



United Rules of professional MMA

Worldwide recognized rules for professional Mixed Martial Arts events, sanctioned by the

United World Mixed Martial Arts Organization.

Any other form of these rules may not be called the “United Rules of professional 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 5-minute duration, with a 1-minute rest period between rounds.

- a. No contests shall exceed 5 rounds and/or 25 minutes.
- b. Regular bouts have 3 rounds. Championship Bouts (Main Event bouts if agreed) must have 5 rounds, with a five 5-minute duration.
- c. In case of a tournament, the fight time of the semifinals can be reduced to 3 rounds of 3 minutes. The final must be 3 rounds of 5 minutes!
- c. No contestant shall exceed competing more than 6 rounds and/or 30 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 UWMMA 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. 6oz. Gloves must be provided by the promoter.

5. Boxing ring:

If an 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 up to 5 minutes to return to fighting surface, like 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 UWMMA approved or licensed Cornermen.

7. No contest:

In instances where the fight must 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 wristband of the competitor's glove. The exposed base of the 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 wristband 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! The medical tape must not cover the knuckles (minimum distance medical tape to knuckles is 0,5")

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 other medical materials underneath the sleeves must be inspected and authorized by the UWMMA officials!

10. Cage/Ring Attire:

- a. All martial artists will be required to wear such protective gear as deemed necessary by UWMMA.
- b. The fighters must be marked with corner color matching red or blue duct tape wrapped around the wrist of their gloves. A fighter must not wear gloves or any protection gear in the color of his opponent's corner!
- c. Male contestants shall not wear any form of clothing on their upper body.
- d. Male and female martial artists shall wear the appropriate trunks, mouthpiece, and gloves. Male martial artists shall also wear the appropriate groin protection.
- e. 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.
- f. The hem of loose-fitting trunks or pants may not extend below the knee. Body tight fitting pants (like spats) are allowed and must not extend over the knee.
- g. Fighting shorts/trunks/pants shall not have exposed Velcro's, pockets, or zippers.
- h. 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.
- i. Martial artists shall not wear shoes in the cage or ring.
- j. 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.
- k. The wearing of jewelry (including tongue piercings!) will be strictly prohibited during all contests.
- l. 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, kicks and knees to the legal areas of the head and body are allowed. Striking during ground fighting is generally legal. 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 are allowed! For detailed descriptions of illegal actions please refer to the fouls and illegal notes!
- c. Generally, martial arts style submission holds and Grappling moves are allowed! For detailed descriptions of illegal actions please refer to the fouls and illegal notes! *Please note: If both fighters are stalling in the ground fighting for more than 20 sec. without any significant striking, submission attempts or showing the willingness to advance into a more dominant position, the Referee shall call them for action. If the fighters continue the stalling for another 5-10 sec. the referee should stop the fight and restart the bout standing in the middle of the fighting area.*

- d. **Clinching / Wrestling:**
 Clinching and wrestling is generally legal. *Please note: If both fighters clinch or wrestle for more than 20 sec. without any significant striking or takedown attempt, the Referee shall call them for action. If the fighters continue stalling for another 5-10 sec. the referee should 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. **Variance 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) 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 or downwards when reaching toward their opponent.
- j. Elbow Strikes:
Originally, all elbow strikes are banned under the UWMMA United Rules of MMA!
In the case a promotion demands the use of elbows, then downward pointing elbow strikes (12 to 6) are illegal! 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. Kneeing and/or kicking a grounded opponent to the head is illegal:
A grounded fighter is defined when any other part of the body than the soles of the feet is touching the ground. When one hand (palm or fist, fingers only is not enough!) is touching the ground, the fighter is considered grounded. 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, kicks or knees to the head will not be allowed.
- m. Stomping of a grounded fighter:
Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel.
Axe kicks are not stomping. Foot stomps to a standing fighter are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.
- n. 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 if 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.
- o. 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

fence, grabbing 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, or because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fight should be re-started by the referee, standing in a neutral position.*

p. Small joint manipulation;

Fingers and Toes are small joints and are not allowed to be bend or manipulated if grabbed single. Grabbing and bending the majority (3 and more) of fingers/toes at once is allowed. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints.

q. Throwing an opponent out of the ring or caged area;

A fighter shall not intentionally throw their opponent out of the ring or cage.

r. 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.

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 a 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 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 or judges and inspectors 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; send Fighters to a neutral corner.
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. *If a foul causes a cut or bleeding injury, the cutman is allowed to enter the fighting area to work on that specific cut caused by the foul. The cutman must not work on other cuts or bleedings!*
5. During all time out procedures, there is no coaching of every contestant permitted!

16. Time Consideration:

1. If a foul to the groin occurs or an eye poke has happened, 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 recovery time. *In the case of eye pokes, the ringside physician can relieve the pain by using cool towels, ice packs and such. After max. 5 minutes the ringside physician must make the decision if the fighter can continue the fight.*
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. Judging Criteria

- a. All bouts will be scored by 3 UWMMA certified judges.
A UWMMA trained scorecard keeper and one UWMMA timekeeper is mandatory.
- 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. UWMMA does not accept the score of 10-10 rounds (Only exemption: Unfinished, short rounds in case of technical decisions can be scored 10-10.)
- d. 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.
- e. 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.

