

Proposed Amendments for the  
UNIFIED RULES OF MIXED MARTIAL ARTS

**Revised Edition II**

Presented to the Association of Boxing Commissions

Annual General Meeting

July 2008

Montreal, Quebec Canada

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## **Introduction:**

Every Athletic Commission's mission statement encompasses the practice of keeping all athletes who engage in combative sports safe and protected. With that fundamental statement in mind, the primary and guiding principle with the development of these amendments is to ensure the safety of the athlete.

## **The Unified Rules of Mixed Martial Arts**

The Unified Rules of Mixed Martial Arts – established by the New Jersey State Athletic Control Board have become the de facto set of rules for professional MMA internationally. These rules have long served the sport of MMA and it should not go without mentioning and giving recognition to those individuals who helped develop and create the original rules for the betterment of the sport of MMA, and the safety of the athletes. If not for the creation and implementation of the Unified Rules, then the sport of MMA may not have developed and maintained the strong safety record that has embraced it.

## **Why The Need for the Amendments?**

The natural question is that if the Unified Rules of Mixed Martial Arts have been sufficient up until now, then why the need for these proposed amendments?

The rapid growth of MMA has allowed more information to come forward about many facets of the sport. Suffice to say that as the sport has grown, the level of understanding of the technical aspects, officiating, types of injuries, match making, and sports administration have become much more developed. Athletic Commissions and their staff of officials, and medical personnel, as well as the athletes and promoters have for the most part, a deeper understanding of the sport of MMA compared to over a decade ago. It goes without saying that as the sport has evolved and knowledge has evolved then rules should also match that evolutionary process, as long as they are governed with the safety of the athlete as the principle factor.

Keep in mind these amendments do not disregard the original Unified Rules. For the most part many of the original Unified Rules have been preserved. However, with the added experience of now countless MMA events that have occurred internationally, some rules have been amended to reflect this experience. These amendments still guard the safety of the athletes, while at the same time keeping the integrity of the sport.

## **The Referee**

MMA can be fast paced, and involve multi dimensional skill sets, including striking, grappling, throws, takedowns, and submissions. The MMA referee has to interpret and react to an ever changing environment of techniques and positions, while at the same time, maintain control of the combatants, and continually monitor all safety aspects of the match. The cognitive skills of a referee are of paramount importance to the safety of the participants. A referee's reaction time and decisiveness is a critical factor in performing official duties while inside the combat arena. However, a referee cannot just react. The referee must react with the appropriate behavior and make the right choices while officiating the match.

Athletic Commissions – as they should - have relied heavily on the referee for the safety of the athletes involved in sport combat. **As such, the intention of these amendments is to create greater clarity for MMA referees, so that they can react quickly and decisively to enhance a athlete's safety in the combat arena.** A referee, who is not burdened by subjective and sometimes ambiguous rules and interpretations, is one that can respond to situations with efficiency, and increase task performance, thereby increasing all safety aspects associated with the combatants and the match.

Along with medical review testing and match making oversight, the training and selection of Referees by Athletic Commissions is crucial to ensuring the health and safety of the athlete and the integrity of the sport.

## **The Athlete**

Secondly, the rules establish clearer guidelines for the athletes and create a level where technical skill is established and rewarded versus the "street fighting" appearance that has been somewhat associated to MMA by critics of the sport. These rules allow athletes greater clarity in initiating their techniques and tactics, with respect to MMA combat. Techniques that are easily interpreted as whether they are prohibited or allowed ensure that the athlete makes the correct skill choice while engaged in combat, creating a safer environment for both his opponent and himself.

## **The Athletic Commission**

The Athletic Commission as the governing organization of combative sports must have clearly defined rules that are not only administratively feasible but also court defensible, should a sport combat incident occur. Commissions must ensure that rules are clear and easily understood by everyone involved in the sport. This not only includes

Commission personnel such as judges, referees, and doctors, but also the athletes, coaches, and the fanbase.

## **DEFINITIONS**

1. "Athlete" refers to any competitor, participant or fighter
2. "Commission" refers to the recognized state, provincial, tribal or city authority designated by law to oversee and administer all combative sports within their respective jurisdictions
3. "MMA" refers to Mixed Martial Arts

## **COMMISSION AUTHORITY WITH RESPECT TO ALL RULES AND TECHNIQUES**

This document contains the minimum standard of what is deemed the acceptable safety standards with respect to all rules, fouls and technical applications, as part of the unified rules of MMA. However, the safety limitations in terms of prohibiting techniques can be increased under the authority and discretion of any Athletic Commission.

