



UMMAFTM
USA MIXED MARTIAL ARTS KICK INTERNATIONAL FEDERATION

**MIXED MARTIAL ARTS RULES FOR AMATEUR COMPETITION
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PROTOCOL FOR COMPETITOR CORNERS

ROLE OF THE INSPECTORS

MEDICAL HISTORY ANNUAL PHYSICAL

OPHTHALMOLOGIC EXAM

PROTOCOL FOR RINGSIDE EMERGENCY PERSONNEL

PRE & POST -BOUT MEDICAL EXAM

SCOPE:

Amateur Mixed Martial Arts [MMA] competition shall provide participants new to the sport of MMA the needed experience required in order to progress through to a possible career within the sport. The sole purpose of Amateur MMA is to provide the safest possible environment for amateur competitors to train and gain the required experience and knowledge under directed pathways allowing them to compete under the confines of the rules set out within this document. It is recognized, through the International Mixed Martial Arts Federation [IMMAF] that varying country legislation may differ from region to region and this can be reflected in the resultant documentation and rules sets from the member countries. The annual IMMAF MMA World Amateur Championships may be held in differing countries and as such changes shall be facilitated and known prior to competition. What we are striving for in conjunction with the unparalleled safety conscious nature of the combatants is a unified and an aesthetically common identity of the sport of Mixed Martial Arts for amateur competition.

Vision:

The Vision of The United States Mixed Martial Arts Kick International Federation is to support the amateur competitive combat sport of Mixed Martial Arts and all developmental disciples of grappling, wrestling, kickboxing and other terms which have evolved for athletes by promoting wellness in mind, body and spirit while giving them positive life skills that can be utilized throughout the course of their lives. UMMAF is dedicated to positively serving the amateur competitive combat sports, to include, but not limited to Mixed Martial Arts. The implementation of all required (by Illinois State Law) and necessary safety measures, rules and regulations are for the protection of all combat sport athletes and the fairness in the bouts which they compete. All bouts conducted under UMMAF Sanctioning will follow All Amateur rules and regulations set forth in this document. All promoters, trainers, athletes, officials and medical staff will adhere to rules and regulations. All rules are subject to change without limitation or notice at any time. Under no circumstances may a Professional Athlete compete in any Amateur Bout. The UMMAF sanctioning of a promoter's event is a legally binding agreement and complements the athlete's, promoters, and their representatives who must comply with these rules and all the rules and regulations of the Illinois Athletic Commission in order to qualify for such sanctioning or designation. The Illinois Athletic Commission will be notified of all sanctioned events and any rule changes.

WHAT IS THE IMMAF:

Mixed martial arts (MMA) is often referred to as the world's fastest growing sport. Its popularity with athletes and followers alike is constantly increasing and there are organizations, clubs and professional companies started all around the globe. The possibilities for development of MMA are great, but as for any sport there are also challenges. In order to harness all this potential there is a need for a common point of reference, a democratic body to organize and drive the development of the sport on a worldwide basis. ***The purpose of IMMAF is to further the development and recognition of the sport of mixed martial arts, enabling international competition through the organization of national MMA federations around the world.*** Among IMMAF's members today are national federations across Austria, Belgium, Brazil, Bulgaria, Cameroon, Canada, Denmark, El Salvador, Estonia, Finland, France, Germany, Iceland, Ireland, Italy, The Hashemite Kingdom of Jordan, Lebanon, Lithuania, Mauritius,

Malaysia, Nepal, The Netherlands, New Zealand, Norway, Pakistan, Poland, Portugal, Romania, China, The Seychelles, South Africa, Sweden, Switzerland, Tajikistan, Ukraine, United Kingdom, Russia and USA *Our vision is for Mixed Martial Arts to be recognized as a sport and ultimately become an Olympic sport.* Becoming an Olympic sport is the ultimate achievement and highest formal recognition possible for any sport. Hence that is what the IMMAF will strive towards.

WHAT IS THE UMMAF:

The USA Mixed Martial Arts Kick International Federation (UMMAF) is a federally approved not-for-profit 501c3 Missouri Corporation dedicated to the advancement of safety in our sport of amateur competitive combative competition of Mixed Martial Arts, whose participating athletes as registered amateur members train and compete in Mixed Martial Arts competitive events. The UMMAF serves the International Mixed Martial Arts Federation as its exclusive National governing Body for the development of USA Mixed Martial Arts programs. The UMMAF supports the worldwide movement of the International Mixed Martial Arts Federation (IMMAF) to organize the sport of Mixed Martial Arts for eventual recognition as an Olympic sport.

AUTHORITY:

The rules and regulations within this document make up the official rules of The United States Mixed Martial Arts Kick International Federation herein after referred to as UMMAF. Regulations must be followed for all UMMAF Amateur Sanctioned Events. All individuals and groups that are associated with any UMMAF Sanctioned Event must be familiar with the rules, regulations and State/Local Ordinances. Any questions or interpretations of the regulations for an event should be directed to the assigned UMMAF Event Commissioner. Upon reaching an agreement with a promoter, all UMMAF requirements must be made within agreed time frames. Enforcement of UMMAF rules shall be the promoter, promoter's representatives, officials, and the UMMAF Event Representative's responsibility. The promoter will be responsible to ensure that authority of the officials is respected and the rules and regulations of UMMAF and the instructions of the UMMAF Event Representative are strictly adhered to and carried out. Any unsportsmanlike conduct and/or threat (verbal or physical) against an official of UMMAF will not be tolerated. No one shall interfere with the Event Representative's duties. It is the promoter's responsibility to have anyone that threatens, uses foul language or interferes with an official's duty, removed from the premises before the event can continue. Upon request free admission and or tickets must be provided to the appropriate Illinois Athletic Commission Representative, which allows total access to the competitors, officials and dressing area without restraint. Any UMMA officer, representative or official must appear before the Illinois Boxing Commission as requested. They must respond to any question or requests for documentation from any official of the Illinois Athletic Commission truthfully and to the best of their ability, including complaints, protests, and violations of the promoter, contestant, official, or UMMAF.

DEFINITIONS

“AMATUER” means an individual participating in a Mixed Martial Arts bout that has never received a monetary prize or a non-monetary prize with a value greater than fifty dollars (\$50) in any state, country, or tribal nation; and does not hold a license as a professional mixed martial artists or professional boxer issued by any state, country, or tribal nation.

“**BOUT**” means one competitive match between to contestants

“**COMPETITION AREA**” means a designate ring, cage or physical area where the contestants compete.

“**CONTEST**” means a group of bouts as a single event

“**CONTESTANT**” means a person who competes in a bout

“**DIVISION**” or “**COMMISSION**”, means a State Athletic Commission overseeing Amateur competitive combat sports

"**DRUG**" means a substance that is one (1) of the following:

. Intended for use in the:

a. diagnosis;

b. cure;

c. mitigation;

d. treatment; or

e. prevention of disease in humans or other animals

f. Intended to affect the structure or a function of the body of a human or other animal, not including food.

g. Intended for use as a component of another substance described in clause (A)(B),or(C).

“**INSPECTOR**” means an official observer for the sanctioning body

“**JUDGE**” a person trained and licensed by the UMMAF or ABC Boxing who serves as a member of a judging panel for contests, the panel is responsible for determining a decision in each bout.

“**MARTIAL ARTS**” means a discipline such as, but not limited to, karate, kickboxing, Taekwondo, Muay Thai, Kung Fu, Jujitsu. Wrestling or other sport

“**MIXED MARTIAL ARTS**” means a combat competition involving the use, subject to any applicable limitations set forth in these Unified Rules, of a combination of techniques from different disciplines of the martial arts, including, without limitation, grappling, kicking and striking.

“**OFFICIAL**” means referees, judges, timekeepers, physicians, and UMMAF Representatives involved in MMA events

“**PARAMEDIC**” means a person licensed under the Emergency Medical Services Systems Act {210 IL CS 50} as an Emergency Medical Technician – Paramedic

“**PHYSICIAN**” means a person licensed under the Medical Practices Act of 1987 {225ILCS 60} to practice medicine in all of its branches

"**PROHIBITED DRUGS**" means a drug that falls within one (1) of the following classes or types of substances:

a. Opiates.

b. Methadone.

c. Barbiturates

d. Amphetamines

e. Benzodiazepines

f. Propoxyphene

g. Cocaine

h. PCP

i. Anabolic steroids

j. Performance enhancing drugs

k. Any drug identified on the most current edition of the Prohibited List Published by the World Anti-Doping Agency (WADA)

L A drug other than one that has been either:

m. Purchased legally without a prescription, if a medical professional acting within the scope of his or her license or certification has certified that the drug will not affect the amateur mixed martial artist's fighter's ability to participate safely in a bout and the event physician agrees; or

n. Obtained by the amateur unarmed competitor under a valid prescription or order of a licensed or certified medical professional acting within the scope of his or her license or certification, if the medical professional has certified that the drug will not affect the amateur mixed martial arts fighter's ability to participate safely in a bout and the event physician agrees.

“**PROMOTER**” means a natural person who initiates or takes part in organization or development of a contest or who provides financial backing for a contest and who must be approved by the applicable state authority and by the sanctioning body to conduct contests as appropriately licensed.

“**REFEREE**” means a person trained and approved by either the ABC or UMMAF who is responsible

“**SANCTIONING BODY**” means United States Mixed Martial Arts Kick International Federation herein after referred to as UMMAF

“**SCOREKEEPER**” means a person approved by ABC Boxing or UMMAF who is responsible for keeping accurate scores of each match.

“**TIMEKEEPER**” means a person approved by ABC Boxing or UMMAF who is responsible for keeping accurate time during each bout

AMATEUR & PROFESSIONAL STATUS & RULE DIFFERENCES:

Amateurs are not allowed to be paid a Fighter's Purse or win Money in an Amateur MMA Bout. If you have ever been Paid a fighters PURSE or won any Prize Money in ANY Striking Sport (such as: kickboxing, MMA, Boxing, Muay Thai) you are considered a PROFESSIONAL and cannot compete on a UMMAF Amateur card.

