



# MMA SPORT FULL

## NMA/ISKA SPORT FULL CONTACT RULES 2016 EDITION

### INTRODUCTION:

**QUESTION:** What constitutes the majority of students training at Dojo's throughout the country?

**ANSWER:** Beginners, lower/Intermediate grades, people looking to experience the opportunity to learn a form of Martial Art and through it increase general health and achieve some level of balance in life. These students do not fall under the bracket of professional competitor and definitely not wanting to experience any kind of injury be it mild or serious.

This however does not change the fact that they are more than willing to train like professionals and in some way would like to experience the "look & feel" of particular fighting styles within reason. MMA is on top of the list with its global explosion and huge media exposure. With majority of amateur students being children under the age of 18 it becomes relevant to offer this experience to them within a secure and safe environment with regulated rules. Offering such divisions to this, the majority of students ensures their dedication and loyalty towards the Organisation and prepares them for the day they could make a decision to becoming a full contact fighter at any level of competition.

For these reasons NMA/ISKA has developed two forms of SPORT MIXED MARTIAL ARTS.

- **SPORT MMA (MMA LIGHT)**

Targets all junior divisions as the only MMA format they can enter but is also available to senior weight groups as an option

- **MMA SPORT FULL**

**Available only to senior divisions. NO FULL CONTACT IS ALLOWED AT JUNIOR LEVEL.**

**Mixed Martial Arts**, also known as **MMA**, Free Fight or Vale Tudo, are the latest evolution of martial arts and combat sports and many considered MMA the most complete, hard and exciting combat sport.

The original goal of MMA was to create a way to allow a full contact confrontation between the various martial arts or combat sports, between strikers and grapplers, between traditional martial arts and modern hybrid fighting systems; all fighting systems can enter and adapt themselves to MMA event rules to experiment full contact free fight: Kickboxing, Brazilian Jiu Jitsu, Thai Boxe, Judo, Grappling, Ju Jitsu, Kung Fu, Sambo, Karate, Jeet Kune Do, Viet Vo Dao, Wrestling, ...

**Mixed Martial Arts** is a full contact combat sport that allows a wide variety of fighting techniques, from a mixture of martial arts traditions and non-traditions, to be used in competitions. The rules allow the use of striking and grappling techniques: strikes, takedowns, submissions techniques!

Such competitions allow martial artists of different backgrounds to compete against each other.

Today professional fighters train in various systems to improve their knowledge of striking, clinch and grappling; the most important and worldwide known MMA events are the **UFC & STRIKEFORCE** based in USA, **DREAM** from Japan, **M-1** from Russia and **SHOOTO** from Japan. ISKA is the only World Amateur MMA federation organized through events in all continents which also adopt specialised amateurs (light or Semi Contact) rules to promote the sport and increase the practitioners of MMA it has created modified rules for amateurs: less dangerous rules, use of protections and/or light contact fighting, all variations are introduced with the goal of encouraging amateur's fighters in a safe and secure manner, searching for tomorrow champions!

### MIXED MARTIAL ARTS SPORT FULL CONTACT (MMA SPORT FULL)

**In Sport full Contact MMA it is permitted to KO (knock out) by way of body and leg Full Contact.**

All strikes, standing and on the ground, has to be precise and to have good technical execution otherwise they will not be judged in the score. No wild swinging techniques or haymakers are allowed.

Techniques to the face must remain at all times semi or light contact. A reasonable manner to describe "strikes without control and with excessive power" would be all strikes and techniques to the head not that passing through or go beyond the target. No head movement caused by the contact should occur. All techniques to the head must be pulled back (semi contact style) whereas body contact may be as hard as you wish.

Sport Full Contact MMA is for amateurs and for those fighters who are interested in experiencing a MMA fight without dangerous full contact in a safe and secure environment. Some of the competitors with a mindset towards progression to reach the full contact version of sport, and some not!