**As an example:** A Commission may decide based on its own discretion that elbows- although allowed within document - may not be deemed suitable within the parameters of a Commission's own governance and bylaws, and wish to increase the strictness of the existing rules of this document, and as a result may prohibit those techniques.

In summary any Athletic Commission can increase the strictness of the limitations found within this document, but cannot decrease the existing safety standards with respect to rules, fouls and technical applications found within this document.

It is advised that all promoters, athletes and coaches consult with the Athletic Commission prior to any MMA contest to verify all rules and policies specific to that Commission

### **The Original Unified Rules – Fouls:**

The following actions shall constitute fouls during any professional Mixed Martial Arts competition.

1. Butting with the head.
2. Eye gouging of any kind.
3. Biting.
4. Hair pulling.
5. Fishhooking.
6. Groin attacks of any kind.
7. Putting a finger into any orifice or into any cut or laceration on an opponent.
8. Small joint manipulation.
9. Striking to the spine or the back of the head.
10. Striking downward using the point of the elbow.
11. Throat strikes of any kind, including, without limitation, grabbing the trachea.
12. Clawing, pinching or twisting the flesh.
13. Grabbing the clavicle.
14. Kicking the head of a grounded opponent.
15. Kneeing the head of a grounded opponent.
16. Stomping a grounded opponent.
17. Kicking to the kidney with the heel.
18. Spiking an opponent to the canvas on his head or neck.
19. Throwing an opponent out of the ring or fenced area.
20. Holding the shorts or gloves of an opponent.
21. Spitting at an opponent.
22. Engaging in any unsportsmanlike conduct that causes an injury to an opponent.
23. Holding the ropes or the fence.
24. Using abusive language in the ring or fenced area.
25. Attacking an opponent on or during the break.
26. Attacking an opponent who is under the care of the referee.
27. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.
28. Flagrantly disregarding the instructions of the referee.
29. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
30. Interference by the corner.
31. Throwing in the towel during competition.

### **The Amended – Unified Rules**

The following actions shall constitute fouls during any professional Mixed Martial Arts competition.

1. Head-butting or striking with the head in any manner.
2. Eye gouging of any kind.
3. Biting.
4. Hair pulling.
5. Fish Hooking.
6. Groin attacks of any kind.
7. Placing a finger into any orifice, or into any cut or laceration of your opponent.
8. Small joint manipulation.
9. Deliberate strikes to the spine or the back of the head.
10. Throat strikes of any kind, including, without limitation, grabbing the trachea.
11. Clawing, pinching or twisting the flesh.
12. Kicking the head of a grounded opponent.
13. Kneeing the head of a grounded opponent
14. Stomping
15. Pile-driving your opponent into the mat.
16. Purposely throwing an opponent out of the ring or caged area.
17. Holding the shorts or gloves of an opponent.
18. Engaging in any unsportsmanlike conduct
19. Holding the ropes or the fence.
20. Attacking an opponent on or during the break.
21. Attacking an opponent who is under the care of the referee.
22. Disregarding the instructions of the referee.

23. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.

24. Interference by the corner.

25. Smothering (hand cupped over opponents' mouth)

### **Definitions and Interpretations:**

1. Head-butting or striking with the head in any manner.

*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.

*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. 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.*

5. 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 "Fishhooking". Fishhooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.*

6. Groin attacks of any kind.

*Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal*

7. 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.*

8. Small joint manipulation.

*Fingers and Toes are small joints. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints.*

9. Deliberate strikes to the spine or the back of the head.

*No direct striking attacks are allowed to the spine or the back of the head crown of the head, centerline of the skull, into the spine, down to the tailbone. A direct strike is an aimed and executed attack to the area. **The back of the head is considered from the crown of the head down the centerline of the skull into the spine, with a 1 inch variance to each side, similar to a Mohawk haircut. Strikes that are thrown to areas behind the ears but not within the Mohawk limitation are legal strikes***

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

*No directed throat strikes are allowed. Directed throat attacks are not punches that connect during an exchange from the standing position while fighters are engaged in combat. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. **All arm chokes such as the Rear Naked, Guillotine, and Bar Arm are legal.***