PROMOTERS:

a) No owner, officer, principal, association, partnership, corporation or limited liability company shall promote any contest without that person or a principal of that business obtaining a license to promote combat sports events from the Division.

b) Responsibilities of promoters shall include:

1) Full responsibility for all aspects of the contest and for meeting all deadlines for submission of contest permit and promoter licensure applications; and

2) Supervision of their agents, employees and representatives, the conduct of those agents, employees and representatives, and any violation of the Act or this Part related to the contest. The Division shall deem any violation by an agent, employee or representative of a promoter a violation by the promoter.

c) Promoters shall not permit another to use their license.

d) Promoters shall provide notification to contestants of the weigh-in time and location. The promoter shall also be responsible for notifying contestants when to report to their dressing room on the day of the contest; that time shall be approved by UMMAF and or the Division if mandated.

e) Promoters shall provide notification to contestants of proper attire and equipment, as defined in this Part.

f) Promoters shall provide compensation to the referees, physicians, timekeepers and judges.

Compensation for referees, judges, timekeepers and physicians shall be delivered to the UMMAF event Representative. UMMAF will then forward payment to the officials.

g) Promoters shall arrange for at least one ambulance to be on-site, at all times, at each bout, along with 2 licensed emergency medical technicians (EMTs) at least one of whom shall be an emergency medical technician-paramedic (EMT-P), a stretcher, oxygen and proper resuscitation equipment as required by Emergency Medical Services. No bout shall continue without the presence of the 2 EMTs, at least one of whom shall be an EMT-P, and the equipment required by the Emergency Medical Services and Trauma Code.

h) A promoter may not be a contestant in a contest he or she is promoting.

i) Promoters and organizations associated with the contests shall be deemed to have knowledge of the applicable laws and rules of the State. The promoter shall be responsible for ensuring that all requirements of this Part are strictly carried out.

j) Promoters shall provide all materials necessary to conduct the contest, including but not limited to such items as:

1) the fighting area;

2) stools, buzzer or whistle, bell or gong, timer, gloves, gauze, tape for hand wraps and properly calibrated scales;

3) clean towels, surgical gauze and medical tape;

4) clean dressing room facilities, including washroom and shower for contestants and officials. Separate facilities shall be provided for male and female contestants;

5) 3 small platforms or elevated chairs for the judges;

6) at minimum, 2 buckets and 2 appropriately sized bottles for use by the contestants;

7) Disposable garbage bags in garbage cans in each dressing room and ring or cageside;

8) Cleaning solution used to disinfect the ring, cage or other surfaces contaminated by blood, other bodily fluids and debris. There shall be at least one person designated by the promoter who shall be responsible for immediately cleaning blood, other bodily fluids and debris from the ring, fighting area and other areas before, during and after each bout.

Promoters shall be responsible for ensuring the maintenance of adequate public safety for all contests. Failure to ensure adequate public safety may result in cancellation of a contest, discipline against a promoter's license, denial of future contest permits, or any combination of these actions.

For adequate public safety, the promoter is responsible for ensuring that no liquid refreshments or bottled or canned drinks, unless poured into disposable cups by vendors at the time of sale, are permitted in any hall or facility where any contest is being held. If the contest is staged outdoors, disposable cups also must be used on the site of the contest. At the discretion of the UMMAF, chairs may be required to be attached so that they are not portable, for the safety of contestants, officials and the public. Spectator seats shall be at least 8 feet from the apron of the fighting area platform or at a distance approved by UMMAF. A physical barrier approved by the UMMAF shall be placed 8 feet from the fighting area platform and shall have no more than 2 entry points. Security shall be placed at each of these entry points. The space immediately within 8 feet of the fighting area platform shall be under the jurisdiction of the UMMAF for use by designated working officials, contestants, their seconds, timekeepers, judges, referees, physicians, announcers, medical representatives and others approved by the UMMAF. Promoters are responsible for seeing that the working area is controlled and free of non-essential personnel.

PROMOTER'S INSURANCE REQUIREMENTS:

- 1) The promoter must provide insurance for the competitors in each event should an injury occur during a bout:
- 2) Each contestant's primary death and dismemberment insurance for not less than \$25,000 paid to the estate of the contestant. Any deductible is to be paid by the promoter
- 3) Each contestant's primary medical insurance for not less than \$25,000 with any deductible paid by the promoter;
- 4) Deductible must be no more than \$500
- 5) Promoter must show proof of insurance prior to the start of the event
- 6) The promoter shall provide the compensation, in cash, certified checks, money orders, or other form of approved payment to the UMMAF at or before the weigh-in.
- 7) The promoter shall indicate UMMAF as Primary co-insured on competitor's insurance and liability insurance.

PHYSICIANS & EMT's:

- 1) The Promoter shall appoint at least one physician for all contests. Additional physicians shall be appointed as deemed necessary by UMMAF or the promoter. The promoter is responsible for all compensation for the physicians.
- 2) A physician shall perform all physical examinations.
- 3) The physician shall sit immediately adjacent to the fighting area at every contest with immediate access to the ring or cage. A contest may not proceed unless the physician is in his or her seat. The physician shall not leave the venue until after all contestants have left. If called upon, the physician shall be ready to advise the referee.
- 4) The physician may enter the fighting area between rounds on his or her own judgment and shall inform the referee about his or her opinion in relation to the physical condition of either contestant.
- 5) The physician shall coordinate with the EMTs to ensure that the appropriate drugs and/or medical supplies are available in the event of injury to a contestant.
- 6) The physician shall report in writing all injuries received by a contestant immediately following the event. The physician shall also report on the fitness of the injured contestants to engage in further competition and determine any medical suspensions. UMMAF will provide this medical suspension info to the Division within 6 business days of the event.
- 7) Emergency Medical Technicians (EMTs): 2 EMTs, one of whom shall be an EMT-P, shall be available to assist the physician and provide emergency medical equipment, including resuscitation equipment. 2 EMTs, one of whom shall be an EMT-P, shall be on site, at all times, at each contest, along with a stretcher, oxygen, backboard, neck brace and proper resuscitation equipment. No contest shall continue without the presence of 2 EMTs, one of whom shall be an EMT-P, and the required equipment. The EMTs are responsible for a comprehensive evacuation plan for the removal of any seriously injured contestant from the contest to a hospital facility where emergency medical care is provided.
- 8) The EMTs are responsible for knowing the location of the closest hospital emergency facility where adequate neurosurgical care is immediately available for skilled emergency treatment of an injured contestant.
- 9) The EMTs, at the direction of the physician, must check the vital signs of all contestants prior to their participation in a contest and after contestants complete their bouts. The EMTs shall record this information on forms provided by the UMMAF and/ or as directed by the Division.

WEIGH-INS:

- a) The weigh-in shall be conducted by an inspector or UMMAF representative at a time and place coordinated by the promoter and approved by the UMMAF.
- b) Prior to engaging in a contest, all contestants must submit to a weigh-in and a physical examination by the physician at the time and place coordinated by the promoter and approved by the UMMAF.
 - 1) The physical examination given to contestants shall include, at a minimum, the following: weight, pulse, blood pressure, examination of the lungs and heart, and general physical condition.
 - 2) Contestants shall disclose all medical history and conditions to the physician during the physical examination. All female contestants must submit to a pregnancy test within 24 hours of the event in the presence of a UMMAF representative. Any female contestant who tests positive for pregnancy shall be prohibited from fighting. Pregnancy tests shall be provided by the promoter and interpreted by the onsite physician.
 - 3) The physician shall conduct examinations and tests necessary to attest to the fitness of the contestants engaged in the contest. The physician shall certify in writing on a form prescribed by UMMAF those contestants who are in good physical condition to compete.
 - 4) If, upon physical examination, a contestant is determined by the physician to be unfit for competition, the contestant shall be prohibited from competing during that specific contest.
- c) The scale used for the weigh-in shall be provided by the promoter and approved by the UMMAF representative. The scales must weigh accurately and be capable of weighing up to 10 pounds over the maximum weight of the heaviest contestant scheduled to compete. UMMAF may, in its discretion, use the scales furnished by the promoter or use its own scales. All scales furnished by the promoter shall be thoroughly tested and approved by the representative of UMMAF prior to being used in connection with any contest.
- d) Each contestant shall be weighed in the presence of his or her opponent, unless waived by his or her opponent, or a representative of the UMMAF, and an official representing the promoter, on scales approved by the representative of UMMAF, at any place designated by the UMMAF.
- e) Contestants shall have all weights stripped from their bodies before weigh-in. Male contestants may wear shorts and socks. Female contestants may wear shorts, a sports bra and socks.
- f) The representative of UMMAF may require contestants to be weighed more than once for any cause deemed sufficient.
- g) Contestants who fail to make the weight for their designated weight class shall be given up to 2 hours to make required weight. Any contestant who fails to make the weight shall be disqualified unless both contestants consent to participate in the scheduled bout. The weight differential shall be approved by UMMAF; bouts may be cancelled per UMMAF's discretion.
- h) At the weigh-in, no contestant may lose more than 3 pounds in less than a 2 hour period. This rule applies to a second day weigh-in in tournament format. This does not apply to contestants who compete in light heavyweight class and above.
- i) Contestants may not weigh in less than 2 hours prior to the start of the contest, and no longer than 24 hours prior to the start of the event.
- j) Contestants who fail to arrive or arrive later than one half hour after the appointed start time of the weigh-in may be disqualified and immediately suspended for no more than 6 months, or both.

WEIGHT DIVISIONS:

Except with the approval of the Division / UMMAF the weight classes for mixed martial arts contests shall be:
Straw-weight under 115 pounds

Flyweight over 115 to 125 pounds
Bantamweight over 125 to 135 pounds
Featherweight over 135 to 145 pounds
Lightweight over 145 to 155 pounds
Welterweight over 155 to 170 pounds
Middleweight over 170 to 185 pounds
Light Heavyweight over 185 to 205 pounds
Heavyweight over 205 to 265 pounds
Super Heavyweight over 265 pounds

Weigh-ins for amateur tournament contestants shall be on the day of competition, and each subsequent day of competition that an athlete progresses.

