

**Approved by the decision  
of the judges board of WMMAA  
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## **RULES of Mixed Martial Arts (MMA)**

### **INTRODUCTION**

Mixed martial arts (MMA) is one of the most popular martial arts in the world. It is connected to the maximum possible number of technical actions, used by athletes. The procedure for deciding the winner in the sport is subject to the logic of the most simple and natural criterion — the refusal of an opponent to continue the fight or getting over an opponent of complete obvious advantages. It is a dynamic, exciting sport, adapted to the needs of a modern audience.

This text is addressed to a wide audience — athletes, coaches, referees, spectators and commentators for the following reasons:

- Understanding of the rules allows the use of best practices for sports training and tactics of the fight, which contributes to personal development of an athlete, his manifestation of sportsmanship;

- Understanding of the relationship and the essence of the rules allow judges to make objective and timely decisions.

Children and youth competitions in mixed martial arts (MMA) are one of the elements of the physical development of the child and the stage of preparation of athletes of top-level sportsmanship. The basic principles of competitive practices in children and adolescence are:

- From the simple — to complex: a gradual and logical transition from simple technical elements to more complex defined by a set of permitted and prohibited items in the technical events of different age groups

- Maximum smooth, unforced development of the child's body

- The maximum reduction in the risk of sports injuries in children's and youth competitions.

This part of the Rules describes mixed martial arts as a contemporary sport, directed to competitive activity, then reveals its main qualities which should be realized for refereeing.

### **MIXED MARTIAL ARTS (MMA) IS A COMPETITIVE SPORT**

Competition is the place for the highest manifestation of an athlete, his creativity, fortitude and courage. Rules are subject to all the manifestations of these qualities.

Mixed martial arts (MMA) — is a full contact bout of two athletes using shock techniques and fight in the posture and in parterre. The origins of the sport date back to the period BC. Unlike the ancient martial arts, modern mixed martial arts (MMA) are based on clear rules strictly governing the behavior of athletes and preventing cruelty.

Mixed martial arts (MMA) uses techniques pertaining to 67 kinds of martial arts. The athletes always face problems, firstly, universalism — the constant expansion of its technical

arsenal, and, secondly, the task of conducting a fight considering its prevailing skills and qualities and skills and understanding the prevailing qualities of an opponent. In this sport athlete is forced to react instantly to counteraction, to anticipate a possible attack and hide their attacking intentions.

Despite the differences in the rules applicable by international and national promotion group during the fights, the essence of mixed martial arts (MMA) remains unchanged. Differences concern the place itself for the fight, its duration and the list of permitted and prohibited activities.

Need to expand the tactical and technical arsenal of the athlete, high demands on his athleticism and endurance, the ability of individual expression and constantly takes courage — all this makes mixed martial arts (MMA) a spectator sport.

### MMA CODE OF ETHICS

The Sport of MMA showcases the most complete Martial Arts competitors.

Any fight does not only celebrates the winner but equally honors two opponents trying to give the very best of themselves. The beauty of the fight is that the important is not only to win but to fight well. Both competitors elevate each other by adopting such ethical behaviours.

The goal of any fighter is to win by adopting this philosophy and by respecting jointly both their opponent and the MMA competition rules.

The ethical behaviour of any fighter lies under scrutiny of the referee who controls the spirit of the fight in the best interest of the sport of MMA and its code of ethics.

This code is adopted by competitors, referees and coaches.

### ROLE OF REFEREE IN THIS STRUCTURE

While determining a winner referees in the ring and side referees have voting right. The essence of the notion «a good judge» lies in the concept of justice and consistency:

- To be just to each participant
- To be evaluated by spectators and participants of a fight as just.

It requires a huge element of trust. Besides the referee in the ring is one of the protagonists of the match. He, like the entire judging panel, is entrusted to create the conditions for athletes to demonstrate spectacle:

- Correctness of his decisions
- Understanding the essence and logics of rules
- Actions of a skilled organiser, directing the course of the fight and the competition to their logical completion
- Acting as a tutor – using rules to punish dishonesty or to warn against rudeness
- Promoting the match — that is, making it possible to highlight the spectacular elements of the sport and allow athletes to showcase their best qualities to the audience.

In conclusion it's noteworthy that a good judge should use rules to make a fight



separately and competitions in general a real event for all those concerned.

For those who have read this — consider the following rules as the current state of mixed martial arts (MMA), but keep in mind that the above may also be important for you to determine your own position in the sport.

***Be uncompromising in the ring and compassionate in life!***

These Rules of sport «Mixed martial arts» (hereinafter — the Rules) are made taking into account the basic requirements of the Technical rules and Rules of open competitions in mixed martial arts of the World MMA Association (World Mixed Martial Arts Association — **WMMAA**) (hereinafter — WMMAA), are mandatory for organizations conducting competitions in mixed martial arts. During the competitions, in the event if sport situations occur that are not covered by these Rules, they shall be treated according to the WMMAA Rules.

Officials (team leaders, coaches, athletes and judges) taking part in competitions are obliged to be guided in their actions by the applicable Legislation on Physical Culture and Sports of the Russian Federation, these Rules, as well as Regulations and Provisions on the competitions approved by WMMAA.

## PART 1

### Chapter 1. NATURE AND METHODS OF HOLDING THE COMPETITIONS

#### 1.1 Nature of holding competitions

##### 1.1.1. By their nature competitions are divided into the following types:

- Individual: individual results and ranks of the athletes in each weight category are determined
- Team: rank of each team is determined (non-official point-count)
- Individual and team: individual results and places of the athletes in each weight category and places of each team by the sum of credits of the team athletes in individual competitions are determined (non-official point-count).
- In individual and team competitions the team results are determined by the sum of credits of the team athletes in the individual classification of the competition.
- In the team classification the winner is a team scoring the highest total points as a result of achievements of the team athletes in the individual classification.

Rating (professional) combats are competitions in which the result of each combat is recorded in the individual rating of the athlete.

- Rating (professional) combat in MMA and a combat by the rules of amateur MMA have no fundamental differences, as they are one sport.

The format of rating (professional) combats in MMA is characterized by the fact that in rating (professional) combats the competitors know each other in advance.

- Each athlete participating in rating (professional) tournaments in MMA maintains a list of fights held (RECORD): number of wins, defeats, draws, based on which (the list) his (the athlete's) individual rating is determined. The athlete's rating may vary depending on further participation in the MMA tournament and the number of wins and defeats.

#### 2.1 Methods of holding competitions

##### 2.1.1. The competitions may be held:

- According to the Olympic system, when a participant (athlete or a team) withdraws from the competitions after the first defeat. Competitions according to the Olympic system are held if there are 2, 4 or more participants.
- Round-robin competitions, where a participant (athlete or a team) competes with each of the other participants once, regardless of the number of competitions. Round-robin competitions are held when there are 3 participants.

**1.2.2.** Preliminary combats are held when the stated number of participants in one weight category is over 16 athletes. Head judge defines members of qualifying fights during the drawing for the competitions.

**1.2.3.** In competitions held according to the Olympic system, the winner in one weight category is an athlete winning all the combats. The winner scores 10 points for the team classification.

- An athlete losing the final takes the 2nd place and scores 8 points for the team classification.
- Athletes losing the semifinal take the 3rd places (two third places) and each of them scores 6 points for the team classification.

- Athletes losing the quarterfinal take places 5-8 (four places) and each of them scores 2 points for the team classification.
- Athletes losing 1/8 finals take places 9-16 (eight places) and each of them scores 1 point for the team classification.
- Athletes losing 1/16 finals take places 17...32 (sixteen places) and score no points for the team classification.
- Athletes losing 1/32 finals take places 33...64 (thirty-two places) and score no points for the team classification.

**1.2.4.** In round-robin competitions, the winner in one weight category is an athlete scoring the highest total points. The winner scores 10 points for the team classification.

- An athlete scoring the second total points takes the 2nd place and scores 8 points for the team classification.
- An athlete scoring the lowest total points takes the 3rd place and scores 6 points for the team classification.

**1.2.5.** Round-robin competitions scoring:

- Win inside the distance in any round (1, 2, Extra): 3 points.
- Win by points: 2 points.
- If the opponent did not come out to fight: 2 points.
- Win by points in Extra round: 1 point.

If two or more athletes have equal total points the following additional indicators are sequentially taken into account:

- The best result in head-to-head battles;
- More inside the distance wins;
- Less inside the distance defeats;
- Less individual body weight.

**1.2.6.** In the team classification the winner is a team scoring the highest total points as a result of achievements of the team athletes. The next places in the team classification are assigned by descending total points scored. If two or more teams have equal total points the following additional indicators are sequentially taken into account:

- Number of 1st places taken by athletes in the individual classification;
- Number of 2nd places taken by athletes in the individual classification;
- Number of 3rd places taken by athletes in the individual classification;
- Number of places taken from 5th to 8th;
- Number of places taken from 9th to 16th.

The following is taken into account in the second place:

- Number of inside the distance wins by teams athletes throughout the competition (the stage of the competition is taken into account: final, 1/2, 1/4, 1/8, 1/16, 1/32).
- The following is taken into account in the third place:
- The shortest combat of the team athlete in the competition (the stage of the competition is taken into account: final, 1/2, 1/4, 1/8, 1/16, 1/32).
- If the above indicators of the team classification are absolutely equal, or if there are no inside the distance wins in the competition, the number of points scored by athletes are counted based on the records of side arbiters (the sum of superiority by

points of all of the side arbiters, and the stage of the competition are taken into account: final, 1/2, 1/4, 1/8, 1/16, 1/32).

If additional indicators did not assign the places — teams share the place taken.

## Chapter 2. HOLDING COMPETITIONS

### 2.1. Competitors

**2.1.1.** The athletes are allowed to participation in competitions if they are of the appropriate age groups and weight categories specified in these Rules and those who fulfilled the requirements of the Admission Committee to participation in competitions upon submission of the required documents.

**2.1.2.** An athlete's admission to competitions is determined in the provision on competitions and is prescribed in the regulations of WMMAA.

**2.1.3.** WMMAA is entitled to designate a list of promotion and commercial organizations holding rating (professional) fights in the regulations and in the provision on competitions held.

### 2.2. Age Groups

**2.2.1.** Competitors are divided into the following age groups in accordance with the Unified Sports Classification System:

Age group	Age categories
Age group of athletes	12-13 years old
Age group of athletes	14-15 years old
Age group of athletes	16-17 years old
Juniors	18-20 years old
Men	18 years and older

**2.2.2.** All athletes, taking part in the competitions, should submit to the Admission Committee an official document confirming their age and citizenship.

**2.2.3.** Athletes criminated of misrepresenting their age are automatically disqualified from these competitions.

**2.2.4.** The athletes who have reached the age of 18 years are entitled to take part in the competitions for men.

**2.2.5.** Athletes under 18 years are prohibited to take part in competitions of juniors and men, regardless of the sports qualification.

### 2.3 WEIGHT CATEGORIES

**2.3.1.** Official competitions are held in sports disciplines (weight classes).

Age groups	Weight categories, kg									
12-13 years old	32	36	40	44	48	52	57	62	67	
14-15 years old	36	40	44	48	52	57	62	67	73	80
16-17 years old	48	52	57	61,2	65,8	70,3	77,1	84	93	

18-21 years old	61,2	65,8	70,3	77,1	84	93	93+			
18 years and older	61,2	65,8	70,3	77,1	84	93	93+			

Rating (professional) fights are held in the following weight categories of athletes:

Bantamweight	- 61.2 kg;
Featherweight	- 65.8 kg;
Lightweight	- 70.3 kg (155 lbs);
Welterweight	- 77.1 kg (170 lbs);
Middleweight	- 84.0 kg (185 lbs);
Light heavyweight	- 93.0 kg (205 lbs);
Heavyweight	+93 kg (+205 lbs).

## 2.4. Admission

**2.4.1.** Conditions for admission of participants to competitions, their sports requisites, qualification and age, as well as a list of documents to be submitted to the Admission Committee is stipulated in the Provision.

**2.4.2.** The basic condition for an athlete's admission to the competition is to pass the committee for admission to the competitions. An athlete who has passed the admission committee is deemed to be a competitor.

**2.4.3.** The competitors are admitted by the Admission Committee consisting of the head judge or deputy, chief secretary or deputy, chief physician and members of the Committee who check the applications and documents of the competitors for compliance with the Provision requirements. The Admission Committee should include judges solely from among the judges approved for holding this competition.

**2.4.4.** Admission Committee is held one day prior to holding the fights and includes:

- Submission of documents;
- Medical examination;
- Weighing;
- Competitors drawing procedure

In case if less than 8 (eight) athletes in each weight category participate in competitions, the Admission Committee may be held on the day of holding the fights. In this case the first fight should not start earlier than 1 hour after the termination of the drawing procedure.

**2.4.5.** In doubtful situations a decision on athlete's admission to the competitions is taken by the head judge of the competition.

**2.4.6.** In order to ensure equal starting opportunities for all the athletes, the panel of judges has the right to require that the competitors undergo doping control procedures during and after the competitions. If a competitor or a representative refuses to undergo doping control procedures the competing team is not allowed to take part in the competitions and is disqualified.



## **2.5. ADMISSION OF AN ATHLETE TO COMPETITIONS AFTER KNOCK-OUT**

**2.5.1.** An athlete knocked out in the body is admitted to participate in the following competitions by a doctor of the specialized agency of sports medicine after further examination.

**2.5.2.** If an athlete was knocked in the head without loss of consciousness, he is not permitted to compete at least 30 days.

**2.5.3.** If an athlete was knocked in the head with loss of consciousness, he is not permitted to compete at least 90 days.

**2.5.4.** If an athlete was knocked-out twice during six months, he is not allowed to compete during six months from the day of the second knock-out.

**2.5.5.** If an athlete was knocked-out three times during the year, he is not allowed to compete during 1 year from the day of the third knock-out.

**2.5.6.** If an athlete received medical restrictions, he shall not exercise within the specified period.

**2.5.7.** A knock-out in a fight as a result of strikes to the head, or TKO (technical knock-out) is recorded in the «Athlete's qualification book».

**2.5.8.** An athlete knocked out in the head as a result of forbidden strikes or after the command «Stop», which resulted in awarding the victory «due to disqualification» has no right to continue the competition.