11. Clawing, pinching or 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.*

12. Kicking the head of a grounded opponent.

*A grounded opponent is any fighter who has more than just the soles of their feet on the ground. If the referee determines that a fighter would be a grounded fighter but is not solely because the ring ropes or cage fence has held fighter from the ground, the referee can instruct the combatants that he is treating the fighter held up solely by the cage or ropes as a grounded fighter. **A fighter can be kicked to the body when they are on the ground with any type of legal kick except to the head or groin.***

13. Kneeing the Head of a grounded opponent

*A grounded opponent is any fighter who has more than just the soles of their feet on the ground. If the referee determines that a fighter would be a grounded fighter but is not solely because the ring ropes or cage fence has held fighter from the ground, the referee can instruct the combatants that he is treating the fighter held up solely by the cage or ropes as a grounded fighter . **A fighter can be kneed to the body when they are on the ground with any type of legal knee except to the head or groin.***

14. Stomping

*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. **This does include stomping the feet while both fighters are standing** **(Note) Axe kicks are not stomps.***

15. Pile-driving your opponent into the mat.

*A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponents 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. \*\*\* **This is crucial that referees are properly advised and trained and that the fighters fully understand this at the rules meeting** \*\*\**

16. Purposely throwing an opponent out of the ring or caged area.

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

17. Holding the shorts or gloves of an opponent.

*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. **It is legal to hold onto your own gloves or shorts***

18. Engaging in any unsportsmanlike conduct.

*Any type of behavior or conduct observed or heard by the referee, which can be considered detrimental or disrespectful towards their opponent or the sport of MMA. This includes but is not limited to spitting at your opponent, abusive language, abusive gestures, etc.*

19. Holding the ropes or the fence.

*A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When fighter's fingers 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 the ring ropes at any time.*

**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 a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, fighters will be re-started standing in a neutral position*

20. 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*

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

*A fighter shall not engage their opponent in any fashion while their opponent is under the care or handling of the referee*

22. Disregarding the instructions of the referee.

*A fighter **MUST** follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification*

23. Timidity, including, without limitation, avoiding contact with an opponent, intentionally 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 the fight*

24. Interference by the corner.

*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.*

25. Smothering the mouth or nose

*A fighter may not place his hand over his opponent's mouth or nose in an attempt to smother the fighter's ability to breathe. This does not include choke attempts where a fighter's mouth is covered by his opponents arm.*

### **What was removed?**

#### **10. Striking downward using the point of the elbow.**

For historical significance, this rule was based on a technique (a downward elbow strike) that was targeted to the back of an opponent's head. Instead of identifying that the actual target location (back of the head) was at issue and a cause for concern, the consensus was to prohibit the technique itself.

However, there is already a rule prohibiting strikes to the spine and the back of the head, which is significant in that it prohibits ALL strikes to spine and the back of the head, bringing clarity to this issue, in a single rule.

Downward elbow strikes are no more or less damaging than any other elbow strike, (and elbow strikes are considered legal techniques).

This rule has been confusing to officials, fighters, and Commissions.

### 13. Grabbing the clavicle

Grabbing the clavicle does little in terms of a direct attack that is likely to produce any injury, specifically a clavicle fracture. Clavicle fractures generally occur from a bad fall or a strong direct blow. Since throws and takedowns are allowed in MMA, as are strikes all of which have a greater probability of creating a collar injury, then this foul serves as being pointless and a bit of overkill.

### 17. Kicking to the kidney with the heel.

This attack (at one time common while one fighter has another fighter in the Guard), is considered weak and unlikely to produce much damage. Considering kicks and punches and knees, can produce substantially greater trauma (and they are legal techniques) it serves as being pointless as to having this foul in here.

### 18. Spiking an opponent to the canvas on his head or neck

There is a rule that more definitively describes pile driving as being a prohibited technique.

Spiking is an ambiguous term and in terms of the mechanics of throwing or takedowns, many throws (Seoinage – a legal shoulder throw – as an example) do involve the head being placed in what might meet the description as a spike – the head progressing at a downward angle toward the ground. Fighters have been taught that the one throw that is considered illegal is the piledriver, so the rule should accordingly be changed to no piledriving an opponent onto their head.

### 21. Spitting at an opponent.

Consolidated with: “Engaging in any unsportsmanlike conduct. “

### 24. Using abusive language in the ring or fenced area.

Consolidated with: “Engaging in any unsportsmanlike conduct. “

## 27. Attacking an opponent after the bell has sounded the end of the period of unarmed combat

Consolidated with: “Attacking an opponent on or during the break.”