Weight Allowances:

- 1) Each non-title fight will give a 1 pound weight allowance
- 2) For a title fight there is no weight allowance

COMPETITOR'S REQUIREMENTS (submitted at time of weigh-ins):

A) A fighter must be at least 18 years old at time of weigh-ins in order to compete in an amateur MMA event

B) Fighter must show a valid photo ID with proof of age and name representative prior to weigh-ins. (National MMA ID, State ID cards, State Driver's License, Military ID, and Valid Passports are acceptable.

C) all contestant names will be verified through the professional and amateur database at mixedmartialarts.com and any website registry certified and operated by the Association of Boxing Commissions to ensure that the contestants have not:

- 1) Had a professional fight
- 2) Been placed under medical suspension or suspension due to conduct with any other sanctioning body or commission
- 3) Fought in the last 10 days.

Safety Requirements and Physical Appearance for Contestants

All contestants shall present a clean and tidy appearance and shall comply with the following:

- a) Fingernails and toenails shall be sufficiently trimmed to avoid the risk of cutting or scratching an opponent;
- b) Hair shall be trimmed or tied back, if possible, or maintained as otherwise directed by the UMMAF representative, so that the hair does not interfere with the vision of the contestant or cover the contestant's eyes. UMMAF's representative shall determine whether a contestant's head and facial hair presents any safety hazard to the contestant or his or her opponent or would interfere with the supervision and conduct of the bout. Hair products such as gel, hairspray, glitter shall be prohibited.
- c) Body grease, gels, balms or lotions applied to any part of a contestant's body, attire or equipment is prohibited. Petroleum jelly or other similar petroleum based product may be applied to the facial area at ring or cage side in the presence of an inspector, referee or person designated by the UMMAF or cutman or cutwoman hired by the promoter. The referee or UMMAF representative shall cause any excessive petroleum jelly or other permitted substance or any foreign substance to be removed to his or her satisfaction. Any contestant applying anything to any part of his or her body, attire or equipment, outside the presence of an inspector, referee or person designated by the UMMAF may be penalized a point or disqualified and suspended by UMMAF and the Division.

- d) No cosmetics shall be worn during a bout;
- e) Jewelry or piercing accessories are prohibited;
- f) A contestant is prohibited from wearing corrective lenses or contact lenses in the fighting area; and
- g) If the head, facial hair or physical appearance of a contestant presents a hazard or will interfere with the supervision and conduct of the contest, the contestant may not compete in the contest unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of UMMAF or its designee.

COMPETITOR'S MEDICAL REQUIREMENTS:

All licensed individuals, contestants and organizations associated with the contests shall be deemed to have knowledge of the applicable laws and rules of the State. Any questions or interpretations shall be referred to the representative of UMMAF. If an immediate decision is required, it shall be referred to UMMAF or its designee who shall make a determination on the matter. In the event a situation occurs at the contest and there are no regulations in place to cover the situation, the representative of UMMAF shall make a decision on the matter. UMMAF or its designee's ruling shall be final. The authority of the UMMAF and the inspectors shall be respected. No one shall interfere with the inspectors' duties, use foul language towards the inspectors, or make threats of physical harm toward the inspectors. Any interference, unprofessional conduct, use of foul language, or threats of physical harm towards the inspectors will be cause for disciplinary action. UMMAF shall approve each bout. No bout shall be advertised or promoted as a championship bout unless it has the specific approval of the UMMAF. Contestants shall at all times abide by the Act and this Part. Contestants shall at all times observe the directions and decisions of all officials. All contestants shall have, a pre- and post-bout physical conducted by a physician to attest to the contestant's physical fitness to compete. Prior to the contest, each contestant shall provide to the UMMAF medical test results dated no more than 365 days prior to the date of the contest. Each competitor must bring to weigh-ins all required medical documentation for the physician's review. Competitor must give permission to the UMMAF representative to view these documents in order to be allowed to compete. Medical tests shall include, but not be limited to, the following:

- 1) Complete annual physical examination;
- 2) A serum blood test that verifies the applicant is HIV1/2 negative (quantitative RNA);(CPT Code 86703)
- 3) A serum blood test that verifies the applicant is Hepatitis B (HBsAg) negative; (CPT Code 87340)
- 4) A serum blood test that verifies the applicant is Hepatitis C (HCVAb) negative (;CPT Code 86803)
- 5) Any other test the Division or event physician may require.
- 6) All mixed martial arts contestants must have a current national identification number issued by any state, tribal athletic commission, territory, federal agency or County recognized by the Association of Boxing Commissions in order to compete in a contest. If the contestant has not applied for or does not have a current national identification number, he or she shall apply or re-apply for one and pay the required fee per the issuing state's fee schedule. This requirement may be waived if a National I.D number is not required by state law at the amateur level.
- 7) A contestant shall not compete in more than one contest within a 10-day period. The Physician /Division/or UMMAF may determine that more time between contests is necessary to protect the health and safety of the contestant.
- 8) Each contestant shall report to the representative of UMMAF in the dressing rooms at least one hour before the scheduled time of the first bout of the contest. Failure to do so may result in the contestant being disallowed to participate in the bout.

- 9) The administration or use of any drugs or stimulants is prohibited. During a bout or contest, contestants shall only be permitted to drink water. No other fluids shall be permitted.
- 10) Any competitor found to be under suspension with any state, country, tribal nation, or another sanctioning body will not be allowed to compete in an UMMAF event unless suspension is eliminated prior to the weigh ins.
- 11) Post-Contest medical examination: Immediately following a contest, each contestant shall be given a medical examination by a physician approved by the UMMAF. The medical examination may include any examinations or tests the Physician deems necessary to determine the post-contest physical fitness of a contestant.
- 12) Any contestant who refuses to submit to a post-contest medical examination shall be immediately suspended for an indefinite period.

MATCHMAKING APPROVAL OF MATCHES AND CONTESTANTS:

- A) ALL MMA contestants' status must be verified on the official record-keeper designated by the Association of Boxing Commissions (ABC) (prior to competing) Mixed Martial Arts Stats or other record-keeper designated by the American Boxing Commissioners Association.
- B) ALL contestants' records must be comparable for even matchmaking and consideration for comparable height, eligible weight division, and skill sets. UMMAF will be the sole arbiter in approving matches under UMMAF sanctioning.

BOUNDS AND CONTESTS:

Before starting a bout, the referee shall ascertain from each contestant the name of his or her chief second who shall be held responsible for the conduct of the assistant seconds during the progress of the bout. The referee shall call contestants together before each bout for final instructions, at which time each contestant shall be accompanied by his or her seconds. The 3 judges shall be stationed at the sides immediately adjacent to the fighting area, each at a separate side. The judges shall turn scorecards over to the referee or UMMAF representative after the third round. The referee or UMMAF representative shall then hand the scorecards to an official it has designated to record results. A final decision shall be made before the judges may leave the area. Any erasures or changes on the card shall be approved and initialed by the judge. After receiving instructions, the contestants may shake hands and retire to their corners. The contestants and the referee shall be the only persons allowed in the fighting area during the progress of a round. When the referee calls a timeout, he or she may permit the physician to enter the fighting area. Under no circumstances shall an event be held with fewer than 3 bouts.

ROUNDS:

All amateur competition contests under UMMAF regulation shall be 3 [three] rounds each, unless a title fight is approved with 5 rounds, each round shall be 3 [three] minutes in duration, with a rest period of 1 [one] minute between each round. There will be no additional rounds allowed unless it has been approved for tournaments only.

- 1) If amateur bouts and professional bouts are scheduled during the same contest or event, the professional bouts shall be approved and scheduled as determined by the Division.
- 2) There shall be a minimum of three amateur bout and a minimum of 3 professional bouts.
- 3) There shall be no less than 15 minutes and no more than 30 minutes, as determined by the Division the amateur and professional bouts.

- 4) The Division or its designee shall have sole discretion to reassign officials such as physicians, referees, judges and timekeepers, who have been assigned to the amateur bouts, to the professional bouts scheduled during the same event.
- 5) The contest shall commence no later than 30 minutes after the start time stated on the contest permit unless otherwise approved by UMMAF. If the event begins more than 30 minutes after the scheduled start time, a fine of \$200 will be imposed upon the promoter.
- 6) Any person who has competed in any professional combat sports contest shall not participate in any amateur contest. The Division and UMMAF (under UMMAF sanctioning rules) may discipline a registrant or the license of any contestant, promoter, manager, matchmaker or second who violates, or assists or enables another to violate, the provisions of this subsection.
- 7) The promoter shall provide an adequate room for the attending physician to conduct physical examinations. Whenever a contestant, because of illness or injuries, is unable to take part in a contracted bout, the contestant or the manager shall immediately report that fact to the inspector. The contestant shall then submit to an explanation by the event physician.
- 8) Tables immediately surrounding the fighting area shall be no higher than the level of the fighting area platform.
- 9) The gong, bell, buzzer, horn or other audible device approved by UMMAF shall be sufficiently loud so that the officials and contestant can hear it clearly. The 10 second warning before the start of a round may be by whistle or by gong, bell, buzzer, horn or other audible device approved by UMMAF for that purpose.
- 11) The promoter may provide video screens during any bout or contest that meets the approval of UMMAF and that allows patrons to view the action inside the fighting area without obstruction.
- 12) During a bout or contest, contestants shall only be permitted to drink water. No other fluids shall be permitted.
- 13) No contest shall be scheduled, and no contestants shall engage in a bout between the opposite sexes.
- 14) There shall be no bouts between human contestants and nonhumans.
- 15) There shall be no bouts with more than 2 contestants competing in the same bout.
- 16) **THROWING WATER PROHIBITED** Any excessive or undue spraying or throwing of water on any athlete between rounds is prohibited. A wet sponge and or a bag of ice may be used between rounds to refresh the contestants; under no circumstances may a contestant be fanned by a water soaked towel.
- 17). **THROWING IN THE TOWEL** A manager or chief second must not toss a towel into the ring as a token of the defeat of his athlete. However, such manager or chief second may stand up and wave the towel from his fighter's corner to attract the attention of the referee and signify a desire to stop the bout.
- 18) Disposable Hygienic Gloves must be worn by all seconds, referees, ringside physicians and inspectors while involved with the event.

