



## **MMA Light Contact Competition Regulation**

### **RING/FIGHTING AREA REQUIREMENTS AND EQUIPMENT**

*Mixed martial arts contests and exhibitions may be held in a fenced area (a cage), in a ring or on a tatami mat (padded foam). The fighting area must be no smaller than 5 meters square.*

*Fenced area and Ring used in a contest or exhibition must meet the following requirements:*

*The fenced area must be circular or have at least six equal sides and must be no smaller than 5 meters wide.*

*The ring must be no smaller than 5 meters square. One corner shall have a blue designation and the corner directly opposite must have a red designation. The ring floor must extend at least 50 centimeters beyond the ropes. There must be 3 ring ropes.*

*The fenced area and ring floor must be padded with ensolite or similar closed-cell foam, with at least a 4 centimeters layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform, with a top covering of canvas or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges must not be used.*

*The fenced area and ring platform must not be more than 130 centimeters above the floor and must have suitable steps for the use of the combatants.*

*The tatami mat shall not be less than 4 centimeters thick.*

<sup>1</sup>

---

<sup>1</sup> Light Contact Regulation

## **ROUND LENGTH**

*Each MMA contest is to be for 2 rounds, each round is no more than 4 minutes duration, with a rest period of 1 minute between each round.*

*Only in tournament competitions, in case of draw, there will be an extra round.*

## **WEIGHT DIVISIONS AND WEIGHING**

*All athletes will be weighted at the moment of the registration.*

*Male and Female classes for MMA contests and the weights for each class shall be:*

*Flyweight 56.7 kg and under*

*Bantamweight over 56.7 to 61.2 kg*

*Featherweight over 61.2 to 65.8 kg*

*Lightweight over 65.8 to 70.3 kg*

*Welterweight over 70.3 to 77.1 kg*

*Middleweight over 77.1 to 83.9 kg*

*Light Heavyweight over 83.9 to 93 kg*

*Heavyweight over 93 to 120.2 kg*

*Super Heavyweight over 120.2 kg*

*The participants must weigh no more than that permitted for the relevant weight division.*

*Minors are also divided into two more categories, from 10 to 13 years old and from 14 to 17 years old.*

## **PROTECTIVE EQUIPMENT AND APPAREL**

*Needed: Gloves of 4 to 6 ounces, gloves should be supplied by the promoter;*

*Mouthpiece; Slip-on or K1 Style Shinguards; Groinguard (for male athletes) and Chestguard (for female athletes).*

*Optional: Headgear (Boxe or K1 Style) with head protection.*

*Forbidden: Shinguards with separated feet; Headgear with grid or chin protection and rigid Chestguard.*

*Men Apparel: each contestant shall wear mixed martial arts shorts, vale tudo shorts or compression pants. Rashguard or Shirtless. Barefoot, shoes and any type of padding are prohibited.*

*Women Apparel: each contestant shall wear mixed martial arts shorts, vale tudo shorts, compression pants or skirt. Rashguard, Tank top (close-fitting) or Top. Barefoot, shoes and any type of padding are prohibited.*

*A combatant may not wear any jewelry or other piercing accessories; also excessive use of grease or any other foreign substance may not be used on the face or body.*

<sup>2</sup>

---

<sup>2</sup>Light Contact Regulation

## JUDGING

*All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area.*

*The referee may not be one of the 3 judges.*

*The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).*

*Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the ring/fighting area, effective aggressiveness and defense.*

## TYPES OF CONTEST RESULTS

### Submission

- Physical Tap Out
- Verbal Tap Out (Stop)

*If one fighter achieves a submission hold, the fighter trapped in the hold can call defeat by tapping out on his opponent's body or the mat, or by making a verbal announcement. Some defeated fighters fail to tap out and become incapacitated. In such cases, the referee calls an end to the fight.*

*If the Referee should perceive a real danger of injury, in order to protect the safety of the athlete, he shall stop the fight in anytime.*

### Technical knockout (TKO)

*• When Referee stops the contest, Technical Knock Out (TKO) and by Ground and Pound*  
*A technical knockout, when a fight is ended by the referee or the doctor, can be called in a few ways.*

*The referee can call one when a fighter is no longer "intelligently" defending himself, (after 7 seconds counted by the referee) usually due to an effective attack by his opponent; an effective attack could be "the Ground and Pound" Technique. The aim of G&P is to get and maintain a dominant position on the opponent to the ground and hit him repeatedly with fists.*

*When an injury as a result of a legal maneuver is severe enough, to stop the doctor in who determinates the bout. The injured contestant loses by technical knockout (TKO).*

<sup>3</sup>

### Judges' Decision, via the scorecards

#### • By Judges decision

The ten-point must system is in effect for all fights; three judges score each round and the winner of each receives ten points, the loser nine points or less. If the round is even, both fighters receive ten points.

Victory is obtained by adding the scores up. The one who gets the highest score wins.

Depending on scoring, a match may end as:

Victory by Unanimous decision (all three judges score a win for the same fighter)

Victory by Split decision (two judges score a win for the same fighter and the third for the other One) <sup>4</sup>

Victory by Majority decision (two judges score a win for the same fighter with one for a draw)

Draw.

### Disqualification

Disqualification may occur after any combination of fouls or after a flagrant foul, after engaging any unsportsmanlike conduct that causes an injury to the opponent, using an illegal and forbidden technique. at the discretion of the referee.