- f. 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!
- g. Effective wrestling is assessed by the successful executions and impactful/effective results coming from hard and spectacular takedowns achieved.
- h. Effective grappling attempts are assessed by the successful executions and potential fight ending submission attempts.
- i. Effective aggressiveness means aggressively making attempts to finish the fight.
- j. Fighting area control is assessed by determining who is dictating the pace, place and position of the bout.

18. Scoring criteria:

- a. A round can only be scored as a 10-10 round when the fight is stopped before ½ of the round is officially over and a technical decision requires the round to be scored! If the round is stopped after ½ of the round is finished, judges must find a winner of the round!
- 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 and overwhelmingly 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 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.

19. 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 ACTIVELY 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 ACTIVELY 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 is a draw.
 - 4. Technical Draw – When an injury is sustained during competition because of an intentional foul and the bout has been 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.

20. 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 175 lbs. (79,4 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)
Heavyweight over 205 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, as long as both competitors are below the maximum contracted weight. UWMMA may deny Catch Weight fights if they see the weight differential as a large enough disparity to the safety of either of the fighters.

21. Special Regulation for “Newcomers”

To be considered a “Newcomer” in MMA, UWMMA allows a fighter to have a maximum of 5 MMA (or similar style full contact sports) pro fights.

Newcomer fights can be sanctioned by UWMMA by the use of the UWMMA Class A Contender rules set.

22. Special Regulation for “Teenager”

As sanctioning body for professional events, UWMMA is offering an own ruleset for Teenager or Kids.

In case a teenager MMA fight is scheduled on a UWMMA sanctioned event, this fight must follow the UWMMA Amateur MMA rules for the respective age and division of the fighters!

23. 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 UWMMA 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 / TV production / 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:

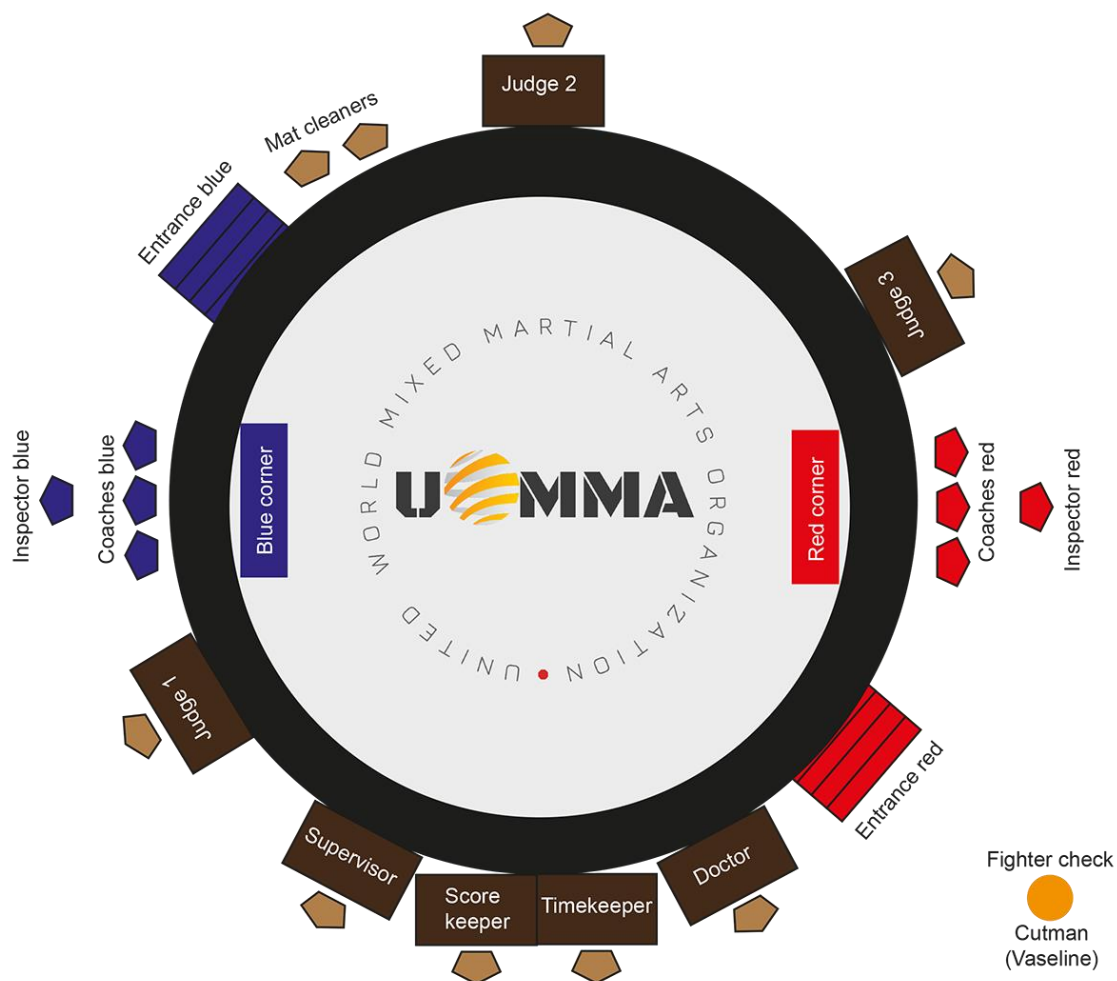
- Referee inside the combat area: Main and sole arbiter of the fight, he supervises all actions inside the combat area.
- Judges: Neutrally and fair scoring of the fight according to the UWMM rules and regulations.
- Timekeeper: Taking the official fight time in team with the inside referee.
- Scorecard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