SUSPENSIONS AND MANDATORY REST PERIODS:

- a) UMMAF shall report all contestants' suspensions and mandatory rest periods to the Division.
 - 1) Physician's Suspension
 - A) A contestant who is determined by the physician to be unfit to compete or officiate shall be immediately suspended until it is shown that he or she is fit for further competition or officiating.
 - B) Prior to reinstatement, any contestant suspended for his or her medical protection shall satisfactorily pass a medical examination. The examining physician may require any necessary medical procedures during the examination.
 - C) Failure to report or comply with the post-contest examination by the physician will result in an indefinite suspension until cleared by a certified physician.

2) Knockout Suspension

In the event of a knockout (KO) by a blow to the head, the contestant shall be immediately suspended for a period of not less than 90 days.

A contestant may also be suspended from contact sparring.

3) Technical Knockout Suspension

In the event of a technical knockout (TKO), the contestant shall be immediately suspended for a period of not less than 45 days. A contestant may also be suspended from contact sparring for 30 days.

4) Disqualification Suspension

In the event a contestant is disqualified for any reason, that contestant shall be suspended for a minimum of 45 days. A contestant may also be suspended from contact sparring for 30 days.

5) A contestant shall not compete until 10 days have elapsed from his or her last bout. The 10 day period starts the day following the event in which he or she competed.

c) UMMAF shall honor the suspension of a contestant by any state, tribal athletic commission, territory, federal agency, county, or amateur sanctioning body that regulates contests in another or the same jurisdiction if the suspension is ordered for:

1) Medical safety;

2) A violation of a law or regulation governing boxing or full-contact martial arts that would constitute a violation of the laws or regulations of this State; or

3) Any other conduct that discredits boxing or full-contact martial arts, as determined by the Division.

ADMINISTRATION AND USE OF DRUGS:

a) The administration or use of any drugs, alcohol or stimulants, or injections in any part of the body or applied topically to any part of the body, either before or during a bout, to or by any contestant is prohibited. Any contestant violating this Section shall be subject to disqualification or other disciplinary or non-disciplinary action the Division or UMMAF deem proper.

b) The Division or UMMAF may request, at any time, that a contestant submit to a drug screen at the contestant's expense when the test is ordered for a permitted contest.

c) A positive test for any of the following substances shall be conclusive evidence of a violation of subsection (a):

1) Stimulants

2) Narcotics

3) Cannabinoids (marijuana)

4) Anabolic agents (exogenous and endogenous)

5) Peptide hormones

6) Masking agents

7) Diuretics

8) Glucocorticosteroids'

9) Beta-2 agonists (asthma medications) except salbutamol (maximum 1600 micrograms over 24 hours) and salmeterol by inhalation

10) Anti-estrogenic agents

11) Alcohol

12) Any drug identified on the Prohibited List published by the World Anti-Doping Agency (2012), which is hereby incorporated by reference. The most current edition of the Prohibited List may be obtained, free of charge, from the World Anti-Doping Agency, Stock Exchange Tower, 800 Place Victoria, Suite 1700, PO Box 120, Montreal, Quebec, Canada, H4Z 1B7 or at www.wada-ama.org.

REGISTRATION:

- a) No contestant shall participate in a contest without being registered.
- b) A registrant shall complete an application provided by the Division and or UMMAF.
- c) A registrant must be at least 18 years of age.
- d) A registrant shall disclose in writing, on a form provided by the Division/UMMAF, a complete medical history, including any prior or existing medical conditions.
- e) Amateur contestants must register with the Division, on forms provided by the Division and or UMMAF, and shall include, without limitation:
 - 1) A copy of current government issued photo identification (e.g., driver's license, passport);
 - 2) Proof of age (e.g., driver's license or copy of birth certificate);
 - 3) Social Security Number or tax identification number, as appropriate; and
 - 4) A passport size photo as appropriate.

COMPETITOR'S EQUIPMENT

A) Gloves:

- 1) The gloves shall be new or in good condition as deemed by UMMAF for all events or they must be replaced.
- 2) All contestants shall wear gloves weighing minimum of no less than 6 ounces and no more than 8 ounces, which shall be supplied by the promoter and approved by the UMMAF. Contestants are not permitted to supply their own gloves.
- 3) Gloves are to be open handed with finger and thumb loops to facilitate grappling. The wrist shall be supported by means of a Velcro strap. No lace up gloves is permitted.
- 4) Gloves shall be colored either Red or Blue for tournament format.
- 5) Specifications for Bandages on Contestants' Hands: In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 20 yards in length and 2 inches in width, held in place by not more than 10 ft. of surgeon's tape, 1 inch in width, for each hand.
- 6) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist. Strips of tape may be used between the fingers to hold down the bandages. The bandages shall be evenly distributed across the hand.
- 7) Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the UMMAF inspector and in the presence of the manager or chief second of his opponent. A contestant may waive his privilege of having a representative witness the bandaging of his opponent's hands. Each glove shall be sealed and taped either in red or blue tape around the wrist. Athletes may not remove the gloves once sealed until the competition bout has taken place.
- 8) Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the UMMAF inspector is received.

B) Groin and Chest Protectors:

- 1) Groin: All male contestants shall provide and wear a foul-proof groin protector, which shall be subject to examination and approval by the UMMAF.
- 2) Chest: All female contestants shall be given the choice to wear either a chest and /or groin protector during competition. The chest protector shall be subject to examination and approval by the UMMAF.

C) Mouthpieces:

1) All contestants are required to wear a well-fitting mouthpiece, which shall be subject to examination and approval by the UMMAF.

2) A round will not begin until both contestants have their respective mouthpieces in place.

3) If a mouthpiece is involuntarily dislodged during competition, the referee will call time and replace the mouthpiece at the first opportune moment, which does not interfere with the immediate action.

D) Contestant's Apparel:

1) Trunks/shorts. Each contestant must wear mixed martial arts shorts, compression shorts, boxing or kickboxing shorts/pants. No pockets, zips, fasteners or any foreign substance other than that of the material that the shorts are made of shall be permitted. The shorts as recommended shall, preferably, be colored either Red or Blue or have an appropriate coordinated corner color

2) Shirt or Gi: Male contestants may not wear a shirt. GI's and tights/grappling type spats/tights are not permitted.

3) Shoes: Contestants may not wear shoes of any kind during competition

E) Contestant's Physical Appearance:

1) Each contestant must be clean and present a tidy appearance. No cosmetics shall be worn during a bout. Jewelry or piercing accessories are prohibited. A contestant is prohibited from wearing corrective/contact lenses.

2) The excessive use of grease or any other foreign substance, including, without limitation, grooming creams, lotions or sprays, may not be used on the face, hair or body of a contestant. The referee or the UMMAF representative shall cause any excessive grease or foreign substance to be removed.

3) The UMMAF representative shall determine whether head or facial hair presents any hazard to the safety of the contestant or his opponent or will interfere with the supervision and conduct of the contest. If the head or facial hair of a contestant presents such a hazard or will interfere with the supervision and conduct of the contest, the contestant may not compete in the contest unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the UMMAF's representation. Without limiting the foregoing standard, head hair must be trimmed or tied back in such a manner that it will not interfere with the vision of either contestant or cover any part of a contestant's face.

4) UMMAF understands and gives special dispensation to all cultural and religious belief and practice. Any female athlete wishing to wear either/or long sleeve rash guards and tights to cover the skin can do so with prior written notification to the division or UMMAF authority.

Shin-guards and rash guards:

1) The use of shin guards and rash guards shall be a mandatory requirement for amateur mixed martial arts tournament competition only in approved states. The type of shin guard used shall be able to facilitate the grappling aspects associated with competition.

2) As such the preferred type shall be a tight fighting pull-on sock/neoprene type shin guard. The use of shin guards with Velcro type strap fasteners or utilizing any substance other than which the shin guard is made of shall be forbidden.

3) The type of rash guard to be used shall be of tight fighting stretch material and carry 3 letter country codes on the upper back of the garment.

4) All rash guards are to be of short sleeve type. No long sleeve rash guards are permitted.

5) Both the rash and shin guards as recommended shall be colored either Red or Blue for tournament style competition.

6) The use of ankle supports is permitted if the support is made of smooth neoprene. Final approval of such equipment will be made by the UMMAF representative on-site.

COMPETITION AREA REQUIREMENTS:

COMPETITION RING /CAGE:

- A) Contests shall be held in a ring, cage, or a fenced area must be circular or have no less than six equal sides for a contest. The fighting area shall be no smaller than 16 feet wide and no larger than 32 feet wide within the ropes, cage or fenced area;
- B) Shall have a corner with a blue designation and the corner directly across shall have a red designation.
- C) The floor must be made of vinyl (similar material accepted) or canvas (recommended for outdoor events). Mat must be padded with at least a 1-inch layer of foam padding that shall extend over the edge of the platform of the fighting area. Materials that may gather in lumps or ridges during the bout or contest are prohibited.
- D) Platform shall be no more than 4 feet and no less than 12 inches above the floor on which it is standing and must have suitable steps or ramps for use by officials and the contestants
- E) The enclosure shall not obstruct or limit the supervision and regulation of the bout by officials, Commission or UMMAF representatives
- F) Ring Specifications
 - 1) Shall have 5 fighting area ropes, when fighting area ropes are used, not less than 1 inch in diameter and wrapped in soft material. The lowest rope must be no higher than 12 inches from the fighting area floor; and
 - 2) Must not be obstructed by any object, including, without limitation, a triangular border, on any part of the fighting area floor.
 - 3) The posts must be made of metal no less 3 inches and not more than 6 inches in diameter, and must be properly padded.
 - 4) The posts must be 18 inches away from the fighting area ropes.