**Fighters who are not interested in light contact towards the head area whilst taking part in any Sport Full Contact Division are not welcome if they choose to enter a Sport Full Contact MMA event with intention of fighting full contact or using aggression without control especially towards the head and face: if you want to go hard and prove yourself in a full contact way, we invite you to participate in our Full Contact MMA events where you will find what you are searching for...**

### **MMA SPORT FULL CONTACT RULES**

Sport Full Contact MMA competitions are open to all recognised practitioners and athletes coming from any grappling discipline, martial art, combat ring sport as long as they know and respect the rules/regulation attached and the code of conduct expected from all who wish to compete. It is imperative that all competitors partaking in a Sport Full MMA event pass the doctors examination on the tournament premises and also bring a written consent document from their own doctor to the event.

**The completion is always to be based on sportsmanship and fair play and all the fighters must know and understand:**

- The competitor must have serious and upstanding martial arts conduct or behaviour at all times;
- That the Referees decision/judging cannot be overruled, that there is a zero tolerance rule towards in particular but not limited to; threatening physical violence or verbally abusing referees their staff, competitors or their coaches for the duration of the event. The full understanding and knowledge of MMA/ISKA rules is a must for coaches and competitors to avoid any kind of misunderstanding.
- Techniques have always to be applied without violence or excessive aggression.
- Zero tolerance will be applied for any kind of unfair or violent behaviour.

The event is a direct elimination tournament. If the winner of the match decides not to continue, he will be replaced by his losing opponent.

Basically two competitors start from stand up position as is the case in semi & light contact, utilise their striking (stand up skills) to close the gap and create opportunity for a shoot or take down. Once on the ground the grappling comes into play together with Full contact stikes to the body and semi/light contact striking to the head. There are strict rules pertaining to Legal and illegal techniques in strikes, grappling/Jiu-jitsu and submissions. **The ultimate will always be to obtain a submission over your opponent or cause him to tap out at any time.**

**INSIGHT:** Most Sport MMA fighters fall into one of three general categories- the ground fighter, the wrestler, or the striker. The ground fighter is the closest to a "pure" grappler one finds in MMA nowadays. The ground fighter's strength is the ability to force a fight to the ground, where they then seek a fight-ending submission (joint locks or choke). While the ability to perform takedowns is integral to ground fighting strategy, a clean, powerful takedown is not as important to the ground fighter as it is to the wrestler.

The wrestler is a stand-up and striking on the ground oriented grappler, whose strength is usually the takedown. A common strategy of the wrestler is known as "ground and pound." This refers to the method of taking an opponent down, achieving a dominant ground position, and finishing the fight with strikes.

The striker is also commonly known as the stand-up fighter, due to their preference to stay on their feet and win with a knockout. The strategy of the striker is called "sprawl and brawl". This refers to their focus on nullifying takedowns (the sprawl is the highest percentage defence to one of the more common entries to a takedown in wrestling, the shoot) in order to stay upright and exchange blows.

These categories should not be taken as exclusionary of other categories - ground fighters learn at least the basics of wrestling to be able to take down people and the basics of striking to keep from getting KO'ed. Strikers learn enough wrestling to neutralize takedown and throw attempts and enough ground fighting to get back to their feet if they are taken down. Wrestlers learn enough ground fighting or striking to protect themselves in one of those areas and to be able to easily finish opponents with another.

On rare occasions, you will see fighters highly skilled (by MMA standards) in all three areas. These types of fighters are becoming increasingly common as the sport becomes more professional.

The final outcome of the fight is decided by **(1)** if there is a successful submission **(2)** if there is no leader by submission the bout is decided by way of points or decision in one of the following options;

1. By way of being awarded the win of the bout by the Chief Referee (if he is the only official to referee the fight)
2. By show of hands of **all three officials** according to whom they judged to be the superior fighter. (elaborated in rules later. 1 Chief referee and 2 side judges are used at all times)
3. By way of utilizing score cards filled in by each official and handed to Chief referee or senior table official to tally the points and issue winners choice.

### **NEW CRITERIA PLEASE READ THOROUGHLY**

Effective defence is no longer a criterion for scoring points in a mixed martial arts fight. Rather, it now will only help you not to lose. MMA judges now don't care how well you can defend but how well you can attack. Next time someone says that his friend should have received points for all his technical defence you may NOW tell him that doesn't matter in the eyes of the judges any longer.

