



Striking MMA Rules & Regulations 2024



1

CONTENTS

CONTENTS

RULE 1: GENERAL PROVISIONS	06
RULE 2: MINIMUM AND MAXIMUM AGE LIMITS FOR ATHLETES	07
RULE 3: WEIGHT CATEGORIES	08
RULE 4: DURATION OF BOUTS	09
RULE 5: REFEREE & JUDGES TEAM	10
RULE 6: ATHLETE EQUIPMENT & ATTIRE	11
RULE 7: COMPETITION AREA	16
RULE 8: JUDGING AND SCORING CRITERIA	18
RULE 9: DECISIONS	23
RULE 10: FOULS	27
RULE 11: KNOCKOUT	36
RULE 12: COMPETITION AREA PROTOCOL	38
RULE 13: MEDICAL REQUIREMENTS AND ANTI-DOPING	40
RULE 14: APPEALS	42
RULE 15: OTHERS	43
APPENDIX 1: RULES AND BOUT TIMES	44
APPENDIX 2: PROTECTIVE AND CLOTHING EQUIPMENT	45
APPENDIX 3: WEIGHT CONVERSION TABLE	46



2

INTRODUCTION

INTRODUCTION

FMMAI's mission is to improve the stewardship of the sport while developing it in a healthy, safe, and inclusive manner.

Feedback from the global community suggested that the FMMAI MMA ruleset favoured ground-based athletes such as wrestlers and grapplers. Therefore, Striking MMA is the innovative answer to the demands of athletes, fans and broadcasters. It offers a fast pace combat experience characterised by dynamic striking, throws, and takedowns. Designed to be viewer-friendly, Striking MMA minimizes clinch work and ground fighting through the elimination of strikes to a grounded opponent.

The five key differences between FMMAI mixed martial arts and Striking MMA are summarised as follows:

1. Minimum age participation - Striking MMA: 18 years / MMA: 8 years
2. Ground and pound techniques are strictly prohibited in Striking MMA
3. Striking MMA, submission attempts must be initiated from a standing position. Submission attempts from the ground are not allowed.
4. In the case of knock downs, eight counts with point deductions are in place.
5. Standing eight count or protection count is a judgement call that can always be made by the Referee during the bout.

These Rules & Regulations (for Striking MMA) have been duly passed by FMMAI and shall apply from 1 December 2023.

They are the standard for all international FMMAI mixed martial arts tournaments where there is a separate division for Striking MMA.

The Rules & Regulations (For Striking MMA) set forth herein must be known and accepted by all athletes, coaches, referees, and federation representatives.

Every FMMAI member can change part of the rules (if required) in their respective countries or mandated by their local government authorities. Member federations are allowed to either shorten the bout duration and/or disallow certain techniques.

Under no circumstance should a member federation change the following conditions without the prior approval of FMMAI. FMMAI will continue to gather feedback and finetune its global set of rules for Striking MMA and is subject to further modification.

RULE 1: GENERAL PROVISIONS

- 1.1 **All Striking MMA competitions are carried out in accordance with the Regulations of FMMAI.**
- 1.2 **These rules apply to all international competitions under the control of FMMAI.**
- 1.3 **In exceptional circumstances, a competition procedure that differs from that set out in these Rules may exceptionally be used for international competitions, provided permission has been granted by FMMAI and all participating countries.**
- 1.4 **FMMAI uses the international system of units "SI": "Systeme International d'Unites", for the weight of the kilograms (kg).**

RULE 2: MINIMUM & MAXIMUM AGE LIMITS FOR ATHLETES

- 21 For Striking MMA, the minimum age to enter a competition is 18 years old and can be practiced by both male and females. Athletes according to their age are classified as follows:
- 21.1 **Seniors:** for athletes aged 18 years and older
 - 21.2 **Masters:** for athletes aged 40 years and older
- 22 Athletes are allowed to participate in competition for Seniors if they reach 18 years of age on the day of the first weigh in.
- 23 Ages will be verified at all FMMAI competitions during registration and accreditation.
- 24 Masters athletes are allowed to compete in Seniors competitions with prior approval from FMMAI.

RULE 3: WEIGHT CATEGORIES

3.1 The weight categories for the male and female age groups are as follows:

Male Weight Categories	Female Weight Categories
Seniors (18 years and above)	Seniors (18 years and above)
-52.2 kg	-47.6 kg
-56.7 kg	-52.2 kg
-61.2 kg	-56.7 kg
-65.8 kg	-61.2 kg
-70.3 kg	-65.8 kg
-77.1 kg	-72.6 kg
-83.9 kg	+72.6 kg
-93.0 kg	
-120.0kg	
+120.0kg	
Masters (40 years and above)	Masters (40 years and above)
-52.2 kg	-47.6 kg
-56.7 kg	-52.2 kg
-63.5 kg	-56.7 kg
-70.3 kg	-61.2 kg
-77.1 kg	-65.8 kg
-83.9 kg	-72.6 kg
-93.0 kg	+72.6 kg
-120.0kg	
+120.0kg	

