



NZMMAF

NEW ZEALAND MIXED MARTIAL ARTS FEDERATION

**NZMMAF RULES OF MIXED
MARTIAL ARTS FOR
PROFESSIONAL AND
AMATEUR COMPETITION**

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1. DEFINITIONS:

“Mixed martial arts” means unarmed combat involving the use, subject to any applicable limitations set forth in these Unified Rules and other regulations of the applicable Commission, of a combination of techniques from different disciplines of the martial arts, including, without limitation, grappling, submission holds, kicking and striking.

“Unarmed Combat” means any form of competition in which a blow is usually struck which may reasonably be expected to inflict injury.

“Unarmed Combatant” means any person who engages in unarmed combat.

“Commission” means the applicable athletic commission or regulatory body overseeing the bouts, exhibitions or competitions of mixed martial arts.

2. WEIGHT DIVISIONS:

Except with the approval of the Commission, or its executive director, the classes for mixed martial arts contests or exhibitions and the weights for each class shall be:

- a) Straw weight - up to under 115 pounds/52.1kg
- b) Fly weight - over 115 to under 125 pounds/52.2kg to 56.5kg
- c) Bantam weight - over 125 to under 135 pounds/56.6kg to 61kg
- d) Feather weight - over 135 to under 145 pounds/61.1kg to 65.5kg
- e) Light weight - over 145 to under 155 pounds/65.6kg to 70kg
- f) Welter weight - over 155 to under 170 pounds/70.1kg to 76.8kg
- g) Middle weight - over 170 to under 185 pound/76.9kg to 83.7kg
- h) Light Heavy weight - over 185 to under 205 pounds/83.8kg to 92.7kg
- i) Heavy weight - over 205 to under 265 pounds/92.8kg to 119.9kg
- j) Super Heavy weight - over 265 pounds/120kg

In non-championship fights, there shall be allowed a 11lb/.45kg weigh allowance. In championship fights, the participants must weigh no more than that permitted for the relevant weight division.

The Commission may also approve catch weight bouts, subject to their review and discretion. For example, the Commission may still decide to allow the contest the

maximum weight allowed is 177 pounds if it feels that the contest would still be fair, safe and competitive.

In addition, if one athlete weighs 264 pounds while the opponent weighs 267 pounds, the Commission may still decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two contestants technically weighed in differing weight classes.

3. CONTESTANTS REQUIREMENTS:

- a) The contestant shall be of legal age according to the laws of the country where the competition is held.
 - b) The contestant shall be in good physical and mental shape. The contestant's shape will be examined during the medical check.
 - c) The contestant shall be well prepared to compete in MMA.
 - d) The contestant shall have experience from competing in full contact martial arts.
- a) When entering a competition, the contestant is responsible for ensuring that all relevant martial arts experience is reported.

4. WEIGH-IN:

- a) The contestant shall meet a set weight within a prescribed time at the official weigh-in of the competition, as supervised by officials appointed by the organizer.
- b) The contestant shall be weighed no later than 1 hour and no earlier than 24 hours before the match starts.
- c) Opposing contestants should be weighed in at the same time.
- d) A competitor not making the required weight at time of weigh-in shall be given an additional 1 hour to do so. Should the weight still not be made, the competitor shall cede a percentage of their purse as stated in the fight contract.

5. MEDICAL EXAMINATIONS AND CONTEST PHYSICIAN:

- a) At least one physician or medic shall be appointed per contest.
- b) Contestants are required to provide certificates for Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV tests. These certificates cannot be older than 1 year. Failure to provide Bloods will result in the contest not going ahead.
- c) The physician/medic shall examine all contestants before they compete. The examination shall take place on the same day as the match. Check-list:

heart, blood pressure, pulse, lungs, hearing, teeth, evidence of a hernia, musculature, skin, negative Hepatitis B (HBsAg), Hepatitis C (HCVsAb)and HIV tests.

If a contestant is deemed by the physician/medic to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the contestant shall not be permitted to compete.
- d) Women are not allowed to compete pregnant and pregnancy tests should be administered as part of the medical examination.
- e) The physician/medic shall be present during each match. The physician shall interrupt the match if he/she deems a contestant unfit to continue
- f) If a contestant needs assistance in getting back to the corner for the round break, the contestant shall be examined by the physician/medic who among other things shall examine balance and responsiveness while standing without support.
- g) The physician/medic shall be risk averse when making judgment calls and always consider a “worst case-scenario”.
- h) If the physician/medic finds it necessary for the contestant to have further examinations he/she shall send the contestant to a hospital.
- i) In the event of a suspected injury such as for example a slight concussion, the physician/medic is allowed to detain the contestant to conduct a follow-up exam. The contestant shall in such an event stay on site. At such a follow-up exam, the physician/medic shall determine whether the contestant is in need of further care or not, and if yes, whether or not that includes being sent to a hospital for further examination, and if applicable recommend follow-up treatment. All decisions and conclusions made during the follow-up exam shall be documented by the physician/medic and handed in to the organizer.