Striking and grappling are now counted as the same in weight. Before it was striking that was more heavily favoured during a bout. Now the way in which striking and grappling are compared pertains to how much time is spent on the feet or on the mat.

Grappling points are scored when a fighter executes successful takedowns, passing to dominant positions, sweeps, reversals and submissions from both the top and bottom position. The submissions that are close are given more value than those attempted and when an opponent is tired as the result of a submission attempt then it is weighed even more significantly.

Significant strikes or power punches are valued higher than the total amount of strikes a fighter lands throughout the round. Therefore pitter patter punches don't score as highly as when someone lands a solid body blow that sends his opponents to the ground or have to react due to pain. Cut's, swelling and bruises (full contact) also play into this factor. We have to take these values and implement them onto the Sport MMA format even though the full power execution is missing, ultimately the only difference is exactly that, a difference of final contact.

A new definition has been given to "Effective Aggression" as a way to reward fighters who push the pressure during the rounds. It basically interprets into fighters achieving points for moving forward while executing legal techniques. Techniques include striking or submission attempts on the ground.

The new amended changes to the judging criteria also now allocates points for fighters based upon how well a mixed martial artist determines the pace and position of the fight. This is known as cage or ring control" and is probably more commonly recognized as "**Octagon Control**".

### **GROUND AND POUND TKO RULE**

Due to there only being light contact made to the face and head area with zero chance of being knocked out by your opponent being able to ground and pound you with the use of full contact, there should be little or no reason for a defensive positioned fighter (bottom person) to not be able to at the most, turn his opponent over and at the least, nullify the opponent through clinching.

Because this is the truth of the matter, and because in reality the ground and pound offence can lead to the finishing of a real MMA fight, should a competitor not show the skill of being able to at the least nullify, tie up or clinch the opponent an unanswered ground and pound (Effective) assault will lead to a Full point being awarded which will be allocated by way of judges score cards. If the fighter you chose to win would under normal conditions be awarded 10 – 9 victory, with the unanswered ground and pound he will be awarded a 10 – 8 victory for the round or fight. The fight will then be started from the centre of the ring from full stand up position. Should the opponent gain the same point for a second time in the match, he will automatically be awarded the winner of the match and move on.

**THE MORAL OF THE STORY IS DO NOT ALLOW YOUR OPPONENT TO GROUND AND POUND YOU WITHOUT ANSWER OR AT THE LEAST NULLIFICATION. AND IF YOU HAVE DIFFICULTY GETTING OUT OF THIS POSITION THEN ENSURE YOU DON'T ALLOW YOURSELF TO BE PLACED IN THE POSITION IN THE FIRST PLACE! Refer to new criteria above.**

The ten-point must system is in effect for all SPORT FULL MMA fights; One or all three judges score each round and the winner of each receives ten points, the loser nine points or less. **If the round is even, both fighters receive ten points.** The fewest points a fighter can receive is 7. **YOU CAN ONLY SCORE ONE GROUND AND POUND TKO PER FIGHT.**





Protections will be controlled and approved by judges before the beginning of the event.

Protections with steel or rigid parts which could hurt athletes are not accepted.

All athletes have to reach the competition area wearing all required protections and putting tape on gloves and shin guards.

### The fight outcome can end in a number of ways which include:

- Submission: a fighter taps on the mat or his opponent three times (or more) or verbally submits.
- Knockout: a fighter falls from a legal blow and is either unconscious or unable to immediately continue.
- Technical Knockout (TKO): If a fighter cannot continue, the fight is ended as a technical knockout. Technical knockouts can be classified into three categories:
  - NOTE: In the ground and pound rule a TKO will count as a point and NOT the end of the fight.
- 1. Referee stoppage: (the referee determines a fighter cannot "intelligently defend" himself; if warnings to the fighter to improve his position or defence go unanswered—generally, two warnings are given, about 5 seconds apart)
- 2. Doctor stoppage (a ringside doctor due to injury or impending injury, as when blood flows into the eyes and blinds a fighter)
- 3. Corner stoppage (a fighter's own corner man signals defeat for their own fighter)
- Judges' Decision: Depending on scoring, a match may end as: unanimous decision (all three judges score a win for one fighter)
  - Split decision (two judges score a win for one fighter with the third for the other)
  - Majority decision (two judges score a win for one fighter with one for a draw)
  - Unanimous draw (all three judges score a draw)
  - Majority draw (two judges score a draw)
  - Split draw (the total points for each fighter is equal)
- A fight can also end in a technical decision, disqualification, forfeit, technical draw, or no contest. The latter two outcomes have no winners.

