

The BC Athletic Commissioner is posting the following rules for amateur combat sports as guidelines for all participants and promoters involved in combat sport events. Any rule changes must be discussed with the Commissioner prior to the event.



## BC ATHLETIC COMMISSIONER

# AMATEUR MIXED MARTIAL ARTS RULES

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The rules issued by the BC Athletic Commissioner (BCAC) and detailed below, pertain to amateur mixed martial arts (MMA) contests and events in the Province of British Columbia (BC) and are intended to protect the integrity of the sport and the safety of participants.

No person will compete in any sanctioned BCAC MMA event unless they are 19 years of age or older on the day of the match.

### **WEIGH-IN**

The weigh-in must be completed 24 to 30 hours prior to the first match.

The weigh-in should not be conducted in an area where alcohol is being served or consumed.

### **COMPETITION AREAS**

1. MMA competitions shall be held inside a ring or cage.
2. The components that form the enclosure, including all side protections and ropes, must be inspected for suitability and safety prior to the first match.
3. If a ring is used, each side of the squared boxing ring (the length of the rope on one side) should be a minimum of 4.5 metres (14' 9") and a maximum of 6.0 metres (19' 8"). It shall consist of at least five ropes for an MMA match.
4. The minimum diameter of each of the four ropes shall be 2.5cm (1 inch).
5. The lowest rope must be placed 20 cm (8 inches) above the platform, while the top rope must be placed no more than 1.3 metres (51 inches) above the platform.
6. All ropes must be covered with soft tightly fitted materials.
7. The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 metres (34' 9") (outside measurement).

8. The height of the corners must not be more than 1.3 metres (51 inches) above the platform of the ring.
9. All corners and protrusions in a ring or cage must be adequately covered to avoid possible injuries.
10. The platform itself may not be placed higher than 1.2 metres (47 inches) above the ground level. It must be covered with a shock absorbent material below the ring floor layer.
11. If a cage is used, the competition area should be no smaller than 5.5 metres by 5.5 metres (18 feet by 18 feet) and no larger than 9.75 metres by 9.75 metres (32 feet by 32 feet). The competition area shall be padded in a manner as approved by the Commissioner or representative, with at least a 2.5 cm (1 inch) layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform.
12. The ring or cage should not be more than 1.2 metres (47 inches) above the floor of the building and shall have suitable steps or ramp for use by the participants. Posts shall be made of metal not more than 15 cm (6 inches) in diameter, extending from the floor of the building to a minimum height of 1.4 metres (55 inches) above the fighting area canvas and shall be properly padded in a manner approved by the Commissioner.
13. The cage area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by the Commissioner and shall not be abrasive to the contestants.
14. A ring stool of a type approved by the Commissioner shall be available for each contestant.
15. An appropriate number of stools or chairs, of a type approved by the Commissioner, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.
16. All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each match.
17. For each match, the promoter shall provide a clean water bucket and a sealed plastic bottle of water in each corner.
18. All corner posts and protrusions in a ring or cage must be adequately covered in order to avoid possible injuries.

## **TECHNICAL ZONE**

All seating in the technical zone is subject to the approval of the Commissioner. Raised chairs will be supplied for three judges and these chairs will be separated from other spectators or participants.

## **CONSUMABLES**

Only water in a sealed bottle approved by the Commissioner may be consumed during the match. The use of banned substances is grounds for disqualification and administrative disciplinary action. Energy drinks may not be consumed prior to, or during, a match nor may any additives or substances be added to the water.

## **REFEREES**

These articles set forth the basic duties of referees. Referees must also fulfill conditions, requirements, and duties set forth in other official documents related to referees.

1. All referees are required to be licensed by the BCAC
2. All referees must meet continuing education standards to retain certification.

It is the referee's responsibility to report any possible conflict of interest to the Commissioner or Commissioner's representative.

## **OVERSIGHT**

The Commissioner, Commissioner's Representative or Chief Supervisor shall be responsible for managing all referees and supervising the work in all competition areas and/or rings.

## **ATTIRE**

Referees shall wear a BCAC shirt, black trousers, and black athletic shoes. Shirts will be tucked into trousers at all times.