- j) In case of a knockout see section 21 for suspension periods

6. TIMEKEEPER:

- a) A timekeeper shall be appointed by the organiser to ensure correct timing of rounds, round breaks and time-outs in the match.
- b) The timekeeper signals the start of each round.
- c) The timekeeper shall indicate when ten (10) seconds remain of the round.
- d) The timekeeper shall indicate when fifteen (15) seconds remain of a round break.
- e) When the referee signals a time-out, the time passed during it shall not count as part of the round.
- f) The timekeeper is responsible for keeping the time from the point a time-out starts and shall notify the referee when the time-out reaches four minutes and fifty seconds (4.50) and five (5) minutes respectively.
- g) During a round the clock shall not be stopped by anything other than a time-out signalled by the referee

7. CONTEST AREA REQUIREMENTS AND EQUIPMENT:

- a) Mixed martial arts contests and exhibitions may be held in a ring or in a fenced area.
- b) A ring used for a contest or exhibition of mixed martial arts must meet the following requirements:
 - (i) The ring must be no smaller than 20 feet square and no larger than 32 feet square within the ropes. One corner shall have a blue designation and the corner directly opposite must have a red designation.

- (ii) The ring floor must extend at least 12 inches beyond the ropes. The ring floor must be padded with ensolite or similar closed-cell foam, with at least a 1-inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges must not be used.
 - (iii) The ring platform must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the unarmed combatants.
 - (iv) Ring posts must be made of metal, not more than 3 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the ring floor, and must be properly padded in a manner approved by the Commission. Ring posts must be at least 18 inches away from the ring ropes.
 - (v) There must be five ring ropes, not less than 1 inch in diameter and wrapped in soft material. The lowest ring rope must be 12 inches above the ring floor.
 - (vi) There must not be any obstruction or object, including, without limitation, a triangular border, on any part of the ring floor.
- c) A fenced area used in a contest or exhibition of mixed martial arts must meet the following requirements:
- (i) The fenced area must be circular or have at least six equal sides and must be no smaller than 20 feet wide and no larger than 32 feet wide.
 - (ii) The floor of the fenced area must be padded with ensolite or another similar closed-cell foam, with at least a 1-inch layer of foam padding, with a top covering of canvas, duck or similar material tightly stretched and laced to the platform of the fenced area. Material that tends to gather in lumps or ridges must not be used.
 - (iii) The platform of the fenced area must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the unarmed combatants.
 - (iv) Fence posts must be made of metal, not more than 6 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the floor of the fenced area, and must be properly padded in a manner approved by the Commission.

- (v) The fencing used to enclose the fenced area must be made of a material that will prevent an unarmed combatant from falling out of the fenced area or breaking through the fenced area onto the floor of the building or onto the spectators, including, without limitation, chain link fence coated with vinyl.
- (vi) Any metal portion of the fenced area must be covered and padded in a manner approved by the Commission and must not be abrasive to the unarmed combatants.
- (vii) The fenced area must have two entrances.
- (viii) There must not be any obstruction on any part of the fence surrounding the area in which the unarmed combatants are to be competing.

8. SPECIFICATIONS FOR HAND-WRAPPING:

- a) In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth of not more than 15m in length and 50mm in width, held in place by not more than 3m of surgeon's tape, 20mm in width, for each hand. (or where the promotor deems suitable, standard handwraps may be used on their own with no additional tape or build up)
- b) Adhesive tape can be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand and extend to protect between the knuckles when the hand is clenched to make a fist.
- c) The bandages shall be evenly distributed across the hand.
- d) Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the Commission and in the presence of the manager or chief second of his or her opponent.
- e) Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the Commission is received.



f)

9. MOUTHPIECES:

- a) All contestants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.
- b) The round cannot begin without the mouthpiece in place.
- c) If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

10. PROTECTIVE EQUIPMENT:

- a) Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the Commissioner.
- b) Female mixed martial artists are prohibited from wearing groin protectors.
- c) Female mixed martial artists shall wear a chest protector during competition, if required by the promoter.