#### REFEREE DECISION:

Referees' decisions/judging cannot be overruled, athletes and coaches are invited to accept with fair play.

For the final score judges will evaluate fighters striking and grappling skills considering:

- striking ability and precision;
- standing fight game control ability;
- grappling game control ability (top positions control);
- clear takedown attempts;
- clear submission attempts.

Advantage will be noted by fighters for each of the following technique or positions:

- Clear takedown (ending in consolidated top control position or remaining in a standing position);
- Sweeps and reversals (escaping from bottom position ending in a consolidated top control position);
- Passing the guard;
- Mount position;
- Knee on the belly;
- Back mount or rear back mount with hooks in.

Each position must be established for three seconds (3) in order for advantage to be noted. In case of a draw, the most active competitor in the attack phase instead of a defensive competitor, even if the defensive tactic is effectively applied by the fighter will be rewarded.

Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defence. Evaluations shall be made in the order in which the techniques appear, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defence. Effective striking is judged by determining the number of legal strikes landed by a contestant and the significance of such legal strikes.

Effective grappling is judged by considering the amount of successful executions of a legal takedown and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

Fighting area control is judged by determining who is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking; taking down an opponent to force a ground fight; creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

Effective aggressiveness means moving forward and landing a legal strike or takedown.

Effective defence means avoiding being struck, taken down or reversed while countering with offensive attacks.

#### **PENALTIES:**

- **Walking back avoiding to engage the fight, passivity in standing or ground fighting:**
  - The passive fighter will be warned twice after which a disqualification is eminent.
- **Striking without control towards the face or head:**
  - The athlete will be warned ONCE! At the second warning the athlete will be disqualified;
  - The fighter can and will be immediately disqualified when striking without control and with violent intent to voluntarily hurts his opponent. The competitor and his entire team could be disqualified from competition.

**If any coach or competitor disrespects, threatens or abuses the referee, his staff and/or other competitors or coaches, in any shape or form, they will be immediately disqualified from the competition together with their whole team.**

#### **Use of Vaseline and other similar substances**

Absolutely "no" body grease, gels, balms, lotions oils, or other substances may be applied to the hair, face or body. This includes the use of excessive amounts of water "dumped" on a contestant to make him/her slippery. However, Vaseline may be applied solely to the facial area at cage side or ringside in the presence of an inspector, referee, or a person designated by the commission. Any contestant applying anything other than Vaseline in an approved fashion at the appropriate time could be penalized a point or subject to loss by disqualification.

# BASIC RULES

## SAFETY EQUIPMENT ALLOWED:

- Combined foot & shin protectors only. (must cover entire foot incl heel and toes)
- Equipment should have only elastic bands for support. Velcro must be limited to the boot.
- Gloves must be NMA/ISKA approved open finger gloves (NOT MMA GLOVES) see photo below.
- Slim design head guards (scrum guard) must be worn at all times by juniors and seniors.
- Mouth Guard is compulsory as well as groin guard.
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- Shorts with draw string must be worn, (no pockets) no kickboxing pants. Competitors must wear a T-Shirt, vest or rash guards when competing.
- No "grease" (Vaseline) is allowed to be applied to any part of the fighter.
- No Jiu-Jitsu Gi, fighting/wrestling shoes are allowed.
- **HYGIENE RULE:** All competitors must wear a clean competition uniform (shorts, shirt, etc.). If a referee feels this criteria has not been met, he will not allow the competitor to compete. Please wear clean clothing