RULE 4: DURATION OF BOUTS

- 41 Striking-MMA bouts at FMMAI International Competitions must be three (3) rounds of three (3) minutes.**
- The bout duration for Seniors can be shortened to two (2) rounds of three (3) minutes for National competitions if the Local Organising Committee wishes to.**
- 42 If the bout is scored a draw after two (2) rounds and a winner is needed to advance to a subsequent round, there can be an extra round of two (2) minutes.**
- 43 Rest time between rounds is 60 seconds.**
- 44 No athlete shall compete in more than four (4) bouts per day.**
- 45 There should be a minimum of 90 minutes rest between bouts. If an athlete chooses to compete in MMA and Striking-MMA during the same competition, a minimum rest period is not guaranteed.**

RULE 5: REFEREE & JUDGES TEAM

51 Duties

51.1 The minimum personnel requirements for one competition area within the competition area at international competitions consists of:

- One (1) Referee
- Three (3) Judges
- One (1) Timekeeper
- One (1) Scorecard Keeper
- One (1) Doctor

51.2 For a more detailed description of the roles and responsibilities of the Referees & Judges team, refer to the FMMAI Referee & Judges Guidelines.

52 Powers of The Referee

52.1 The referee is in charge of a bout. The authority of a referee begins when he/she enters the competition area and does not end until the conclusion of the bout.

RULE 6: ATHLETE EQUIPMENT & ATTIRE

6.1 Mouthpiece

6.1.1 All athletes are required to wear a well-fitted mouthpiece during the bout.

6.1.2 The bout cannot begin without the mouthpiece.

6.1.3 If the mouthpiece is dislodged during the bout, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action.

6.2 Groin Guard

6.2.1 All male athletes must wear a groin protection cup (plastic and metal materials are permitted).

6.2.2 Female athletes may choose to wear a groin protector should they so wish.

6.3 Gloves

6.3.1 Specification

Both athletes must wear the same model, open finger MMA-Gloves. The gloves shall have a weight between 6oz. (170g) to 8oz (226g) (maximum).

Gloves can be made of real leather or high-quality PU (or similar artificial leather) material.

6.3.2 Certification

Gloves and shin pads must be certified by FMMAI and may be provided by the local organiser.

64 Shin Pads

- 64.1** Both athletes must wear the same model, elastic (or neoprene) shin pads with attached foot padding. All paddings must be a minimum of 1 centimetre in thickness.
- 64.2** Gloves and shin pads should match the athletes' corner color (red or blue). If no such colored equipment is available, the wrist of the gloves and the top of the shin pads must be wrapped with either red or blue 40 - 50 millimeter wide duct tape.
- 64.3** Thai-Shinpads and/or Kickboxing-Shinpads made of leather (or PU) are illegal.

65 Tapes and Hand Wraps

- 65.1** A maximum of one roll (no more than 2 inches wide by 15 yards in length) of white, soft, cloth gauze is permitted per hand. The gauze may not exceed the wrist of the athlete's glove. The gauze wrap must be applied in such a manner that the visible inner hand of the athlete is free of hand wrap. The exposed thumb basal joint is an option to be protected.
- 65.2** A maximum of one roll (no more than 1.25 inches wide by 10 inches in length) of white athletic tape is permitted (for both hands in total). The tape may not exceed the wrist of the athlete's gloves. Tape may be placed through the fingers but may not cover the knuckles. The athletic tape must have a minimum distance of 0.5 inches to the knuckles. The exposed thumb basal joint is an option to be protected.
- 65.3** Cotton or cotton-like training wraps are only allowed with a maximum length of 3.5 metres. The wraps must be made of nonelastic (non-stretch) material. The cotton wraps must be applied in such a manner that the visible inner hand of the athlete is free of hand wrap. If cotton hand wrap is used, there is only 30 centimeters of medical tape per hand allowed to wrap around and secure the velcro of the hand wraps. No additional gauze or tape is permitted.
- 65.4** Any kind of buildup, stacking or curls in between the knuckles is prohibited. No foreign objects are allowed inside the wraps or gloves. Violations will result in an instant disqualification of the athlete.

6.55 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.

6.56 An athlete may use a soft neoprene or elastic fabric type sleeve to cover only the knee and/or ankle joints. Approved sleeves are not allowed to 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 underneath the approved sleeves must be authorised by the ringside physician / doctor or the assigned ITO.

6.6 Clothing & Attire

6.6.1 All athletes will be required to wear such protective gear as deemed necessary by FMMAI.

6.6.2 Male athletes can wear a short sleeve rash guard on their upper body if required. It is mandatory for both athletes to either both wear a rash guard or both refrain from wearing one.

6.6.3 Female athletes must either wear a short sleeved (above the elbow) rash guard or a sleeveless form fitting rash guard. Exceptions for religious and/or cultural reasons must be approved by FMMAI.

They also need to wear a sports bra. No loose-fitting tops or breast protectors shall be allowed.

Female athletes will follow the same requirements for bottom covering as the male competitors, with the exception of the requirement for a groin protection.

6.6.4 Male and female athletes shall wear the appropriate MMA shorts/tights, mouthpiece, and gloves. Male athletes shall also wear the appropriate groin protection.