**2.5.9.** If an athlete had a rehabilitation period after knock-out he should obtain an admission to the competitions from a qualified doctor in his medical and sports clinic. Whenever possible, he should undergo a special examination, electrocardiography and if necessary magnetic resonance imaging of cerebrum.

**2.5.10.** All the aforementioned paragraphs of the rules relate to knock-out suffered by an athlete during training. Responsibility for observation shall be borne by the athlete's coach. In any case, an athlete should proceed to special trainings not earlier than 3 months from the day of knock-out.

**2.5.11.** At the discretion of the physician, an athlete before weighing may be suspended from the competitions for medical reasons, which is recorded in the «Athlete's qualification book». The medical report is made in writing and sent to the Chief Secretary of the competition.

## **2.6. ACCEPTANCE OF DOCUMENTS**

**2.6.1.** The mandatory documents which shall be submitted by an athlete to the Admission Committee include as follows:

- An identification document confirming the athlete's identify and citizenship. To verify the athletes' citizenship, registration and date of birth (for youths up to 14 years old — a birth certificate, a certificate from the school with a photograph sealed by an educational institution, or proof of residence sealed by the housing department);

- An official application for the competition. An application of the organization for its members to participate in the competitions shall be made in the prescribed form (Appendix) with obligatory signature of the organization head, and doctor's visa for the competitor's admission to the competition duly sealed by the organization sending the team to the competition. A physician's admission shall be issued not earlier than ten days prior to the competitions and sealed by a specialized agency of Sports Medicine. By filing an application the organization confirms the agreement to use personal data of athletes, coaches, representatives and judges specified in the application.

- A certificate from a specialized medical institution on the state of health of an athlete with a limitation period not exceeding 6 month prior to holding the competitions (the competition



organizer (federation) in agreement with WMMAA has the right to determine the limitation period for an athlete to undergo a medical examination before the forthcoming competition);

- medical certificates concerning AIDS status, and hepatitis B and C.

These certificates should be issued by a specialized medical institution with limitation period not exceeding 6 month prior to holding the competitions.

- National or international license of the athlete;
- Contract of the competitor's accidents, life and health insurance;
- A filled-in card of the competitor with a receipt (Appendix).

**2.6.2.** An athlete may not be allowed to further procedures of the Admission Committee and accordingly to take part in the competitions if he doesn't have a complete set of necessary documents.

**2.6.3.** In case of submission of all the necessary documents, an athlete is given a card of the competitor with which he should undergo further stages of the Admission Committee to be admitted to the competitions.

## **2.7. MEDICAL EXAMINATION**

**2.7.1.** Medical examination, like the weighing procedure, takes place at the time-period designated by a head judge that is defined for each weight category separately.

**2.7.2.** A medical examination is performed by a doctor of the competition which examines the athlete's skin, checks the length of athlete's nails on hands and toes, and also performs the necessary actions associated with comparing medical certificates and the current condition of an athlete.

**2.7.3.** An athlete shall undergo all the procedures of medical control and weighing in shorts, swimming trunks or underpants.

**2.7.4.** A doctor performing medical examination shall indicate the date of examination in the competitor's card and affix his signature to certify the athlete's admission to competition.

**2.7.5.** Should any counter-indications to participation in the competitions or extra weight upon completion of weighing-in be detected, an athlete is disqualified and should be replaced by a standby athlete of the same weight category, also being in the list of the team application.

## **2.8. WEIGH-IN**

**2.8.1.** Weigh-in is conducted by a panel of judges nominated by a head judge.

**2.8.2.** All the judges conducting weigh-in should be dressed in the judge uniform of the sample established in the Rules.

**2.8.3.** The right to control try-outs on the scales intended for official weigh-in shall be granted to the participants within 1 hour prior to weigh-in procedures.

**2.8.4.** Official weigh-in is made only once.

**2.8.5.** In case of athlete's overweight no time is given for his cutting weight. In this case, an athlete is disqualified or may be replaced by a substitute athlete of this weight category, who is also included in the lists of the team application. If no replacement takes place, the team has no participant in this weight category.

**2.8.6.** A participant who is late or does not show up for his weigh-in without a valid reason is not allowed to competitions.

**2.8.7.** The weigh-in results are registered in weigh-in protocol and in the competitor's card.

**2.8.8.** In individual competitions an athlete has the right to participate only in the weight category established for him during weighing.

In team competitions an athlete has the right to participate only in the preliminarily established weight category or in the next, heavier category.

**2.8.9.** A drawing procedure is conducted after weigh-in in each weight category.

## **2.9. DRAWING OF COMPETITORS**

**2.9.1.** The obligations to organize and hold drawing procedure are imposed on chief secretary of the competitions.

Drawing procedure should be open for the competitors (athletes, team representatives, officials).

**2.9.2.** The main goal of the drawing procedure is to distribute the competitors in the tournament bracket.

**2.9.3.** The principles of the drawing procedure:

- «blind» draw – all athletes participating in the competition are distributed in the tournament bracket by accidental attribution of sequence number to them;

- «rating» draw – athletes taking part in the competition are distributed along the tournament bracket in accordance with individual rating of an athlete;

"combined» draw – the system of distribution along the tournament bracket from 4 to 8 athletes having the highest rating compared to the remaining participants is applied, with a view of conducting fights among these athletes at later stages of the competition. The remaining participants are distributed across the tournament bracket by method of blind draw.

**2.9.4.** In drawing of athletes in the tournament bracket according to round-robin system a random seeding is applied.

**2.9.5.** No later than 1 hour following the Admission Committee the head judge should approve the tournament brackets in each weight category indicating the starting time of the fights. Tournament brackets and fights schedule should be attached in the locations stipulated by the organizers for general use.

## **2.10 EQUIPMENT**

**2.10.1.** Differences in sports outfit in different age groups have no fundamental changes in the essence of the sport and are aimed at creating conditions for the competitors' safety.

**2.10.2.** All equipment (shorts, gloves, helmet/head gear, shinguards) for athletes participating in official international sporting events must be certified by WMMAA.

**2.10.3.** Athlete over 18 years old must wear long or short wrestling shorts (without locks, zippers and pockets) and apply protective ammunition: gloves with open fingers at least five ounces with rigid fixation of the wrist (cuff gloves should be with Velcro), protective mouth guard for teeth, bandage to protect the groin, tight shin guards.

**2.10.4.** Athletes participating in the rating (professional) fights should use gloves, approved by the organizing authority; protective mouth guard for teeth, bandage to protect the groin.

**2.10.5.** Athletes of 12-13, 14-15 and 16-17 years old shall use equipment according to par. 2.10.3. and are required to use rashguard.

**2.10.6.** Athletes of age groups under 21 years old must wear an open safety helmet with an open face and chin corresponding to the corner color.

**2.10.7.** If one of the competitors in under 21 years old, both should be wearing helmets with no regard to the age.

**2.10.8.** The equipment of neutral color (white or black) is allowed. When gloves of neutral colors are used wrists shall be bound with red or blue scotch according to the color of the athlete's corner.

**2.10.9.** An athlete is prohibited to use equipment of color of the opposite corner of the ring.

**2.10.10.** Wrist wraps and tapes are allowed for fights of age groups in which blow techniques is used, but must be approved by the head judge of the competition or the referee.

**2.10.11.** Athletes must compete barefoot.

**2.10.12.** Nails on the toes and fingers should be cut short.

**2.10.13.** Knee pads and other medical equipment must be flesh- or black-colored or of color of the corresponding corner of the ring without metal parts.

**2.10.14.** At the team competitions the team participates in the opening, awards and closing ceremonies in the same competition form as defined by the sending organization and agreed with the competition organizer.

## **2.11. RIGHTS AND OBLIGATIONS OF THE ATHLETES**

**2.11.1.** An athlete has the right to:

- apply to judges through a representative of his team;
- timely obtain information on the course of the competitions, composition of pairs of a consecutive round, changes in the competition program, etc. through his representative;
- during one fight use not more than 2 minutes for medical assistance;
- refuse from the fight at any stage thereof.

**2.11.2.** An athlete is obliged to:

- be aware and fulfill these Rules, Provision and the program of the competitions;
- promptly and accurately fulfill the requirements of the judges;
- timely come to the ring (mat) at first call if the panel of judges;
- before the fight, during breaks and after the fight use second's services;
- if it is impossible to continue the competitions due to any reasons, immediately notify the secretariat thereof personally or through his second (coach) or a representative;
- be correct as regards other participants, persons, conducting and servicing the competitions, as well as to spectators;
- by the referee's order move away to a neutral corner and remain there until the command is given to continue the fight if the competitor has no opportunity to continue a fight.

## **2.12. RIGHTS AND OBLIGATIONS OF THE TEAM REPRESENTATIVE AND SECONDS (cornermen)**

**2.12.1.** Team representatives have the right to:

- be present at the weigh-in and draw;
- attend meetings of the panel of judges, if they are held together with the teams representatives;
- have information on all matters of holding and results of the competition;
- make a protest in the prescribed manner and form to the head judge of the competition.

**2.12.2.** Seconds (cornermen) have the right to:

- accompany an athlete to the ring, wrestling mat (to tatami); An athlete is allowed to walk up to the ring, wrestling mat (tatami) accompanied by at least one and no more than two seconds.
- prompt to an athlete during the fight. Only one of two seconds is allowed to prompt.

- throw in a towel to the ring (mat/tatami) during the fight, which means a demand to stop the fight, admitting a defeat;

**2.12.3.** Team representatives are obliged to:

- know these Rules and Provision on these competitions;
- timely submit to the Admission Committee an application for participation in competitions and other documents stipulated in the Provision;
- be responsible for discipline of the team members;
- ensure timely appearance of an athlete to weighing, and during the competitions preparation and timely coming to the fight;

**2.12.4.** Seconds (cornermen) are obliged to:

- accompany an athlete to the ring (mat/tatami) only in sportswear: shoes (jogging shoes, racerbacks, gumshoes), sports suit (pants, jacket), T-shirt. A towel is required;
- be in the area around the ring (mat/tatami) from the part of the corner of an accompanied athlete;

**2.12.5.** It's prohibited to make inscriptions of extremist character and calls to violence, nationalism, offences of anyone on sportswear and fit-out of the athletes, seconds and team representatives.

**2.12.6.** Team representatives and the seconds are prohibited to:

- walk into the ring (be on mat/tatami) prior to the fight and during the fight;
- knock on the competition ground and hold the ring ropes;
- pour water on an athlete, not taking precautions against wetting of the floor;
- from the start and till the end of the competition apply to the judges and referees with comments, requirements, instructions, engage in debate on progress in the fight, judging, referees' actions, judges' decisions. All attempts of the team representatives to apply to the judges should be stopped immediately, as any communication with the judges (on the judges' decision on the fights is strictly forbidden);
- make offensive, threatening and despising estimates of the decisions and actions of the referee and judges, both publicly and in the presence of referees and judges only.

## **Chapter 3. STRUCTURE AND DURATION OF A FIGHT**

### **3.1. POSITION OF PARTICIPANTS IN THE RING**

**3.1.1.** In the fights on mixed martial arts (MMA) competitors are allowed to apply the whole range of techniques and actions of martial arts, both in standing position and on the floor (ground position) with existing restrictions in different age groups, specified in these Rules.

**3.1.2.** "Stand up" position — the participant touches the surface of the ring, wrestling mat (tatami) only with his feet. Any technical actions initiated in the "Stand up" position and leading to lifting from the floor (hit in a jump or grip of opponent) are equated to the «stand up».

**3.1.3.** «Ground» position — participant touches the surface of the ring, mat (tatami) with any other part of the body other than a foot or feet.

**3.1.4.** «Stand-up fight» – both participants are in the "Stand up" position.

**3.1.5.** «Ground fight» – one or both participants are in «ground» position.

**3.1.6.** For age categories of participants fighting on a wrestling mat or tatami there is a term "Outside mat/tatami":

- in "Stand up" position: one participant left the borders of the mat (tatami) with two feet;
- in «ground» position: the most part of the body (including the waistline) of one of the participants is beyond the border of a mat (tatami) and he does not touch the working (combat)

area with any part of the body or was completely outside the combat area of a mat (tatami), except when the attacker is in the active phase of painful or submission hold, as well as during a pack of punches.

**3.1.7.** The time for active work in «ground» position is unlimited. If, in the opinion of the referee, ground fight is not active, the athletes are made a verbal warning «More active» and 10 seconds are counted.

**3.1.8.** After 10 seconds, if no active steps on the ground follow, the athletes shall be transferred to the “Stand up” position.

If one or both athletes in ground position may fall out or roll out of the ring (mat/tatami), the referee shall stop the fight not breaking the grip and not changing the position, turn the fighters with their heads to the center of the ring (mat/tatami) and continue the fight.

## **3.2. START AND END OF THE FIGHT**

### **3.2.1. Prior to start of the fight the following sequence should be used:**

- Call of athletes to the ring (mat/tatami). The fighter is called first to the blue corner, second — to the red corner. In the presence of participants or referee in the ring (mat/tatami), the judge shall examine athletes for compliance with the Rules regarding their equipment.
- By the referee's gesture the athletes meet in the center of the ring (mat/tatami).
- Referee reminds the fight participants of the necessity to adhere to the Competition Rules. Athletes shake hands and go to their corners of the ring (mat/tatami).

**3.2.2.** According to the referee's command: hand gesture and voice command «Fight» — there is the gong, which is a signal for the start of the fight.

**3.2.3.** The fight is interrupted at the referee's command “Stop!”

**3.2.4.** End of the fight or round is made on the basis of gong strike (sound signal of the judge-time keeper) and is doubled by the referee's “Stop!” command in the ring

**3.2.5.** The fight is considered completed if:

- time of the fight has expired;
- if knock-out has been registered;
- if technical knock-out has been registered;
- if one of the athletes has surrendered indicating his surrender with voice or clapping with a palm (tap out);
- when seconds throw a towel in the ring (mat/tatami);
- if one of the athletes leaves the ring (mat/tatami) intentionally without permission of the referee during the fight;
- after disqualification of one or both athletes;
- if an athlete refuses to continue the fight;
- if in the referee's opinion a painful hold led or may lead to injury of an athlete in the ring (mat/tatami) (the referee stops the fight in the ring (mat/tatami));

**3.2.6.** The fight is ended by the doctor's decision. If the referee has stopped the fight and invited the doctor for determining an opportunity for an athlete to continue the fight, the doctor's decision shall be final.