## ALLOWED TECHNIQUES:

### STRIKES - HANDS:

- All punching techniques applicable to semi / light including back fist and ridge hand strikes, all controlled and full contact sport karate/kickboxing techniques, except those listed as illegal.
- Fighters can "push off" opponents as they move forward.
- No Elbow strikes are allowed at any time of the bout to any part of the body. No Elbow the face at any contact level is allowed.
- Contact to the face is equivalent to semi contact fighting and to the body, FULL Contact.
- Ground and Pound is still an option as long as contact remains semi/light to the face or full contact to the body. **Even moderate contact to face will be met with penalty points and/or DQ.** Ground and Pound must be met with clinch or counter by defender. If neither is attempted, a TKO can be awarded.
- Striking to the kidney area, behind the head or neck is not permitted.
- all punching and kicking techniques having as target head, body or legs are legal;
- knee techniques are legal only when striking body or legs; No knees to the face is allowed standing or on the ground.
- No "falling knees strikes" are allowed on your way down onto your opponent.

### STRIKES – LEGS & FEET:

- All kicking techniques applicable to semi / light contact fighting including jumping spinning kicks, all controlled sport karate/kickboxing techniques, except those listed as illegal is permitted.
- Thrust kicks are permitted to keep opponent at length and to cause a knockout to the body.
- Knee strikes are allowed to the side of the body only while clinching in standup. NO PULLING DOWN ON THE HEAD.
- Knee strikes are allowed only to the body when on the ground as long as the striker has both hands on the opponent and are also engaged on the floor and not standing. No jumping in with a knee first.
- Contact remains at all times semi to face and Full Contact to the body and thighs. A well executed contact technique to the opponent's body causing him/her to drop will be met with a standing 10 count which if not met will be cause to award a win to the competitor.
- **Low kicks to the legs and kicks to the body or face are permitted in all senior divisions.** All Low kicks can land with the foot or bridge of the foot or "Thai Shin kicks". Any knee kick executed in senior divisions can only be executed to the body area and not Head/Face. **No Thai pulling down of the opponents head is allowed at any time of the bout.**

- **Low kicks may only be directed to the thigh area. Below the hip joint and above the knee joint. No low kicks may NOT be directed towards the shin or lower leg.**
- All low kicks must be minimum 6 inches above the knee and all other kicks, above the waist.
- No kicking to opponents head is allowed once the fight goes to ground by either of the competitors.

## SHOOT & TAKE DOWNS:

- Any attempt at executing a takedown or Shoot must be done so with the primary motive to go to ground as quick as possible. Any attempt to walk with the lifted opponent or raise the opponent higher off the ground than is deemed necessary to execute a safe take down will be considered a serious foul with a high probability of immediate disqualification. No exception to this rule will be allowed under any circumstance.
- No "spearing" or dive tackling is permitted. Implied when the competitor being taken down has his hips higher than his shoulders.
- All shoots must be premeditated and followed up with at least a guard mount or attempt to pass the guard. Shooting or taking down of opponent without an attempt to follow up will be met with one and only one caution.
- No slamming of the opponent into / on the floor is permitted.
- No going to ground with the intent of landing on top of the opponent is allowed.
- Hip throws are permitted.
- All prevention necessary must be taken to not attempt to have you opponent fall on his/head or attempt to drop the opponent that their back of neck or head falls to the ground.
- You are allowed to pull opponent towards you when going to ground.
- it is forbidden to intentionally takedown opponent landing him on his head or neck;
- it is also forbidden to takedown the opponent grabbing only his head or neck.

