



## **United Rules of Striking MMA**

**Sanctioned by the United World Mixed Martial Arts Organization (UW MMA). Any other form of these rules may not be called the “United Rules of Striking MMA” and shall be referred to by the name of the commission sanctioning the/an event.**



## **1. Duration of bouts:**

Each round shall consist of a 3-minute duration (professional), with a 1-minute rest period between rounds.

- a. No contests shall exceed 5 rounds and/or 15 minutes.
- b. Regular bouts have 3 rounds. Championship Bouts (Main Event bouts if agreed) must have 5 rounds, with a five 3-minute duration.
- c. No contestant shall exceed competing more than 6 rounds and/or 18 minutes of fighting in a 24-hour period.

## **2. Referee:**

The referee is the sole arbiter of a bout and is the only individual authorized to stop a contest. If the referee considers a disqualification or a 2-point deduction he is advised to consult the UW MMA supervisor to double check and verify before announcing his decision.

The authority of a referee begins when the inspector(s) exit the cage/ring and does not end until the inspector(s) re-enter the cage/ring, upon conclusion of the fight.

## **3. Instant replay:**

Instant replay on site must not be used to review a “Fight Ending Sequence”! This shall not preclude a video or other review of a decision under the procedure of the applicable regulatory authority if a protest is filed claiming a clear rule violation.

## **4. Protective gear:**

All fighters are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action. Points may be deducted by the referee if he/she feels the mouthpiece is being purposefully spit out.

All male fighters must wear a groin protection cup (plastic and metal material are legal).

Both fighters must wear the same model, open finger MMA-Gloves. The gloves shall have a weight from 4 to max. 8oz. Gloves must be provided by the promoter.

## **5. Boxing ring:**

If a Striking-MMA bout is being conducted in a ring and is a fighter is knocked out of the ring, the fighter must return to the ring unassisted by spectators or his/her seconds. If assisted by anyone, the fighter may lose points or be disqualified with such a decision being within the sole discretion of the referee. Once knocked from the ring, the competitor will have 5 minutes to return to fighting surface, similar to an accidental foul, but shall be examined by the ringside physician before returning to action.



## **6. Vaseline / Petroleum jelly:**

The application of petroleum jelly or another similar substance before the fight is done ringside by official Cutmen from the organization! The reapplication of petroleum jelly or another similar substance, to the face, may be allowed between rounds and shall only be applied by approved Cutmen or licensed Cornermen.

## **7. No contest:**

In instances where the fight has to be concluded due to unforeseen, non-combat related issues, the fight may go to the scorecards if one-half the scheduled rounds, plus one second (1/2 +1) have been completed.

If the non-combat stoppage occurs prior to the ½ +1 mark, the fight is to be scored a "No Contest".

## **8. 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 per hand. 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. A single layer of elastic or flex-type tape is allowed to be applied over the completed wrap.
- d. Any kind of build ups or curls on or between the knuckles are prohibited and will cause instant disqualification of the fighter!

## **9. Joint/Body Coverings:**

- a. Other than the competitor's hands, there will be no taping, covering, or protective gear, of any kind, on the upper body. This includes, but is not limited to: joint sleeves, padding, or any form of brace/body tape.
- b. A competitor may use a soft neoprene or elastic fabric type sleeve to cover only the knee and/or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties, or any other material considered to be unsafe or that may create an unfair advantage. Tape, gauze, or any materials other than the approved sleeves are not permitted.

## **10. Cage/Ring Attire:**

- a. All martial artists will be required to wear such protective gear as deemed necessary by the Commission.
- b. Male contestants shall not wear any form of clothing on their upper body.



- c. Male and female martial artists shall wear the appropriate 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.
- 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 in the cage or ring.
- 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.