To minimize injuries, referees may not wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempt from this rule since no body contact with contestants is possible.

The use of medical gloves is required.

## **ROUND NUMBER AND LENGTH**

In all events, matches shall consist of no more than three rounds of three minutes or less with a one minute break between rounds unless otherwise approved by the Commissioner. Championship matches may have up to five rounds of three minutes each.

Novice amateur matches may not exceed three rounds.

## **RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**

It is the duty of every contestant to show fair play in the ring. Should a contestant not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

When a contestant receives a warning or a reprimand from the referee, he or she must put his/her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

At the conclusion of the match the contestants shall approach the referee, standing in the centre of the ring, and there, with one contestant on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

Violation of rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a period of time, depending on the seriousness of the violation or infringement.

## **WEIGHT CLASSES**

The following weight classes shall be used for all contestants competing in amateur MMA events:

<b>WEIGHT CLASS</b>	<b>WEIGHT IN LBS</b>	<b>WEIGHT IN KG</b>	<b>MAX WEIGHT SPREAD</b>	<b>GLOVE SIZE</b>
Bantamweight	126-135	57.11-61.24	5lbs/2.27kg	6 oz
Featherweight	136-145	61.68-65.77	5lbs/2.27kg	6 oz
Lightweight	146-155	66.22-70.31	5lbs/2.27kg	6 oz
Welterweight	156-170	70.76-77.11	7lbs/3.2kg	6 oz
Middleweight	171-185	77.56-83.91	7lbs/3.2kg	6 oz
Light Heavyweight	186-205	84.36-92.99	10lbs/4.5kg	6 oz
Cruiser Heavyweight	206-230	93.44-104.32	10lbs/4.5kg	6 oz
Heavy Weight	231-265	104.78-120.2	20lbs/9.1kg	6 oz
Super Heavyweight	Over 265	120.21 plus	No Limit	6 oz

A 0.45 kg (1 lb) tolerance will be given in non-championship matches. No tolerance shall be given to contestants in championship matches.

Contestants may have one hour to make weight should they be overweight upon weigh in.

Contestants over their agreed upon weight by 3% or more of their total body weight (as modified by the 0.45 kg (1 lb) allowance for non-title fights if applicable) will not be granted any time to try and make weight.

The Commissioner or representative may allow an overweight contestant to participate in a catch weight match if both contestants agree to participate and if the difference in weight between unarmed contestants does not exceed the maximum weight spread allowance shown in the chart above. This allowance does not apply to contestants under 19 years of age.

If one or both contestants do not make the agreed upon weight, the match may not be a title fight, may not be more than the normal number of rounds for a non-title fight, and no belt or title may be awarded.

## **MEDICAL REQUIREMENTS**

In order to compete, all contestants must be licensed, and must comply with BCAC medical requirements.

## **CONTESTANTS**

Contestants must be in good physical shape and have a good sportsmanlike attitude.

Contestants must be well groomed and presentable.

Contestants' nails, on hands and feet, must be cut short.

Contestants' hair should be short, must be free of styling products and must be freshly washed. Hair of a length that could pose a problem during the match (i.e. shoulder length or more), must be tied back with a soft tie.

All contestants shall be clean.

It is the sole prerogative of the referee to decide whether hair on a contestant's head or face (moustaches, sideburns, beards or a combination of these) poses a safety hazard to the contestants, or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net or soft hair tie.

Use of grease or similar substances is prohibited except for Vaseline. Vaseline may only be applied to the face of an MMA contestant and then only in the area immediately surrounding the contestant's eyes. Vaseline may only be applied at ringside in the presence of a referee.

The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face, or body.

Contestants or seconds may not apply excessive amounts of water to a contestant's body and could be penalized or subject to disqualification for doing so.

Contestants are prohibited from wearing any type of jewelry or piercing accessories during competition.

## **CLASSIFICATION OF CONTESTANTS**

Officials shall verify that contestants compete in their proper weight and experience classes.