### 3.3. FIGHT DURATION

**3.3.1.** Duration and number of rounds in the fight depend on a stage of competition and age groups. Preliminary fights, fights of the main draw and final fights are considered as the competition stages.

**3.3.2.** All bouts up to 1/8 (preliminary bouts) are 1 round 3 minutes.

**3.3.3** In 12-13 years' age category the length and number of rounds of the fight doesn't depend on the competition stage and remain unchanged.

**3.3.4.** Duration and the number of rounds of a fight depending on the competition stage:

Age	Preliminary fights	Main draw	Final
12-13 years old	1 round — 3 min.	1 round — 3 min.	1 round — 3 min.
14-15 years old	1round – 2 min.	2 rounds 2 min. each	2 rounds 2 min. each
16-17 years old	1 round — 3 min.	2 rounds 3 min. each	2 rounds 3 min. each
18-20 years old	1 round — 3 min.	2 rounds 3 min. each	2 rounds 5 min. each
Adult	1 round — 3 min.	2 rounds 3 min. each	2 rounds 5 min. each

**3.3.5.** Intervals between rounds are always 1 min.

**3.3.6.** In the age groups under 18 years an optional extra round is not assigned. The winner of the fight is determined by the result of the last round.

**3.3.7.** In the age group of participants of 18-20 years old and 18 years (juniors and adults) and older an additional extra round can be assigned if the first two rounds ended in a draw. Duration of an extra-round in the main draw fights is 3 minutes, and in the final fight is 5 minutes.

**3.3.8.** Only 1 fight is held within the rating (professional) tournament between the athletes; Duration of the rating (professional) MMA fight depends on the athlete's contract signed with the promotion company holding the tournament:

- SELECTION fights (for beginners) — 3 rounds of 5 minutes without an extra round.
- CHALLENGE fights (for professionals) — 3 rounds of 5 minutes, an additional round of 5 minutes possible.
- CHALLENGE title fights (championship fights) — 5 rounds of 5 minutes, 2 additional rounds of 5 minutes are possible.

If there is a draw at the end of the fight regular time, an additional 5- minute round is given. If after an extra round a decision still may not be accepted, the fight ends in a draw. Exceptions are CHALLENGE fights and title fights for the Crown, where judges are required to name the winner after an extra round.

**3.3.9.** Time of the fights is actual. When the fight is stopped by the ring referee's command, the timekeeper stops the countdown and resumes it upon "Fight" command of the referee in the



ring (mat/tatami). A participant is given no more than 2 minutes during one match for medical assistance and troubleshooting in the outfit.

**3.3.10. Number of fights an athlete takes part in during one day:**

- in age groups of participants of 18-20 years old and 18 years and older – not more than 3 fights during one competition day not taking into account preliminary fights. Interval between fights should be not less than 90 min.

- in age groups of participants under 18 years old – not more than 5 fights during a day. Interval between fights should be no less than 40 min.

**Part 2. CONTENT OF A FIGHT, EVALUATION OF TECHNICAL ACTIONS**

**Chapter 4. GENERAL PROVISIONS**

**4.1.** The differences in the content of fights conducted by age groups are based on the number of permitted and prohibited technical actions provided that they are interpreted and realized in a unified manner. In judging the competitions of various age categories it is necessary to understand their basic and fundamental difference. Active conduct of the fight and demonstration of available techniques and actions is encouraged for age categories of athletes under 16, and for athletes of age categories above 16 — active dominance, getting clear superiority over the competitor.

**4.2.** If the number of points gained in 1 round is equal, activity mark is being added to the judges score cards in all age groups.

**Chapter 5. PERMITTED AND PROHIBITED ACTIONS**

**5.1. «Juniors» and «Men»:**

**5.1.1.** Competitions in this age group represent the fights in the appropriate weight categories among the trained athletes, who perform acts within the framework of these Rules to gain advantage over the competitor due to inside the distance win or win upon the decision of a judge panel.

**5.1.2.** All actions (hits, transfers, body drops, throws, grips, painful and submission holds are allowed except for those prohibited by the Rules.

**5.1.3. Permitted zones for striking:**

- head (except for occipital lobe) in “Stand up” and «ground» position;
- hands in “Stand up” and «ground» position;
- chest in “Stand up” and «ground» position;
- stomach in “Stand up” and «ground» position;
- side parts of the body in “Stand up” and «ground» position;
- back (except for spinal column) “Stand up” and «ground» position;
- legs in “Stand up” and «ground» position;

**5.1.4. Permitted techniques and actions:**

- strikes with a clenched fist, forearms, elbows, kicks, strikes with knees in “Stand up” and «ground» position are allowed to be made to all opponent's zones that are defined by the Rules;
- Strikes with elbows, both in stand and ground position are allowed, only to the body, legs and arms;
- Kicks to an opponent who is in “Stand up” position are allowed to be made only to the head, body, legs and arms;



- Kicks to an opponent who is in «ground» position are allowed to be made only to the body, legs and arms;
- Kicks from «ground» position to an opponent who is in “Stand up” position are allowed to be made only to the head, body, legs and arms;
- Knee strikes to an opponent who is in “Stand up” position are allowed to be made to the head, body, legs and arms;
- Knee strikes to an opponent who is in «ground» position are allowed to be made only to the body, legs and arms;
- Transfers, body drops and throws of the opponent from the “Stand up” and “ground» position are allowed;
- Painful holds (grips) on the competitor's hand and leg joints, pinching nerves, tendons and muscles in “Stand up” and «ground» positions are allowed.
- Submission holds (grips) in “Stand up” and «ground» positions are allowed.

#### **5.1.5. Prohibited techniques and actions:**

- Headers on all the opponent's zones in “Stand up” and «ground» positions;
- Any strikes to the groin, occipital lobe, vertebral area, neck and clavicular section are prohibited;
- Elbow strikes to the head and neck and clavicular section in “Stand up” and «ground» positions are prohibited;
- Kicks and knee strikes on the opponent’s head in the «ground» position are prohibited;
- Strikes with an open globe, fingers, open palm are prohibited, including the heels of the hand, finger pokes in the eyes;
- Strikes on joints against natural bend are prohibited;
- Intentional, purposeful throws of opponent on the head (piling) are prohibited.
- The action is prohibited when an athlete defending from a painful hold (armbar, submission hold with feet), rises his opponent from «ground « to “Stand up” position above the waist (attacking is hanging on the arm or neck), and then throws him on the cover of the ring (mat/tatami) with force; the referee may stop the fight and return the athletes in the last position with a full hold of the neck or arms of the attacked.
- Painful holds of fingers and hands (grips of four or more fingers are allowed) are prohibited;
- slam from the ground position (taking down the opponent from stand up to the ground position while performing a guillotine choke is allowed)
- Arching and twisting neck and spinal column are prohibited;
- Submission holds with the fingers upon the competitor’s throat are prohibited;
- It is prohibited to restrict respiratory channels with hand;
- It’s prohibited to press intentionally on face, neck and spinal column;
- It’s prohibited to throw (push) the opponent intentionally from the ring (mat/tatami);
- It's prohibited to scratch, pinch, bite and spit;
- It's prohibited to introduce fingers into the natural body openings of the opponent;
- Grabs of the helmet, shorts, gloves, shin guards, groin and hair of the rival are prohibited;
- It is prohibited to attack an opponent after the «Stop» command of the referee, to attack the opponent before the «Fight» command;
- It is prohibited to attack while the opponent is outside the ring (mat/tatami). An athlete is considered outside the ring (mat/tatami) when his center of gravity or any supporting limb is beyond the ropes;
- It’s prohibited to leave the ring (mat/tatami) during the fight;

- It's prohibited to use any footwear;
- It's prohibited to remain passive during fight;
- It's prohibited to offend the opponent, judges, referee, coaches and spectators verbally; as well as make comments to the actions of the panel of judges and point to the judges' mistakes by the seconds or athlete representatives;
- It's prohibited to spit out gum shield intentionally;
- It's prohibited to grab ring ropes with hands and legs;
- It's prohibited to disregard referee' commands;
- It's prohibited to use foreign objects;
- It's prohibited to produce any shouts during painful hold of the opponent. Any shout is considered as a submission;
- It's prohibited to apply any ointments, oils and creams to body and head (except for superciliary arch and cheek-bones);
- It's prohibited to simulate traumas;
- It's prohibited to drag out time of breaks in the fight;
- It's prohibited to conduct a fictive fight;
- It's prohibited to transfer to a ground position without any express attempts to conduct a technical action.

## **5.2. Age category of participants of 16-17 years old:**

**5.2.1.** Competitions in this age group are fights in which the athletes may apply the entire range of techniques and actions (strikes, transfers, body drops, throws, holds, painful and submission holds), permitted by the Rules for age categories «juniors» and «men», with a limitation of strikes, techniques and technical actions in "Stand up" and «ground» positions relating to this age category of athletes.

### **5.2.2. Permitted techniques and actions:**

- Strikes with a clenched fist to all the opponent's zones in "Stand up" position that are defined by the Rules;
- Strikes with a clenched fist to head and body in the "ground» position;
- Kicks to an opponent who is in "Stand up" position are allowed to be made only to the head, body, legs and arms;
- Knee strikes to an opponent who is in "Stand up" position are allowed to be made to the body, legs and arms;
- Transfers, body drops and throws of the opponent from the "Stand up" and "ground» position are allowed;
- Painful holds (grips) on the competitor's hand and leg joints,
- pinching nerves, tendons and muscles in "Stand up" and «ground» positions are allowed;
- chokes in "Stand up" and «ground» positions.

### **5.2.3 Prohibited techniques and actions:**

- All techniques stated in par.5.1.5.
- Knee strikes to the opponent's head in «stand up» position are prohibited;
- All elbow and knee strikes and kicks to the head and body in "ground» and positions are prohibited;
- The attacked in «ground» position is prohibited to blow the attacker's head with a knee or foot, if the attacker is in "Stand up" position;

- Any painful holds, when traumatizing effect is inflicted on the crucial ligaments of the knee – twisting of heel, foot lock, knee lever, hip entanglement (Achilles tendon pinching is allowed).

### **5.3. Age category of participants of 14-15 years old:**

#### **PERMITTED AND PROHIBITED ACTIONS**

**5.3.1.** Competitions in this age group are fights in which the athletes may apply the entire range of techniques and actions (strikes, transfers, body drops, throws, holds, painful and submission holds), permitted by the Rules for age categories «juniors», with a limitation of strikes, techniques and technical actions in “Stand up” and «ground» positions relating to this age category of athletes.

#### **5.3.2. Permitted technical actions:**

- Strikes with a clenched fist to all the opponent's zones in “Stand up” position that are defined by the Rules;
- Kicks to an opponent who is in “Stand up” position are allowed to be made only to the head, body, legs and arms;
- Strikes with a clenched fist to the body in the “ground» position;
- Transfers, body drops and throws of the opponent from the “Stand up” and “ground» positions;
- Painful holds (grips) on the competitor's hand and leg joints;
- pinching nerves, tendons and muscles in “Stand up” and «ground» positions;
- chokes in “Stand up” and «ground» positions.

#### **5.3.3. Prohibited techniques and actions:**

- All actions stated in par. 5.2.3.
- Elbow strikes and knees to the head, body, legs and arms of the opponent in “stand up” position;
- Strikes with a clenched fist to the head in the “ground» position;
- All hits in the kidneys zone;
- All strikes to the ankle rise;
- Painful receptions jerks on the final stage of the painful hold;
- Throws of the opponent while holding the body and hand upside down, falling on him with the whole body.

### **5.4. Age category of participants of 12-13 years old:**

**5.4.1.** Competitions in this age group are fights in which the athletes may apply the entire range of techniques and actions (strikes, transfers, body drops, throws, holds, painful and submission holds), permitted by the Rules for age categories «juniors», with a limitation of strikes, techniques and technical actions in “Stand up” and «ground» positions relating to this age category of athletes.

#### **5.4.2 Permitted technical actions:**

- Strikes with a clenched fist to all the opponent's zones in “Stand up” position that are defined by the Rules;
- kicks to the body, legs and hands of the opponent who is in the “Stand up” position;
- Transfers, body drops and throws of the opponent from the “Stand up” and “ground» position are allowed;
- Painful holds (grips) on the competitor's hand and leg joints;
- pinching nerves, tendons and muscles in “Stand up” and «ground» positions;

- chokes in “Stand up” and «ground» positions.

#### 5.4.3 Prohibited techniques and actions:

- All actions stated in par. 5.3.3.
- All kicks to the opponent’s head in “Stand up” position;
- All strikes on the opponent’s head, body, legs in the “ground» position.

### Chapter 6. ASSESSMENT OF TECHNICAL ACTIONS OF ATHLETES

**6.1.1.** The rating system of technical actions is applied to all age groups of participating athletes applied for the competition in this sport.

**6.1.2.** Scoring procedure:

<ul style="list-style-type: none"> <li>- Any transfer of an opponent from the stand-up to the ground by body drops (not lifting feet from the ring floor, mat/tatami);</li> <li>- Throw with lifting feet from the ring floor, mat (tatami)</li> <li>- Takedown by a blow, which resulted in attacker's taking the dominant position for more than 3 seconds or continuing the attack</li> </ul>	1 point
<ul style="list-style-type: none"> <li>- Accented blow with a hand, kick, knee strike to the allowed zone that was not protected</li> </ul>	1 point
<ul style="list-style-type: none"> <li>- Any technical action that led to competitor's shock</li> <li>- Efficient technical action that increases the fight's visual appeal (high-amplitude throw, precise accented blow, etc.)</li> </ul>	2 points

**6.1.3.** Strikes that according to the side arbiter, caused no visible harm to the opponent or trapped in defense are not estimated;

**6.1.4.** Attempts to make painful and submission holds are not estimated.

**6.1.5.** Lifting the opponent in «ground» position from the ring surface and his takedown to the same position is not considered a throw.