Cage Specifications

- a) The fence or cage shall be made of material that will prevent a contestant from falling out or breaking through the fighting area onto the floor beneath the fighting area or onto spectators. The enclosure may be composed of vinyl coated chain link fencing or other similar material
- b) Any exposed metal on the interior of the fenced or caged area must be covered and padded. The covering shall not be abrasive to the contestants.
- c) Any metal parts used to reinforce the fenced or caged area enclosure shall not interfere with the safety of the contestants and shall be covered sufficiently as to not pose a cut, puncture or gouging hazard to the athletes.
- d) The enclosure shall provide 2 separate entries onto the fighting area that are sufficient to allow easy access to the fighting area by officials and emergency personnel. The entrances must be padded or covered so that there is no exposed metal on the interior of the fence or caged area;

FENCE:

- 1) The canvas/vinyl floor covering of the fighting area shall be enclosed by a fence made of such material as will not allow a contestant to fall out or break through it onto the floor or spectators; including, without limitation, chain-link fence coated with vinyl. Any metal portion of the fenced area must be covered and padded in a manner approved UMMAF and must not be abrasive to the contestants.
- 2) The fenced area must have 2 gated entrances [which must open outward] preferably on opposite sides of the fenced area.

3) There must not be any obstruction on any part of the fence surrounding the area in which the contestants are competing.

Ring Stools:

1) A ring stool of a type approved by the Division / UMMAF must be available for each competition area in use for both red and blue corners. All ring stools must be thoroughly cleaned or replaced [if damaged/mislaid] after each contest.

2) An appropriate number of stools or chairs shall be available for each contestant's seconds in the corner.

Other Equipment:

For each contest, the licensed promoter shall provide each contestant's corner with:

1) A clean water bucket with clean towel

2) A clear plastic bottle containing water.

Only water in clear plastic bottles is to be consumed by athletes at all times during competition.

2017/2018 Unified Rules of MMA "FOULS"

1. 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.

2. 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.

3. 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.

4. 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 of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

5. 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

6. Spiking the opponent to the canvas onto the head or neck (pile-driving):

A pile driver is considered to be any throw where you control your opponent's body placing his feet towards the sky with his head straight down and then forcibly drive your opponent's 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 their 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.

7. Strikes to the spine or the back of the head:

The spine includes the tailbone. The back of the head is defined as the area starting at the crown of the head and running directly down the centerline of the head with a one inch variance to each side. The entire rear portion of the neck is also illegal to attack starting at the occipital junction and stopping at the top of the trapezius. From the trapezius muscle down the spine is protected to the tailbone.

8. 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 or her opponent's 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 punch is thrown and the punch lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.

9. 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.

10. 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.

11. 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.

12. Kneeing and/or Kicking the head of a grounded opponent:

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, both hands 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, kicks or knees to the head will not be allowed.

13. 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. (Note) Axe kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter." 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, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. It needs to be clear to all fighters that once an opponent has become grounded, Stomps of any kind are not permitted, even to the feet.

14. 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

15. Holding or grabbing the fence or ropes with fingers or toes:

A fighter may put their hands or feet on the fence and push off of it at any time. A fighter may place their hands or feet onto the cage and have their fingers or 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 shall issue a one-point deduction from the offending fighters scorecard if the foul caused a substantial effect in the fight. If a fighter grabs hold of the cage 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 after determining if a point deduction is appropriate.

16. Small joint manipulation:

Fighters must grab the majority (3) of fingers or toes for use as defense or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints.

17. Throwing an opponent out of the ring or caged area:

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

18. 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

19. 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.

20. 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.

21. Use of abusive language in the fighting area:

The use of abusive language is not allowed during 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)

22. 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 points being deducted from the fighter's scorecard, or the fighter being disqualified from the match.

23. 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.

24. Attacking an opponent after the bell has sounded the end of the period of unarmed combat:

The end of a round is signified by the sound of the bell 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.

25. Attacking an opponent on or during the break:

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

26. Attacking an opponent who is under the care of the referee.

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.

27. Interference from a mixed 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 one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

FORBIDDEN TECHNIQUES

In addition to the listed fouls above, techniques that shall remain forbidden in Amateur Mixed Martial Arts contests shall be:

- 1) Elbow and forearm strikes of any kind
- 2) Heel Hook
- 3) Twisters/Sit through crucifix, can opener and/or any submission deemed as applying pressure to the spine
- 4) Knees to the head at any point

OFFICIALS:

- 1) Officials and Inspectors must have attended training for judging and or referee training approved or administrated by UMMAF, ABC or IMMAF
- 2) Officials with a conflict of interest will not be allowed to work an event
 - a) Conflict of interests include:
 - b) Association with the promoter of the event
 - c) Association with a fighter or a gym represented at the event
- 3) Officials will be assigned by:
 - a) Performance
 - b) Availability
 - c) Location
- 4) There must be at least two officials (Referees) from UMMAF present at all UMMAF sanctioned events.
- 5) The UMMAF has the authority to cancel or delay an event, if the rules and regulations are not being met at an event.
- 6) In all contests, contestants, promoters, managers, matchmakers, judges, referees, timekeepers, seconds, and announcers and physicians at all times shall be under direction of the UMMAF through its designated representatives and inspectors.
- 7) UMMAF Event Officials, and inspectors of the UMMAF shall not have, either directly or indirectly, any interest in, or connection with, any promotion of any professional or amateur contests.
- 8) Before the start of a contest, the UMMAF event representative must check that all contestants, promoters, managers, matchmakers, seconds, timekeepers, referees and physicians are UMMAF approved. Any of those persons without UMMAF approval shall not participate in the contest. UMMAF shall designate judges, referees and inspectors as needed to accommodate the management oversight of the event for efficiency and safety.
- 9) An inspector shall be present in the dressing rooms at the designated times for observing contestants and inspecting all equipment.
- 10) All hand wrappings must be approved by an inspector prior to being placed on contestants after approval, all hand wraps shall be initialed by the inspector present.
- 11) No contestant may be gloved outside the presence of an inspector. After approval of the gloving, the tape around the strings shall be initialed by the inspector present.
- 12) The inspector is responsible for warning the seconds of violations of any rules relating to seconds. If, after a warning, the second does not conduct himself or herself in accordance with the rules, the referee shall warn the second that further violations may result in disqualification of his or her contestant or his or her removal from the corner.
- 13) Inspectors shall not show any partiality to any contestant at any time.
- 14) An official will inspect a fighter for any foreign substance (oil, Vaseline, etc.) immediately before the fighter enters the ring/cage prior to fight.
- 15) UMMAF will promptly investigate any complaint that is made by any participating party and will report all complaints that are not resolved to the State Athletic Commission.
- 16) All UMMAF event staff to include referees, judges, inspectors, timekeepers and scorekeepers will all be licensed through UMMAF at a fee of \$35 annually. A \$35 annual membership fee will apply to contestants at any UMMAF sanctioned event. Cornermen will be made members at \$10 annually and will be banded on the wrist at all UMMAF sanctioned events.

REFEREES JURISDICTION:

The Referee shall remain the sole arbiter of a contest. All UMMAF contests of mixed martial arts must be conducted under the supervision and authority of the UMMAF.

A) Responsibilities: The referee shall oversee and supervise the entire fight from within the fighting area. The referee will enforce all of the UMMAF rules which apply to the fighters and seconds to promote a safe and fair competition for the contestants.

B) Foul Procedures-If a foul is committed, the referee shall:

1) call time out

2) check the fouled contestant's condition and safety; and assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

3) When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.

4) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

C) Time Considerations for Fouls

1) Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five-minute time allotment the fight cannot be restarted and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

D) Fighter who is not fouled by low blow but another foul:

1) If a contest is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the UMMAF representative of his determination that the foul was accidental.

2) If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to the fighter's ability to continue on in the contest. The ringside doctor has up to 5 minutes to make a determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

3) For a foul other than a low blow, the fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five-minute foul time is still remaining, the fighter cannot avail himself of the remaining time.

4) If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be re-started and the contest must end.

5) Fouls: Accidental.

1) If a contest or exhibition is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of

winning has not been seriously jeopardized as a result of a foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who was fouled, the referee may order the contest or exhibition continued after a reasonable interval. Before the contest or exhibition begins again, the referee shall inform the UMMAF representative of his determination that the foul was accidental.

2) If the referee determines that the contest or exhibition may not continue because of an injury suffered as the result of an accidental foul, the contest must be declared a no decision if the foul occurs during the first round of a contest that is scheduled for three rounds

3) If an injury inflicted by an accidental foul later becomes aggravated by fair blows and the referee orders the contest or exhibition stopped because of the injury, the outcome must be determined by scoring the completed rounds and the round during which the referee stops the contest or exhibition.

F) Procedure when a fighter has fallen through or been knocked through ropes.

An unarmed combatant who has been knocked through or has fallen through the ropes and over the edge of the ring platform during a contest or exhibition:

(1) May be helped back by anyone except his seconds or manager; and

Will be given 20 seconds to return to the ring.

2) An unarmed combatant who has been knocked or has fallen on the ring

Platform (apron) outside the ropes, but not over the edge of the ring platform:

(a) May not be helped back by anyone, including, without limitation, his seconds or manager; and will be given 10 seconds to regain his feet and get back into the ring.

3) If the seconds or manager of the unarmed combatant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the unarmed combatant back into the ring, such help may be cause for disqualification.

4) When one unarmed combatant has fallen through the ropes, the other unarmed combatant shall retire to the farthest corner and stay there until ordered to continue the contest or exhibition by the referee.

5) An unarmed combatant who deliberately wrestles or throws an opponent from the ring, or who hits him when he is partly out of the ring and is prevented by the ropes from assuming a position of defense, may be penalized

F) Downed Fighter

1) An unarmed combatant shall be deemed to be down when:

a) Any part of his body other than his feet is on the floor; or

b) He is hanging over the ropes without the ability to protect himself and he cannot fall to the floor.