**Novice Amateur Class:** Any contestant who has less than three completed verifiable matches.

**Advanced Amateur Class:** Any contestant in their fourth or greater verifiable match.

**The difference between novice and advanced class rules is as follows:**

**It is a foul to strike to the head of a grounded contestant in a novice division match. In an advanced division match it is legal to strike the head of a grounded contestant.**

## **ATTIRE**

Each contestant shall wear mixed martial arts shorts, cycling shorts, or kickboxing shorts. Shorts must be approved by the Room Supervisor or Commissioner Representative. Shorts with a grip panel are not permitted. Shorts with metal parts are not permitted.

Gi's, shirts, and cycling shorts with a grip panel are prohibited during competition for contestants.

Female contestants must wear a shirt or athletic top suitable for competition. The shirt may not be of a type that would give the contestant an advantage. Rashguard type shirts are preferred. Male contestants may wear rashguards.

Shoes are prohibited during competition.

## **EQUIPMENT FOR CONTESTANTS**

All contestants must be equipped in all classes with approved safety equipment as follows:

1. An individually fitted groin-protector for all male contestants is mandatory and recommended for females.
2. Female contestants may wear a chest protector or other properly fitted sports bra during competition. Chest protectors shall be subject to the approval of the Commission.
3. Individually fitted mouth guards are required for all contestants.
4. All MMA contestants shall be required to gauze and tape their hands prior to all contests.
5. Bandages and tape shall be placed on a contestant's hands in the dressing room in the presence of the room supervisor and, if desired, in the presence of the chief second of his or her opponent. Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the room supervisor is received.
6. Substances other than surgeon's tape and soft gauze shall not be utilized. For example, pre-wraps shall not be used.
7. Bandaging of each contestant's hands shall not exceed 3.05 metres (10 feet) of surgeon's adhesive tape, not over 2.5 cm (1 inch) wide (6.10 metres / 20 feet total), placed directly on the hand to protect the part of the hand near the wrist.
8. Soft surgical bandage, not over 5 cm (2 inches) wide and a maximum of 13.7 metres (45 feet) long per hand shall be used. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. The bandages shall be evenly distributed across the hand.
9. A contestant must place a layer of medical adhesive tape over the closures of his or her gloves in order to hold them in place.
10. Gloves of the same style/brand are required for all contestants competing in the same discipline. New gloves are required for championship matches.
11. Contestants may tape an ankle or knee joint providing no more than one layer of soft surgeon's tape is applied and the taping is approved by a room supervisor. No sleeves or other wraps are allowed.

12. Gloves shall be in good condition for all matches or they must be replaced.
13. All contestants shall wear gloves of at least **six ounces** (170 grams) supplied by the promoter and approved by the Commissioner. No contestant shall supply his or her own gloves for participation unless approved by the Commissioner. New gloves are required for championship matches.

## **SECONDS**

The second may submit on behalf of his or her contestant if he/she deems it irresponsible to let the match continue. A second shall throw in a towel to indicate they are submitting on behalf of their contestant.

Prior to every tournament the head referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the event. No rules can be changed during this meeting.

Seconds shall support and advise their contestants during the intermission between rounds. Seconds shall remain seated during rounds. Nothing, including seconds' hands, water bottles, and the like, shall rest on the ring apron during the round. Each contestant may have three seconds, only two of whom may enter the ring during the break.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the match. Seconds shall comply with any and all directions given by the referee or supervisor or other Commission staff. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of water. The seconds shall have at their disposal a towel, a sponge, water and grease for the contestant.

During the rounds the seconds may give advice, help, or encourage the contestant in a sportsmanlike manner. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the contestant. A second who has been expelled may not function as second in the remaining part of the event and may be subject to further sanctions from the BCAC.

## **PHYSICIANS, PARAMEDICS, AND AMBULANCES**

Every match must have a licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in BC. Any and all directions and/or orders from the attending physician must be immediately obeyed.

Primary Care Paramedics and an ambulance licensed to transport an injured party to the closest emergency hospital must be available at all times during an event. The ambulance must be fully stocked with required equipment such as, but not limited to; a

stretcher, automatic defibrillator, and oxygen with appropriate delivery equipment, bandages, airway gear, bag-valve-mask, and spinal immobilization equipment.

No match may start or proceed before the attending physician is in place at ringside.

The physician has the right to interrupt a match by requesting the timekeeper ring the bell or sound a whistle if he or she thinks a contestant is in danger and the referee has not stopped the match.