## **11. Legal actions:**

- a. Generally, all martial arts style strikes, elbow strikes, kicks and knees to the legal areas of the head and body are allowed. For detailed descriptions of illegal targets and actions please refer to the fouls and illegal actions!
- b. Generally, all martial arts style throws and takedowns starting from standing position are allowed! For detailed descriptions of illegal actions please refer to the fouls and illegal notes! After a successfully applied takedown the referee will stop the fight, stand up the fighters and restart the bout standing in the middle of the fighting area. Please note: No striking or starting any kind of submission attempt on the ground is permitted!
- c. Generally, all martial arts style submission holds applied from standing position are allowed! For detailed descriptions of illegal actions please refer to the fouls and illegal notes!
  1. Any kind of submission attempt cannot take longer than 30 sec. for finalization! If the Referee considers the submission hold no more effective or the submission attempt takes longer than 30 sec. the Referee shall stop the fight and restart the bout standing in the middle of the fighting area.
  2. If a submission hold is legally applied while both fighters are standing, the submission hold must be allowed to continue if one or both fighters hit the ground! Getting grounded will not safe from the submission! If one fighter is giving up (tapping) to a submission the other fighter will win the bout "TKO by Submission".
  3. If a submission hold is legally and fully applied, the referee will indicate the locked submission by raising one hand in the air and pointing with the other hand towards the submission hold. As soon as the referee indicates the submission hold, the timekeeper must start the extra stopwatch to time the submission attempt. After 30 seconds the timekeeper must use a whistle to



give the referee the signal to stop the action and get the fighters ready for a restart in standing position in the center of the fight area. In this case the fighter who was “saved by the whistle” will get one point deducted on the judges scorecard!

4. Chaining submissions on the ground are not legal! If the original submission hold (started from standing position) is escaped, the referee will stop the fight, stand up the fighters and restart the bout standing in the middle of the fighting area.
- d. Clinching / Wrestling:  
Clinching and wrestling is generally legal. If both fighters clinch or wrestle for more than 10 sec. without any significant striking or takedown, the Referee shall call them for action. If the fighters continue stalling for another 5 sec. the referee will stop the fight and restart the bout standing in the middle of the fighting area.

## **12. Fouls:**

- a. Butting with the head;  
The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.
- b. Eye gouging of any kind;  
Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter’s eye socket are not eye gouging and shall be considered legal attacks.
- c. Biting or spitting at an opponent;  
Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.
- d. Fish Hooking;  
Any attempt by a fighter to use their fingers in a manner that attacks their opponent’s mouth, nose or ears, stretching the skin to that area will be considered “Fish hooking”. Fish hooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.
- e. Hair pulling;  
Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent’s hair to control their opponent in any way. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion.
- f. Spiking;  
Spiking the opponent to the canvas onto the head or neck (pile-driving);  
Any throw with an arc to its motion is to be considered a legal throw. It does not matter if the opponents head hits the canvas. A pile driver is considered to be any throw where you control your opponent’s body placing their feet up in the air with their head straight down and then forcibly drives the opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating the opponent, they may bring that opponent down in any fashion they desire because they are not in control of their opponent’s body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being



- slammed to the canvas.
- g. Strikes to the spine or the back of the head;  
The back of the head starts at the Crown of the head with a one 1-inch (2,5 cm) variance to either side, running down the back of the head to the occipital junction. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. It then travels down the spine with a one 1-inch (2,5 cm) variance from the spine's centerline, including the tailbone.
  - h. Throat strikes of any kind and/or grabbing the trachea;  
No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand-up action of a fight a strike is thrown and the strike lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.
  - i. Fingers outstretched toward an opponent's face/eyes;  
In the standing position, a fighter that moves their arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Referees are to prevent this dangerous behavior by communicating clearly to fighters. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.
  - j. Downward pointing elbow strike (12 to 6);  
The use of a linear "straight up straight down" elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.
  - k. Groin attacks of any kind;  
Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.
  - l. Striking, Kneeing and/or Kicking a grounded opponent is illegal!  
A grounded fighter is defined as: Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, one hand palm/fist down, and/or any other body part must be touching the fighting area floor. A single knee, arm, makes the fighter grounded without having to have any other body part in touch with the fighting area floor. At this time all strikes, kicks or knees will be not be allowed. Is one fighter grounded and no legal submission attempt is applied, the referee will stop the fight, stand up the fighters and restart the bout standing in the middle of the fighting area.
  - m. Holding opponent's gloves or shorts;  
A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.
  - n. Holding or grabbing the fence or ropes with fingers or toes;  
A fighter may put their hands on the fence and push off of it at any time. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or