11. GLOVES:

- a) All contestants shall wear glove which are at least 4 ounces and are approved by the Commission. Generally, gloves should not weigh more than 6 ounces without the approval of the Commission. Certain larger sized gloves, e.g. 2 XL – 4 XL, may be allowed even though they may slightly exceed 6 ounces.
- b) Gloves should be supplied by the promoter and approved by the Commission. No contestant shall supply their own gloves for participation.

12. APPAREL:

- a) Each contestant shall wear mixed martial arts shorts (board shorts), biking shorts (vale tudo shorts), kick-boxing shorts or other shorts approved by the Commission.
- b) Gi or shirts are prohibited during competition except that female contestant's musts wear shirts approved by the Commission. (preferably short sleeve rash guard)
- c) Shoes and any type of padding on the feet are prohibited during competition.

13. APPEARANCE:

- a) Each unarmed combatant must be clean and present a tidy appearance.
- b) The excessive use of grease or any other foreign substance may not be used on the face or body of an unarmed combatant. The referees or the Commission shall cause any excessive grease or foreign substance to be removed.
- c) Liniment or any similar product shall not be used under any circumstance and a competitor may be deemed unable to fight if liniment use is detected.
- d) The Commission shall determine whether head or facial hair presents any hazard to the safety of the unarmed combatant or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of an unarmed combatant presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the unarmed combatant may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the Commission.
- e) An unarmed combatant may not wear any jewelry or other piercing accessories while competing in the contest or exhibition.

14. ROUND LENGTH:

- a) Each non-championship mixed martial arts contest is to be for 3 rounds, each round no more than 5 minutes duration, with a rest period of 1 minute between each round.
- b) Each championship mixed martial arts contest is to be for 5 rounds, each round no more than 5 minutes duration, with a rest period of 1 minute between each round.

15. JUDGING:

- a) All bouts will be evaluated and scored by 3 licensed NZMMAF/IMMAF judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 judges. The judges are not allowed to leave their seat until the match is over and the results have been relayed.
- b) The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).
- c) The judges shall award points to the contestants for each round by filling out a score sheet. This task shall be carried out independently and without contact with the other judges or any other person. The results of the scoring shall be clearly marked on the score sheet.
- d) If a judge identifies a violation of the rules he/she may notify the referee during the next round break.
- e) Judges shall evaluate mixed martial arts techniques, such as effective striking/effective grappling, effective aggression/damage, control of the ring/fighting area. (NOTE: "effective defense" is not a part of judging criteria)
- f) Evaluations shall be made in the order in which the techniques appear in the above, giving the most weight in scoring to effective striking/effective grappling, effective aggression/damage and control of the fighting area.
- g) Effective striking is judged by determining the total number of damaging legal strikes landed by a contestant. "Damaging" determined as strikes which inflict the most apparent harm to the opponent, including strikes that cause a fighter to lose balance or that which affects gait.

- h) Effective grappling is judged by considering the amount of successful executions of a legal takedown and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active threatening guard.
- i) Fighting area control is judged by determining who is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.
- j) Effective aggressiveness means moving forward and landing a legal strike.
- k) The following objective scoring criteria shall be utilized by the judges when scoring a round;
 - (i) A round is to be scored as a 10-10 round when both contestants appear to be fighting evenly and neither contestant shows clear dominance in a round;
 - (ii) A round is to be scored as a 10-9 round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers;
 - (iii) When a contestant shows any two of "Domination", "Damage" or "Duration" (i.e. time in control of the round) a 10/8 round should be considered.
 - (iv) A round is to be scored as a 10-7 round when a contestant totally dominates by striking or grappling in a round, and in your consideration, the referee could have stopped the bout
- k) Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:
 - (i) If the mixed martial artists spent a majority of a round on the ground, then: Effective grappling is weighed first; Effective striking is then weighed
 - (ii) If the mixed martial artists spent a majority of a round standing, then: Effective striking is weighed first; Effective grappling is then weighed

- (iii) If a round ends with a relatively even amount of standing and ground fighting, striking and grappling are weighed equally.