Once the referee calls time out and pauses the competition, or the physician has made it known that they want to pause the match in order to examine a contestant, the physician must enter the ring and examine the contestant in order to make a final decision on whether to stop the match or not.

In case of an injury, no one, not even a contestant's second, may attempt to aid a contestant during a round before the attending physician has had the opportunity to examine the injured contestant. If the physician enters the ring, he or she must examine the presumed injury and then decide whether or not the match should continue. The physician's examination must take place inside the ring and must not exceed more than five minutes. Any kind of treatment of the contestant is forbidden until the decision to terminate the match is made. Should five minutes be insufficient, the referee shall stop the match and, should it be appropriate subject to these rules, declare the injured contestant's opponent the winner.

Physicians' decisions are final.

## **MATCH**

A match starts when the referee gives the command to begin the first round, and it finishes when the referee stops the match in the last round. Only the contestants and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the match is immediately over and cannot continue again.

## **SCORING RULES**

All matches will be evaluated and scored by three judges.

Judges shall evaluate mixed martial art techniques, such as effective striking, effective grappling, and control of the fighting area, effective aggressiveness and defense.

Judges shall consider the number of successful and legal takedowns and reversals when evaluating effective grappling. Examples of factors judges may consider are takedowns from standing position to mount position, passing the guard to mount position, and bottom position contestant using an active, threatening guard.

Judges shall score all matches and determine the winner through the use of the 10-Point Must System. In this system the winner of each round receives 10 points and the opponent receives a proportionately smaller number. Under no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive 10 points. No fraction of points may be given.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

1. A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close but clear margin, landing the greater number of effective legal strikes and other maneuvers;
3. A round is to be scored as a 10-8 Round when a contestant wins a round by a wide margin and damages his/her opponent.
4. A round is to be scored as a 10-7 Round when a contestant totally and completely dominates in a round and damages his/her opponent.

## **BOUT RESULTS**

### **1. Knockout (KO)**

- a. When an opponent is unable to regain his/her feet.
- b. When any contestant falls out of the ring to the floor, the referee shall count immediately if;
  - (i) the count reaches 20 (10 if the contestant is on the ring apron and not the floor) and the fallen contestant has not returned to the ring, he/she will lose by KO
  - (ii) the fallen contestant can return to the ring before the referee counts to 20 (or 10 for contestant on ring apron), he/she may continue the fight.

### **2. Technical Knockout (TKO)**

- a. When the referee orders the fight stopped because it is determined that one contestant is not fit to continue.
- b. When a contestant cannot answer the bell for the upcoming round or is so badly injured that it is dangerous to continue.

### **3. Submission (SUB)**

- a. When one contestant notifies the referee that he/she no longer wishes to continue. This may be by tap out, a verbal surrender, or when the contestant makes audible sounds such as screams indicating pain or discomfort.
- b. When a second assigned to a contestant throws in the towel.
- c. Technical Submission: When a submission is executed to its completeness which causes the referee to intervene and stop the match. For example, a choke causes a contestant to go unconscious, or a joint lock causes a fracture or if a contestant is unable, or unwilling, to tap out and there is a likelihood of significant injury to the contestant.

#### **4. Unanimous Decision**

All three judges score in favor of one contestant.

#### **5. Majority Decision**

Two judges score in favor of one contestant and one judge has it as a draw.

#### **6. Split Decision**

Two judges score in favor of one contestant, while one judge scores in favor of the other.

#### **7. Disqualification**

Due to an intentional foul(s), a referee may disqualify a contestant and award the win to the fouled contestant regardless of what round the match is in.

#### **8. Technical Draw**

In the case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should stop the fight and give a technical draw;

- a. If the scores are equal; OR,
- b. If the fouled contestant is behind on the cards.

#### **9. Technical Decision**

- a. In the case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should declare a victory for the fouled contestant if he/she is leading on the score cards.
- b. If a fight cannot continue due to an unintentional foul but sufficient rounds have been completed, the referee shall declare a victory for the contestant leading on the score cards. The match must be in the second round of a three round match (the second round has actually started) and in the fourth round of a five round match. If the match has not progressed to this point, the match is declared a 'No Contest'.