6.6.5 The length of MMA shorts/tights must not extend over the knee. Exceptions for religious and/or cultural reasons must be approved by FMMAI.

- 666** MMA shorts/tights may not have exposed velcro, pockets, or zippers.
- During inspection at the competition area, athletes with the inappropriate attire will have a two-minute window to correct the issue. Failure to present themselves ready for the bout within the stipulated two (2) minutes will result in disqualification.
- 667** Athletes in the same bout can be differentiated by the corner to which they are assigned using glove taping and/or glove colouring, and/or attire colouring.
- 668** Shoes are not allowed to be worn during the bout.
- 669** Athletes shall have their hair secured in a manner that does not interfere with the vision and safety of either athlete. No object can be worn to secure the athlete's hair which may cause injury to the opponent.
- Hair or braids must be tied up above the shoulders.
- 66.10** The wearing of jewelry (including tongue piercings) is strictly prohibited for all bouts.
- 66.11** No other object may be worn during the competition.
- 67** **Head & Hair Cover**
- 67.1** For religious and/or cultural reasons, female athletes may wear an additional head / hair cover approved by FMMAI..
- 68** **Vaseline and other gels & creams**
- 68.1** Before entering the competition area, an official, appointed by the Ring Supervisor, applies Vaseline or a comparable substance to specific areas of the face.
- 68.2** The reapplication of Vaseline or a similar substance to the face may be allowed between rounds and must be administered by personnel approved by FMMAI.

683 Any application (before or during the bout) of substances like creams, sprays, oil or any other products likely to be harmful or objectionable to an opponent is prohibited and will result in immediate disqualification.

RULE 7: COMPETITION AREA

7.1 Competition Area Setup

7.1.1 The Competition Area can be:

7.1.1.1 A boxing style ring with a minimum of five (5) ropes,

7.1.1.2 A boxing style ring with a safety fence between the lowest two ropes where the lowest rope is on the canvas

7.1.1.3 A combat arena (round or multiple angles) surrounded with safety fence or

7.1.1.4 A plain tatami (martial arts mat)

7.1.2 The minimum size for a competition area is 6m x 6m or 6m diagonal and the maximum size is 10m x 10m or 10m diagonal.

7.1.3 The RED and BLUE corner in each competition area must be clearly marked. The red corner is consistently positioned on the left side, always next to the main officials' table.

7.1.4 The floor of the competition area shall be padded by sports mats, tightly bonded to each other, with at least a 40mm layer of high-density foam padding.

7.1.5 The competition area floor should always be covered except for puzzle mats and the cover should be made of canvas or PVC or any other material additionally approved by FMMAI.

7.1.6 In the event of a Striking MMA bout taking place in a ring, if an athlete is inadvertently knocked out of the ring—deemed an accidental foul—the athlete is required to re-enter the ring unaided by spectators or their accompanying team. Any assistance rendered may result in the deduction of points or disqualification at the discretion of the referee. The athlete is granted a five (5) minute window to make their return,

during which they must undergo examination by the ringside physician before resuming active competition.

7.17

When the competition takes place on a plain Tatami, both athletes and the referee must adhere to the following procedures:

- 7.17.1 Fleeing the mat:** If an athlete intentionally or repeatedly moves outside the warning area, the referee is required to issue warnings. At their discretion, the referee can deduct points, escalating up to disqualification.
- 7.17.2 Pushing opponent outside warning area:** If an athlete intentionally or repeatedly pushes their opponent beyond the warning area without attempting a takedown, the referee must issue warnings. Points can be deducted, up to disqualification, at the referee's discretion.
- 7.17.3 Submission hold and fleeing:**
If an athlete is trapped in a submission hold and is actively fleeing the competition area with the sole purpose of getting the bout stopped to escape the submission, the athlete will be disqualified.
- If an athlete is trapped in a locked submission hold and the athletes are going outside the warning area because of mutual combat or natural defensive movements, the referee will stop the bout to ensure the athletes safety. The athlete who was locked in the submission hold will get one (1) point deducted and the bout will be started in the middle of the competition area in standing neutral position.
 - Under no circumstances is the Referee is allowed to restart the bout in a locked in submission hold position.

7.18

Minimum mat size and dimensions
(warning & safety zone) for adults



RULE 8: JUDGING & SCORING CRITERIA

8.1 Legal Actions

- 8.1.1** Martial arts style strikes (closed fist or hammer fist only), kicks and knees to the legal areas of the head and body are allowed.
- 8.1.2** Martial arts style throws, and takedowns from standing positions are allowed. After a successful takedown, the referee will pause the bout and reset the bout with two athletes standing in the middle of the competition area.
- 8.1.3** No striking, no newly applied submission holds and/or grappling actions are allowed on the ground.
- 8.1.4** Submission holds that were initiated while standing are allowed.
- 8.1.4.1** In the event that a legal submission is successfully applied, the Referee is required to signal to the timekeeper by raising one hand and directing the other towards the executed submission hold.
- The timekeeper then initiates a 30-second countdown on the additional stopwatch.
- 8.1.4.2** When the athletes are in transition to the ground while a legally applied submission hold is in progress, both the submission hold and the accompanying 30-second count must be allowed to continue without interruption.
- 8.1.4.3** Should an athlete submit and tap out their opponent within the 30-second count, they will secure victory by submission. At the 30-seconds mark, the timekeeper will use a whistle to signify the conclusion of the count. The referee will then stop the action, issuing a one-point deduction to the athlete who was held under the submission attempt. The bout will then recommence in the centre of the competition area with both athletes returning to a neutral standing position.