## **ALLOWED TECHNIQUES AND ILLEGAL TECHNIQUES**

The "Unified Rules of MMA" establish a number of rules that fighters must follow. If a fighter should fail to follow these rules he will be deducted a point or be disqualified from the match.

### Striking

A fighter must guard and weaken each strike he brings.

It's allowed hit the opponent with fists and kicks allover the body, with knee only on the body, not on the head. The standing athlete can hit the opponent on the ground with fists, allover the body, knees to the body and kicks to the legs; instead the athlete on the ground can hit the opponent with low or middle kicks to the legs or up kicks to the body.

To establish if an athlete is standing or on the ground is used the rule of the 3 supports.

### Wrestling and Grappling

Wrestlings starts when one of contestant tries to takedown the other or when they both try to takedown without using striking moves.

It's allowed to keep distance from the opponent on the ground using your legs, if the takedown is to floor.

The athlete still standing can try to strike the opponent or go on top, keeping an active phase of the combat. If this does not occur the referee will stop the encounter and restart again standing.

The wrestling phase is left to discretion of the referee but it must always be active.

To be consider so, the athlete must work on finding position of domination or exit from this last, attack the submission to obligate the surrender of the opponent or strike in

---

<sup>4</sup> Light Contact Regulation

the allowed body part. The ground wrestling will always be suspended by the referee in the case the situation is stalled.

### **Allowed Techniques**

A fighter must guard and weaken each strike he brings.

During the standing phase of the fighting, the athlete can hit the opponent only with clenched fist, with the knuckles; kicking the head, the body or the legs; kneeing only to the body and to the legs.

All takedowns are allowed but it's strictly forbidden takedown the opponent grabbing only the neck as well as takedown intentionally the opponent to the ground on the neck or on the head.

At the ground phase it's allowed to strike to the body and to the face.

All submission are allowed but it's strictly forbidden to do neck and spine levers

Any choke, except grabbing the trachea

Any armbar, shoulder, elbow or wrist lock

Any legbar, straight kneebar or straight ankle lock, twisting ankle lock is allowed only with the hands in "figure four position"

### **Illegal Techniques**

In Light Contact contests the KO is strictly forbidden. A fighter must guard and weaken each strike he brings.

Butting with the head, elbow, shoulder or forearm

Backfist, spinning backfist, hit with open hand (Hit only with clenched fist, with knuckles)

Hit directly the knees

Grab and slam the opponent's head

Eye gouging of any kind

Biting or scratching

Clawing, pinching or twisting the flesh

Hair pulling or ears grabbing

Fish hooking.

Groin attacks of any kind.

Putting a finger into any orifice or into any cut or laceration on an opponent. (see Gouging)

Small joint and fingers manipulation

Striking to the spine or the back of the head (see Rabbit punch)

Striking downward using the point of the elbow (see Elbow (strike))

Throat strikes of any kind, including, without limitation, grabbing the trachea.

Grabbing the clavicle.

Kicking the head of a grounded opponent.

Kneeing the head of a grounded opponent.

Stomping a grounded opponent.

Kicking to the kidney with the heel

Heel hook

Can opener

Twisting knee locks

Any slams

Takedown intentionally on neck or head

5



Head's opponent grabbing  
 Spiking an opponent to the canvas on his head or neck. (see piledriver)  
 Throwing an opponent out of the ring or fenced area.  
 Holding the shorts or gloves of an opponent.  
 Spitting at an opponent.  
 Engaging in unsportsmanlike conduct that causes an injury to an opponent.  
 Holding the ropes or the fence.  
 Using abusive language in the ring or fenced area.  
 Attacking an opponent on or during the break.  
 Attacking an opponent who is under the care of the referee.  
 Attacking an opponent after the bell (horn) has sounded the end of a round.  
 Flagrantly disregarding the instructions of the referee.  
 Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.  
 Interference by the corner.  
 Throwing in the towel during competition  
 Applying any foreign and oily substance to the hair, body or apparel to gain an advantage  
 Strictly forbidden:  
 Full Nelson  
 Crucifix Lock, standing or on the ground  
 Figure 4 Cross Face Guillotine Head Lock

## **FOULS AND PENALTIES**

Only the Referee can assess a foul. If the referee does not call the foul, judges and scorekeeper must not make that assessment on their own and should not factor such into their scoring calculations.

Using abusive language in fenced ring/fighting area, engaging in unsportsmanlike conduct, attacking an opponent after the bell has sounded the end of the round, avoiding contact with the opponent, flagrantly disregarding the instructions of the referee are not allowed, this involves the deduction of 1 point or the disqualification of the contestant who committed the foul.

If the foul is committed several times the referee can deduct points from the athlete and with it he can disqualify him on basis of the foul done. Only the referee will stop and verbally inform the contestant three times, before notifying and deducting points. The referee is the sole arbiter of a contest and is the only individual authorized to stop the match. The referee may take advice from the ringside physician with respect to the decision to stop a contest.

If an injury, sustained during competition as a result of a legal maneuver, is severe enough to terminate a bout, the injured contestant loses by technical knockout.

If an injury, sustained during competition as a result of an intentional foul, as determined by the referee, is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

If an injury, sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct 1 point from the contestant who committed the foul.<sup>6</sup>

---

<sup>6</sup> Light Contact Regulation