## **10. No Contest**

In the case of an unintentional violation which causes injury so serious that the fight cannot be continued BUT the majority of rounds have not been completed.

## **11. Draw**

When the score cards result in a three way tie.

## **12. Majority Draw**

When two judges score the fight a draw AND one judge has declared a victor.

## **13. Split Draw**

Two judges score in favour of different contestants and one judge scores a draw.

## **13. Victory by Walkover**

If one contestant is present in the ring and ready to compete and his or her opponent fails to show after their name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the contestant who was first in the ring and declare him or her the winner by 'walkover'.

The judges shall note this on their scorecards, which shall then be collected. The referee shall then summon the contestant, who has won by walkover to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

## **14. Victory by Referee Stoppage**

The referee may stop a match if the referee believes that a contestant is clearly overmatched and will face unnecessary punishment in the ring.

## **MATCHES ENDED BY FOUL (further clarification)**

If one contestant is injured and the match is declared over because of an intentional foul (regardless of what round it is) the fouled contestant is declared the winner.

In the case of an unintentional foul when one contestant cannot continue, the judges must tally their scorecards and the contestant with the greatest number of points shall be declared the winner. The match must be in the second round of a three round match (the second round has actually started) and in the fourth round of a five round match. If the match has not progressed to this point, the match is declared a 'No Contest'.

If both contestants are injured or knocked out simultaneously, and neither is able to continue the match, the result shall be a draw. Should this situation occur prior to the second round of a three round match or the fourth of a five round match, the match shall be declared 'No Contest' and no winner shall be declared.

## **FOULS**

The following are fouls and will result in penalties such as warning, point deduction or disqualification, if committed:

### **1. Holding or grabbing the fence or ropes**

A contestant may put their hands on the fence and push off of it at any time. A contestant may place their feet onto the cage and have their toes go through the fencing material at any time. When a contestant's fingers or toes go through a cage and grab hold of the fence and start to control their body position or their opponent's body position it then becomes an illegal action. A contestant may not grab the ropes or wrap their arms over the ring ropes at any time.

If a contestant is caught holding the fence, cage or ring rope material and if the foul caused a substantial change in position such as the avoidance of a takedown, the referee shall issue a one point deduction from the offending contestant's scorecard.

If a point deduction for holding the fence occurs, and because of the infraction, the fouling contestant ends up in a superior position due to the foul, the contestants should be restarted by the referee, standing in a neutral position.

### **2. Holding opponent's shorts or gloves**

A contestant may not control an opponent's movement by holding onto the opponent's shorts or gloves. A contestant may hold onto or grab an 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 for a contestant to hold onto his or her 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**

Eye gouging of any kind by means of fingers, chin, or elbows is illegal. Legal strikes or punches that contact the contestant'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 contestant must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bitten during an exhibition of unarmed combat.

### **6. Hair pulling**

Pulling of hair is an illegal action.

### **7. Fish hooking**

Any attempt by a contestant 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 of an opponent and pulling one's hands in opposing direction while holding onto the skin of the opponent.

#### **8. Groin attacks of any kind**

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

#### **9. Intentionally placing finger into any orifice or into any cut or laceration of an opponent**

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

#### **10. Elbow strikes of any kind to any area**

No elbow strikes are permitted at any time.

#### **11. Small joint manipulation**

Fingers and toes are small joints. Wrist, ankles, knees, shoulders and elbows are all large joints.

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

Strikes are not permissible from the nape of the neck area up to the top of the ears. Above the ears, permissible strikes do not include mohawk area from the top of the ears up until the crown of the head. The crown of the head is found where the head begins to curve. In other words, strikes behind the crown of the head and above the ears are not permissible within the mohawk area.

#### **13. Heel kicks to the kidney**

#### **14. No throat strikes of any kind are allowed**

A directed attack would include a contestant pulling his or her opponent's head in a way to open the neck for a striking attack. A contestant 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 contestant'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 downed opponent**

#### **17. Kneeing the head of an opponent**

#### **18. Stomping of a grounded contestant**

Stomping is considered any type of striking action with the feet where the contestant 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 contestant.