8.144 The act of chaining or altering submission holds on the ground is not allowed. In the event that an athlete successfully escapes the initial submission hold before the 30-second signal, the bout will be reset in the centre of the competition area, with both athletes returning to a neutral standing position.

8.15 Detailed description of illegal actions relating to 8.1.1 through 8.1.4 can be found in Rule 10 - Fouls.

8.16 Clinching and wrestling is allowed. If both athletes clinch or wrestle for more than 10 seconds without any significant striking or takedown attempt, the Referee shall call them for action. If the athletes continue stalling for another five (5) seconds, the referee will stop the bout and restart the bout standing in the middle of the combat area.

82 Judging Criteria

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

822 The 10 Point Must System will be used to score a bout.

823 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).

824 Point Deduction

8241 When an athlete receives a count from the Referee, the athlete will have one point deducted at the end of the round.

8242 An athlete will also have one point deducted should they fail to get out from a legal submission attempt within 30 seconds.

825 Judges shall evaluate martial arts techniques with the most scoring weight given to **effective striking/ wrestling/grappling, effective aggressiveness, and control of the competition area.**

8251 Effective striking

Effective striking is determined by the technical execution of legal strikes landed by an athlete. More precise

technical hits are valued higher than many blows with unprecise hits and lower technical execution.

8252 Effective wrestling

Effective wrestling is assessed by the successful executions and effective results coming from technical and spectacular takedowns achieved.

8253 Effective grappling

Effective grappling attempts are assessed by the successful executions and potential bout ending submission attempts.

8254 Effective aggressiveness

Effective aggressiveness means aggressively making attempts to finish the bout.

8255 Control of the Bout

Control is assessed by determining who is dictating the pace and position.

826 Evaluations shall be made on martial arts techniques, such as effective striking/wrestling/grappling (Criterion A), effective aggressiveness (Criterion B), and control of the bout (Criterion C). Criteria B and C are not taken into consideration unless Criterion A is weighed as being even.

8.3 Scoring Criteria

831 A round is to be scored as a 10-10 Round when both athletes have competed for whatever duration of time in the round and there is no difference or advantage between either athlete. A 10-10 Round should be an extremely rare exemption.

832 A round is to be scored as a 10-9 Round when an athlete wins by a close margin, where the winning athlete lands the better strikes or utilises more effective wrestling and grappling during the round.

833 A round is to be scored as a 10-8 Round when an athlete wins the round by a large margin by technical dominance, duration of striking, wrestling or grappling in a round.

834

A round is to be scored as a 10-7 Round when an athlete is completely dominated by **technical dominance**, and **duration** of striking, wrestling or grappling in a round.

8341 Technical Dominance

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

8342 Dominance

As **Striking-MMA** is an offensive based sport, 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 wrestling or grappling phase can be seen by athletes achieving powerful takedowns and/or achieving potentially fight ending submission attacks.

8343 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 recognising 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.

835 **Scoring Transparency**

835.1 For transparency the scorecard keeper will publicly show the actual score of every round electronically (monitor or similar device) or with flipcharts (manual scoreboard, etc.) after the end of every round.

RULE 9: DECISIONS

9.1 Types of Decisions

9.1.1 Submission by Tap Out

When an athlete physically uses parts of their body to indicate that he or she no longer wishes to continue.

9.1.2 Verbal Tap Out

When an athlete verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue. Screaming while caught in a submission is automatically a verbal Tap Out.

9.1.3 Technical Submission

When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).

9.1.4 Technical Knockout (TKO)

9.1.4.1 Referee Stoppage

The referee stops the bout because the athlete is overwhelmed and receives multiple clean and hard strikes and therefore is no longer able to defend himself/herself.

- Due to Strike
- Laceration
- Corner Stoppage
- Did not answer the bell

9.1.4.2 Medical Stoppage

- Laceration
- Doctor Stoppage
- Loss of control of bodily functions (vomit, urine, faeces)
- Heavy bleeding

9.15**Knockout (KO)****9.15.1****Referee Stoppage**

The referee stops the contest because the athlete is unconscious or is unable to defend himself/herself.

- Due to Strike
- Due to impact from takedown or throw

9.16**Disqualification****9.16.1**

When an injury sustained during the bout because of an intentional foul is severe enough to terminate the bout.

9.16.2

Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.

9.17**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.

9.18**Decisions****9.18.1****Unanimous Decision**

When all three judges score the bout for the same athlete.

9.18.2**Spilt Decision**

When two judges score the bout for one athlete and one judge scores for the other athlete.

9.18.3**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**9.19.1 Unanimous Draw**

When all three judges score the bout a draw.