## GRAPPLING – SUBMISSIONS & LOCKS:

- **WAYS TO WIN:** Submission, whether given by tapping or verbally. It is VERY important that all competitors understand how to "Tap Out" when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. Competitors can tap with their hands, feet, or even a nod of the head. This "Tapping" is a conscious admission of loss or surrender to an opponent. Referee Stoppage (TKO, cuts, feels fighter is not capable of defending himself), Doctor Stoppage, Corner throwing in the towel, Referee Decision, Disqualification, Forfeit, No Contest. If the fight does not end by submission or by points, the referee will choose the winner based on the Decision Making Criteria included in this document. If a match is considered a "Draw" by the referee, there will be two-minute overtime. **Referees are encouraged to choose a winner in every match should it not end by submission or points.**
- All submission techniques are legal for adults with the following exception; No neck cranks or knee straight ankle locks where the leg crosses the body (reaping of knee).
- **Heel hooks are allowed, No toeholds, slamming, or neck cranks are allowed. No straight ankle locks where the leg crosses the body (reaping of knee).**
- **The entire forearm may be placed on the opponent's throat or chest for choking or dominance. But it is NOT allowed to use the sharp tip of the elbow for this purpose.**
- **OTHER FOULS:** Fighters are not allowed to grab and use their opponents' clothing. Attacks to the front of the windpipe (i.e. finger in throat), eyes (elbows, palms, fingers, etc.) or groin. No pushing the palm or elbow directly into the nose. No dropping or slamming an opponent on his head. No slamming from the Guard position. eye gouging, fish hooking, biting, hair pulling, pinching, twisting of skin, sticking a finger into an opponent's cut, small joint manipulation (finger or toe locks), and putting a finger into any orifice are all FOULS and grounds for disqualification. **No interference by a corner with any official or fighter.** No throwing an opponent off the mat. No unsportsmanlike conduct. The **Boston Crab technique** is not allowed. Any intentional use of an illegal technique or act of poor sportsmanship will result in the immediate ejection of those competitors/spectators.
- **SCISSOR TAKEDOWN** – When initiating a scissor takedown, at least one hand must be on the ground when applying the takedown.
- Rear naked chokes are allowed but only with direct frontal pressure. No neck artery restriction is allowed and will be met with immediate disqualification if attempted.
- Guillotine Chokes are permitted. As long as the person applying the choke has both feet flat on the ground. NO pulling back or upwards.
- The Chief referee reserves the right to stop any attempt at any submission or lock, listed and un listed at any time of the match should he deem any such technique to be considered dangerous in any way but not restricted to the effect

it has on an opponent. In other words while the attempt is being made to secure any technique which could be deemed as unsafe.

**All submissions are allowed except these situations which are forbidden:**

- neck or spine locks or neck cranks of any kind;
- No twisting knee lock (knee twisting motion not allowed);
- Not allowed because dangerous: full Nelson, crucifix lock standing or on the ground, cross face figure 4 guillotine head lock. Half Nelson is allowed because the fighter can move one side of the body and defending himself.

**LENGTH OF MATCH:**

**ELIMINATIONS: 1 ROUND 3 MINUTES.**

**FINALS: 2 ROUNDS 2 MINUTES.**

**POINT VALUES AND WINNER DETERMINATION:** as described above

**MAJORITY VOTE:** Points are awarded by a majority vote of all judges. The majority of judges do not have to agree collectively who the winners are. Majority of the judge's decision will ensure the win.

**During the match,** if there is stalling on the ground, the referee has the right to restart the match standing. If the competitors go off the mat, the match can be stopped by the referee, and the competitors will be moved to the middle of the ring/mat in the same position, if that position can be determined by the referee. The referee has the right to stop time and check the condition of the fighters. If no Takedown occurs, fighters may be restarted from the Guard Position.

**LEGAL TARGET AREAS:** Head and face, ribs, chest, abdomen & legs.

**ILLEGAL TARGET AREAS:** Spine, back of neck/Head, throat, sides of the neck, Kidneys, groin, knees and back.

**NON-TARGET AREAS:** Hips, shoulders, buttocks, arms, and feet.

**LEGAL TECHNIQUES:** As described above. Legal techniques are all controlled sport karate/kickboxing techniques, except those listed as illegal.

**ILLEGAL TECHNIQUES:**

Gone are the days of no holds barred fighting, as the NMA has instituted a number of rules that fighters must follow. Should a fighter fail to follow these rules they will be deducted a point or be disqualified from the match.

These rules and faults include:

1. Holding or grabbing the fence or ring;

A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. 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. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time. If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighters scorecard if the foul caused a substantial change in position such as the avoidance of a takedown. 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.

2. Holding opponent's shorts or gloves;

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. 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 by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.

3. Butting with the head;

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

4. Eye gouging of any kind;

Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

5. Biting or Spitting at an opponent;

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

6. Hair pulling;

Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way.

7. Fish Hooking.

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

8. Groin attacks of any kind.

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal

9. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent.

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

10. Downward pointing of elbow strikes;

The Committee agrees that ceiling to floor or 12 to 6 elbow strikes should continue to be prohibited maneuvers.