**6.1.6.** All transfers, body drops and throws allowed by the Rules with an opponent touching the ring (mat/tatami) with any part of his body, except for his feet and head, after which the attacking fighter dominates, i.e. controls the position of his opponent and continues to fight or prepares a position for a further attack or painful or submission hold are counted.

**6.1.7.** Only strikes/kicks allowed by the Rules are counted that lead to visible damages of the opponent, visible deviations of the opponent’s body parts, stopping of the attacking opponent, deflection of the opponent from the attack/defense line, as well as the strikes, after which the opponent goes to depth defense (a state close to knockdown).

**6.1.8.** Activity means the permitted technical actions, not meeting the criteria of assessment in points. Activity is fixed in the scoresheets and affects determination of the fight winner, in case of equality of the athletes’ scores upon completion of the main and extra round of the fight.

According to this criterion is evaluated an athlete dominating in both posture and ground. Activity is considered as

- attacking actions throughout the entire fight or round;
- a fighter’s aspiration to complete the fight beforehand;

- damages, inflicted to the competitor (damage);
- stand-up and ground fight and its control.

**In case of mutual «ground» fighting, a referee shall record and show with his gesture the beginning of an active phase of «painful» or «submission» hold, when the grip of the attacked part of the body is fully completed and recorded for further implementation of the final part of painful or submission hold. (REFEREE'S OBLIGATIONS).**

**6.1.9.** Painful and submission holds, in «ground» position started on the ring (mat/tatami) are allowed to be made beyond the ropes of the ring or outside the mat/tatami, if the attacking person is in the active phase of the technique prior to completion of the started technique or action.

**6.1.10.** If an athlete produces any sound (shouting, screaming) when a painful and submission hold is made to him, a defeat is awarded to him.

**6.1.11.** After each completed round of the fight, if the fight was not ended inside the distance, each side arbiter writes down in the score-sheet the final mark for the technical actions applied by an athletes during the round.

**6.1.12.** For each completed round the winner receives 10 points; the loser receives 9 points. If the round is over with 10:10 score, it is considered a DRAW.

**6.1.13.** For using the prohibited action, for which an official warning was made with showing a yellow card, the athlete receiving a penalty will have 1 point struck off from the final mark for the relevant round.

**6.1.14.** If the side arbiter or the head of the ring or mat/tatami agrees with the official warning and showing of the yellow card made by the referee to one of the fight participants for a particular violation, he makes «Y» mark in the score-sheet box «official warning". He has to raise a hand which shows his agreement with referee's decision. If he does not agree, he makes «N» mark. If the side arbiter does not agree with the referee's warning, he does not subtract a point from the athlete's assessment for the round and does not raise his hand.

At the end of the fight each side arbiter sums up final marks and records the total amount of points in the score-sheet.

## **Chapter 7. DISCIPLINARY MEASURES: COMMENTS, WARNINGS, DISQUALIFICATIONS**

**7.1.** If a participant (participants) makes prohibited action or attempts to make it a referee shall act proceeding from the necessity:

- to ensure safety of the athletes;
- to disallow a violating athlete from gaining advantage;
- to prevent violation depending on its character (primary or repeated (systematic), unintended or intentional, not dangerous or dangerous for health and life).

**7.2.** Depending on the indicated circumstances the following disciplinary actions should be applied to a transgressor:

- verbal warning;
- official warning (a yellow card);
- disqualification.

**7.3.** A verbal warning is announced at the primary/unintended making of a prohibited action, not causing significant damage to the opponent.

Note: The referee has the right to announce a verbal warning, not stopping the fight, or interfering into the position and stop violation with or without a verbal warning. (Side arbiters mark a verbal warning announced by the referee in the score-sheet).

**7.4.** Official warning (a yellow card) is announced to an athlete:

- for especially flagrant prohibited action, after a verbal warning;
- for unsportsmanlike conduct (wrangling with the judges, doctors, disrespect of the opponents, spectators, etc., as the athlete and team representatives).

**7.5.** The decision on the application of disciplinary measures for violation of rules and unsportsmanlike conduct is adopted by the head judge of the competition as advised by the head of the ring and representatives of the «injured party».

**7.6.** In making a formal warning (showing a yellow card) the referee shall stop the fight and announce it verbally to an athlete and head of the ring about, and by showing a yellow card to the violator, the head of the ring and the side arbiters.

**7.7.** After making a formal warning (yellow card) the fight continues in the stand-up position or in the position worst to a violator restored in the center of the ring, mat/tatami.

**7.8.** Athlete may be disqualified:

- after the second official warning (2 yellow cards);
- as a result of illegal hold, after which the opponent may not continue the fight by the doctor's decision;
  - if 2 minutes prescribed for medical assistance are not enough for the participant;
- for feigning injury, time delay and cheating the judges;
- by the decision of the head judge, for unsportsmanlike conduct during the fight with respect to opponent, judges, and audience;
- by the decision of the head judge in case of threats to referees or judges.

**7.9.** The decision to suspend the athletes is recorded in the score-sheet.

**7.10.** If an athlete shows unsportsmanlike behavior towards his opponents, referees, spectators, and the seconds and coaches of this athlete do not react or support such athlete the entire team will be disqualified from the competition without qualification of a place in the overall standings.

**7.11.** A participant exempted from the competition for gross violations and noncompliance with ethical standards and unsportsmanlike conduct:

- loses individual results (wins) achieved in fights of the current competition; these results will be canceled and not counted in determining the team championship.

**7.12.** Ending of the fight due to disqualification of one or both athletes, as well as if one of the athletes uses the prohibited action according to the rules of professional MMA (rating fights):

When one or both fighters are disqualified for a prohibited action, or when the judges and/or a promoter decide to end the fight in connection with the incident outside or within the ring, or an incident occurs in the first round, which makes it impossible for one or both fighters to continue to fight — this fight is declared invalid. However, if an incident occurred after the first or subsequent rounds of the fight, a decision should be made on the basis of the first round or subsequent rounds, which took place before the incident.

## **Chapter 8. TYPES OF WINS**

For all age groups and weight categories a single systematization of types



of wins is applied:

A win of one opponent over another is considered:

A) Win by points:

- Unanimous decision of the judge panel;
- Separate decision of the judge panel.

B) Win inside the distance:

- Knock-out win;

**Note:** *An athlete who has obtained a knock-out is withdrawn from the competitions.*

A win with a painful hold;

- A win with a submission hold;
- A win with a technical knock-out;
- Technical win – withdrawal by a doctor;
- Victory by virtue of a competitor’s disqualification;
- A win in view of failure to appear to the fight.

## **Chapter 9. DECLARING A WINNER**

**9.1.** Upon completion of the fight, both athletes are placed in the center of the ring, mat, and the referee takes them by the hand and upon declaration of the ring manager or informing judge of the fight results, and raises the hand of the winner.

**9.2.** The result of the fight is declared in the following manner:

- inside the distance win in the fight: «In... minutes/ seconds with a armlock (strangulation), knock-out, technical knock-out the victory was won by the athlete in red (blue) corner of the ring (surname, name, sports club, city, country).
- win by the decision of the judges: «Upon unanimous (separate) decision of the judges (decision of the majority) victory was one by the athlete in red (blue) corner of the ring ((surname, name, sports club, city, country);
- upon removing the opponent from the fight or from the competitions; “Regarding injury (disqualification) of the opponent the win is awarded to the athlete in red (blue) corner of the ring (surname, name, sports club, city, country).

## **Chapter 10. PROTEST**

**10.1.1.** A protest following the results of the fight (Protest) may be submitted by team representative, coach of an athlete in connection with disagreement with the result of the fight or flagrant violation of Rules at refereeing.

### **10.2 PROTEST FILING PROCEDURE:**

**10.2.1.** A protest is filed by the team representative to a head judge immediately after the fight with an indication of the article and paragraph of the Rules, which was broken.

**10.2.2.** All complaints to refereeing, and protests to decisions are filed in writing to the head judge of the competition no later than 10 minutes after the end of a controversial fight. The head



judge considers a protest within 15 minutes from the time of its filing. The fight result may be changed following consideration of the protest.

**10.2.3.** According to the Regulations of an organizing authority of MMA competitions, paragraph 12 (protests) — a party who has filed a protest shall transfer to the head judge a deposit amount specified in the regulations of the Russian MMA Union in accordance with the provision on the competition being held, which is transferred by the head judge to the settlement account of the Russian MMA Union if the protest is rejected. If a tournament is international such amount is transferred to the settlement account of the MMA World Association (WMMAA).

**10.2.4.** The protest must indicate details and substantiated reasons for dissatisfaction. It shall also indicate names and surnames of individuals, whose decision led to a protest, names and surnames of the participants of the fight.

**10.2.5.** Judges (appeals) commission shall have the right to meet the protests that have sufficient grounds. The grounds may be as follows:

- violation of the rules of refereeing,
- violation of article and paragraph of the rules,
- biased attitude of judges to an athlete.

**10.2.6.** A necessary basis for consideration of the protest is the fight video provided by the organizer or the objector.

**10.2.7.** The protest on the regular time of the fight is not taken into account after an additional extra round (if the seconds or athlete representatives do not agree with the decision of the judging panel after the main 2 rounds of the fight). The result of the fight is not changed after a win is declared by the head of the ring or informing judge after an extra round.

**10.2.8.** If the Chairman of the All-Russian panel of judges or head judge finds that the members of the judge panel abuse their powers to change the outcome of the fight, they can examine the video provided by the organizer or the objector in a separate dedicated room, and, with the consent of the leaders of the Russian MMA Union (MMA World Association (WMMAA)) apply sanctions in accordance with the provisions of the Regulations on competitions.

**10.2.9.** Filing a protest to the appointment of additional extra rounds:

- In this case a protest is filed immediately after announcement of an extra round by the head of the ring (mat/tatami). The fact of the protest is an oral statement. The protest shall be considered within 15 minutes. The procedural issues are solved in parallel (deposit amount, written execution). The break is announced in the ring (mat). Athletes remain in the ring (on the mat/tatami) before making a decision. If the protest is satisfied — the winner is declared. If the protest is rejected — an extra round is held.

**10.2.10.** A protest on extra round is filed in the usual manner.

**10.2.11.** If a protest is accepted, it is considered by the full judicial panel (appeals commission), which makes the final decision by simple majority. In considering the protest a video of the fight is studied.

**10.2.12.** If a filed protest is satisfied the head judge may make the following decisions:

- Refuse to hold an extra round and determine the winner on the basis of two regular rounds;
- Appointment of extra round (if athletes have not left the ring, mat, tatami);
- Reconsidering the results of a fight;
- Applying disciplinary measures, up to penalty sanctions to the judges which have allowed violations.

### **10.3. A PROTEST TO THE REFEREE'S ACTIONS IN THE RING (MAT/TATAMI)**

**10.3.1.** A protest to referee's actions in the ring (mat) may be filed only for disregarding of systematic application of prohibited actions by one or two fight participants, not entailing official warning (a yellow card).

**10.3.2.** A protest to an extra round (upon satisfaction of the filed protest to referee's actions/inaction in the ring (mat/tatami) is accepted if an official warning (a yellow card) announced to one of the fighters could result in winning of the party filing the protest following the results of two rounds.

**10.3.3.** The decision to impose disciplinary sanctions on the referee in the ring (on the mat/tatami) (by satisfying this protest to the referee's action/inaction in the ring (on the mat/tatami) is made in case of violations of paragraphs of these Rules that influenced the outcome of the fight.

#### **10.4. PROTEST TO THE DECISION OF A PANEL OF JUDGES**

**10.4.1.** A protest to the decision of the panel of judges at the end of the fight may be filed only if judges have taken a separate decision.

**10.4.2.** Upon satisfaction of the protest filed the decision is made to hold an extra round and imposing disciplinary measures to judges who have breached.

#### **10.5. CONSIDERATION OF PROTESTS**

**10.5.1.** The commission for consideration of the protest aims to settle the disputes that may arise during the competition associated with:

- lack of equal conditions for athletes during the competition;
- illegal work of the panel of judges;
- illegal work of a single judge;
- illegal work of the referee in the ring (on the mat).

**10.5.2.** In case of accepting a protest to violation of the Rights at refereeing the fight, it is considered by the head judge, involving the panel of judges who do not participate in judging this fight, as well as representatives of the parties concerned (without the right to discuss the protest).

**10.5.3.** The head judge makes the final decision of which the parties concerned are informed.

**10.5.4.** If the protest is satisfied the prepaid amount is returned to the party filing the protest.

**10.5.5.** A protest against the head judge of the competition (or the entire panel of judges) at the regional level and below is filed to the Chairman of the regional panel of judges (RPJ). A protest against the head judge or the entire panel of judges (at the level of the federal competition and higher) is filed to the Chairman of the WMMAA.

## **11.1 GENERAL PROVISIONS:**

**11.1.1.** The composition of the panel of judges is approved by the authorized body of the national sports federations on mixed martial arts (MMA) while holding national competitions and by the WMMAA while holding international sports competitions. The composition of the panel of judges in mixed martial arts (MMA) may include only those who meet the qualification requirements for sports judges.

**11.1.2.** Immediate supervision and holding of the competitions is imposed on the judging panel of the competitions.

**11.1.3.** The judging panel consists of:

- head judge,
- deputy head judge,
- chief secretary,
- secretary,
- head of the ring, mat (tatami),
- referee in the ring, mat (tatami),
- side judges (arbiters),
- time keeper judge,
- judge at the participants,
- informing judge.

**11.1.4.** The fight is serviced by a judging panel consisting of: the head of the ring, mat (tatami), referee, two side judges, time keeper judge, and informing judge.

**11.1.5.** The quantitative composition of the judging panel depends on the status and type of competitions, number of participants and the number of rings, mats (tatami).

## **11.2 POWERS AND OBLIGATIONS OF THE HEAD JUDGE**

**11.2.1.** The head judge leads the competitions and is responsible for quality of their performance in accordance with these Rules and Provisions on the competitions.

**11.2.2. The head judge has the right to:**

- impose disciplinary sanctions on competition participants in accordance with paragraphs provided by these Rules;
- stop the fight and give instructions to referee in case of flagrant error, or replace such referee, if he doesn't cope with judging the fight;
- remove from judging the competitions (temporarily or permanently) any judge whose refereeing is found unsatisfactory;
- give the command to continue the fight if the referee has made a mistake stopping the fight;
- establish an extra-round in case of a debatable decision following the results of basic time of the fight (upon separate decision of the judges). The head judge's decision shall be final;
- Take decisions in the course of the competitions in all cases not stipulated by these Rules.