**19. The use of abusive language in the fighting arena**

**20. Any unreasonable conduct of any kind that may causes an injury to opponent, spectator, or officials**

**21. Attacking an opponent on or during the break**

A contestant 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**

Timidity is defined as any contestant who purposely avoids contact with his or her opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a contestant 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 corner**

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

**25. Throwing an opponent out of the cage or ring fighting area**

A contestant shall not throw their opponent out of the cage.

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

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

**27. Spiking an opponent to the floor onto the head or neck**

Illegal spiking is considered to be any maneuver where a contestant controls an opponent's body and then forcibly drives the opponent's head or neck into the flooring material.

**28. Attacking an opponent after the bell or horn has sounded the end of the round**

**29. Linear kicks to the knee joint**

**30. Neck cranks**

Any hold that places a contestant's neck in jeopardy from a crank is illegal. Neck cranks such as the 'can opener' or 'bulldog' are examples of an illegal neck attack, unless the contestant is in their guard and refuses to open their guard.

### **31. All twisting leg submissions**

Heel hooks and toe holds are prohibited. Straight kneebars and the straight ankle locks are allowed.

### **32. Spine locks**

### **33. Spinning back fists**

### **34. Strikes to the head of a grounded opponent in novice class matches**

## **WARNINGS, FOULS, AND POINT DEDUCTIONS**

Calling of fouls, issuing warnings, point deductions, and disqualifications is at the discretion of the referee. Fouls may result in a warning, a point deduction of one or two points, or disqualification. The referee will base his or her decision on the severity of the foul and the intent of the fouling contestant.

The referee will consider the following:

1. A contestant who violates the rules intentionally but does not put the opponent at a disadvantage or injure him/her shall be given one warning or be assessed a one point deduction.
2. A contestant who violates the rules intentionally and puts the opponent at a disadvantage or makes him/her unable to continue the fight shall be disqualified and lose the match.
3. In case of an unintentional violation, the referee shall give no more than two warnings before assessing a point deduction.

In case of a serious violation, the referee shall stop the match and issue a warning. The warning shall be issued clearly and in such a manner that the offending contestant understands the reason for the warning. The referee shall clearly indicate which contestant has received the warning by pointing his or her hand. Following a warning the referee shall let the match proceed.

The referee has the opportunity to immediately give a contestant a point deduction in the case of a clear and brutal foul. After the second point deduction in a match, the contestant shall immediately be disqualified simultaneously with the second point deduction being issued.

Warnings and point deductions are given for the use of all illegal techniques or prohibited actions committed by the contestant. Warnings and point deductions can also be given for prohibited actions committed by the contestant's coach and/or seconds.

The referee is responsible for awarding all warnings and point deductions. All deductions will be tracked and tallied by the scorekeeper, not by judges. Judges will note a point deduction on their scorecards but will not deduct it from their totals.

## **FOUL PROCEDURES**

If a foul is committed, the referee shall:

1. Call time;
2. Check the fouled contestant's condition and safety; and
3. Assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.
4. The referee may terminate a match based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.
5. If a bottom contestant commits a foul the fight will continue, unless the top contestant is injured, so not to jeopardize the top contestant's superior positioning at the time.
  - The referee shall verbally notify the bottom contestant of the foul.
  - When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.

## **TIME CONSIDERATIONS FOR FOULS**

### **Low Blow Foul**

A contestant who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as, in the ringside physician's opinion, the contestant may possibly continue on in the match. If the contestant states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight. If the contestant goes over the five minute time allotment the fight cannot be restarted and the match must come to an end with the outcome determined by the round and time in which the fight was stopped.

### **Non-Low Blow Foul**

If a contestant is fouled by a blow that is not a low blow, the referee should stop the action and call for time. The referee may take the injured contestant to the ringside physician and have the ringside physician examine the contestant as to their ability to continue on in the match. The ringside physician has up to five minutes to make their determination. If the ringside physician determines that the contestant can continue in the match, the referee shall, as soon as practical, restart the fight.

However, unlike the low blow foul rule, the contestant does not have up to five minutes of time to use at their discretion.

If the contestant is deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the match. If the contestant is deemed fit to continue by the referee or ringside physician, the match will resume.