2) A referee may count an unarmed combatant out if the unarmed combatant is on the floor or is being held up by the ropes

FOUL PROCEDURE:

A) Disqualification occurs after any combination of 3 fouls or after a flagrant foul.

B) Fouls result in a point being deducted by the official scorekeeper from the offending contestant's score. The judges should only make notations of points deducted by the referee, for each round.

C) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.

D) A fouled contestant has up to 5 minutes to recuperate.

E) If a foul is committed

1) The referee shall call time.

2) The referee shall check the fouled contestant's condition and safety.

3) The referee shall then instruct the fouling contestant to a neutral corner, assess the foul to the fouled contestant, deduct points [if required] and notify the corner men, judges and official scorekeeper.

F) If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue

1) The referee will verbally notify the bottom contestant of the foul.

2) When the round is over, the referee will assess the foul and notify both corners, the judges and the official scorekeeper.

3) The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

WARNINGS:

A single warning will be issued for the following infractions only:

A) Holding or grabbing fence

B) Holding onto opponent's shorts, gloves, shin-guards or rash-guard

INJURIES SUSTAINED BY FAIR BLOWS AND FOULS:

A) Fair Blows:

If injury is severe enough to terminate a contest, the injured contestant loses by TKO.

B) Fouls:

1) Intentional:

a) If an injury is severe enough to cause the immediate termination of a contest, the contestant causing the injury loses by disqualification.

b) If an injury is produced and the contest is allowed to continue, the referee will notify the authorities and automatically deduct 2 points from the contestant who committed the foul. Point deductions for intentional fouls will be mandatory.

c) If an injury as described in (b) above is the cause of the contest being stopped in a later round, the injured boxer will win by TECHNICAL DECISION, if he is ahead on the scorecards.

d) If an injury as described in (b) above is the cause of the contest being stopped in a later round, the contest will result in a TECHNICAL DRAW, if the injured contestant is behind or even on the scorecards.

e) If a contestant injures himself while attempting to foul his opponent, the referee will not take any action in his favor, and the injury will be the same as one produced by a fair blow.

2) Accidental:

a) Any injury severe enough for the referee to stop the contest immediately, will result in a NO CONTEST if stopped before 2 rounds have been completed in a 3 round contest.

b) Any injury severe enough for the referee to stop the contest immediately after 2 rounds of a 3 round contest, the contest will result in a TECHNICAL DECISION, awarded to the contestant who is ahead on the score cards at the time the contest is stopped.

c) If injury (b) above occurs, there will be no scoring of an incomplete round.

d) If injury (b) above occurs, and the referee penalizes either contestant, then point(s) shall be deducted from the final score.

STOPPING THE CONTEST:

The referee and the ringside physician are the only individuals authorized to enter the Ring/cage area at any time during competition, the referee is the sole arbiter of a contest however, the Doctor is empowered to intercede and notify the referee to stop the contest if needed.

JUDGING:

All contests will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a contest.

TYPES OF CONTEST RESULTS:

Submission by:

- 1) Physical Tap Out
- 2) Verbal tap out

Technical Knockout (TKO) by:

- 1) Referee stopping contest
- 2) Referee Stopping the contest on the advice of the Ringside Physician/Corner

Decision via the scorecards, including:

- 1) Unanimous Decision - When all three judges score the contest for the same contestant
- 2) Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent
- 3) Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw
- 4) Draw, including:
 - a) Unanimous Draw - When all three judges score the contest a draw
 - b) Majority Draw - When two judges score the contest a draw
 - c) Split Draw - When all three judges score differently
- 5) Disqualification
- 6) Forfeit
- 7) Technical Draw
- 8) Technical Decision
- 9) No Contest

In a tournament format where fighter progression and medal placing is needed, contests and draws cannot be applied. In such instances if the three rounds of competition have resulted in a draw then a fourth period/over time round shall be contested. In the event of a point deduction that results in a score draw in the overtime round then the fighter who committed the foul and had the point deduction shall be eliminated from the tournament, the opponent who did not commit the foul advances. This rule can only be applied to the fourth overtime round.

Only in a tournament format should overtime rounds be contested. At all other times the judges evaluation and score remains final.

SCORING TECHNIQUES:

Effective Striking/Grappling shall be considered the first priority of round assessments.

Effective Aggressiveness should not be considered unless the judge does not see ANY advantage in the Effective Striking/Grappling realm. Cage/Ring Control should only be needed when all other criteria are 100% even for both competitors.

1) Effective Striking/Grappling

Legal blows that have immediate or cumulative impact with the potential to contribute towards the end of the match with the IMMEDIATE weighing in more heavily than the cumulative impact. Successful execution of takedowns, submission attempts, reversals and the achievement of advantageous positions that produce immediate or cumulative impact with the potential to contribute to the end of the match, with the IMMEDIATE weighing more heavily than the cumulative impact.” It shall be noted that a successful takedown is not merely a changing of position, but the establishment of an attack from the use of the takedown. Top and bottom position fighters are assessed more on the impactful/effective result of their actions, more so than their position. This criterion will be the deciding factor in a high majority of decisions when scoring a round. The next two criteria must be treated as a backup and used ONLY when Effective Striking/Grappling is 100% equal for the round.

2) Effective Aggressiveness

Aggressively making attempts to finish the fight. The key term is ‘*effective*’. Chasing after an opponent with no effective result or impact should not render in the judges’ assessments Effective Aggressiveness is only to be assessed if Effective Striking/Grappling is 100% equal for both competitors.

3) Fighting Area Control

Fighting area control is assessed by determining who is dictating the pace, place and position of the match.

Fighting Area Control shall only to be assessed if Effective Striking/Grappling and Effective Aggressiveness is 100% equal for both competitors. This will be assessed very rarely.

4) Round scoring:

The 10 point must system shall be utilized when scoring a fight.

10–10 Round

A 10 – 10 round in MMA is when both fighters have competed for whatever duration of time in the round and there is no difference or advantage between either fighter.”

A 10 – 10 round in MMA should be extremely rare and is not a score to be used as an excuse by a judge that cannot assess the differences in the round.

10–9 Round

A 10 – 9 round in MMA is where one combatant wins the round by a close margin.

A 10 – 9 round in MMA is the most common score a judge assesses during the night. If, during the round, the judge sees a fighter land the better strikes, or utilize effective grappling during the competition, *even if by just one technique* over their opponent, the judge shall give the winning fighter a score of 10 while assessing the losing fighter a score of 9 or less.

A score of 10 – 9 can reflect an extremely close round or a round of marginal domination and/or impact.

10–8 Round

A 10 – 8 Round in MMA is where one fighter wins the round by a **large** margin. A score of 10 – 8 does not require a fighter to dominate their opponent for the entire 3 minutes of a round.

The score of 10 – 8 is utilized by the judge when the judge sees verifiable actions on the part of either fighter. Judges shall ALWAYS give a score of 10 – 8 when the judge has established that one fighter has dominated the action of the round, had duration of the domination and also impacted their opponent with either effective strikes or effective grappling maneuvers that have diminished the abilities of their opponent.

10–7 Round

A 10 – 7 Round in MMA is when a fighter completely overwhelms their opponent in Effective Striking and/or Grappling and stoppage is warranted.

A 10 – 7 round in MMA is a score that judges will rarely give.

CHANGE OF DECISION:

A decision rendered at the termination of any contest is final and cannot be changed unless UMMAF determines that any one of the following occurred:

There was collusion affecting the result of any contest.

The compilation of the scorecard of the judge's shows an error, which would indicate that the official decision had been given to the wrong contestant.

There was a clear violation of the rules or regulations governing UMMAF Mixed Martial Arts competition rules, which affected the result of any contest.

If UMMAF determines that any of the above occurred with regard to any contest, then the decision rendered shall be changed as UMMAF may direct.

ANNOUNCING THE RESULTS

A. Introductions and announcements made to the general public to begin the event should include the Promoter, matchmaker, sponsors, and conclude with the official statement: "This event is sanctioned by UMMAF. Event Representative (Title) for UMMAF in attendance (NAME), brought to you under the auspices of the (STATE) Athletic Commission (NAME) in attendance at ringside! Announcers shall additionally announce the names of the officials, contestants, their correct weights, decisions of the referee and judges and any other matters as directed by the event representative.

B. At the conclusion of each match after the UMMAF Representative has completed verifying the accuracy of the final scores of each contest, the scorekeeper will give the ring announcer the results on the "Announcer's Final Result Sheet." The announcer shall then inform the audience of the decision over the public address system. The referee will indicate the winner as the announcer gives the winner's name.

C. In the event of a draw, the announcer and the referee will make the appropriate designation.

D. In the event of a knockout, a technical knockout, disqualification or forfeit, the announcer and referee will officially designate the winner and give the time at which the contest was stopped.

E. In the event of a technical draw, the announcer will give the time at which the contest was stopped.

F. Regardless of the outcome, the announcer will detail for the audience the actual scoring of the bout.

PROTESTS:

Any party may contest the outcome of any event within ten (10) days of the decision by writing all the facts and the basis for a complaint with specific reference to the rules in violation, which must serve as basis for the complaint. Ignorance of the Rules and Regulations of UMMAF does not constitute a basis for any complaint or protest. All protests must be filed on an Official UMMAF Protest form and sent to the UMMAF Commissioner at the Headquarters of UMMAF. Upon receipt of a properly completed UMMAF Protest Form, UMMAF shall immediately call a "No Contest" 30-day review, and direct an investigation into the protest. If there appears to be a violation of these rules, the director or a designated review board shall determine if the claims seem to be substantiated, hold a hearing and issue its findings and decision. The protesting party will be responded to after the 30-day review process, if there is no further action deemed necessary the original decision shall stand. Any and all legal action or complaints shall be registered and determined under the jurisdiction of the laws of the State of Missouri.