**11.2.3. The head judge is obliged to:**

- check availability and quality of necessary documentation, availability of the place for holding the competition, equipment, inventory, their correspondence to the Rules and make an act of acceptance of the competition venue;
- nominate a judging panel for the competitions.
- appoint a commission for considering protests;
- appoint a panel of judges for weigh-in of participants;

- appoint panels of judges for servicing the fights;
  - take measures to exclude and if necessary to timely correct errors committed by the judges;
  - make decisions on declarations and protests, coming from representatives of teams on the day of submission thereof;
  - hold a session of the judging panel prior to commencement of the competitions (judging seminar) and daily upon their completion and in the course of competitions when that is necessary;
  - give assessment to work of each judge and make records in the judges' score cards/ judging notes;
- be responsible for preparation of the final report and protocols.

### **11.3 POWERS AND OBLIGATIONS OF THE DEPUTY HEAD JUDGE**

**11.3.1.** One of the heads of the ring, mat (tatami) may be a deputy head judge. Upon assignment of the head judge his deputy has the right to temporary perform his functions at the competitions.

Deputy head judge is obliged to:

- control holding the competitions;
- perform the requirements and instructions of the arbiter while holding the competitions;
- inform the head judge of committed transgressions during the competitions.

### **11.4 POWERS AND OBLIGATIONS OF THE CHIEF SECRETARY**

**11.4.1.** Chief secretary manages the activities of the secretariat.

**Chief secretary has the right to:**

- require provision of secretariat with the premises, suitable for the work.
- require provision of the secretariat with necessary office appliances.
- require provision of secretariat with adequate stationery and paper.

**Chief secretary is obliged to:**

- provide timely preparation and accurate formalization of all documents of the competitions;
- take part in the work of the admission committee and the judging panel during weigh-in;
- organize and hold drawing procedure;
- make a schedule of competitions;
- notify the ring managers of the schedule of fights;
- maintain score-sheets;
- control execution of the fight score-sheets;
- prepare documents on the results of the competitions and submit them to approval of the head judge.

### **11.5 POWERS AND OBLIGATIONS OF THE SECRETARY**

**11.5.1.** The secretary is a member of the secretariat of the competitions, the admission committee and a panel of judges for weigh-in, follows the instructions of chief secretary.

**Secretary is obliged to:**

- take part in holding the drawing procedure;
- take part in developing documentation of the competitions;
- score team classification;
- deliver data on the course of the events to representatives, commentators and journalist upon permission of the chief secretary.

## **11.6 POWERS AND OBLIGATIONS OF HEAD OF THE RING (MAT, TATAMI)**

**11.6.1.** Head of the ring, mat (tatami) is appointed by the head judge, is seated at the table by the ring, mat (tatami) and directs the work of the judging panel of the ring, mat (tatami). One of the heads of the rings, mats (tatami) can act as deputy head judge.

Head of the ring, mat (tatami) is obliged to:

- organize judging panels for the fights;
- call to the ring, mat (tatami) and present the fight participants in the absence of the informing judge;
- maintain score-sheet for each fight;
- observe correctness of the referee's and side judges' work regarding provision of safety of the participants, objective and qualitative refereeing, correctness of keeping the score-sheets;
- announce the fight results;
- if necessary stop the fight and upon additional study and discussion of the debatable situation make a final decision;
- if necessary, call a doctor or send a the fight participant to a doctor.

## **11.7 POWERS AND OBLIGATIONS OF THE REFEREE IN THE RING (ON A MAT)**

**11.7.1.** Referee in the ring, on mat/tatami is appointed from among experienced judges who have the qualifications and experience of officiating as a referee for at least one year, directs the course of the fight, being in the ring, on mat (tatami) does not participate in showing ratings for technical actions (holds).

### **11.7.2. Referee has the right to:**

- declare a verbal warning, official warning to an athlete or disqualify him for violation of rules.
- continue the stand-up fight in the middle of the ring, mat (tatami) with a voice command "Fight!» after suspension;
- consult the doctor concerning an athlete's injuries.

### **11.7.3. The referee is obliged to:**

- check readiness of the fight participants, as well as to check fit-out for correspondence to the Rules and safety requirements;
- ensure the readiness of the judging panel to start the fight and start the fight with voice command "Fight" (his command should be duplicated with a voice signal (gong) of the judge-time-keeper) and to duplicate the voice signal of the judge-time-keeper of the end of the fight with command "Stop!";
- observe participants of the fight, using commands and gestures;
- occupy such a place in the ring, mat (tatami) so as to view the actions and state of the fight participants;
- timely prevent movements, holds and actions conflicting with the Rules.
- give the most objective assessment of emerging situations in the ring (tatami) provided his correct maneuvering and rationally moving in the limits of the working zone of the ring (tatami).
- be permanently at the distance between the athletes, trying to foresee their further actions.

Stop the fight with voice command "Stop!" in cases if:

- the participants have found themselves in the position "beyond the ring ropes, beyond the mat, (beyond tatami)";

- in ground position (a) participant(s) is/are not sufficiently active and does not (do not) make attempts of technical actions within 10 sec.;
- while making a painful or submission hold the actions of attacker are ineffective within 30 seconds;
  - the participant needs medical assistance (shows to stop time with his gesture);
  - the participant's equipment and clothing must be put in order;
  - a participants makes a forbidden action;
- it is required by the head of the ring, mat (tatami);
- it is required by a side judge, and if he considers it expedient at such moment;
- it is required by a participant and if he finds it suitable at this moment;
- if this is necessary in cases not stipulated by these Rules.

To stop the fight:

- at the participant's signal of surrender or a corresponding gesture of his second;
- at fixing holding a necklock (strangulation) if there's a danger of loss of consciousness;
- in case of full or temporary loss of ability to defend oneself by a participant –“combat ineffective”;
  - if he considers that one of the fight participants is defeated by a armlock or strangulation (necklock) in the fight of participants of age categories of 12-13 and 14-15 years old, not waiting for a signal to surrender, if there's an hazard of one of the athletes getting injured.

#### **11.7.4. Referee's gestures:**

- Position of athletes for greeting and commencement of the fight –standing in the middle of the ring or mat both arms extended and down a 45° angle, palms down, indicating the starting position of the athletes.
- invitation to greeting – arms bent at chest level, almost touching each other with fingertips of open palm;
- start of the fight — voice command «FIGHT» and simultaneously swing right hand downward between the athletes;
- the fight stopping — by voice command «STOP» and step between the athletes and snuggling in front of athletes to the ring surface (mat) with both hands in ground position.
- announcement of warnings: one hand holding the athlete violated by the arm, with yellow card raised in the second hand above the head.
- announcing a technical break: (if fight should be stopped for more than 5 seconds) — closing palms perpendicularly in the direction of the judge and the timekeeper voice command «TIME!».
- improving the position – after the command «STOP!» press athletes to each other and, if necessary, expand with their heads in the center of the ring and (or) to pull the ropes. Transfer of athletes to stand-up position — by voice command «STOP» then by hands gesture upwards and the command «STAND-UP!». Transfer to the middle of ground is carried out in one of the standard positions of the ground closest to the time of the stop command «GROUND!» and indication of the place.
- fixing of holding a armlock or strangulation – in one hand indicates to the athletes, with another to the corner of the athlete holding this armlock or necklock (strangulation).
- technical knock-out – bent arms on the chest are extended to sides several times.
- declaration of the winner – holding athletes by the wrist, raises the winner's hand, the other hand indicates to the winner on the chest level.

11.7.5. First aid measures to athletes who are injured during the fight.



A referee in the ring being in close proximity to the athletes must take a decision on first aid if there is a knock-out, painful or submission hold during the fight:

- If one of the athletes got knocked out or lost consciousness when he was under a submission hold, a referee must first stop the fight, turn the lying athlete got knocked out (or fallen asleep in strangulation) on his body side and remove the gum shield. Further, when an athlete recovered, calm him down (hold for some time on the floor without making sudden jerky movements when standing up), if necessary, moisten the head with water, massage temples and call a doctor to the ring.
- If one of athletes is injured during a painful hold (but did not indicate his surrender with voice or tapping), the referee acts according to the situation and the degree of injury. A referee must first stop the fight, break the grip that in future may lead to rupture of ligaments or fracture of the joint, press the injured limb (if it's a hand) to the body of an athlete. If it's knee or ankle joint, slowly helps him to stand up (standing on a healthy leg) and lead to the ring ropes, or if it is necessary, call a doctor to the ring.
- In case of a low blow (below the belt) stop the fight and allow the athlete to recover. To continue the fight after recovery.

#### **11.8. POWERS AND OBLIGATIONS OF THE SIDE JUDGE (ARBITER):**

**11.8.1.** Side judge evaluate the athletes' actions in the fight independently and registers them to the score-sheet (example of correct making of the score-sheet is provided in Appendix)

##### **11.8.2. Side judge (arbiter) is obliged to:**

- be seated at the judge table before declaration of the winner;
- be seated on the chairs near the ring, mat (tatami) opposite each other;
- upon completion of round register to the score-sheet number of points, that he has credited to the athletes, as well as make notes on activity and warnings, got by an athlete;
- upon completion of the fight calculate total number of points, define a winner and sign the score-sheet;
- notify the head of the ring, mat in case of error in filling-in the score-sheet and make corresponding amendments hereto.

**11.8.3.** Score-sheet is considered not valid also in such cases when the winner's surname is printed incorrectly, if there's no note of official warnings made by the referee and if the points are summed-up incorrectly.

#### **11.9. POWERS AND OBLIGATIONS OF THE TIMEKEEPER**

**11.9.1.** The timekeeper is seated at the table near the head of the ring, mat (tatami).

##### **The timekeeper is obliged to:**

- inform of the start and end of the round (fight) with a sound signal (gong blow);
- 10 seconds prior to the end of each round and in the intervals between rounds give a sound signal with a hammer
- establish late arrival of an athlete to the ring, mat (tatami) according to a stopwatch timer;
- stop stopwatch timer and switch it on by the referee's command in the ring. on the mat in case of temporary suspension of the fight by the referee's command and upon the ring head instruction.



## **11.10. POWERS AND OBLIGATIONS OF THE INFORMING JUDGE**

**11.10.1.** Informing judge is responsible for bringing necessary information to notice of the participants and spectators.

Informing judge is obliged to:

- declare the order of holding competitions;
- present the athletes;
- announce the fight results;

It's allowed to combine the work of informing judge with that of the ring manager.

## **11.11. DECISION OF THE JUDGING PANEL**

**11.11.1.** The judging panel consisting of three judges (arbiters) should judge the fight honestly without preconceptions.

**11.11.2.** After fight each judge (arbiter) should take a personal and independent decision, define the winner or deem a draw result:

- Unanimous decision: unanimous decision is taken if all judges recognize the same athlete to be a winner;
- Decision of the majority: if two judges consider one and the same athlete as a winner, and the third judge registers a draw. The winner is such an athlete who is recognized a winner by two judges;
- Separate decision: if two judges recognize the same athlete as a winner and the third judge recognizes the opponent as a winner. Winner is an athlete recognized by two judges;
- Unanimous draw: if all the judges recognize a draw. Neither athlete is recognized a winner;
- A draw by the decision of the majority: if two judges recognize that the fight has ended with equal result, while the third judge recognizes one of the athletes to be a winner. Neither of athlete is a winner;
- Separation of views on the draw: if one judge recognizes a fight to end with an even result, one judge awards the win to the athlete in the red corner, and the third judge – to the athlete in blue corner. No athlete is a winner in such a case.

**11.11.3.** In two-round fights after a draw with an extra round win is awarded to the athlete who has won an extra round.

**11.11.4.** Upon completion of extra round winner is defined mandatorily. If the points are equal or in case of a zero result, the judges consider the «activity» of one of the athletes, as well as verbal warnings and official warnings of the referee. The «activity» and warnings are fixed in the score-sheets.

**11.11.5.** In preliminary fights with one 3 (three) minutes long round, if a winner is not detected side arbiters evaluate and make a decision upon completion of the round (fight) according to «Activity».

Criteria for assessing the actions of athletes by judges in making judicial decisions are based on:

- Attempts to finish the fight by knock-out or inside the distance.
- Damage caused.
- Stand-up combinations and control in ground position.
- Transfers and protection.
- Dominance.

## **11.12. SANCTIONS APPLIED TO MEMBERS OF THE JUDGING PANEL**

**11.12.1.** A comment to the judge is announced for a breach of Rules, that hasn't entailed serious errors while defining the winner. The head judge (arbiter) of the competition imposes disciplinary sanctions during the competitions.

**11.12.2.** A warning to the judge is announced for breaking the Rules, which could entail errors while defining the winner, or for repeated comment. The head judge (arbiter) of the competition imposes disciplinary sanctions during the competitions.

**11.12.3.** Disqualification from refereeing is announced to the judge for flagrant violation by a judge of the Rules in case of repeated warning after receiving a warning. Head judge imposes disciplinary sanctions until the end of the competitions.

**11.12.4.** Disqualification from refereeing with establishment of a term of disqualification is declared for flagrant repeated breaches of the Rules in accordance with the Regulations of WMMAA and of the National federations.

**11.12.5.** Deprivation of the National (International) referee's category is declared for actions discrediting the title of sports judge.

### **11.13. INCENTIVES APPLIED TO MEMBERS OF THE JUDGING PANEL**

**11.13.1.** Awarding the prize "The best judge of the competitions», awarding a diploma, memorable and/or monetary gift is ensured by a holding organization. An award for impeccable refereeing the competitions. Promotion is determined by the Main Judging panel for the competition, the award takes place within the official awards ceremony.

**11.13.2.** Inclusion in the Best sports judges of the year. Sports judge is awarded with a diploma, memorable and/ or monetary gift.

### **11.14. JUDGES' UNIFORM**

**11.14.1.** The head judge of the competitions, deputy head judge, chief secretary, head of the ring (tatami):

A classical suit of dark or neutral shades, a light-colored shirt, austere tie. All clothes should have no patterns, drawings or inscriptions. Shoes of dark colored or suiting the color of the pants.