16. REFEREEING:

- a) Every match shall be overseen by a licensed referee.
- b) The referee shall be dressed in a shirt and dress pants and shall wear soft shoes so that no damage or discomfort can be unintentionally inflicted on the contestants.
- c) The referee shall be physically fit in order to stay alert, close to the contestants at all times and able to intervene when necessary, thus ensuring the highest possible safety for the contestants.
- d) The referee shall ensure that both contestants are wearing appropriate protection.
- e) The referee shall ensure that all parties involved in the match abide by the rules.
- f) The referee shall put the contestants' safety first and immediately stop a match if and when;
 - (i) It is apparent that one contestant is so superior that the other stands the risk of being injured.
 - (ii) One of the contestants is in a questionable position of disadvantage.
 - (iii) One of the contestants is not able to put up a proper defense.
- g) The referee has three verbal commands at his/her disposal during the match:
 - (i) "FIGHT" tells the contestants that the match has started; initially, after a time-out or after a round break.
 - (ii) "STOP" tells the contestants to cease competing and stay in the current position.
 - (iii) "BREAK" tells the contestants to cease competing, separate and assume a neutral position.
- h) The referee is the sole arbiter of a contest and is the only individual authorized to stop a contest. The referee may take advice from the ringside physician and/or the Commission with respect to the decision to stop a contest.

- i) The referee and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition other than the rest periods and subsequent to the contest ending.

17. FOULS:

- a) The following acts constitute fouls in a contest or exhibition of mixed martial arts and may result in penalties, at the discretion of the referee, if committed:
 - i. Butting with the head
 - ii. Eye gouging of any kind
 - iii. Biting
 - iv. Spitting at an opponent
 - v. Hair pulling
 - vi. Fish hooking
 - vii. Groin attacks of any kind
 - viii. Putting a finger into any orifice or any cut or laceration of an opponent
 - ix. Small joint manipulation (1-3 fingers or toes)
 - x. Striking downward using the point of the elbow (in a 12-6 motion as seen from a clock on a wall)
 - xi. Striking to the spine or the back of the head (where a punch strikes the side/back of the head, but catches a part of the ear, it is considered legal)
 - xii. Fending or “distancing” with an out stretched arm when the fingers are pointed towards an opponent’s eyes.
 - xiii. Throat strikes of any kind, including, without limitation, grabbing the trachea
 - xiv. Clawing, pinching or twisting the flesh
 - xv. Kicking the head of a grounded opponent
 - xvi. Kneeing the head of a grounded opponent
 - xvii. Stomping a grounded opponent

- xviii. Holding the fence
 - xix. Holding the shorts or gloves of an opponent
 - xx. Using abusive language in fenced ring/fighting area
 - xxi. Engaging in any unsportsmanlike conduct that causes injury to an opponent
 - xxii. Attacking an opponent on or during the break
 - xxiii. Attacking an opponent who is under the care of the referee
 - xxiv. Attacking an opponent after the bell has sounded the end of the round
 - xxv. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
 - xxvi. Throwing opponent out of ring/fighting area
 - xxvii. Flagrantly disregarding the instructions of the referee
 - xxviii. Spiking an opponent to the canvas on his head or neck
 - xxix. Interference by the corner
 - xxx. Applying any foreign substance to the hair or body to gain an advantage
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- b) Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the referee.
 - c) Fouls may result in a point being deducted by the official scorekeeper from the offending contestant's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.
 - d) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own and should not factor such into their scoring calculations.

- e) If a foul is committed:
 - (i) The referee shall call timeout.
 - (ii) The referee shall order the offending contestant to a neutral location.
 - (iii) The referee shall check the fouled contestant's condition and safety.
 - (iv) The referee shall then assess the foul to the offending contestant and deduct points if the referee deems it appropriate, and notify the commission, the corners, the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.
- f) If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue and:
 - i) The referee will verbally notify the bottom contestant of the foul.
 - ii) When the round is over, the referee will assess the foul and notify the commission, the corners, the judges and the official scorekeeper.
 - iii) The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, the contestant committing the foul shall lose by disqualification.
- g) Low Blow Foul:
 - (i) A fighter who has been struck with a low blow is allowed up to 5 minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest.
 - (ii) If the fighter states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight.
 - (iii) If the fighter goes over the 5-minute time allotment, and the fight cannot be restarted, the contest must come to an end with the outcome determined by the round and time in which the fight was stopped. See Section 16 below.

h) Fighter Fouled by other than low blow:

- (i) If a contest of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.
- (ii) If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.
- (iii) For a foul other than a low blow, if the injured fighter is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue, by the referee, even though some of the 5-minute foul time is still remaining, the fighter cannot avail himself of the remaining time and the fight must be stopped.
- (iv) If the referee stops the contest and employs the use of the ringside doctor/medic, the ringside physician's/medic's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