BOUT PROTESTS:

Bout Reviews will only be done when there is a legitimate, justified and provable reason for them. Some of those issues may include but not be limited to:

Personal issues with a certain judge such as favoritism or a judge having personal ties to a fighter and can be proved these ties are either negative or positive towards one or both of the fighters involved. A questionable stopping of the bout, Problem with the round times, too long or too short, Failure of equipment that caused an issue with the fight. (Ring breakdown etc.). Additional reasons will be determined if justified by the UMMAF Headquarters. Any additional evidence should accompany the written protest such as statements, pictures etc.

C/o Protest Review and Complaints, 101 W. Argonne suite 11, St. Louis, MO 63122
The following information must be included with any protest

OFFICIAL PROTEST OF VIOLATION OF RULES

Cite the specific rule infringement or the protest to a decision below:

1. Cite the **SPECIFIC** rule and paragraph number of the official UMMAF rules and regulations under which you are making your protest.

2. Include brief **FACTUAL** description of the underlying circumstances forming the basis of your protest.

General allegations such as "the result was not fair" will not constitute an official protest.

3. Cite any and **ALL** rule violations which you complain of. Failure to include all protests and rule violations

will constitute waiver of any other objections or protests, and may not be brought up at a later time.

4. A un edited video of the entire contest in dispute must accompany this protest form.

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ADDENDUM ITEMS

To be made available as handouts

PROTOCOL FOR COMPETITOR CORNERS

ROLE OF THE INSPECTORS

MEDICAL HISTORY ANNUAL PHYSICAL

OPHTHALMOLOGIC EXAM

PROTOCOL FOR RINGSIDE EMERGENCY PERSONNEL

PRE & POST –BOUT MEDICAL EXAM

PROTOCOL COMPETITOR’S CORNER

- Please arrive on/before the report time provided by promoter
- Follow the Locker Room Directors/UMMAF Inspectors instructions.
- Only water drinks in their sealed original containers in the locker room/warm up area.
- No food, energy drinks or supplements of any kind in the locker room/warm up area
- Any alcohol or controlled substances use will result in disqualification, event ejection and or immediate suspension.
- Only licensed personnel (corners and coaches) are allowed in dressing room. Exceptions require prior permission.
- Offensive clothing, placards, emblems, etc. are prohibited.
- Hygiene issues will be taken care prior to walking (Finger and toe nails trimmed & excessive body odor will not be tolerated
- Henna type tattoos are prohibited.
- Piercing implants accessories are prohibited. No eye contacts are allowed

- Soft hair ties only. No hard metals or plastics
- Hand wraps will need to be inspected UMMAF official before fighters glove up
- Only pre-approved gloves provided by the promoter are allowed. Discrepancies will be addressed by UMMAF officials
- Do not tamper with or try to break the gloves in any way.
- Only approved neoprene or elastic supports for the ankles and knees only (no elbow supports)..
- Supports may not have braces, metal, plastic, etc. of any kind.
- No excessive taping/wrapping of any kind (other than to keep your hand wraps in place 10 yds per hand).
- Be ready leave the dressing room when instructed. (do not leave locker room area without letting UMMAF official know)
- Anti-social behavior of any kind to include name calling, gestures, vulgar/offensive language, etc. will result in disciplinary action.
- Only light coat of grease on the face (below eye brows and above nostrils) will be applied in the fight prep area; nothing else anywhere.
- Ice in a bag only or ice pack; no loose ice at ringside. Do not fill corner buckets with ice and water.
- Coaches must remain seated in chairs, do not pound on cage/ring apron. Coach the fighter NOT the Referee
- When a Contestant is down/knocked out/stopped, corners will not enter the cage/ring until authorized by a referee or physician.
- Enter and leave the cage/ring only when instructed and by the opening or corner. Do not jump in or out of the cage/ring.
- No photography or video by corner during contest.
- Do not use offensive language during the “in the post-fight ring interviews”.

ROLE OF THE INSPECTORS

The roll of the MMA inspector is two-fold. He or She is a representative and official observer of the state and sanctioning body, at the same time ensures the safety of the participants, as well as the viewing public. There are many duties that the inspector is to do, such as verification of the weigh-in (pre-fight), verifying the medical doctor’s issuing of medical suspensions. Each inspector is assigned to a specific corner, and visually witnesses the competitor’s hands being wrapped by no more than the legal amount of gauze and tape. After the wrapping is complete, the inspector must initial the top and bottom of the taped wrists. Then, he/she witnesses the opening of the new pair of gloves and witnesses the competitor put the gloves on, get the tops (wrist section) taped and then initials that as well. This is all in the name of safety for all competitors and the sanctity of the sports.

The inspectors, once assigned to their perspective competitor(s), are not to leave their side. Inspectors make sure that the competitor is well prepared and has all of the necessary and vital equipment to compete in the potentially dangerous sports of Kickboxing/MMA. This would consist of the critical

wrapping of the hands, the mouth-piece, foul-proof cup (and if a woman, breast protector), along with the proper attire. The competitors warm up before entering the ring/cage and often can overexert themselves. With the inspector within short distance, he/she can assist if any problem(s) were to occur.

The inspector briefly explains or insures the competitor and their corner people (Seconds) hears the rules from the Referee, according to the sanctioning UMMAF Rules, and then the inspector follows them into the ring. During the bout, the inspector is vigilant not only for the safety of the competitor, but also for any improprieties that may occur. Often times the competitor doesn't want to continue and is "coerced" to return to the ring. The inspector ensures that that doesn't happen. A critical stage for the competitor is *after* the contest is over. Because of all the continuous blows the competitor has endured, they can be physically affected. The inspector is to ensure the competitor is cleared by the physician for the post fight exam and stay with the competitor all the way back up to the locker room, or if necessary recall the doctor or paramedics to the dressing room after the event to take the competitor's vitals. Safety is key for all involved and as long as the inspector is by the competitor's side at all times, he/she can be assured of a safe exit from the venue. As they say, the referee is the third person in the ring during the bout, while the inspector is the "eyes" before, after, and all in between.

MEDICAL HISTORY FORM: MIXED MARTIAL ARTS

Legal Name _____ License ID# _____

Last Middle First

Address _____

Street City State

Telephone: _____ E-mail: _____ Date of Birth ____/____/____

Sex M__ F__ Emergency Contact _____ Emergency Telephone _____

Health History to be completed by the athlete

Do you have or have you ever had any of the following?

	YES	NO		YES	NO
Seizure, flashing lights			High Blood Pressure		
Headaches or dizziness			Asthma or wheezing		
Cerebral hemorrhage			broken bones or recent sprains		
Passed out during exercise			Neck or spinal injury		
Double or blurred vision			Hernia		
LASIK,PKR, or other eye surgery			Cold sores, fever blisters or herpes		
Retinal detachment			Diabetes		
Hearing difficulties			bleeding problems		
Broken nose			heat stroke/heat exhaustion		
Chest pain			recent illness or fever		
Muscle cramping during practice			Sickle cell trait or disease		

IF "YES" to any of the above, explain _____

	YES	NO
Have you ever had a concussion, a head injury, or lost consciousness?		_____
Have you ever had suffered a knockout or lost a match by TKO?		_____
Do you or have you ever used steroids, testosterone, or banned substances?		_____
Have you ever had any other surgeries?		_____
Do any diseases run in your family?		_____
Have you seen a doctor for <i>any</i> medical problem in the last 3 months?		_____
Do you have any other medical conditions or training/sparring injuries?		_____
WOMEN ONLY: Have you ever had any type breast surgery?		_____
Is there any chance you may be pregnant?		_____
Are you allergic to any medications or supplements?		_____
What medications or supplements are you taking on a regular basis?		_____
What medications or supplements have you taken within the last two weeks?		_____

Sport History

Amateur Record: _____ Number of TKO Losses _____
 Date of Last bout _____ Result: _____ Number of times knocked out: ____
 Number of times knocked out in the past year: _____ Date of Last knock out: _____

I hereby authorize any and all relative medical facility and or state authority to have immediate and unlimited access to any and all medical records which may relate to my fitness to participate in a combative/ mixed martial arts match.

I certify that I have been training faithfully and am in good physical condition. I attest that the answers given above are true and correct to the best of my knowledge and belief. I understand that the examining physician depends on the reliability of the statements I made above and I am not withholding any information from the examining physician. I further understand that all statements and information supplied by me are made under penalty of perjury and if untrue and not informative, will lead to penalty and or/suspension.

 Name (Printed) Signature Date

OPHTHALMOLOGIC EXAM: MMA/KICKBOXING-Page 1 of 3

Legal Name _____ License ID# _____
Last Middle First

Address _____
Street City State

Telephone: _____ E-mail: _____ Date of Birth ____/____/____

Sex M__ F__ Emergency Contact _____ Emergency Telephone _____

History- This section to be completed by the athlete.

Do you Or have you ever been told by a doctor or healthcare provider that you have or had any of the following eye conditions, injuries, or surgeries?

	YES	NO		YES	NO
Blurred vision			Glaucoma		
Eye Disease			Aphakia		
Eve injury			Psuedphophakia		
Detached retina or retinal tear			dislocated lens		
Detached retina surgery			Cataracts		

YES NO

Have you had LASIK, RK, or PRK, surgery? If so which one?

Have you had any surgeries or procedures done to any eye or the tissues around the eye other than simple sutures of the skin around the eye?

Have your seen an eye doctor for *any* eye problem in the last 3 months?

Do you have any eye conditions or injuries from training or sparing?

If "YES" to any of the above, explain

(which eyes, nature of the diseases or injuries, dates any surgeries were done):

I hereby authorize any and all relative medical facility and or state authority to have immediate and unlimited access to any and all medical records which may relate to my fitness to participate in a combative/ mixed martial arts match. I certify that I have been training faithfully and am in good physical condition. I attest that the answers given above are true and correct to the best of my knowledge and belief. I understand that the examining physician depends on the reliability of the statements I made above and I am not withholding any information from the examining physician. I further understand that all statements and information supplied by me are made under penalty of perjury and if untrue and not informative, will lead to penalty and or/suspension.