**11.14.2.** Side judges (judges –time-keepers, informing judges):

Black or white shirt, polo shirt with mandatory symbols of the National Federations or International tournaments with symbols of the World Association of MMA (WMMAA); dark bottom (plain pants or jeans). Black shoes.

**11.14.3.** Referee:

Black or white shirt, polo-shirt with short sleeves with a mandatory symbols of the National Federations (WMMAA); black trousers. Shoes: moccasins, wrestling, running shoes, sneakers – black. Latex gloves of any color on the hands (wrists). Must have a yellow card in the pocket.

### **11.15. GENERAL REQUIREMENTS TO THE COMPOSITION OF THE JUDGING PANEL**

**11.15.1.** Judges must know from memory the list of permitted and prohibited methods and actions, the accounting system of points for technical actions carried out, very carefully monitor the progress of the fight and not be distracted during fights, timely and correctly maintain score-sheets.

**11.15.2.** The judges should strictly observe the principles of neutrality and unbiased refereeing, have a good external appearance (clean and tidy wear, an accurate haircut), be in good physical shape.

**11.15.3.** It's prohibited to judge the competitions being drunk (with vapors after use of alcohol).

## **Chapter 12. ORGANIZING COMMITTEE AND MEDICAL SUPPORT IN THE COMPETITION**

### **12.1. COMPETITION INSPECTOR (SUPERVISOR)**

**12.1.1.** The competition inspector is the official representative of WMMAA or authorized delegate of WMMAA in the MMA competitions, which upon arrival at the venue, inspects and concludes about the competition being held, namely: — compliance of the competition venue with regulatory requirements, as well as provisions on MMA competition of WMMAA;

- checks and monitors the level and conditions of the weighting procedure, draw, the Credentials Committee; doping control procedure of individual athletes and other necessary processes for the competition;
- evaluates the work of panel of judges and the judiciary as a whole;
- evaluates the work of the medical staff serving the competition;
- conducts an inspection of the competitions in accordance with these Rules.

The competition inspector (supervisor) must be a collective member of WMMAA and have a judging category, representative of the body of the RPJ Board or collective member of a regional federation holding the competitions in mixed martial arts (MMA).

An inspector (supervisor) is required together with the head judge of the competition, or his deputy, to consider the following aspects: structure and transport planning; accommodation, accreditation, materials of competitions, the venue, the ring (mat), the working area around the ring (mat), security, places for judges and referees with the necessary comfort, conference room, room for secretariat with a computer, printer and Internet access, entrance for referees/judges and officials, entrance for spectators, locker rooms, location of premises for a warm-up, location of the room for doping tests, the presence of an ambulance crew, location and setting of rooms for weighing and medical examination, ensure that there is an act of the facility fitness for sports and entertainment events.

On the day of arrival, together with the head judge and deputy head judge of the competition to hold organizational technical meeting with representatives of the teams and to bring to their attention the information: on the place and time of weighing and medical examination; list of documents required for submission for weighing and medical examination; place and time of official draw; explanations of seeding system; schedule of the competition. Remind about the important aspects of the competition rules. Further, together with the head judge of the competition he holds a meeting at the end of the 1st day of the competition, including the analysis of protests filed.

After a technical meeting with the teams' representatives the inspector (supervisor) in conjunction with the Head judge shall hold a meeting with the side judges, referees and auxiliary judging personnel and to bring to their attention the information on transportation to the competition. An inspector (supervisor) checks arrival of judges and referees and informs them of the progress of the competition. An inspector (supervisor) evaluates the work of the secretariat, side judges, referees and judges in the presence of participants.

#### **Weigh-in and medical examination:**

A inspector (supervisor) shall arrive no later than 30 minutes prior to weighing; check the readings of official scales; together with the Deputy Head judge organize the order of priority for weighing the stated athletes; authorize the beginning of the weigh-in and medical examination; present at the place of weighing and supervise the work of the admission committee and doctors.

### **Official draw:**

An inspector (supervisor) shall be present at the official draw for all weight categories and provide information about the program of the first day of the competition; ensure that after the official draw representatives of each team get the results with the fights schedule.

### **Before the competition:**

An inspector (supervisor) arrives at the venue no later than 2 hours before the first fight; checks for spare equipment of athletes: gloves, helmets, bandages, as well as the presence of the score-sheets, pens, volunteers at the ringside, water; check the work area around the ring and the location of all technical officials; checks the stopwatch, a gong, computers, and printers.

An inspector (supervisor) must organize a meeting on the analysis and evaluation of judges with the Head judge, as well as referees and side judges; disqualify a referee or a judge on the proposal of the Head judge, on a temporary or permanent basis, if it became apparent that the person does not fulfill his obligations; if necessary, to hold a meeting with the judges and referee for evaluation and improvement of their work; approve the appointment submitted by the Head judge, the referee and judges for the first match in 15 minutes before it starts.

### **During the competition:**

An inspector (supervisor) monitors the results of each fight, maintains the discipline and order in the working area of the ring; ensures that photographers and cameramen do not interfere with the work of judges.

An inspector (supervisor) checks that the side judges and referees are on their places before athletes walking to the ring in accordance with the documents on the draw.

An inspector (supervisor) gives permission to start the fight only upon completion of these checks.

At the end of the fight an inspector (supervisor) can check the score-sheet and determine the winner.

An inspector (supervisor) is responsible for making decisions.

An inspector (supervisor), together with the Head judge shall monitor the behavior of the seconds and are responsible for comments, warnings or removals appointed for the seconds.

### **Cancellation of the referee's decision:**

The referee's decision may be revoked by the inspector (supervisor) if the referee made a decision that clearly violates the existing rules. In considering this incident an inspector (supervisor) can use the fight video.

Upon the competition of competitions an inspector (supervisor) has the right to sign score-sheets of a referee and linesman. An inspector (supervisor) under no circumstances should enter into score-sheets an opinion on their judging.

After the competition, an inspector may write and make a consolidated report to RPJ BOARD of WMMAA with a personal assessment of the competitions held; evaluation of the Head judge on work of judges and referees; evaluation of the work of the panel of judges with an average score received; recommendations for changing the status of referees/judges, with their transfer to a lower or higher category.

### **An inspector (supervisor) has the right to:**

Supervise the work of the referee and side judges and immediately stop the work of rules violating referees and judges in the final day of the competitions. Then at the end of the competition inform the RPJ board of WMMAA in writing of any referee or judge, which judging at the competition it deems to be unsatisfactory or biased.

If a judge assigned to a fight is absent, an inspector (supervisor) shall replace him from the list of approved judges.

If circumstances arise that prevent from holding of the fight in normal conditions, but the referee does not take any actions, an inspector (supervisor) may decide to suspend the fight until the restoration of normal conditions.

An inspector (supervisor) may also take immediate actions, which he deems necessary to eliminate the circumstances that prevent from proper holding of the competition program.

Upon receipt of the protest an inspector (supervisor) has the right to accept or reject it.

He shall inform the RPJ Board of WMMAA in writing of any athlete, second or official whose behavior at the competition does not conform to the generally accepted moral and/or sports standards.

He shall inform the RPJ Board of WMMAA about the actions of the Head judge not conforming to the competition rules and provision on the competitions.

An inspector (supervisor) may conduct a random sobriety test of judges, referees and the seconds.

An inspector (supervisor) has the right not to admit to judging any judge who refereed unauthorized competitions in mixed martial arts (MMA) as the judge or referee.

## **12.2. POWERS AND OBLIGATIONS OF THE DOCTOR AT THE COMPETITIONS**

### **12.2.1. Doctor of the competitions:**

- takes part in the work of the admission committee, verifies correctness of formalization of requests, puts his visa on access to the competitions, carries out external examination of the athletes at the weigh-in and weigh-out
- looks after observation of sanitary and hygienic conditions of the competitions performance;
- carries out medical supervisions of the participants in the process of the events and renders assistance in case of diseases and traumas upon the second's (coach's) or a team representative's statement;
- upon a request of the head of the ring, mat (tatami) defines opportunity of the athlete to continue fight after the injuries;
- takes a decision on access to the competitions of the injured participant. If a participant is unable to continue the fight he should inform the ring (tatami) manager hereof immediately and submit an appropriate certificate to the secretariat of the competitions. A participant being unfit for action for more than 10 seconds (after a knock-out) stops further participation in the competitions;
- attentively follow the fights in the ring, mat (tatami), pay a special attention on the participants, who received traumas.
- a doctor of the competitions organizes interaction with Ambulance service and local traumatologists.

Note: Medical staff should be situated in a convenient location (at the entrance / exit of the participants) at the table. They should be dressed in doctor's overall, have visible signs of their professional belonging, necessary medications, equipment and instruments.

## **Chapter 13. DOPING- CONTROL**

**13.1.** According to the provisions of the WMMAA Charter and to fight against the possible use of doping, which is officially forbidden, the WMMAA has the right at all the competitions controlled

examine the athletes and make them pass tests. This requirement is obligatory at the World and Europe Championships and Cups, according to the WMMAA Rules.

**13.2.** Participants, coaches or representatives in any case may not object to such a control, or they can be immediately removed from the competition, and appropriate sanctions can be applied to them, the Athletic Commission shall determine the time, number and frequency of such checks using all the means that are deemed necessary. Sampling and analysis are taken by a physician accredited by the WMMAA in the presence of the team representative of an athlete being tested.

**13.3.** Delivery to the place and financial costs of doping control shall be borne by the organizing country and the National Federations.

**13.4.** The organizers are obliged to provide the mandatory presence of a sports physician and Doping Control Commission. The winners of the competition must undergo doping control procedures. The Commission invites the participants from each weight category at its own choice. Athletes who refused to undergo doping control procedures are disqualified from the competition. Athletes whose samples were positive for doping are disqualified for a period of 1 year to 2 years. Athletes who refused to undergo doping control procedures are also disqualified for a period of 1 year to 2 years. According to the Order of the Ministry of Sports of the Russian Federation No. 293 «On approval of the Mandatory Doping Control» dated 13.05.2009, all the athletes and coaches should be aware of avoiding the use of prohibited means specified in the WADA list.

In order to ensure equal starting opportunities for all the athletes, the panel of judges has the right to require that the competitors undergo doping control procedures during and after the competitions. If a participant or team representative refuses to pass control procedure a participating team is not allowed to take part in the competitions and is disqualified.

#### **Part 4.**

### **Chapter 14. CONSTRUCTIONS AND EQUIPMENT**

#### **14.1. PLACE OF HOLDING**

**14.1.1.** The competitions in MMA may be held both in the closed athletic facilities, and in the open air.

**14.1.2.** Venue of the fight is a specialized ring. Holding competitions on a wrestling mat or tatami is allowed only for age groups of 12-13 years old and 14-15 years old.



## **14.2. GROUND SIZE**

**14.2.1.** The ring should be square-shaped and be located on the platform. Size of the working area inside the ropes of the ring may not be less than 36 m<sup>2</sup>, and shall not exceed 49 m<sup>2</sup>. Platform height of the ring — 1 m.

**14.2.2.** Distance from the floor to the top edge of the ring platform must be draped in black cloth or advertising banners.

**14.2.3.** Floor of the ring must be strong and go beyond the working area of the ring by 1.5 meters on each side. This area is designated as a security zone of the ring.

**14.2.4.** The working area of the ring and the ring safety zone must be covered by sports mats, tightly bonded to each other, and a thick cloth (canvas, cotton). Altogether, it forms a soft floor of the ring to cushion the fall. Height of ring cushioning is from 6 cm to 10 cm. Cushioning ring density is 180mg/sm<sup>3</sup>.

**14.2.5.** Competition for age groups 12-13 and 14-15 years of age may be carried out on a wrestling mat or tatami.

Operating area of tatami should be limited by the line or color and should be of a square configuration. Dimensions of the working area of the mat up to 8x8m, 12x12m.

Operating area of a wrestling mat or tatami should be limited by the line or color and should be of a square or round configuration. Dimensions of circle of the mat working area have a diameter of 6 m. to 8 m.

The center of wrestling mat's working area is designated by a circle with a diameter of 40 cm.

The mat or tatami safety zone should not be less than 2.5 m from the limit line of the working area. When it is impossible to organize such a security zone walls should be covered with soft mats to a height of 1.5 meters.

## **14.3 RING LIMITATIONS AND EQUIPMENT**

**14.3.1.** Ring size of the working area is bounded by the perimeter of five rows of ropes wrapped with soft, smooth material. The width of one of the rope is not more than 5 cm in diameter.

**14.3.2.** At two points on a vertical plane ropes are joined with flat strips at a distance of 1/3 the length of the rope. Width ribbons — 2 cm.

**14.3.3.** Instead of the two lower ropes space may be covered by plastic or rubberized mesh.

**14.3.4.** Corner posts should be reserved ringside with corner cushions in different colors. One corner of the ring must be equipped with a red corner cushion for the red corner of the ring. Diagonally from it, a corner cushion should be blue matching the blue corner of the ring. Two other corner of the ring must be equipped with white-colored corner cushions — neutral corners of the ring.

**14.3.5.** Colors of the ring ropes should correspond to colors of the ring corner and should be blue or red-colored.

**14.3.6.** In red and blue corners of the ring a ladder for athletes and seconds should be installed, in the neutral corner a ladder for referee and a doctor should be installed

**14.3.7.** Near the blue and red corners of the ring there should be located:

- portable chairs for athletes
- a plastic bucket



– a colored scotch, its color corresponding to corners of the ring for wrapping gloves of the athletes for entry to the ring.

#### **14.4 REQUIREMENTS TO VENUE**

**14.4.1.** For avoidance of contaminations of the ring/ tatami (wrestling mat) should be cleaned and disinfected prior to each day of competitions and in the breaks of fights according to the competition program.

**14.4.2.** The ropes should be tightened and fixed not earlier than 1.5 hours prior to holding the first fight

**14.4.3.** Technical staff of the ring/tatami (mat) should be located on the ground during the entire competition.

During the competitions such as the Russian Championship, Russian Cup and European Championship, the World Cup, the holding organization shall provide a warm-up area for athletes participating in the competitions.

