the balance (similar to defensive football player ready to sprint from the mark) shall be deemed to be still standing.

A fighter who has attempted a wrestling-style leg shot shall be deemed to be in the standing position for the duration of the technique. This means that a counter strike to the head with a knee or foot whilst the technique is being performed shall be regarded as legal even if there is momentary three point contact. Once the attempted shot is completed and there has been a transition to another technique or position, even momentarily, the shot shall be deemed to have been completed.

FOULS / ILLEGAL ISSUES

1. **(B) Class NO elbows standing or ground or to the head or body only knee to body standing if agreed**
2. No biting
3. No rotation of any kind.
4. No cranks of any kind.
5. No eye gouging of any kind
6. No orifice insertion (including fish hooking nose and mouth)
4. No head butting
5. No hair pulling
6. No striking the groin

7. No small joint manipulation (control of at least 3 fingers/toes required)
8. No strikes to the throat/neck
9. No grabbing the trachea
10. No grabbing the clavicle
11. No pinching, twisting or clawing the flesh.
12. No striking to the back of head, neck or spine.
13. No striking with the elbow while the forearm is vertical.
14. No striking an opponent who is under the care of the referee
15. No striking an opponent between rounds or after the final bell
16. No kicking a grounded opponent anywhere other than the legs.
17. No kneeing a grounded opponent in the head.
18. No throwing an opponent out/over the fence/ring.
19. No throwing an opponent onto his neck or head.
20. No holding onto the opponents gloves or shorts
21. No holding onto the fence/ring (except with your feet)
22. No spitting
23. No swearing or abusive language
24. No blatantly disregarding the referees instructions
25. No deliberately avoiding contact (timidity/consistently dropping mouthguard)
26. No interference by the corner (distracting the referee)

Any inappropriate or unsportsmanlike behaviour as deemed by the referee.

FOULS / ILLEGAL ISSUES Continued

If a fighter is given a warning by the referee, the fight will not be stopped and no points will be deducted.

If a fighter is given a foul the referee will stop the fight, inform the fighter that is being penalised and the judges. That fouled fighter then receives a one point demerit for that foul.

If a fighter accidentally fouls his opponent in the first round and his opponent cannot continue due to the injury sustained by that foul. This fight will be deemed a NO CONTEST.

If a fighter accidentally fouls his opponent during the second or following rounds and his opponent cannot continue due to the injury sustained by that foul, a count back of the judges score sheets from the previous rounds will decide the winner.

If a fighter commits three fouls in a round or four fouls in a fight, he will be disqualified immediately.

The referee has the right to declare an immediate disqualification of a fighter when the fighter commits a malicious foul.

If a fighter deliberately fouls his opponent and due to the injury sustained by that foul his opponent cannot continue. The injured fighter (regardless of which round) will be declared the winner.

When a fighter commits a foul the referee may give him penalties as below:

- Cancellation of advantageous position acquired by committing a foul
- Restarting from standing position when a fighter commits a foul in an advantageous position.
- Giving some recovery time to the fouled fighter. (Up to 5minutes for recovery)

If a fighter is unable to adequately or intelligently defend himself the referee will stop the fight.
THERE IS NO STANDING 8 COUNT.

FIGHTS WON BY

1. Knock out (except in C Class)
2. Submission (tapping out physically/verbally)
3. Referee stoppage
4. Doctor / medic stoppage
5. Corner throwing in the towel
6. Judges decision

The judges will use a 10 point system (the dominant fighter receiving the higher score).eg. 10 points each - even round
10 points to 9 - advantage
10 points to 8 – dominate

To score a fight the judges will take into account: skilled striking, skilled grappling, ring control and the fighter's ability to push and control the pace of the fight.

In the event that a Title Fight goes to a Judges decision and is declared a draw, the current Title holder retains the title and the belt.

SOLUTIONS FOR DEADLOCKS

1. The referee and or the head judge can decide if both fighters are in a deadlock in the arena. The head judge is able to tell his decision to the referee by raising his hand outside of the arena.
2. If one of the above decides the fighters are in a deadlock, the referee calls 'attract your audience' and the fighters must obey the request by trying some effective offence.
3. If the referee or head judge decides one or both fighter/s, show the will to perform aggressive action, the request is cancelled.
4. When the fighters are not able to solve the deadlock within five to ten seconds, the referee breaks fighters, ask them to stand (if applicable) and start fight again.

NOTE

If one fighter is grounded and the other standing and either reluctant to engage, the referee will stand the grounded fighter.

If both fighters are grounded at least one of the fighters is to keep active by attempting submissions, striking or gaining superior position. Failure by fighters to keep active while on the ground will result in the referee standing both fighters.

If the referee has to call a 'time out' for any reason and one or both fighters are grounded. Then when time is restarted the fighters have to assume the exact same position they were in before that time out was called.

FIGHTERS CLOTHING / EQUIPMENT

Lycra bike pants / Vale Tudo shorts, Muay Thai shorts, cotton shorts (no pockets). Tight fitting Lycra grappling or wrestling shirts are acceptable. Loose fitting singlets and t-shirts are not. Neoprene joint supports only (no metal). No body lotions, greases or gels are to be used.

COMPULSORY:

1. Mouthguard
2. Groin cup protector
3. Grappling gloves (Provided by Association)
4. Bare Feet (No footwear is to be worn)

OFFICIAL WEIGH IN

Weigh-ins will be conducted by the time appointed by the association (as a basic rule, weigh-ins are normally done on the same day but must be within 24 hours of the fight) at the appointed place. The weigh-in must be conducted under the supervision of the Rule Director.

If the fighter fails the weigh-in, he must be re-weighed within 2 hours. Within the 2 hours, the fighter may be re-weighed as many times as he wants. However, if the fighter has not passed the weigh-in within the 2 hours, the fight will not be recognized as a match. In the case that the fighter is the champion, he will be stripped of his title. However, if the opponent or his second gives approval, the fight can be held with the condition that if the fight goes to the decision, the fighter who failed weigh-in will automatically have points deducted from the judge's score.

CORNERMEN

- 2 corner men only for each fighter
- Corner men to stay in assigned corner during fight.
- Corner men will be warned once only by referee or officials to stay in the assigned corner. In the event a second warning is given, the referee will call time out and that corner's fighter will receive a foul.
- If a time out is called and the referee directs fighter to a neutral corner, the corner men is not to follow and to stay in the assigned corner.
- Corner men must squat down as not to obstruct spectators view.
- Corner men must not swear or be abusive.
- Corner men must listen to referee.
- Corner men must have towel ready and if their fighter is in danger and they feel they may need to throw in towel.
- 1 corner man from each fighter only allowed in Hexagon or ring between rounds.