## 31. Throwing in the towel during competition.

A fighter’s corner should have the option to retire his fighter in the quickest and most efficient manner possible, during competition.

The general working guideline which involves having the corner try to get the attention of the referee, the inspector, or the Commission does not work while a fighter (in their corners perception) is taking what they consider too much damage. This is too long of a process considering the speed of MMA.

A cornerman having worked alongside a fighter should recognize what their fighters capabilities are from past experience. It makes sense from a safety perspective to allow a corner to retire the fighter.

If there is consideration that debris in the form of a towel entering the ring or cage may contribute to a disruption or confusion in the contest, then color towels or special towels might be a consideration to be used.

## **What was added?**

### 25. Smothering (hand cupped over opponents mouth)

*A fighter may not place his hand over his opponent’s mouth or nose in an attempt to smother the fighter’s ability to breathe. This does not include choke attempts where a fighter’s mouth is covered by his opponents arm.*

This should be put in place due to the fact that fighters many times place their fingers in their opponent’s eyes while attempting this technique. It is often frowned on by fans because the appearance tends to lead fans to the conclusion that the fighter can figure out no true technique to use in attacking their opponent. Visually it looks awkward when one fighter is attempting to cover the mouth of his opponent while they turn their head from side to side in an attempt to block the move.

## **Time Considerations for Fouls**

### **Foul Time Limits:**

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 can 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.

### **Fighter who is not fouled by low blow but another foul:**

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

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.

If deemed not fit to continue by the ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the ringside physician and some of the five minute foul time is remaining, the fighter cannot avail himself of the remaining time

This shall be enforced for all listed fouls with the exception of a low blow foul

## **Techniques Introduction:**

Certain individuals were generally not familiar with the technical aspects of MMA and viewed the vast arsenal of the technical elements of the sport of MMA as confusing and in some cases “barbaric”. However, MMA techniques by their definition come from a wide variety of recognized martial arts and combat disciplines, some that are currently in use in the prestigious Olympic Games – such as Judo, Boxing, Wrestling and Tae Kwon Do to some degree, as well as other martial disciplines that have a history of athletic practice such as Muay Thai (Kickboxing), Brazilian Jiu-Jitsu, Sambo, and other arts, that are routinely practiced throughout North America and around the world with many different cultures. The emphasis being that many of the techniques associated with MMA are routinely utilized and practiced in other combat sports disciplines on an international level and they have been practiced safely.

## **Legal Techniques**

Many of the techniques listed below have multiple names or translations depending upon style or culture. It is the responsibility of the Commission to recognize the similarity or distinction between the various techniques, and to become familiar with the techniques in general.

### **Striking**

All punches

Kicks

Knees

Elbows

Forearms strikes

Shoulder strikes

Hammer fists

Spinning back fists

Throws-Takedowns

Duck Under

Single Leg

Double Leg

Arm Drag

Ankle Pick

Inside Trip

Outside Trip

Body Lock

High Crotch

Suplex

Osoto Gari

Uchi Mata

Hip Toss

Tai Otoshi

Power Bomb

Seoinagi

Iranian Lift

Whizzer

Switch

Submissions:

Armbar

Double Armbar

Kimura / Double Wrist Lock

Arm Triangle

Americana / Keylock

Omoplata

Gogoplata

Rear Naked Choke

Guillotine Choke

Anaconda Choke

Darce Choke

Eziquel or Front Choke

North / South Choke

Bar Arm Choke

Toe Hold

Triangle Choke

Ankle Lock

Ankle Lock from back control

Reverse Triangle Choke

Heel Hook

Inverted Heel Hook

Knee Bar

Twister

Head & Arm Shoulder Lock

Head & Arm, Arm Lock

Peruvian Neck Tie

*(All of the above are legal techniques except when used against a prohibited target)*

### **MMA Technical Definitions:**

The following are abbreviated definitions found within the sport of MMA. These definitions are designed to be used as an aid to Athletic Commissions, Commission personnel, athletes, and coaches to bring clarity on many of the MMA technical applications found within competition.

#### **Takedowns:**

Duck Under

A grappling move in which a fighter “ducks under” the opponents arm in an attempt to get behind him, to position him for a lift, throw, trip, takedown or other MMA attack.