**14.4.4.** While holding the competitions temperature in the premises should be not lower than 15 degree C. Relative air humidity in warm season should be 60-30%, in cold season 45-30% .

**14.4.5.** While holding competitions in the open air organizers of the events should stipulate protection of the fight participants from the effect of atmospheric precipitations.

#### **14.5. Provisions of safety measures:**

**14.5.1.** Competition shall be conducted in sports facilities that meet the requirements of legal acts of countries in which the competition is conducted, in accordance with rules and regulations to ensure public order and safety of participants and spectators, as well as conform to fire safety standards and rules.

**14.5.2.** At the competition at any level internal security activities by specialized organizations should be carried out.

**14.5.3.** Fenced area should be provided at a distance of not less than 3m from the ring around the perimeter. Within this zone shall not be possible organization of standing seats. In the case of equipment of that zone with seating spectator places, pass in this area is carried out in accordance with accreditation or tickets..

**14.5.4.** Head judge (inspector/supervisor) of the competition must participate in the act of signing the certificate of conformity of the sports facility (or open area) to safety standards of competition and availability of internal security staff.

#### **14.6. Medical support:**

**14.6.1.** While holding credentials committee of the competition strict requirements regarding provisions of relevant medical certificates and documents by the athletes, as well as on medical insurance should be observed by the athletes.

**14.6.2.** At competitions during the fights near each ring trauma surgeon with appropriate medical equipment and medical assistant for first aid should be present.

**14.6.3.** During the immediate event (matches) duty reanimation car or the ambulance must be ensured.

## APPENDICES

Those athletes, who have in their sports career more than 5 rating (professional) fights are not allowed to take part in the competitions in Mixed martial arts (MMA) for amateurs (non-professional level).

A rating (professional) fight is defined by the following criteria:

- the competitors are well-known to each other;
- within the tournament between the competitors only 1 fight is held;
- an official rating of an athlete is held.

The following web-resources are the main source for looking through the rating list of an athlete for determining the quantity of professional fights: **[www.sherdog.com](http://www.sherdog.com)**, **[www.mixedmartialarts.com](http://www.mixedmartialarts.com)** and **[www.valetudo.ru](http://www.valetudo.ru)**.

WMMAA and National Federations are entitled to designate a list of promotion and commercial organizations holding rating (professional) fights in the regulations.

## **RATING (PROFESSIONAL) FIGHT AND FIGHT BY THE RULES OF AMATEUR MMA (SIMILARITIES AND DIFFERENCES)**

Rating (professional) combat in MMA and a combat by the rules of amateur MMA have no fundamental differences, as they are one sport, but they have some differences:

1- the format of MMA fights is characterized by the fact that in rating (professional) fights the competitors know each other in advance:

Each athlete participating in rating (professional) tournaments in MMA maintains a list of fights held (RECORD): number of wins, defeats, draws, based on which (the list) his (the athlete's) individual rating is determined. The athlete's rating may vary depending on further participation in the MMA tournament and the number of wins and defeats.

Promotion companies, federations and sports clubs complete and provide a database which includes athletes aged 18 years and older with a sports category not less than CM in the disciplines, including striking and wrestling techniques, indicate the number of fights spent, provide information about the participants and the winners of the international MMA tournaments, and further distribute their weight categories:

Bantamweight – 61.2 kg

Featherweight – 65.8 kg

Lightweight -70.3 kg (155 lbs);

Welterweight -77.1 kg (170 lbs);

Middleweight -84.0 kg (185 lbs);

Light heavyweight -93.0 kg (205 lbs);

Heavyweight +93 kg (+205 lbs).

An athlete's coach or his promoter (representative) shall conclude a contract with an organization holding the next MMA tournament, which outlines all the conditions, which are binding for both parties, indicate the date and venue of the tournament. A promotional company holding the tournament shall report to athlete's representatives all the data about the opponent, as well as all information about all his (athlete's) fights, which can be seen in the web-site covering the events related to the MMA. The format of rating (professional) tournaments – 1 (one) fight for a tournament between the stated athletes to determine the winner.

According to the rules of amateur MMA in mixed martial arts athletes do not know their opponent in advance, but there is a drawing procedure for the competitors, where fights are held on the Olympic system with the participant's elimination after the first defeat, as well as on round-robin system, when all the stated competitors in this weight category fight with each other.

2 – Permitted and prohibited technical actions in the fights specified in the rules of amateur MMA and professional MMA are identical, allowing the athletes beginning their career in amateur MMA future to go to the class of professionals and participate in rating (professional) fights held by promotion companies.

3 – Venue of the MMA amateur fights is a ring. Also, as an exception, participants of younger age categories may have a wrestling mat (tatami).

The venue of the rating (professional) fights is a ground provided by the organizing authority – it could be a ring, cage, cell (octagon).

4 – Number of rounds and time of the fights (regulations):

According to the rules of amateur MMA fights are held according to the rules of competitions:

regular time of preliminary (qualifying) fights – 2 rounds of 3 minutes each with possible extra round of 3 minutes;

regular time of final fights – 2 rounds of 5 minutes each with possible extra round of 5 minutes.

Only 1 fight is held within the rating (professional) tournament between the athletes.

Duration of the rating (professional) MMA fight depends on the athlete's contract signed with the promotion company holding the tournament:

- SELECTION fights (for beginners) – 3 rounds of 5 minutes without an extra round.  
- CHALLENGE fights (for professionals) – 3 rounds of 5 minutes, an additional round of 5 minutes is possible.

- CHALLENGE title fights (championship fights) – 5 rounds of 5 minutes, 2 additional rounds of 5 minutes are possible.

If there is a draw at the end of the fight regular time, an additional 5- minute round is given. If after an extra round a decision still may not be accepted, the fight ends in a draw. Exceptions are CHALLENGE fights and title fights for the Crown, where judges are required to name the winner after an extra round.

5- Ending of the fight due to disqualification of one or both athletes, as well as if one of the athletes uses the prohibited action according to the rules of professional MMA (rating fights):

When one or both fighters are disqualified for a prohibited action, or when the judges and/or a promoter decide to end the fight in connection with the incident outside or within the ring, or an incident occurs in the first round, which makes it impossible for one or both fighters to continue to fight – this fight is declared invalid. However, if an incident occurred after the first or subsequent rounds of the fight, a decision should be made on the basis of the first round or subsequent rounds, which took place before the incident.

During MMA competitions among amateur athletes one or both athletes are disqualified according to the rules of the competition approved by the Ministry of Sport or other National Federations authorized for adoption and approval of the MMA rules.

6 – Evaluation criteria for judicial decisions for technical actions of athletes made during the fight by the rules of professional MMA (rating fights):

The criteria are as follows:

1. Attempt to finish the fight by knock-out or inside the distance.
2. Damage caused
3. Stand-up combinations and control in ground position.
4. Transfers and protection
5. Aggressiveness.
6. The difference in weight (15 kilograms or more in heavyweight).

(If an athlete weighs 15kg less than in heavyweight, he has an advantage. It is estimated only in case of equality on other criteria).





**APPLICATION SHEET FOR PARTICIPATION IN THE \_\_\_\_\_ weight category \_\_\_\_\_**

**Club \_\_\_\_\_ Date and place of holding \_\_\_\_\_**

Surname, name, patronymic (in full)	Number of prof. fights	Date of birth	Sports title, rank	Registration (locality)	Athlete's signature	Visa of the sports and physical training clinic, seal
-------------------------------------	------------------------	---------------	--------------------	-------------------------	---------------------	---


<b>Coach</b> Surname, name, patronymic (in full)	Citizenship	Title	Signature

Club head \_\_\_\_\_ (Full name of the Club)

\_\_\_\_\_ (\_\_\_\_\_)  
signature full name

(legal address, contact phone number)  
L.S.

Head of the Regional Federation \_\_\_\_\_ (\_\_\_\_\_)

signature full name

(legal address, contact phone number)  
L.S.



To the **NATIONAL FEDERATION**  
(indicate the name)

**APPLICATION**

I, \_\_\_\_\_, hereby request to be issued a \_\_\_\_\_ license of an athlete in mixed martial arts (MMA) for 201\_ to participate in 201\_ MMA Championship \_\_\_\_\_. I hereby confirm that I recognize and I am ready to comply with all the provisions of Charter of WMMAA, «Regulations of WMMAA», «Provisions on the \_\_\_\_\_ Championship».

Surname, name, patronymic (in full)	
Date and place of birth	
Citizenship	
Passport details (series, number, issuing authority and date of issue)	
Residence address, contact phone number	
Degree of skill (categories, ranks, titles) in different types of martial arts.	
Experience (specify what kinds of martial arts)	
Specify coaches over the past 5 years, their category, title and experience.	
Dates and list of tournaments in which the athlete participated, including _____ professional tournaments.	
Clubs (legal entity) represented by an athlete in various competitions with indication of time.	

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Signature) (Printed name)

\_\_\_\_\_ 201\_.



Appendix 3

COMPETITOR'S CARD

Weight \_\_\_\_\_ draw No. \_\_\_\_\_

Full name \_\_\_\_\_

Sports organization \_\_\_\_\_ city \_\_\_\_\_

Date of birth \_\_\_\_\_ Citizenship \_\_\_\_\_

Type of martial arts \_\_\_\_\_

Degree of skill (categories, ranks, titles) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Experience \_\_\_\_\_ Coach \_\_\_\_\_

Doctor of the competitions (full name) \_\_\_\_\_ Signature \_\_\_\_\_

Judge responsible for weigh-in (full name) \_\_\_\_\_

Signature \_\_\_\_\_

\_\_\_\_\_

RECEIPT

I, \_\_\_\_\_

read and understood the Provisions, Rules and conditions of the competitions

\_\_\_\_\_

to be held on \_\_\_\_\_ 201\_, and I undertake to comply with them. I consider that I am physically and technically prepared for performing in these competitions.



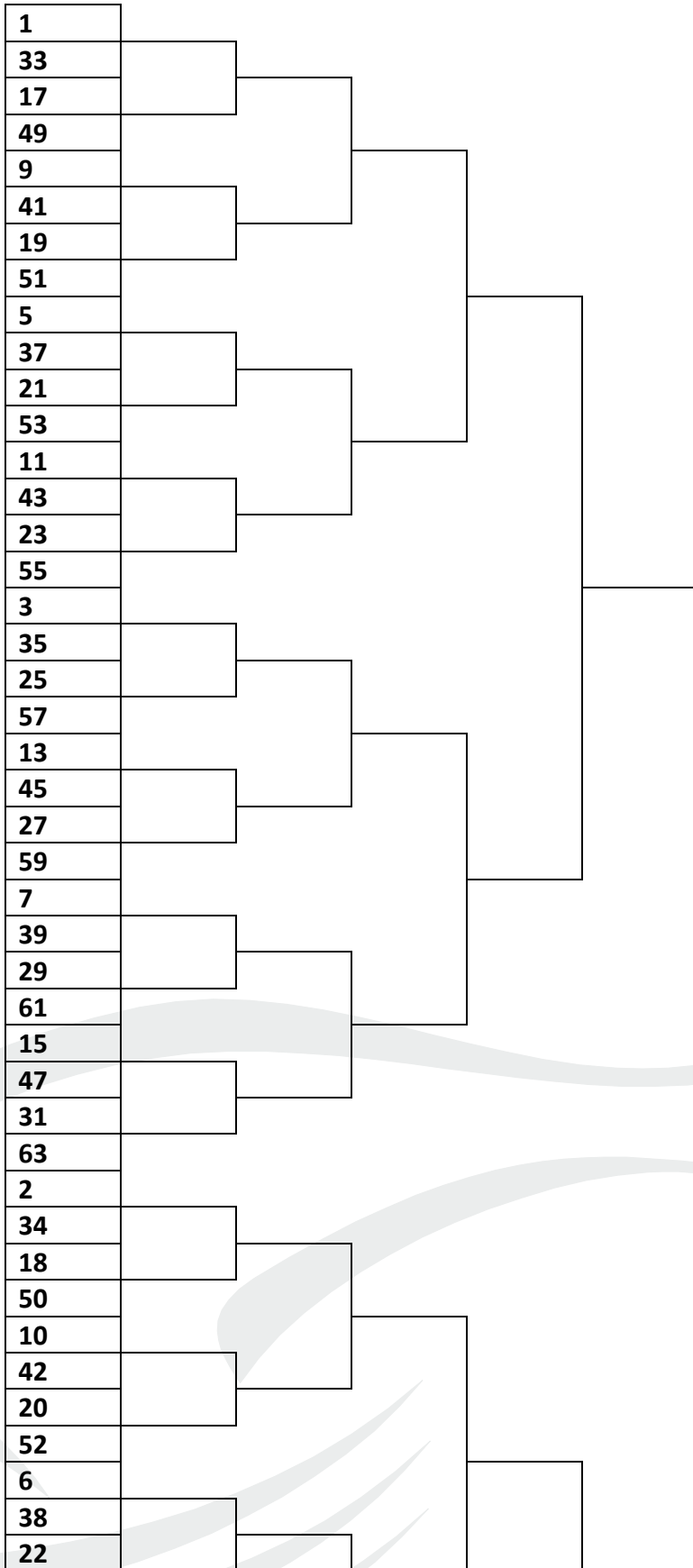
In case if I suffer various injuries and even die, neither I nor my family, and my trustees, have any claims to the organizers, judges and other persons related to the holding of the competition.