Name (Printed)

Signature

Date

OPHTHALMOLOGIC EXAM: MMA/KICKBOXING- Page 2 of 3

Name _____ Date of Birth ____/____/____

Only a licensed and board certified physician (M.D. or D.O.) who specializes in ophthalmology may conduct this examination and complete this form. Please complete this form in its entirety.

EXAMINATION

Vision: Without/ With Glasses

Right ____/____

Left ____/____

Remarks: _____

Refraction if either eye is 20/60 or worse

Right ___ Sph ___ Cyl x ___ Acuity ____

Left ___ Sph ___ Cyl x ___ Acuity ____

Intraocular Tension Right ____ mmHg

Left ____ mmHg

Mobility Normal ____ Abnl ____
 Binocular Vision Normal ____ Abnl ____

Split Lamp Exam

	NORMAL	ABNORMAL	SPECIFY ABNORMALITIES
	R / L	R / L	
Conjunctive	___/___	___/___	_____
Cornea	___/___	___/___	_____
Iris/Pupil	___/___	___/___	_____
Lens	___/___	___/___	_____
Ey lids	___/___	___/___	_____

INDIRECT OPHTHALMOSCOPY WITH SCLERAL DEPRESSION (dilated Pupil)

Disc	___/___	___/___	_____
Macula	___/___	___/___	_____
Vessels	___/___	___/___	_____
Peripheral Retina	___/___	___/___	_____
Lens	___/___	___/___	_____

POLICIES OF OCULAR CONDITIONS: a kickboxer or MMA athlete shall be denied, suspended, licensed revoked or placed on any appropriate restriction due to a medical or visual condition including but not limited to one of the following:

1. Uncorrected visual acuity of less than 20/200 in either eye or 20/60 with both eyes.
2. Corrected visual acuity of less than 20/60 in either eye regardless of its cause.
3. A visual field of 60 degrees or less extending over one or more quadrants of the visual field.
4. Presence or history of retinal detachment or retinal tear unless treated by an ophthalmologist and then approved by an ophthalmologist specified by the commission who then assesses that the athlete is at no significant risk of further injury to the retina from to resume competition in combative sports.
5. Presence of primary or secondary glaucoma whether or not such condition has been treated.
6. Presence of aphakia, pseudophakia, macular abnormalities, major lens abnormalities, or any other visual conditions which would prevent the contestant from safely engaging in combative sports.
7. Presence of myopia more than -3.5 diopters in either eye.

Name: _____ Date of Birth ___/___/___
: Last First Middle

POLICIES ON OCULAR CONDITIONS (continued) Page 3 of 3

Any of the above conditions MUST be reported immediately to the Athletic Commission. The examining physician is requested to forward a copy of any report directly to the Athletic commission of any athlete who has a condition that may preclude him/her from safely engaging in combative sports.

REFRACTIVE SURGERY: Athletes participating in combative sports who elect to have refractive surgery need to be made aware of 1. The risks and potential complications associate with these procedures. 2. Any eye injury incurred during a bout or match may result in immediate termination of the bout and transport to a medical center for ocular evaluation, and 3. Licensing cleared for an event is ultimately at the discretion of the Athletic commission and event-specific Ringside Physician and a history of these procedures may preclude the contestant from medical clearance.

Radial Keratotomy (RK): Trauma can induce a corneal rupture several years after RK surgery. It takes approximately 50% less energy to rupture a cornea on an eye that has had RK verses one that has not.

Laser-Assisted in situ Keratomileusis (LASIK) : LASIK surgery is associated with a recognized increase risk of corneal injury (flap dislocation) after eye trauma. Due to the increased risk of corneal injury in combative sports, athlete are discouraged from undergoing elective LASIK surgery. Athletes should be made aware of potential complications of they decide to participate in combat sports such as Boxing, Kickboxing or Mixed Martial arts

Photorefractive Keratectomy (PRK): PRK surgery does not appear to reduce corneal strength. Non-Incisional refractive surgery such as PRK is preferred over incisional refractive surgery such as LASIK or RK.

Corrective Lens: Glasses and hard contacts are not allowed. Soft contact lenses are permitted at the discretion of the Athletic Commission and relevant statutes and laws. Procedures for dealing with a dislodged or lost contact lens during a bout are at the discretion of the Athletic Commission.

QUALIFYING STATEMENTS: *I HAVE READ THE ABOVE CRITERIA AND, IN ACCORDANCE WITH THE VISION REQUIREMENTS AS STATES ABOVE, HAVE EXAMINED THE NAMED ATHLETE. I HAVE ALSO REVIEWED THE HISTORY STATEMENTS MADE BY THE ATHLETE ON PAGE ONE OF THIS 3 PAGE FORM AND IT IS IN MY OPPINION THAT SAID ATHLETE*

IS _____ IS NOT _____ cleared to be licensed as a competitor in combative sports i.e. kickboxing/MMA.

If Not Please explain _____

The athlete presented a valid form of photo I.D. and I have personally verified his/her identity

Physician's name	Signature	Lic #	Date	
Office Address	City	State Zip	Phone	Fax

PROTOCOL FOR RINGSIDE EMERGENCY PERSONNEL

Upon arrival at the event site:

1. Check in with the department / sanctioning event representative and obtain vital sign records registration sheets (one for each EMT / paramedic). Fill in your names and license number.
2. Check in with and review the following with ringside physicians
 - a) Establish a clear route of exit from the ring/cage to the ambulance
 - b) Location of your ringside seating
 - c) If possible have defibrillator, backboard and neck collar at ringside
 - d) Discuss which hospitals are nearby
 - e) discuss protocols for getting a second ambulance if/ when needed. Ambulance should be ACLS equipped.

During the event:

At Least one ringside physician and one EMT/Paramedic must be at ringside at all times

1. Do not try to stop a bout. The referee has sole jurisdiction of the bout. The physician can stop the event only between rounds or if called upon by the referee during a time-out.
2. Do not root, cheer, or boo for any contestant.
3. Do not get involved with spectators or venue personnel – for any problems or questions, immediately contact the ringside physician or security.
4. Do not discuss any medical aspects of the athletes with the media or other personnel, even if it sounds as simple as “he’s Okay” If asked, respond only with “you will have to talk to the ringside physician”.

After each separate bout:

1. If there is only one physician the post-bout exams will take place either ringside or in the locker areas, depending on the physician’s assessment of the venue.
2. If there are two physicians working the event, one EMT / Paramedic will escort the athlete from the RED corners to the locker room. (One of the ringside physicians will usually escort the athletes from the blue corner.) Please note: getting an athlete who is overexcited at the outcome may be challenge. Remain professional and remember that you are in charge. If there’s a problem getting them back to the area, they usually respond to the phrase “we have to do the medical now”.
3. Do vital signs (BP,HR, RR) on the athlete and record them on the vital sign sheet. Then find the athlete from the blue corner (names usually on the locker doors) and record their vital signs. Give these numbers to the ringside physician doing the post – bout exams.
4. It is usually better to do vital signs in the locker area – it’s a more controlled environment Than the rest of the venue. More importantly, the ringside physician will know where to find you and the athlete in case of a problem.
5. If an athlete is refusing medical advice let the ringside physician know immediately.

At the End of the Event:

1. Turn in the vital signs sheet to the Ringside physician.
2. Check in with the ringside physicians to let them know when you are leaving.
3. At least two EMT/Paramedics, one ringside physician and a representative of the Athletic commission/ sanctioning body are not allowed to leave the area until all athletes are medically cleared and have left the locker and competition area.

PHYSICIAN'S PRE-BOUT EXAM: MIXED MARTIAL ARTS

Legal Name _____

Date ____/____/____
 Last Middle First

Address _____

Street City State
 Telephone: _____ E-mail: _____ Date of Birth ____/____/____

Sex M F Emergency Contact _____

Emergency Telephone _____

BP must be <160/100 if less than 35 years old : <145/90 if 35 or older.

Normal Abnl	Normal Abnl	Normal Abnl
Alertness/Orientation	Heart (Rhythm/sounds)	Romberg/Pronator
Drift		
Hea/Periorbital?CN's	Chest/Lungs/Ribs	Finger to nose
PERRLA/EOMI/Vision	Abdomen	Knuckle Push Ups
Jaw/Oropharynx.Teeth	Upper Extremeties	Tandem Gait
Nose(stability/obstruction)	Lower Extremeties	Duck Walk
Ears/Hearing(grossly)	Hands/wrists	Crab Walk
Neck	Skin(rashes,infxs)	
Other _____		
(Women Only) Pregnasncy Test-urin /Serum (circle): Negative		Positive(automatic DQ)

Abnormalities _____

Based on the statements made by the participant, the Medical history form and my physical findings it is my oppinion this participant (circle appropriate) **IS** **IS NOT** in good physical condition and able to compete in a Mixed martial arts contest.

Reason not cleard for competition _____

Physician's NAME M.D. /D.O.
 Date

Signature

Lic #

PHYSICIAN'S POST – BOUT EVALUATION

(circle) Won Lost KO TKO Draw DQ NC LOC Choke
Submission

(No entry indicates gorssly normal findings)

Time of intial evaluation:

Athlete Stable YES NO

RR: _____ BP: ____/____

HR: _____

Normal/ Abnl
Normal Abnl

Normal Abnl

Alertness/Orientation
Hea/Periorbital?CN's
PERRLA/EOMI/Vision
Jaw/Oropharynx.Teeth
Nose(stability/obstruction)

Heart/Lungs
Chest/Ribs/Abdomen
Extrememties
Neck
Hands/wrists

Skin (lacerations)
Gait (Motor)
Neuro (grossly)
Ears/Hearing(grossly)

Other

Abnormalities:

Mechanism of injury diagonoses:

Advised to report for second evaluation in (circle one) 15 Min 30 min
Athlete failed to report for second evaluation

Recommended Medical Attention : CT Scan of brain CT Scan_____ X-
Ray _____
Examination followup by Ophthamologist Neurologist Orthopedic
Primary Care Physician

Referred to Emergency At: _____
fighter refused advice of physician _____

Comments:

Physician's Name M.D./D.O

signature

Lic #

Date