18. INJURIES SUSTAINED BY FAIR BLOWS AND FOULS:

- a) If an injury sustained during competition as a result of a legal manoeuvre is severe enough to terminate a bout, the injured contestant loses by technical knockout.
- b) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.
- c) If an injury is sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.
- d) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.
- e) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favour, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- f) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three-round bout or if stopped before three rounds have been completed in a five-round bout.
- g) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three-round bout, or three rounds of a five-round bout have been completed.
- h) Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

19. TYPES OF CONTEST RESULTS:

- a) Submission by:
 - (i) Physical Tap Out.
 - (ii) Verbal tap out.
- b) Knockout by:
 - (i) When Referee stops the contest. (TKO)
 - (ii) When an injury as a result of a legal maneuver is severe enough to terminate a bout. (TKO)
 - (iii) When contestant being rendered unconscious due strikes or kicks. (KO)
- c) Decision via the scorecards, including:
 - (i) Unanimous Decision - When all three judges score the contest for the same contestant.
 - (ii) Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent.
 - (iii) Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw.
- d) Draws, including:
 - (i) Unanimous Draw - When all three judges score the contest a draw.
 - (ii) Majority Draw - When two judges score the contest a draw.
 - (iii) Split Draw - When all three judges score differently.
- e) Disqualification - Where the referee disqualifies a contestant for fouls.
- f) Forfeit - Where one contestant fails to appear for a bout.
- g) Technical Draw - if an illegally, but accidentally, injured contestant cannot continue later in the contest AFTER an illegal, but accidental, blow and is behind on the scorecard AFTER R1 of 3, or R2 of 5.

- h) Technical Decision - if an illegally, but accidentally, injured contestant cannot continue later in the contest AFTER an illegal, but accidental, blow and is AHEAD on the scorecard AFTER R2 of 3, or R3 of 5.
- i) No Contest - an accidental foul causes the contest to be stopped immediately, before R2 of 3, or R3 of 5.

20. COACHES:

- a) The contestant shall have no less than one (1) and no more than three (3) coaches, with only two (2) allowed in the contest area between rounds.
- b) The coaches are only allowed to enter the competition area during round break and then only in close proximity to their contestant's corner.
- c) All equipment shall be removed from the competition area at the end of the round break by the coaches and they shall also ensure that the competition area is kept dry and clean to prevent slipping.
- d) During the round break the coaches are allowed to give verbal instructions to the contestant. The coaches are allowed to bring the contestant water and bagged ice.
- e) During the round break the coaches are required to inform the referee of any injuries sustained by the contestant.
- f) The coaches shall bring towels to the competition area so that if they find their contestant unable to continue they may throw in the towel, thus forfeiting the match.
- g) The coaches can give advice and encouragement in a contained manner during the course of the match.
- h) The contestants can be told off, warned or disqualified for an offence against the rules made by the contestant's coaches.

21. MEDICAL SUSPENSIONS:

- a) Any contestant who loses a bout via a TKO or shows signs of subsequent concussion shall stand down from all competition or contact sparring for no less than 30 days. It is recommended that after the 30-day period, before usual contact training is recommenced, a physician's clearance is obtained.

- b) Any contestant who loses a bout via a KO shall stand down from all competition or contact sparring for no less than 90 days. It is recommended that after the 90-day period, before usual contact training is recommenced, a physician's clearance is obtained.

22. VARIATIONS FOR AMATEUR COMPETITION:

As variants to the above rule set for Professional competition, the following stipulations shall be used for Amateur competition.

- a) No elbow strikes to be allowed under any circumstance.
- b) No spinning back fists to be allowed under any circumstances.
- c) No twisting submissions. Twisters, neck cranks (including can openers or behind the head crucifix. Defined as "chin touching chest". High elbow guillotine and chin in defense of Rear Naked Chokes are NOT considered Neck Cranks.) Knee reaping or inverted heel hooks.
- d) No knees to the head to be allowed under any circumstance.
- e) Minimum 8oz gloves to be used.
- f) Competition lengths:
 - (i) 3 x 3 minute rounds for standard bouts.
 - (ii) 5 x 3 minute rounds for title bouts.
 - (iii) 2 x 3 minute rounds (with extension round if required) MAY be used for knock out competition format.
 - (iv) Time outs for low blows are as per the professional rules.
- d) Shin and instep guards:
 - (i) Optional for bouts upon **agreement of both contestants and their trainers**. In the event of one party only wanting no shin guards, the highest factor of safety will be implemented and shin guards shall be worn.
 - (ii) To be secured with tape. (Excessive taping will be removed)
- e) For the events leading to national team selection for IMMAF World or Regional Championships, IMMAF rules in their entirety are to be adopted.