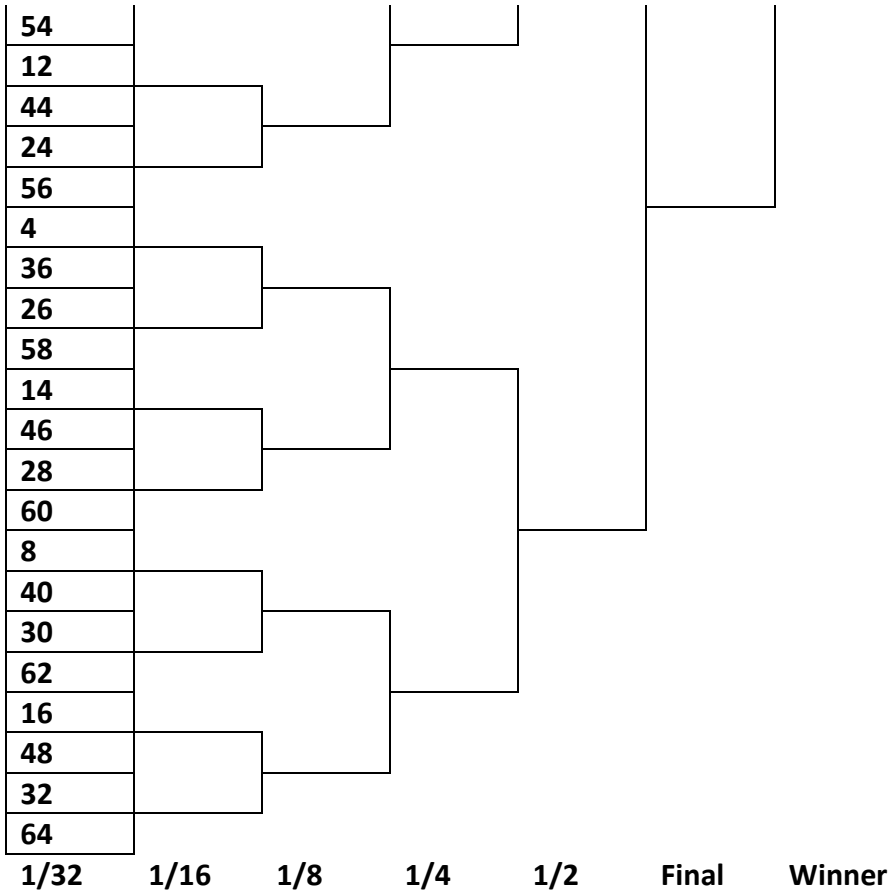
Passport details: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_201\_      Signature\_\_\_\_\_

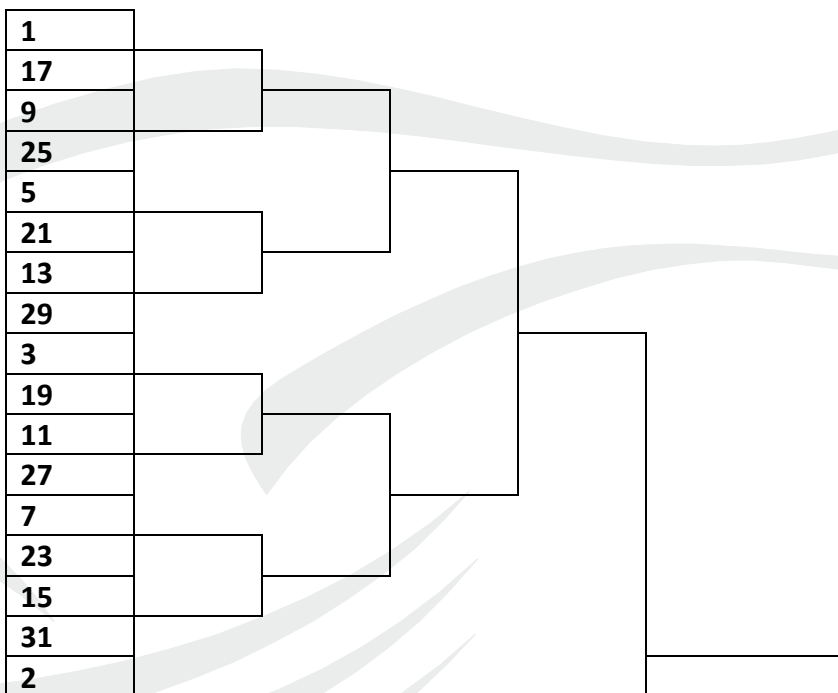
**Tournament bracket 1/32 et seq.**

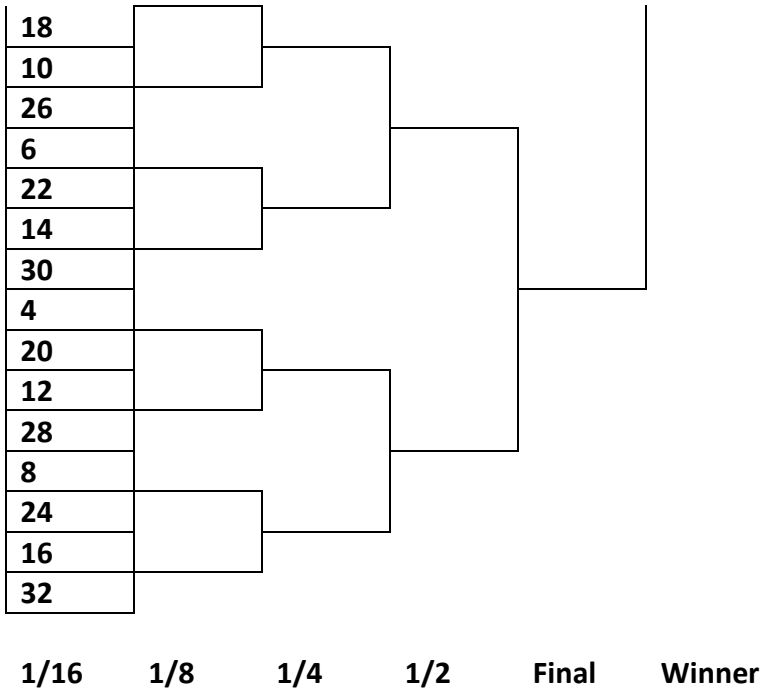




**Appendix 5**

**Tournament bracket 1/16 et seq.**

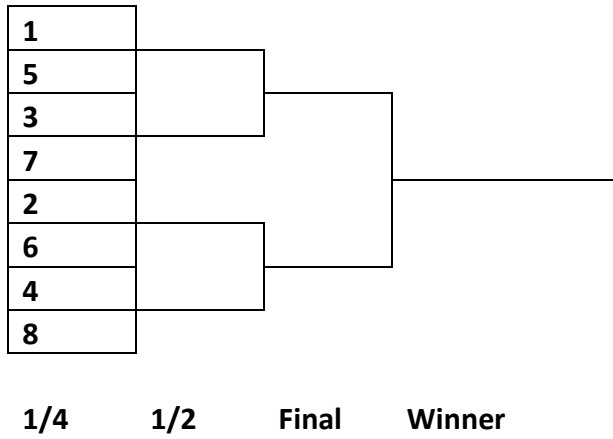






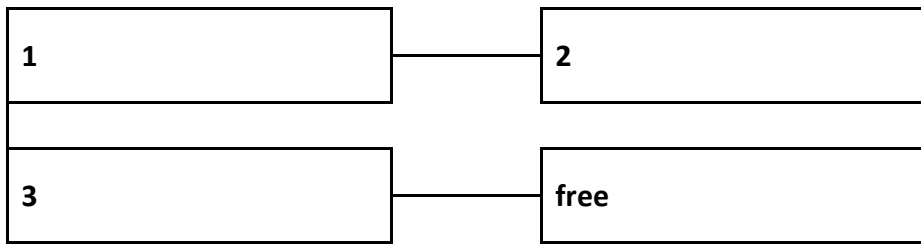
**Tournament bracket 1/8 et seq.**



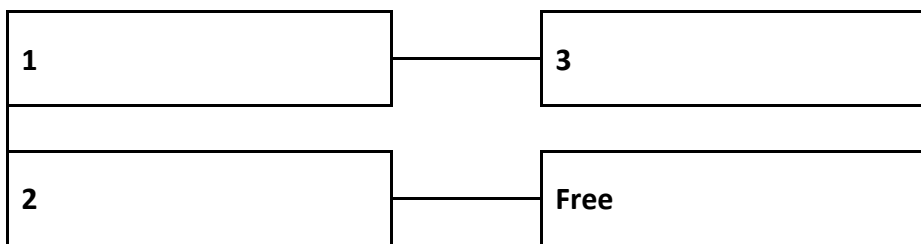
**Tournament bracket 1/4 et seq.**

Round-robin tournament bracket 3 persons

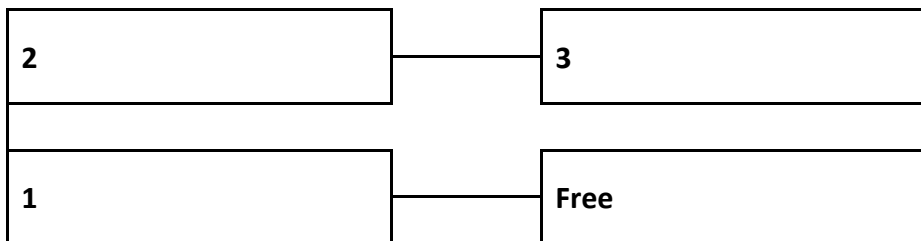
1 round



2 round



3 round



Tournament name

Date

Fight number:

Weight category:

kg

Place		Date	
Referee		Nationality	
Judge		Nationality	

<b>Blue corner</b>	x 3 VS	<b>Red corner</b>
	Name	
	Club/ country	

D	H	S	P	T	Points	Round	Points	D	H	S	P	T
						1						
						2						
						3						
<b>3.1 Official warnings</b>								<b>4.1 Official warnings</b>				
						<b>Total</b>						

**Winner:**

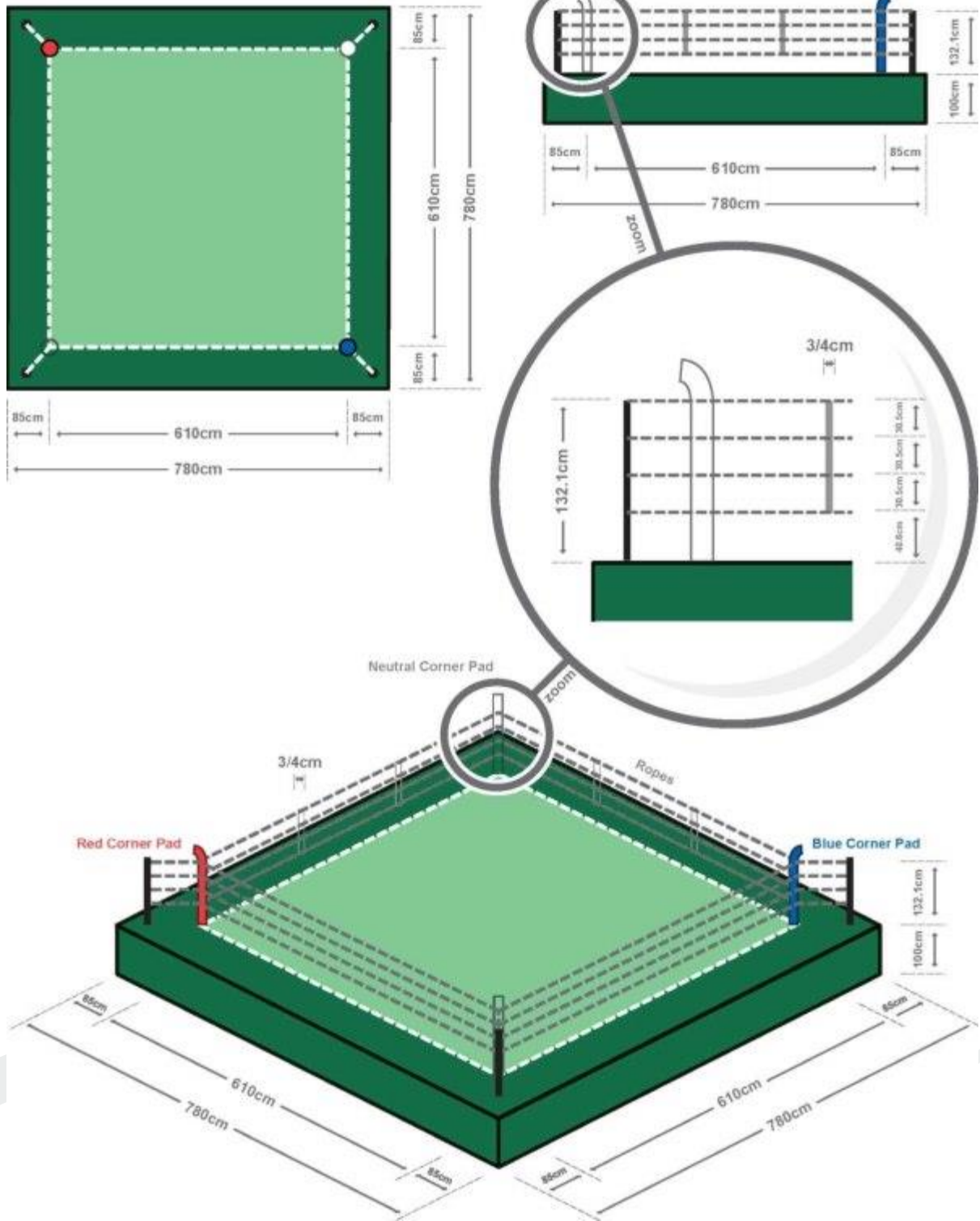
5.1 Blue corner				Drawn	6.1 Red corner			
Round & time	min.	sec			Round & time	min.	sec	
Points	Knock-out	TKO	Submission hold	Stopped by the referee	Eliminated by the doctor	Disq.	Opponent's no-show	

**NOTES**

**D** = Dominating (Desire to end the fight inside distance)  
**H** = Making harm  
**S**= stand-up fight  
**P**= ground fight  
**T**= takedown (throw)  
 1point = tech. action  
 2points = complicated tech. action (amplitude throw, accent. blow)

**Dimensions of the ring for MMA competitions**

**Appendix 10**



**Appendix 11**

**Acceptance certificate of the MMA competition site**

(Name of competitions)

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\_\_\_\_\_ 20\_\_\_\_  
of \_\_\_\_\_

The city

This certificate is executed by the head judge \_\_\_\_\_ (full name),  
chief physician \_\_\_\_\_ (full name) and head  
(administration representative) of the sports facilities \_\_\_\_\_  
(full name) to certify that the equipment of the competition venue corresponds to (does  
not correspond to) the Rules of the Competition in MMA.

Explanations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Address of the competition:

\_\_\_\_\_

Delivered by:

Head  
(representative) of the sports facilities \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (printed name)

Accepted by:

Head judge \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (printed name)

Chief physician \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (printed name)