If the referee stops the match and employs the use of the ringside physician, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be restarted and the match must end.

### **Intentional Foul**

If the referee determines that a match may not continue because of an injury caused by an intentional foul, the contestant who committed the intentional foul loses by disqualification.

If the referee determines that a match or exhibition may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative. The referee may also deduct up to two points from the score of the contestant who committed the intentional foul.

Before the match or exhibition begins again, the referee shall inform the Commissioner of his/her determination that the foul was intentional.

### **Unintentional Foul**

If a match or exhibition is stopped because of an unintentional foul, the referee shall determine whether the contestant who has been fouled can continue or not. If the contestant's chance of winning has not been seriously jeopardized as a result of a foul and, if the foul did not involve a concussive impact to the head of the contestant who was fouled, the referee may order the match or exhibition continued after a reasonable interval.

Before the match or exhibition begins again, the referee shall inform the Commissioner of his/her determination that the foul was unintentional.

### **INJURIES SUSTAINED DURING COMPETITION**

- a. If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a match, the injured contestant loses by technical knockout.
- b. If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a match, the contestant causing the injury loses by disqualification.
- c. If an injury is sustained during competition as the result of an intentional foul and the match is allowed to continue, the referee may notify the scorekeeper to deduct one point from the contestant who committed the foul.
- d. If an injury sustained during competition as the result of intentional foul causes the injured contestant to be unable to continue at a subsequent point in the match, the injured contestant shall, if he or she is leading on the score cards, win by technical decision. If the injured contestant is even or behind on the score

cards at the time of stoppage, the outcome of the match shall be declared a technical draw.

- e. If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- f. If an injury sustained during competition as the result of an unintentional foul is severe enough for the referee to stop the match immediately, the match shall result in a 'No Contest' if stopped when less than the majority of rounds have been completed.
- g. If an injury sustained during competition as a result of an unintentional foul is severe enough for the referee to stop the match immediately, the match shall result in a technical decision awarded to the contestant who is leading on the score cards at the time the match is stopped, only when the match is stopped after the majority of rounds have been fought.
- h. There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

#### **Procedure when a contestant has fallen through or been knocked through ropes**

1. A contestant who has been knocked or has fallen through the ropes and over the edge of the ring platform during a match or exhibition:
  - a. May be helped back by anyone except his/her seconds or manager; and
  - b. Will be given 20 seconds to return to the ring.
2. A contestant who has been knocked or has fallen on the ring platform outside the ropes, but not over the edge of the ring platform:
  - a. May not be helped back by anyone, including, without limitation, his/her seconds or manager; and
  - b. Will be given 10 seconds to regain his/her feet and get back into the ring.
3. If the seconds or manager of the contestant who has been knocked or has fallen pursuant to subsections 1 and 2 help the contestant back into the ring, such help may be cause for disqualification.
4. When one contestant has fallen through the ropes, the other contestant shall retire to the farthest corner and stay there until ordered to continue the match or exhibition by the referee.
5. A contestant who deliberately wrestles or throws an opponent from the ring, or who hits an opponent when he/she is partly out of the ring and is prevented by the ropes from assuming a position of defense, may be penalized.

A contestant shall be deemed to be down when:

- a. Any part of his or her body other than his/her feet is on the floor; or
- b. He or she is hanging over the ropes without the ability to protect himself/herself and he/she cannot fall to the floor.

A referee may designate a contestant out if the contestant is on the floor or is being held up by the ropes.

### **APPEALS AND ALTERATION OF DECISIONS**

The scoring of the judges is final.

Appeals against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Commissioner deems that one of the following circumstances has occurred:

1. A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.
2. The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong contestant.
3. A clear violation of the rules or regulations directly affecting the outcome of the match (not including conduct of the match in the ring) has been perpetrated. Inside the ring, the decision of the referee will remain the final decision.

Appeals shall be directed, in writing, to the office of the Commissioner and shall state the reason in a proper manner for the appeal along with any supporting evidence that a wrong decision has been made.

The Commissioner will make a decision on the appeal after hearing evidence from the appealing side and the referee concerned.

### **VARIANCES**

These rules may be varied, at the discretion of the Commissioner, when such variance is applied for in writing in advance of the competition.