- ring rope material the referee may issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial effect in the fight. If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position.
- o. Small joint manipulation;  
Fingers and Toes are small joints. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints. Grabbing the majority of fingers/toes at once is allowed.
  - p. Throwing an opponent out of the ring or caged area;  
A fighter shall not throw their opponent out of the ring or cage.
  - q. Intentionally placing a finger into any orifice, or into any cut or laceration of your Opponent;  
A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.
  - r. Straight kicks (any variation of kicks with a straight line in motion) to the knee of the opponent are illegal!  
A straight kick to the knee can create great force and impact! To protect the fighters' knees from serious injuries all straight kicks to the knees are banned!
  - s. Clawing, pinching, twisting the flesh;  
Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.
  - t. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury);  
Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the Referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight
  - u. Use of abusive language in the fighting area;  
The use of abusive language is not allowed during Striking-MMA competition. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that fighters can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (Racially motivated or Derogatory language).
  - v. Flagrant disregard of the referee's instructions;  
A fighter MUST follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification.
  - w. Unsportsmanlike conduct that causes an injury to opponent;  
Every athlete competing in the sport of Striking-MMA is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.
  - x. Attacking an opponent after the bell or break;  
The end of a round is signified by the sound of the bell (or horn) and the call of time by the Referee. Once the Referee has made the call of time, any offensive actions initiated by the fighter shall be considered after the bell and illegal. A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.  
Once the Referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall





cease all offensive actions against their opponent.

- y. Interference from a martial artist's corner or seconds;  
Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to a corner's combatant.  
Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

### **13. Procedure at intentional Fouls:**

- a. If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the fighter causing the injury shall lose by disqualification.
- b. If an intentional foul causes an injury and the bout is allowed to continue, the Referee shall notify the authorities and deduct two (2) points from the fighter who caused the foul. Point deductions for intentional fouls will be mandatory.
- c. If an intentional foul causes a laceration and/or swelling and the bout is allowed to continue, and the injury results in the fight being stopped in any round after  $\frac{1}{2}$  of the scheduled rounds, plus one (1) second of the fight has been completed, by either another legal or illegal strike, the injured fighter will win by TECHNICAL DECISION if they are ahead on the score cards; and the bout will result in a TECHNICAL DRAW if the injured fighter is behind or even on the score cards.
- d. If the fighter injures himself/herself while attempting to intentionally foul their opponent, the Referee will not act in their favor, and this injury shall be the same as one produced by a fair blow.
- e. If the Referee feels that a fighter has conducted themselves in an unsportsmanlike manner, they may stop the action of the fight to deduct points or stop the bout to disqualify the fighter.

### **14. Procedure at accidental Fouls:**

- a. If an accidental foul causes an injury severe enough for the referee to stop the bout, the bout will result in either a NO CONTEST or DISQUALIFICATION if stopped before  $\frac{1}{2}$  of the scheduled rounds, plus one (1) second of the fight has been completed.
- b. If an accidental foul causes an injury severe enough for the Referee to stop the bout after  $\frac{1}{2}$  of the scheduled rounds, plus one (1) second of the fight has been completed, the bout will result in a TECHNICAL DECISION awarded to the fighter who is ahead on the score cards at the time the bout is stopped.
- c. Partial or incomplete rounds will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.
- d. If a fighter, during the course of a round, visibly loses control of bodily function (vomit, urine, feces), the fight shall be stopped by the Referee and the fighter shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.
- e. In the event a loss of bodily function occurs in the rest period between rounds, the ringside physician shall be called in to evaluate if the combatant can continue. If the combatant is not cleared by the ringside physician to continue, that combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.
- f. If fecal matter becomes apparent at any time, the contest shall be halted by the Referee, and the offending combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.





## **15. Foul Procedures:**

If a foul is committed, the Referee shall:

1. Call Time;
2. Check the fouled martial artist's condition and safety; and
3. Assess the foul for potential point(s) deductions and/or time considerations.
4. During all time out procedures, there shall be no coaching of a contestant permitted.

## **16. Time Consideration:**

1. If a foul to the groin occurs and the competitor is able to continue, the fouled contestant may have up to 5 minutes to recover.
2. Fighters injured severely enough by a foul to require medical consultation may be given up to 5 minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.
3. At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.

## **17. Knockdown / Count Out consideration:**

- a. The 3 times Knockdown-Rule is in effect. If a fighter is knocked down to the mat (standing 8 count is also considered as a knockdown!) 3 times in one round or the fifth time in the fight, the bout is automatically over.
- b. If a fighter is knocked down to the ring floor or is thrown to the floor, he/she must get up under their own power.
- c. If a fighter is knocked down to the floor, the Referee imminently starts to count! The fighter must get up and be ready to fight before the count to 10. If the fighter is not ready to fight right after the 10-count, the Referee must stop the fight! The fighter is considered as "counted out" and loses the bout by TKO.
- d. If a fighter is thrown down to the floor and appears to be chipped or groggy by the impact and cannot get up right away, the Referee has to start to count! The fighter must get up and be ready to fight before the count to 10. If the fighter is not ready to fight right after the 10-count the Referee must stop the fight! The fighter loses the fight by TKO.
- e. Standing 8 Count is always used in Striking-MMA competition!  
If a fighter looks helpless and receives several blows to the head or body but continues to stand, not move and not defend him or herself, the referee will give the fighter a standing 8 count and, if the referee feels it is necessary, may stop the fight at that time.
- f. Any time one fighter receives a count, the other fighter must retreat to farthest neutral corner. No coaching, no drinking or any kind of treatment is permitted!
- g. For every count the fighter gets one point deducted on the judge's scorecards!
- h. Counts received for slow getting up because of exhaustion or point deductions received by submission attempts will not be considered in the 3 times Knock-Down rule!



- i. Fighters receiving a count can be “saved by the bell” at the end of any round. When the round is over during a count, the referee will stop the count and allow the fighter to go to his corner. The fighter must be able to stand and walk to his corner unassisted! If the fighter cannot stand and walk on his own to his corner, he will lose the fight by TKO.

## **18. Judging Criteria**

- a. All bouts will be evaluated and scored by 3 judges.
- b. The 10 Point Must System will be the standard of scoring a bout.
- c. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).
- d. For each knockdown or damage with count the fighter will get one point deducted at the end of the round. A submission attempt with full duration of 30 sec. is also granted with point deduction. The fighter who was caught in a strong submission attack for continuous 30 sec. will get one point deducted at the end of the round!
- e. Judges shall evaluate Martial Arts techniques, such as effective striking/wrestling/grappling (Plan A), effective aggressiveness (Plan B), and control of the fighting area (Plan C). Plans B and C are not taken into consideration unless Plan A is weighed as being even.
- f. Evaluations shall be made in the specific order in which the techniques appear in (e) above, giving the most weight in scoring to effective striking/wrestling/grappling, and effective aggressiveness, and control of the fighting area.
- g. Effective striking is judged by determining the impact/effect of legal strikes landed by a contestant solely based on the results of such legal strikes. Harder impact with damage caused is valued higher than many blows with low impact and lower damage!
- h. Effective wrestling is assessed by the successful executions and impactful/effective results coming from hard and spectacular takedowns achieved.
- i. Effective grappling attempts are assessed by the successful executions and potential fight ending submission attempts.
- j. Effective aggressiveness means aggressively making attempts to finish the fight.
- k. Fighting area control is assessed by determining who is dictating the pace, place and position of the bout.

## **19. Scoring criteria:**

- a. A round is to be scored as a 10-10 Round when both contestants have competed for whatever duration of time in the round and there is no difference or advantage between either fighter. A 10-10 Round should be a very rare exemption!
- b. A round is to be scored as a 10-9 Round when a contestant wins by a close margin; where the winning fighter lands the better strikes or utilizes more effective wrestling and grappling during the round;
- c. A round is to be scored as a 10-8 Round when a contestant wins the round by a large margin by impact, dominance, and duration of striking, wrestling or grappling in a round.



- e. A round is to be scored as a 10-7 Round when a contestant is completely dominated by impact, dominance, and duration of striking, wrestling or grappling in a round.
- f. Impact, a judge shall assess if a fighter impacts their opponent significantly in the round, even though they may not have dominated the action. Impact includes visible evidence such as swelling and lacerations. Impact shall also be assessed when a fighter's actions, using striking, wrestling and/or grappling, lead to a diminishing of their opponent's energy, confidence, abilities and spirit. All of these come as a direct result of impact. When a fighter is impacted by strikes, throws, by lack of control and/or ability, this can create defining moments in the round and shall be assessed with great value.
- g. Dominance, as Striking-MMA is an offensive based sport, dominance of a round can be seen in striking when the losing fighter is forced to continually defend, with no counters or reaction taken when openings present themselves. Dominance in the wrestling or grappling phase can be seen by fighters achieving powerful takedowns and/or achieving potentially fight ending submission attacks.
- h. Duration is defined by the time spent by one fighter effectively attacking, controlling, and impacting their opponent; while the opponent offers little to no offensive output. A judge shall assess duration by recognizing the relative time in a round when one fighter takes and maintains full control of the effective offense. This can be assessed both in striking or wrestling.
- i. Scoring of incomplete Rounds. There should be scoring of incomplete rounds. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

## **20. Types of Decisions**

- a. Submission by:
  - Tap Out: When a contestant physically uses of their body to indicate that he or She no longer wishes to continue;
- b. Verbal Tap Out: When a contestant verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue;
- c. Technical Submission: When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).
- d. Technical Knockout (TKO) by:
  - Referee Stoppage: the referee stops the contest because the combatant IS NOT INTELLIGENTLY DEFENDING HIMSELF/HERSELF;
  - 1. Strikes
  - 2. Laceration
  - 3. Corner Stoppage
  - 4. Did Not Answer the Bell
- e. TKO due to Medical Stoppage:
  - 1. Laceration
  - 2. Doctor Stoppage
  - 3. Loss of control of bodily function.
- f. Knockout (KO) by:
  - Referee Stoppage: the referee stops the contest because the combatant CANNOT INTELLIGENTLY DEFEND HIMSELF/HERSELF.
  - 1. Due to Strikes
  - 2. Due to impact from takedown or throw
- g. Disqualification:
  - When an injury sustained during competition as a result of an intentional foul is



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

h. No Contest:

When a contestant is prematurely stopped due to accidental injury and a sufficient amount of time has not been completed to render a decision via the score cards.

i. Decisions:

1. Unanimous Decision: When all three judges score the bout for the same contestant.
2. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.
3. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw;
4. Technical Decision: When a bout is prematurely stopped due to injury from an accidental foul and a contestant is leading on the score cards.

j. Draws:

1. Unanimous Draw – When all three judges score the bout a draw.
2. Majority Draw – When two judges score the bout a draw.
3. Split Draw – When all three judges score differently and the score total results in a draw.
4. Technical Draw – When an injury is sustained during competition as a result of an intentional foul and the bout was allowed to continue, then later the injury requires stoppage from either a legal or illegal strike to the affected area after ½ of the scheduled rounds, plus 1 second has been completed, if the injured contestant is even or behind on the score cards at the time of stoppage, the decision is a Technical Draw.

## **21. Weight Classes:**

- Atomweight max. 105 lbs. (47,6 kg)
- Strawweight over 105 to 115 lbs. (52,2 kg)
- Flyweight over 115 to 125 lbs. (56,7 kg)
- Bantamweight over 125 to 135 lbs. (61,2 kg)
- Featherweight over 135 to 145 lbs. (65,8 kg)
- Lightweight over 145 to 155 lbs. (70,3 kg)
- Super Lightweight over 155 to 165 lbs. (74,8 kg)
- Welterweight over 165 to 170 lbs. (77,1 kg)
- Super Welterweight over 170 to 175 lbs. (79,4 kg)
- Middleweight over 175 to 185 lbs. (83,9 kg)
- Super Middleweight over 185 to 195 lbs. (88,5 kg)
- Light Heavyweight over 195 to 205 lbs. (93,0 kg)
- Cruiserweight over 205 to 225 lbs. (102,1 kg)
- Heavyweight over 225 to 265 lbs. (120,2 kg)
- Super Heavyweight over 265 lbs. (120,2 kg)

- a. Tolerance: Regular bout max. 1 Pound (0,45kg). Championship bout no tolerance!
- b. Allowances per Division: Atom- to Bantamweight 3 lbs. (1,4kg) / Feather- to Welterweight 5 lbs. (2,3kg) / Super Welter- to Super Heavyweight 7lbs. (3,2kg)
- c. Weight Miss Catch Weight: If a person misses the contracted weight and the two competitors are in different weight classes, the heavier opponent shall not exceed



the allowance given under paragraph b.

- d. Contracted Catch Weight(s): there is no weight spread allowance between contracted catch weight fighters, so long as both competitors are below the maximum contracted weight. Commissions may deny Catch Weight fights if they see the weight differential as a large enough disparity to the safety of either of the fighters.

## **22. Special Regulation for “Newcomer”**

To be considered a “Newcomer” in Striking-MMA the UWMMA allows a fighter to have a maximum of 5 Striking-MMA fights.

Newcomer rules have only these minor differences:

- Strikes with elbows are illegal
- Fight time is 3 rounds of 3 Minutes

## **23. Special Regulation for “Teenager”**

The UWMMA is offering a ruleset for Teenager (16 & 17 years).

Teenager rules have these minor differences:

- Strikes with elbows are illegal
- Kicks with the knee to the head are illegal
- Kicks direct to the knee are illegal
- Twisted submissions (like heel hook, twister) and neck cranks are illegal
- Slams and throws on the head and neck are always illegal
- Teenager must wear combined shin-footpads (neoprene or fabric)
- Teenager must wear a short sleeve rashguard on upper body
- Teenager only can fight with 8oz (heavy padded) amateur MMA gloves.
- Fight time is 2 rounds of 3 Minutes (no extra round allowed!)

## **24. MEDICAL REQUIREMENT BY UWMMA**

1. Blood Work: All contestants in all bouts shall be tested for Hepatitis B, Hepatitis C, and HIV by a laboratory approved by the Commission. The initial test for Hepatitis B, Hepatitis C, and HIV shall not be older than 4 weeks from day of competition.
2. Weigh In: The official weigh in must be completed between 34 hours and 4 hours prior the scheduled start of the event. Within these limits the promotor must schedule the detailed time for the events weigh in.
3. Physical: Pre-fight and Post-fight physical examination is mandatory!
4. Female Fighters: Each female contestant, during the pre-fight physical, will be required to pass a pregnancy test administered under the direction of the examining physician, or such physician's authorized assistant. Female contestants submitting written documentation acceptable to the examining physician may be waived from the pre-fight physical pregnancy test.



Additional Requirements: Random drug and PED testing can be executed by the commission or the promotion any time prior and after the bout. Failed drug and/or PED testing will result in disqualification and a ban from all UWMMA sanctioned competitions for a minimum of 12 months. If the promotor has no other contract obligations UWMMA will handle the testing for PED's and banned substances in cooperation with the "[Institut für Biochemie der DSHS Köln](#)". All costs for the testing and handling of the test samples must be paid by the promotor.





## **Appendix A: Officiating**

### **REFEREE & JUDGES COMMITTEE**

(Minimum requirements for small events / no TV / no PPV)

The minimum referee committee (Officials) for one combat area at any UW MMA sanctioned events must consists of:

- One (1) Referee to work inside the combat area
- Three (3) Judges scoring the fights
- One (1) Technical Assistant - Timekeeper
- One (1) Technical assistant – Score Card keeper
- One (1) Supervisor
- Two (2) Inspectors (one for the red and one for the blue corner)
- One (1) Doctor

### **REFEREE, JUDGES & ASSISTANT COMMITTEE**

(Requirements for major international Championships / big TV productions / PPV sales)

The minimum referee committee (Officials) and Assistants for one combat area at major international tournaments (such as international Championships / TV productions / PPV sales) consists of:

- Two (2) Referee to work inside the combat area
- Four (4) Judges scoring the fights
- One (1) Technical Assistant - Timekeeper
- One (1) Technical Assistant - Score Card keeper
- One (1) Supervisor
- One (1) Doctor at combat area
- One (1) Doctor backstage
- Six (6) Inspectors (three for the red and three for the blue corner)
- Two (2) Cutmen to apply petroleum jelly prior the fight and work on fighter
- Four (4) Cutmen or Hand wrappers for backstage hand wrapping

### **Job description and duties of the team members:**

- Referee inside the combat area: Main and sole arbiter of the fight, he supervises all actions inside the combat area.
- Judges: Neutrally and fair scoring of the fight according to the UWMM rules and regulations.
- Timekeeper: Taking the official fight time in team with the inside referee.



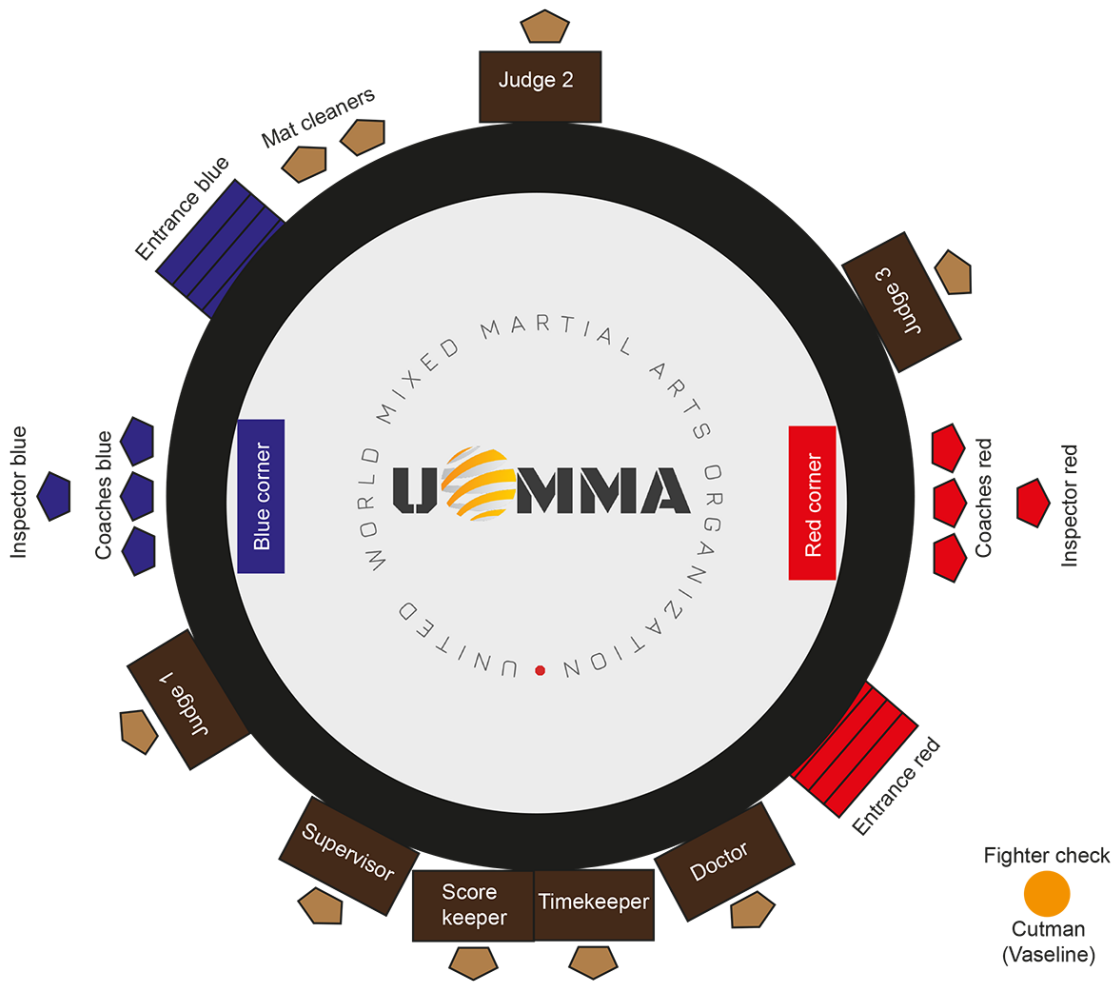
- Scorecard keeper: Collecting the scores (cards or digitally), noting point deductions, and protocolling the final result into the computer system or on the manual combined scorecard.
- Supervisor: Overseeing the team and enforcing protocols according to the rules and regulations of UW MMA. Announcing the result of the fight.
- Doctor: In team with the referee responsible for the fighter's health and medical safety.
- Corner Inspectors: Supervising and guiding the cornerman during the fight and in the breaks.
- Backstage Inspectors: Identifying, controlling, and guiding the fighters backstage. Checking and signing hand wrapping, pre checking of the fighting uniform and equipment.
- Cutman: Applies petroleum jelly on the fighters face prior the fight. Assisting the cornermen during the breaks by taking care of the fighters' injuries, cuts and bruises.
- Hand-Wrappers: Backstage Hand-Wrappers or Cutmen preparing and wrapping the fighters' hands according to the UW MMA rules and regulations.
- Backstage Inspectors: Identification of the fighters in the warmup area. Guiding the fighters on time and in fight order to the preparation area. Checking and preparing the fighters ready for competition. Guiding the fighters on time and in fight order to the assigned combat area.

#### **Attire and clothing for officials' team members:**

- Pants: All officials must wear solid black suit or golf style pants. No track suit pants, no jeans, no shorts. Cutmen are allowed to wear black, long track suit pants inside the combat arena.
- Shirts: All officials must wear the provided UW MMA or Tournament T-Shirt / Polo Shirt. The shirts must be mainly in black color and only logos approved by the tournament director can be displayed on the official's uniform! In colder environment the officials can wear a black, long sleeve rashguard underneath the official shirts.
- Shoes: All officials must wear mainly (90%) black colored sports shoes.
- Socks: All officials must wear black socks.
- Gloves: The referee and cutmen must wear black rubber gloves while on duty. Doctor and medical staff can wear black, blue or white rubber gloves on duty.
- Glasses and jewelry: The referee must not wear glasses, a watch or any kind of jewelry while he is working inside the combat area.
- The use of mobile phones during the fights is not allowed!



## Combat area seating and positioning





## UWMMA quality management for neutral and objective scoring

For better transparency and to reduce the subjective view on the scoring of a round under UWMMA it is mandatory to use the memory card for scoring.

On the UWMMA judges memory card the judges must take notes and protocol the techniques of the round by type of action, by numbers (volume) and by quality (effectiveness).

To achieve this „on the action“ protocol the memory card is organized in four key fighting situations (Striking in Stand Up / Takedowns / Strikes on Ground / Grappling) for both fighter colors. Within these 4 levels of the fight the Judges note and evaluate the shown techniques in a three-tier system to break down the numbers and quality off he shown fight action.

Event:	Ring:		Fight No.:	Judge:
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### Memory sheet

Round 1	Blue corner	Red corner
Striking (standing)		
Takedowns		
Strikes on ground		
Grappling		
Score		

Round 2	Blue corner	Red corner
Striking (standing)		
Takedowns		
Strikes on ground		
Grappling		
Score		

Round 3	Blue corner	Red corner
Striking (standing)		
Takedowns		
Strikes on ground		
Grappling		
Score		

Round 4	Blue corner	Red corner
Striking (standing)		
Takedowns		
Strikes on ground		
Grappling		
Score		

Round 5	Blue corner	Red corner
Striking (standing)		
Takedowns		
Strikes on ground		
Grappling		
Score		

Use symbol "I" for good, symbol "O" for hard and very good impact or techniques and symbol "+" for damage and significant techniques



To make the memory sheet quick and easy to fill out during the fight and also gathering detailed information about the volume and quality of the action UWMMA developed the following 3 tier system to make their notes.

### **Striking and kicking in standup fight:**

Slash: Symbol „I“ is used for a clear hitting punch, kick, low kick, etc., no matter how hard the impact on the opponent is.

Circle: Symbol „O“ is used for a clear hitting punch, kick, low kick, etc., with strong impact on the opponent. Visible signs of strong impact are for example visible pain reaction, achieving swelling or abrasions, showing visible marks of impact on the head or body.

Plus: Symbol „+“ is used for a clear hitting punch, kick, low kick, etc., with very strong impact on the opponent. Visible signs of very strong impact are for example knocking down the opponent, gaining a clearly recognizable weakened body control in the opponent, opening cuts, etc....

### **Takedowns:**

Slash: Symbol „I“ is used for a technically simple or small takedown like slowly dragging or pulling the opponent to the ground with no prior lifting up the opponent or no high impact to the opponents' body at the landing. To achieve any takedown score, the opponents' body must be clearly put and hold on the ground for at least 2 seconds!

Circle: Symbol „O“ is used for a good quality technical takedown. For example, shooting into the opponent with speed and force, lifting up the opponent and throwing the opponent with high elevation and amplitude, causing high impact to the opponents' body at the landing etc.

Plus: Symbol „+“ is used for a high-quality technical takedown with high force, visible strong impact and gaining clearly recognizable weakening of the opponent.

### **Striking during the ground fight:**

Slash: Symbol „I“ is used for a clear hitting punch, no matter how hard the impact on the opponent is.

Circle: Symbol „O“ is used for a clear hitting punch, with strong impact on the opponent. Visible signs of strong impact are for example visible pain reaction, achieving swelling or abrasions, showing visible marks of impact on the head or body.

Plus: Symbol „+“ is used for a clear hitting punch, with very strong impact on the opponent. Visible signs of very strong impact are for example gaining a clearly recognizable weakened body control in the opponent, opening cuts, etc....



### **Grappling / Ground fighting:**

**Slash:** Symbol „/“ is used for achieving clearly dominant attacking positions such as mount, back-mount or crucifix. Simple holding positions (for example side control) are only considered as control and not be scored in the grappling part.

**Circle:** Symbol „O“ is used for a good quality submission attempt. To achieve this score, the opponent must be caught in a locked submission causing him only to focus on defending the submission.

**Plus:** Symbol „+“ is used for a high quality and very strong submission attempt. To achieve this score, the opponent must be caught in a fully locked submission with getting him to almost tap out or falling asleep.

UWMMA certified judges must have attended and mastered the UWMMA training course for judges and referees. By that they are educated in evaluating their notes and the protocolled actions to transfer the notes into the “10 point must system” result.

At the end of every round the judges are analyzing their memory sheet to determine the winner of the round and then must send their single round scorecard to the scorecard keeper.



