



United Rules of Striking MMA

Short version English

Striking-MMA is a new, exciting full contact combat sports.

It is developed and sanctioned exclusively by the UWMMA.

Many fighters from mainly striking based disciplines want to test their skills in MMA. For good reason these athletes are hesitating to enter full MMA events because of the strong advantage for wrestlers and grapplers based on the rules. Two thirds of the Unified Rules MMA fighting system are in favor of wrestlers and ground fighters. As soon as they have been taken down, under classic MMA rules the strikers almost have no chance to score back the round.

Some countries and national governing sports bodies do not allow MMA or any combat sports with striking or kicking a grounded opponent. This makes it difficult for promoters to find reasonable priced venues or even get local government permission for MMA events.

TV channels around the globe are struggling to educate the regular fan and viewer of combat sports about the very complex art of ground fighting.

Therefore, many viewers feel a little bored when MMA fights are taking place a long time on the ground.

Many countries do not allow MMA on regular TV or only allow MMA on TV very late at night. These circumstances complicate the task to find sponsors or advertising partners for TV or Cable providers.

For all this groups and demands Striking-MMA is the perfect answer!

Fast paced fighting, action packed striking combined with spectacular throws and takedowns.

Viewer friendly, with only minimum clinch work or fighting on the ground.

No punching and kicking of a grounded opponent. Striking-MMA is absolutely suitable for TV and MMA opposing countries.

1. Fight times:

Regular Fight 3 x 3 minutes (1-minute break)
Pro Title Fight (or Main Event if agreed) 5 x 3 minutes (1-minute break)
Newcomer / Amateur Fights 2 x 3 minutes (1-minute break)
Teenager (16 & 17 years) 3 x 2 minutes (1-minute break)

2. Accepted competition areas:

Boxing ring / MMA-Cage / Rage (minimum diameter 6m)

3. Safety equipment:

Gloves: MMA style gloves with open fingers, min. 4oz max. 8oz.
Both competitors must wear the exact same model of gloves, only the color of the gloves can be different. The gloves must be provided by the promoter!

Mouthguard: Wearing a mouthguard is mandatory!

Groin protection: All male fighters must wear a suitable groin guard! The cup of the groin guard can be made out of metal or plastic. Female fighters are allowed to wear a groin guard.

Hand wrapping / Tape: Wrapping the hands is permitted. All hand wraps must be according to the Unified Rules of MMA issued by the ABC. Build ups, curls or other creations are not legal! Tape on all other parts of the body is not legal!

Supports: Knee- and ankle supports made of neoprene or elastic fabric are allowed. The supports must not have any kind of plastic or metal parts attached or inside!

Newcomers can, Amateurs and Teenagers must wear combined Shin & Footpads made of neoprene or similar elastic material! Minimum 1 cm foam pads on shin and foot!

4. Apparel:

Adult male pro athletes are fighting shirtless.

Amateur athletes must wear a rash guard (short arms)

Female athletes must wear a rash guard (short arms) or any kind of suitable sports top.

Teenagers (16 & 17 years) must wear a rash guard (short arms).

All athletes can choose between MMA-Shorts, short Tights or Spats.

Wearing Kickboxing trunks or Gi pants with long legs is not permitted!

5. Legal actions:

During the standup fight, all kinds of kicks and punches to the head, upper body and low kicks are legal. Open hand strikes (like slaps) are not permitted!

Pro Fights: Strikes with elbows and knees are legal.

Newcomer can agree to not use elbow strikes.

*Amateurs and Teenagers must not use any elbow strikes and no knees to the head!

Kicks, punches, knees and (*elbow strikes) to the legs and the lower body are legal.

Kicks in straight line to the knee and groin blows to the groin are illegal!

All kinds of throws and takedowns from Judo, Wrestling, Sambo and others are legal. In adult pro fights, slamming the opponent is legal.

Spiking the head into the ground or all throws with head or neck first into to the ground are illegal!

Grappling, Ground fighting and Ground & Pound are *basically not permitted!

As soon as one fighter is grounded (3 Point grounded rule) no more punches and kicks are allowed. No grappling is allowed! The referee will stop the action and will restart the fight standing in the center of the fighting area.

*All locks and chokes (submissions) are legal as long as they are applied while both fighters are standing.

If a submission hold is legally applied in a standing position, going to the ground will not save the fighter! All legally (while standing) applied submissions can be continued even if the fighters will be going to the ground!

The submission attempt can be executed for max. 30 sec. If a fighter is tapping out, his opponent will win the fight immediately! If there is no tap out after 30 sec. the referee will stop the action and will restart the fight standing in the center of the fighting area. In this case the fighter who was trapped in the submission hold will get one point deducted (similar to the one-point deduction for knock down) by the judges.

Clinch and working on the fence, ropes or corner is allowed. But both fighters must show permanent action. If the action is too slow, the referee will separate the fighters and restart the fight.

6. Knock Down / Knock Out:

If a fighter gets knocked down by punch or kick the referee will start to count. The fighter must be ready to fight before the referee counts to ten.

If a fighter is rocked by a throw or weakened after a strong submission attempt the referee will start to count. The fighter must be ready to fight before the referee counts to ten. These counts will not be considered as Knock-Down counts but will also result in a one-point deduction per count!

A fighter can be given the count for a Knock-Down two times during one round. A third time giving the Knock-Down count in one round will result in TKO! Receiving the fifth Knock-Down count in a fight, will make the fighter loose by TKO.

For every time receiving the count, the fighter will get one point deducted on the scorecards. The point deductions will be calculated into the score at the end of each round.

Getting the count will not automatically make the score 10-8 for the opponent!

7. Judging the fight:

All Striking-MMA fights will be judged by using the „10 Point must System“ according to the Unified Rules of MMA supervised by the ABC.

8. Weight classes:

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

Tolerance: Regular fight max. 1 Pound (0,45kg) / Title fight, no tolerance!

9. Please note:

This document is only a short version of the rules book for Striking-MMA! For more details and better understanding please refer to the complete [rules book](#) provided on the website of the UWMMA!

Striking MMA philosophies and principals

Striking MMA is all about safety, fairness and viewer friendliness!

Two thirds of the Unified Rules based MMA fighting system are in favor of wrestlers and ground fighters. As soon as the fight has been taken to the ground, under classic MMA rules, striking sports based competitors almost have no chance to get back up and score back in the round.

Striking MMA rules create a fair balance!

Striking based fighters can use their capabilities in standup and at distance. Strikers can finish a fight with knock out or score point deductions for knock downs.

During the infight or clinch, wrestlers can use their techniques to score with throws and takedowns.

Wrestlers can finish a fight with knock out causing throws or they can score point deductions when the opponent is rocked after high impact throws and gets the count.

Grapplers can use their skills to achieve spectacular and fight ending submissions out of infight situations.

Grapplers can finish the fight by tap out to a submission or they can score point deductions when the opponent is saved from a submission by the 30 second rule.

The Striking MMA rules set creates viewer friendly, fast and action-packed fights.

The chances for all different fighting styles are evenly and fair distributed in the Striking MMA rules.

By the use of all the aspects and areas of fighting, Striking MMA is defined as a real and authentic mixed martial arts discipline.