9.19.2 Majority Draw

When two judges score the bout a draw.

9.1.8.3 Spilt Draw

When all three judges score differently and the score total results in a draw.

9.1.8.4 Technical Draw

When an injury is sustained during competition as a result of a 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.

9.1.8.5 Scorecard Draw (during Competitions)

Where one athlete must be declared the winner to progress during a competition, the following rules apply:

- a. If either athlete has a point deducted from the overall scoring because of a foul, the opposing athlete will be declared the winner.
- b. If one athlete wins a round with a bigger margin, it is considered a more effective score and will result in victory (10-8 in one round vs 10-9 in two rounds)
- c. If a winner cannot be determined with the above rules applied, the ring supervisor will ask the judges to vote for the winner. The athlete with the most

votes will be declared the winner, and that decision will be final.

9.1.10 No Contest due to Unforeseen, Non-Combat Circumstances

9.1.10.1 In instances where the bout must be concluded due to unforeseen, non-combat circumstances, the bout may go to the scorecards if one-half of the scheduled rounds, plus one second ($1/2 + 1$) has been completed.

9.1.10.2 If the non-combat stoppage occurs prior to the $1/2 + 1$ mark, the fight is to be scored a “No Contest”.

9.2 Instant Video Replay

9.2.1 There will be no instant video replay used during a bout. Video replay may be used as part of the appeals process. Refer to Rule 14 – Appeals.

RULE 10: FOULS

10.1 **Definition**

10.1.1 **Butting with the head**

The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head-to-head, head to body or otherwise is illegal.

10.1.2 **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 socket are not considered as eye gouging and shall be deemed legal attacks.

10.1.3 **Biting or spitting at an opponent**

Biting of any form is illegal. Athletes must accept 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.

10.1.4 **Fish Hooking**

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

10.1.5 **Hair Pulling**

Pulling of the hair in any fashion is an illegal action. Athletes may not grab hold of their opponent's hair to control their opponent in any way. If an athlete has long hair, they may not use their hair as a tool for holding or choking in any fashion.

10.16

Spiking

Spiking the opponent to the canvas straight onto the head or neck (pile-driving) is prohibited. A pile driver is any throw where you control your opponent's body placing their feet up in the air with their head straight down and then forcibly drive the opponents head or neck into the canvas or flooring material. It should be noted when an athlete is placed into a submission hold by their opponent, if that athlete can elevate the opponent, they are also not allowed to slam or spike the head of the opponent into the ground in order to force the escape of the submission.

10.17

Slamming

Slamming the opponent to the canvas in a straight up and straight down movement onto his/her head, neck, back, side or stomach is prohibited. Any throw with a continuous and arched motion is to be considered a legal throw.

A slam is any throw where you lift your opponent up and then forcibly drive the opponent straight down to the canvas or flooring material.

It should be noted when an athlete is placed into a submission hold by their opponent, they are also not allowed to slam the opponent into the ground to force the escape of the submission.

10.18

Guard Jumping or Flying Submissions

Guard jumping or flying submissions are illegal moves if the athlete has no control of the opponent's upper body. Control is given when at least one arm of the athletes is firmly wrapped around (or firmly connected) the upper body or neck of the opponent. Just gripping and/or holding one or two arms (wrists) is not considered as body control.

10.19

Scissors Takedown

Scissors takedown is an illegal move if the athlete has no control of the opponent's upper body. Control is given when at least one arm of the athletes is firmly wrapped around (or firmly connected) the upper body of the opponent. Just gripping and/or holding one or two arms (wrists) is not considered as body control.

- 10.1.10 Submissions using the bodyweight while standing**
Standing submissions using uncontrolled body movement (for example fast body turns or body droppings to the floor) are prohibited. The athlete must always have control over the movement and must always be able to release the submission hold when the opponent is tapping or the referee steps in.
- 10.1.11 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) 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.

Any strikes to the spine or the back of the head is prohibited.
- 10.1.12 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 or claw their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. Pushing the opponent's trachea with an open hand, forearm or knee is considered legal in the adult category. 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.
- 10.1.13 Fingers outstretched toward an opponent's face/eyes**
In the standing position, an athlete that moves his/her arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, is illegal and will be given a warning. Referees are to prevent this dangerous behaviour by communicating clearly to athletes. Athletes are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent's face. In case of an illegal eye poke, the injured athlete will be allowed up to five (5) minutes recovery time. During these five (5) minutes, the ringside physician/doctor is allowed to support the athlete with cool towels or ice packs to relieve the pain and avoid swelling.

- 10.1.14 Elbow Strikes**
All elbow strikes 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.
- 10.1.15 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.
- 10.1.16 Kneeing and/or kicking a grounded opponent**
A grounded athlete is defined when any part of the body other than the soles of the feet is touching the ground. When one hand (palm or fist, fingers only is not enough) is touching the ground, the athlete is considered grounded. At this time, all kicks or knees will not be allowed. Up-kicks from a grounded athlete towards his/her standing opponent are also not allowed.
- 10.1.17 Knee strikes to the head**
All knee strikes to the head while standing or in a grounded position are illegal.
- 10.1.18 Holding opponent's gloves or shorts**
An athlete is not allowed to control their opponent's movement by holding onto their opponent's shorts or gloves. An athlete may hold onto or grab their opponent's hand so long as they are not controlling the hand only by using the material of the glove, but gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.