11. Small joint manipulation.

Fingers and Toes are small joints. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints.

12. Strikes to the spine or the back of the head

Strikes behind the crown of the head and above the ears are not permissible within the Mohawk area. Strikes below the top of the ear are not permissible within the nape of the neck area.

13. Heel kicks to the kidney

14. Throat strikes of any kind, including, without limitation, grabbing the trachea.

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.

15. Clawing, pinching, twisting the flesh or grabbing the clavicle

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.

16. Kicking the head of a grounded opponent.

A grounded opponent is any fighter who has more than just the soles of their feet on the ground. (i.e. could have one shin or one finger down to be considered a downed fighter) If the referee determines that a fighter would be a grounded fighter but is not solely because the ring ropes or cage fence has held fighter from the ground, the referee can instruct the combatants that he is treating the fighter held up solely by the cage or ropes as a grounded fighter

17. Kneeing the Head of a grounded opponent

A grounded opponent is any fighter who has more than just the soles of their feet on the ground. If the referee determines that a fighter would be a grounded fighter but is not solely because the ring ropes or cage fence has held fighter from the ground, the referee can instruct the combatants that he is treating the fighter held up solely by the cage or ropes as a grounded fighter.

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 . (Note) Axe kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.

19. The use of abusive language in the fighting area

20. Any unsportsmanlike conduct that causes an injury to opponent

21. Attacking an opponent on or during the break.

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition

22. Attacking an opponent who is under the care of the referee.

23. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight

#### 24. Interference from a mixed martial artists seconds

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

#### 25. Throwing an opponent out of the ring or caged area.

A fighter shall not throw their opponent out of the ring or cage.

#### 26. Flagrant disregard of the referee's instructions

A fighter **MUST** follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification

#### 27.. Spiking the opponent to the canvas onto the head or neck (pile-driving)

A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your 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 opponents 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.

This is crucial that referees are properly advised and trained and that the fighters fully understand this at the rules meeting

#### 28. Attacking an opponent after the bell has sounded the end of the period of unarmed combat Attacking an opponent who is under the care of the referee.

**not allowed because dangerous:** full Nelson, crucifix lock standing or on the ground, cross face figure 4 guillotine head lock. Half Nelson is allowed because the fighter can move one side of the body and defending himself.

**Techniques have always to be applied without violence or un-sportsman like and with control: zero tolerance will be applied for any kind of incorrect and violent behaviour.**

- **Standing Foot Stomps-** This should remain a illegal technique.
- The Committee agrees that ceiling to floor or 12 to 6 elbow strikes should continue to be prohibited maneuvers.

**GRABBING:** Is allowed but no pulling on any part of the pants or top worn by any competitor.

**SWEEPS, TAKEDOWNS, GRABS AND GROUND FIGHTING:** Sweeps to take down an opponent, to obstruct the balance so as to follow up with a technique is allowed. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled sweeps that are meant to take down an opponent are allowed only on a declared approved padded surface.

**LIGHT TOUCH CONTACT:** Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is required to the head or face. The face and of a head gear is a legal target area whilst stand up fighting is in **play but only to head gear when on the ground.**

**MODERATE TOUCH CONTACT:** Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face.

**WARNINGS AND PENALTIES:** One and only one warning is allowed for breaking the rules before a MINUS POINT is recorded on the draw sheet or score card. After the first warning is given, a Minus point is awarded for each and every rule violation. If a competitor receives 3 warnings (three penalty points) in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a minus point can be issued immediately or immediate disqualification can be enforced.

If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue **because of an injury caused by an illegal penalized attack executed by his/her competitor**, the offending competitor shall be automatically disqualified.

**Other Cause for Penalization:** Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, Preventing your opponent from initiating combat, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behaviour by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

**DISQUALIFICATION:** Requires a majority vote by all officials, unless it is an automatic disqualification.

**Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified.

**Wrong Division:** If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., he/she will be disqualified.

**COACHING:** The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

Never, at any time, can a coach enter the ring without the referee's permission, 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out (only the competitor may ask for a time out), 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. A Coach is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, team mate or official coach. The centre referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants.