

UWMA Contender rules for MMA-Newcomers

These “Contender” rules are created for MMA Newcomers or tournament fights.

Equipment / Safety Gear:

Both fighters must wear the same model, open finger MMA-Gloves. The gloves shall have a weight from 6 to max. 8oz. Both fighters must wear the same model, elastic (or neoprene) shin pads with attached foot padding. All paddings must be minimum 1 cm thick. In single fights or for fights within a professional event, the use of shinpads is optional (both athletes must agree!). All fighters are required to wear a mouthpiece during competition. All male fighters must wear a groin protection cup (plastic and metal material are legal).

Hand Wraps:

- a. A maximum of one roll (no more than 2” wide by 15 yards in length) of white, soft, cloth gauze is permitted per hand. The gauze may not exceed the wrist of the competitor’s glove. The exposed thumb is an option to be protected.
- b. A maximum of one roll (no more than 1.25” wide by 10’ in length) of white athletic tape is permitted (for both hands in total!). The tape may not exceed the wrist of the competitor’s gloves. Tape may be placed through the fingers but may not cover the knuckles. The exposed thumb is an option to be protected.
- c. Cotton or cotton like training wraps are only allowed with max. length of 3,5m. The wraps must be made of non-elastic (non-stretch) material! The cotton wraps must be applied in such manor that the visible inner hand of the fighter is free of hand wrap. If cotton hand wrap is used, there is only 30 cm medical tape per hand allowed to wrap around and secure the Velcro of the hand wraps. No additional gauze or tape is permitted!
- d. Any kind of build ups or curls on or between the knuckles are prohibited and will cause instant disqualification of the fighter.

Cage/Ring Attire:

- a. All martial artists will be required to wear such protective gear as deemed necessary by the commission.
- b. Male contestants can wear a short sleeve rash guard on their upper body if required by the federation or by the tournament director.
- c. Male and female martial artists shall wear the appropriate (short) trunks, mouthpiece, and gloves. Male martial artists shall also wear the appropriate groin protection.
- d. Female martial artists shall wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra(s). No loose-fitting tops and/or breast protectors shall be allowed. Female competitors will follow the same requirements for bottom covering as the male competitors, minus the requirement for groin protection.
- e. The hem of loose-fitting trunks or pants may not extend below the knee. Body tight fitting pants are also not allowed to extend over the knee.

- f. Fighting shorts/trunks/pants shall not have exposed Velcro, pockets, or zippers.
- g. Martial artists in the same match, contest, or exhibition may wear different color trunks or be designated by glove taping and/or glove coloring to the corner they are assigned.
- h. Martial artists shall not wear shoes during combat.
- i. When deemed necessary by the referee all martial artists shall have their hair secured in a manner that does not interfere with the vision and safety of either contestant. No object can be worn to secure the contestant's hair which may cause injury to either contestant.
- j. The wearing of jewelry (including tongue piercings) will be strictly prohibited during all contests.
- k. Wearing body cosmetics shall be prohibited during all contests. Wearing facial cosmetics shall be at the discretion of the commission and/or referee.

Duration of bouts:

- a. Regular fight times for Contenders can be 3 rounds of 3 minutes or 2 rounds of 5 minutes (not in tournaments!). Rest time between rounds is 60 seconds.
- b. No contestant shall exceed competing more than 9 rounds and/or 30 minutes of fighting in a 24-hour period.
- c. Between bouts should always be a minimum of 1 1/2 hours planned.
- d. In tournaments the fighting time can be shortened to 2 rounds of 3 minutes. In the case of a draw, one extra round of 3 Minutes is possible. Winner of the extra round is the winner of the fight! Finals must always be 3 rounds of 3 minutes.

Scoring:

The fights will be scored according to the "10 Point must System" by the ABC (version after 2017)

Please note:

The UWMA Contender rules are generally based on the United Rules of MMA version 2020.

The following techniques are additionally prohibited:

No elbow strikes! No knees to the head (standing and of course on the ground!)

No kicking or kneeing of a grounded opponent!

No straight kicks to the knees!

No slamming or spiking the head or neck of the opponent to the ground! Even while escaping a submission slamming or spiking the head and neck of the opponent is illegal!

The referee should not accept the same amount of damage or impact at ground and pound as accepted on a regular professional MMA bout!

Legal / Illegal techniques overview:

Rules & Fight Times	UWMA Contender
Fight time 2 x 5 Min. for single fights is possible	Fight Time 3 x 3 Min.
Punch / Kick to Head Standing	Legal
Punch / Kick to Body Standing	Legal
Lowkick	Legal
Ellbow Strikes	Illegal
Straight Kick to the Knee	Illegal
Kick / Knee Grounded Opponent	Illegal
Punching Head grounded	Legal
Punching Body grounded	Legal
Knee to Head standing	Illegal
Up Kick to the body	Legal
Up Kick to the head	Legal
Foot Stomps on standing opponent	Legal
Takedowns using neck grip only	Legal
Straight Ankle Lock	Legal
Knee Bars	Legal
Toe Holds	Legal
Heel Hooks	Legal
Reaping the Knee	Legal
Calf & Biceps Crunches	Legal
Rib/ Neck Compressions	Legal
Neck Cranks	Legal
Triangle Chokes	Legal
Rear Naked Chokes	Legal
Arm In Chokes	Legal
Twisters (all pure Spinal Locks)	Legal
Electric Chair	Legal
No Gi Ezekiel Choke	Legal
Arm Bars / Arm Locks	Legal
Wrist Locks	Legal
Unconnected Scissor Takedowns	Legal
Guillotines	Legal
Omoiplata	Legal
Gogoplata	Legal
Knee on Throat from Top	Legal
Slamming / Spiking Head	Illegal
Squeezing the Windpipe	Illegal
Smothering with hand	Legal
Unconnected Jumping Guard & Submission	Legal