10.1.19 Holding or grabbing the safety fence or ropes with fingers or toes

- 10.1.191** An athlete may put their hands (feet) on the fence, paddings or ropes and push off it at any time.
- 10.1.192** An athlete may place their feet onto the ring and have their toes go through the fencing material at any time.
- 10.1.193** When an athlete's fingers or toes go through the ring and have their toes go through the fencing material at any time.
- 10.1.194** An athlete is not allowed to grab the ropes or wrap their arms over or under the ring or ropes at any time.
- 10.1.195** The athlete may not purposely step through the ropes. If an athlete is caught holding the fence or ring rope material, the referee may issue a one-point deduction from the offending athlete's scorecard if the foul has caused a substantial effect in the bout.
- 10.1.196** If holding the fence or ropes occurs, and because of the infraction, the athlete who committed the foul ends up in a superior position, the athletes should be re-started by the Referee, standing in a neutral position.

10.1.20 Small joint manipulation

Fingers and toes are small joints. Wrists, ankles, knees, shoulders, and elbows are all large joints. To grab or bend the fingers or toes a minimum of three (3) fingers or toes must be held.

10.1.21 Throwing an opponent out of the competition area

An athlete is not allowed to throw their opponent out of the competition area.

- 10.122 Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent**
An athlete 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.
- 10.123 Straight forward or straight side kick to the knee of the opponent**
All straight kicks to the knees are not allowed.
- 10.124 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.
- 10.125 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 deemed to be the intention.
- 10.126 Use of abusive language in the Field of Play**
The use of abusive language is not allowed during the competition. It is the sole responsibility of the Referee to determine when language is considered abusive. It should be clear that athletes can talk during a bout. The use of auditory language is not a violation of this rule. Examples of abusive language include, but is not limited to, racially motivated or derogatory).
- 10.127 Flagrant disregard of the referee's instructions**
An athlete must always follow the instructions of the referee. Any deviation or non-compliance may result in the disqualification of the athlete.
- 10.128 Unsportsmanlike conduct that causes an injury to the opponent**
Every athlete competing in the sport of MMA is expected to uphold its values, displaying sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on an opponent who has tapped out or been taken out of the competition by the referee, shall be viewed as being unsportsmanlike.

10.1.29 Attacking an opponent after the bell or break

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.

10.1.30 An athlete shall not engage their opponent in any fashion during a time-out or break of action in competition

Once the Referee has called for a stop of the action to protect an athlete who has been incapacitated or is unable to continue to compete in the bout, athletes shall cease all offensive actions against their opponent.

10.1.31 Interference from an athlete's corner

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.

Should the athlete's corner use abusive language, threaten officials or show unsportsmanlike behaviour, the referee has the authority to deduct points and/or disqualify the athlete.

102 Foul Procedures

1021 If a foul is committed, the Referee shall:

1021.1 Call time and send the athlete who committed the foul to a neutral corner.

1021.2 Check the condition and safety of the athlete who was fouled

1021.3 Assess the foul for potential point(s) deduction and/or time considerations

1021.4 No coaching of an athlete is allowed during time-outs

103 Intentional Fouls

103.1 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.

103.2 If an intentional foul causes an injury and the bout is allowed to continue, the Referee shall notify the judges and deduct two (2) points from the athlete who caused the foul. Point deductions for intentional fouls will be mandatory.

103.3 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 plus one (1) second of the bout 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.

10.3.5 If the athlete injures himself/herself while attempting to intentionally foul their opponent, the Referee will not act in their favour, and this injury shall be treated in the same way as one produced by a fair blow.

104 Accidental Fouls

104.1 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 $\frac{1}{2}$ of the scheduled rounds plus one (1) second of the bout has been completed.

104.2 If an accidental foul causes an injury severe enough for the Referee to stop the bout after $\frac{1}{2}$ of the scheduled rounds plus one (1) second of 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.

104.3 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.

- 1044** If an athlete, during the course of a round, visibly loses control of bodily functions (vomit, urine, faeces), the bout shall be stopped by the Referee and the athlete shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.
- 1045** In the event a loss of bodily functions occurs in the rest period between rounds, the ringside physician shall be called in to evaluate if the athlete can continue.
- If the athlete is not cleared by the ringside physician to continue, that athlete shall lose by a Technical Knockout (TKO) due to Medical Stoppage.
- 1046** If faeces become apparent at any time, the contest shall be halted by the Referee and the relevant athlete shall lose by a Technical Knockout (TKO) due to Medical Stoppage.
- 105** **Time Consideration**
- 1051** If a foul to the groin or an eye poke occurs and the athlete can continue, the fouled athlete may have up to five (5) minutes to recover.
- 1052** Athletes who are injured severely enough by a foul and require medical consultation may be given up to five (5) minutes to recover, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.
- 1053** At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.

RULE 11: KNOCKOUT

11.1 The Two times Knockdown Rule: If an athlete is knocked down to the mat twice in one round, the bout is automatically over. If an athlete is knocked down three times during the duration of the bout, the bout is automatically over, and the opponent wins by Technical Knockout (TKO).

An athlete who received a loss by KO to the head is no longer allowed to compete in the competition in any other category or division.

11.2 A survived submission attempt is not considered a knock down.

11.3 In the event of a knockdown, the athlete is required to get up using their own strength.

11.4 When an athlete is knocked down, the Referee will immediately initiate a countdown. If the athlete fails to demonstrate the readiness to continue by the count of 10, they will be declared the loser of the bout by KO.

11.5 If an athlete is thrown to the floor and displays signs of grogginess due to the impact, the Referee will promptly initiate a countdown. Should the athlete fail to demonstrate readiness to resume competition by the count of 10, they will be declared the loser of the bout by KO.

11.7 Standing 8 count is always in effect: A judgement call made by the Referee. When invoked, the referee stops the action and counts to eight. During that time, the referee will determine if the athlete can continue. When the count reaches eight, and the athlete is unsteady or his feet or seems unable to focus on the referee, it is up to the referee's discretion to end the bout.

11.8 When an athlete receives a count, the opponent must retreat to the furthest neutral corner. The referee initiates the count for the knocked-down athlete only after the opposing athlete has reached the designated neutral corner. If the athlete in the neutral corner departs prematurely, the referee stops the count and directs them back to the neutral corner. The referee then

resumes the count from the last number before the interruption.

No drinking of water, coaching or treatment is allowed.

RULE 12: COMPETITION AREA PROTOCOL

- 121 Before the start of the bout, the athletes with their escort team (maximum of two people) will wait outside the competition area at a dedicated spot.
- 122 The referee in the competition area will allow the athletes to enter the Field of Play after he/she has established that all officials are in their respective positions.
- 123 The first athlete to be called into the competition area is from the RED corner, after which the athlete in the BLUE corner will be called.
- 124 The referee calls both athletes to the center of the competition area where they greet each other and on the referee's signal, assume the starting positions.
- 125 After the referee starts with the verbal signal "FIGHT", the timekeeper will start the official bout time.
- 126 The referee shouts "STOP" when there are irregularities, end of the round, or when there are technical problems.
- 127 During breaks, the escort team (coaches) of the athletes is permitted to enter the competition area in the following manner:
- Tatami:** Both coaches can attend to the athlete from the outside line of their designated corner colour mark.
- Ring with ropes:** One coach is allowed to enter the ring, while the second coach can assist the athlete from outside the ring.
- Fenced combat area:** Both coaches are allowed to enter the combat area during breaks to support their athlete.
- Coaches are limited to bringing the following items to the competition area:**
- Two (2) towels, one (1) is mandatory
 - 1 bucket
 - 1 water bottle (maximum 0.75 litres)
 - 1 ice pack (maximum 2 litres in volumes)
 - 1 spare mouthguard

- 128** At the end of a bout, the main referee in consultation with the scorecard keeper declares the winner by raising the winning athlete's hand.
- 129** All judges must remain seated at their judges' tables until the winner is declared by the referee.

RULE 13: MEDICAL REQUIREMENT & ANTI-DOPING

131 Health & Safety

131.1 All competitors must be healthy and in good physical condition.

131.2 Athletes are required to complete the FMMAI mandatory pre-bout questionnaire and medical examination.

132 In the Event of Bleeding Lesions

132.1 There will not be on-site blood testing at FMMAI Amateur competitions. The medical team must rely on the voluntary disclosure provided by the athletes on the medical questionnaire. To minimize the risk of infection, the ringside physician or referee must protect the non-bleeding athlete from the blood of the injured opponent.

132.1.1 Slight bleeding from nose: Bout can continue

132.1.2 Heavy bleeding from nose: Bout must be stopped

132.1.3 Slight bleeding from scratch or abrasion: Bout can continue

132.1.4 Slight bleeding from small (not deep) cut: Up to the discretion of referee and physician if the Bout can continue

132.1.5 Heavy bleeding from cut: Bout must be stopped.

Exception: In the final 30 seconds of the last round, the referee has the discretion to allow the bout to continue even if one or both athletes are experiencing more pronounced bleeding.

132.2 If the bout must be stopped because of excessive bleeding (caused by legal actions), the injured athlete will lose the bout by TKO.

133 Weight Cutting

1331 To protect the health of the athletes, FMMAI prohibits the use of weight cutting. All competitors must reach the weight on the day of the bout.

1332 During multi-day competitions, athletes will be weighed every day of the competition. Missing weigh-ins will result in immediate disqualification.

134 Anti-Doping

1341 **Anti-doping procedures will be in place at all FMMAI International Competitions.**

Random testing can be carried out at any time by the relevant National Anti-Doping Agency (NADO) or other certified organisation under the supervision of the International Testing Agency (ITA) according to the guideline of the World Anti-Doping Agency (WADA). Any adverse analytical findings (AAVs) will be referred to the relevant agencies and may result in suspension, disqualification and / or a period of ineligibility to compete.

135 Hydrated Weight Testing

1351 **Hydrated Weight Testing Procedures will be in place at all FMMAI International Competitions.**

Random testing can be carried out at any time and detailed information can be found on FMMAI's website.

RULE 14: APPEALS

- 141 An appeal must be lodged by an authorised representative of a team within thirty (30) minutes after the decision has been announced.
- 142 After the decision is announced, the appeal must be made in writing (in English language) by using the official FMMAI appeal form, stating the reason, and handed to the Chairperson of the appeals jury along with an appeal fee of € 150 (or the equivalent in USD).
- 143 The impacted athletes or an authorised team representative of any bouts subject to any appeal must be informed that an appeal has been lodged.
- 144 The Chairperson of the jury will gather the remaining jury members (two additional people which will have been appointed before the start of the competition) to review and to handle the appeal in a fair manner.
- 145 Video footage may be used by the jury to assist in decisions. However, only official footage recorded by the organiser and / or FMMAI may be used and such footage alone will not be the sole determining factor of any decision.
- 146 Once a decision has been made, the Chairperson of the jury will provide a written decision accordingly and inform those affected by the appeal.
- 147 If the appeal is successful, the deposit money will be refunded. If the appeal is unsuccessful, the appeal fee will not be returned and will remain with FMMAI. The athletes and / or teams involved in the appeal will be informed about the result of the appeal minimum 60 minutes prior to a bout affected by the outcome of the appeal.
- 148 Any decision made is final and cannot be counter appealed.

RULE 15: OTHERS

- 151 **At all FMMAI international competitions, no national flags are allowed at the award ceremony. Only officially recognised national flags may be used in and around the competition area to celebrate a bout victory. No politically motivated flags or attire may be displayed.**
- 152 **Personal advertising of any sort is prohibited at all FMMAI international competitions. Sponsor logos are only allowed on the non-competition sportswear of the athletes. Inside the competition area, athletes are only allowed to wear the official FMMAI gear.**
- Coaches are only permitted to wear national team sportswear inside the competition area.**
- 153 **An overview of the detailed rules can be found on the next page.**

APPENDIX 1: RULES AND BOUT TIMES

Rules & Fight Times	Adult / Master international
Fight Time 3 x 3 Min.	No extra round!
Punch / Kick to Face Standing	Legal
Punch / Kick to Body Standing	Legal
Lowkick / Calf-Kick	Legal
Elbow Strikes	Illegal
Straight Kick to the Knee	Illegal
Kick / Knee Grounded Opponent	Illegal
Punching Head grounded	Illegal
Punching Body grounded	Illegal
Knee to Head standing	Illegal
Up Kick to the body & head	Illegal
Foot Stomps	Illegal
Submissions <small>applied while both fighters standing</small>	Legal
Unconnected flying Submissions	Illegal
Connected flying Submissions	Legal
Takedowns / Throws	Legal
Takedowns using neck grip only	Legal
Catching / holding the leg	Legal
Straight Foot Locks	Legal
Knee Bars	Legal
Toe Holds	Legal
Heel Hooks	Illegal
Reaping the Knee	Legal
Calf & Biceps Crunches	Illegal
Rib/ Neck Compressions	Legal
Neck Cranks	Illegal
Triangle Chokes	Legal
Rear Naked Chokes	Legal
Arm In Chokes	Legal
Twisters (all pure Spinal Locks)	Illegal
Electric Chair	Legal
No Gi Ezekiel Choke	Legal
Arm Bars / Arm Locks	Legal
Wrist Locks	Legal
Unconnected Scissor Takedowns	Illegal
Connected Scissor Takedowns	Legal
Guillotines	Legal
Omo-plata	Legal
Slamming / Spiking Head	Illegal
Unconnected Jumping Guard	Illegal
Connected Jumping Guard	Legal

APPENDIX 2 PROTECTIVE AND CLOTHING EQUIPMENT

Protective / Clothing Equipment	Seniors	Masters
Head Protection	prohibited	prohibited
Front padded gloves with finger loops	mandatory	mandatory
Shinguard with Footpadding (soft material)	mandatory	mandatory
Groin Protection male	mandatory	mandatory
Groin Protection female	optional	optional
Mouthguard	mandatory	mandatory
Handwraps	optional	optional
Shorts / short sleeve	mandatory	mandatory
Rashguard male / short sleeve	optional	optional
Shirt or Top female / short sleeve	mandatory	mandatory
Chest protection	prohibited	prohibited

APPENDIX 3: WEIGHT CONVERSION TABLE

Kilograms (KG)	Pounds (LB)
27.2 kg	60 lbs
31.7 kg	70 lbs
36.3 kg	80 lbs
40.8 kg	90 lbs
45.4 kg	100 lbs
49.9 kg	110 lbs
52.2 kg	115 lbs
54.4 kg	120 lbs
58.7 kg	130 lbs
63.5 kg	140 lbs
65.8 kg	145 lbs
70.3 kg	155 lbs
72.6 kg	160 lbs
77.1 kg	170 lbs
83.9 kg	185 lbs
93.0 kg	205 lbs
120.0kg	265 lbs