Single Leg

A move in which a fighter takes the opponent down by lifting and controlling one of the opponent's legs.

Double Leg

A driving takedown which is executed when a fighter engages another fighter by grasping both of the fighter's legs, generally gripping the back of the fighters knees and lifting to displace balance.

This takedown is known as Morote Gari in Japanese (Judo) and Baiana in Portuguese (BJJ)

Arm Drag

A method of grabbing, pulling and controlling an opponent's arm in an attempt to throw him off balance and gain positional control.

Ankle Pick

A move in which a fighter takes the opponent down by the grabbing or lifting of the ankle of his opponent forcing him to the ground.

### Inside Trip

Is a sweeping motion applied when one fighter sweeps or hooks with his leg, the inner leg of his opponent in an effort to displace their balance and bring them to the ground.

This takedown is also known as a O Uchi Gari – “major inner reap” in Japanese (Judo)

### Outside Trip

Is a hooking motion applied when one fighter hooks with his leg the outside leg of his opponent in an effort to displace their balance and bring them to the ground.

This takedown is known as Kosoto Gake – “minor outer hook” in Japanese (Judo)

### Body Lock

A hold in which a fighter locks his arms around the opponent's body as a method of control and from this position may take him to the ground

### Osoto Gari

Japanese (Judo) which translates as a “major outer reap”, which accurately describes the throw. Osoto Gari is throw where a fighter steps to the outside of the opponent, pushing the opponent off balance while at the same time sweeping the opponent's leg out from under them

### Uchi Mata

Japanese (Judo) which translates as “inner thigh”, which describes the action of the throw. It is throw common to grappling arts where a fighter uses both the action of the hip and leg to to displace an opponents balance.

### Hip Toss

A forward throw common to most grappling disciplines where one fighter is thrown over the other fighters hips.

### Tai Otoshi

Japanese (Judo) which translates as “body drop”. A throw common in grappling arts which is quickly executed and must be well timed. An attacking fighter will off balance the opponent and at the same time pivot away from the opponent in the same direction of the opponent's feet. The attacking fighter will extend his leg in front of the opponent so that the back of his calf is practically touching the opponents

shin. At this time the attacking fighter will pull the fighter over the extended leg, resulting in a trip as the opponent falls forward.

## Power Bomb

A lifting technique generally used, when a fighter is stopped during a double leg takedown attempt. The athlete grabs their opponent by the waist and uses a swinging motion while simultaneously elevating their opponent. The athlete performing the move steps back and throws their opponent onto the mat usually causing the opponent to land flat on to their back and shoulder area.

## Seoinagi

Japanese (Judo) meaning shoulder throw. A throw common to many grappling disciplines. It is a forward throwing technique in which one fighter is thrown over the other fighters shoulder.

## Iranian Lift

Wrestling technique used when an athlete has pushed his weight too far forward when their opponent attempted a takedown. Usually performed from the knees the athlete will raise their back straight up while holding their opponents legs causing their opponent to be inverted

## Whizzer

Defensive technique used to prevent a single leg takedown attempt.

## Switch

Defensive technique used against a single leg takedown attempt to switch the position and gain control.

## Submissions:

### Armbar

A straight arm lock technique that attacks the elbow hyper-extending the joint.

### Double Armbar

Attacks both arms simultaneously. Performed from the guard position, the athlete brings their legs up high around their opponents back and neck area trapping both arms. Athlete extends hips while controlling their opponent's wrists

## Kimura / Double Wrist Lock

Attacks the shoulder. Can be performed from either side while standing or on the ground. Arm needs to be bent at approximately 90 degrees at the elbow with the arm being moved from the athlete's waist towards their head

This submission is also known as *ude garami* "entangled armlock" in Japanese (Judo)

## Arm Triangle

Performed by trapping an opponent's arm against their own neck. The head is used to control the arm while the arms are wrapped around the opponent's neck and arm. Performed correctly the action intensifies when the athlete moves to an approximate 60 degree angle from their opponent

## Americana

Also known as a "Key Lock" attacks the shoulder area. Usually performed in a cross body or mount position. Athlete must control their opponent's head position while keeping the arm bent at a 90 degree angle.

## Omoplata

The translation in Portuguese (BJJ) literally means "shoulder blade" and this accurately describes this submission. The omoplata is a submission that attacks the shoulder area by using the legs.

This submission is also known as *sankaku garami* or *shoulder lock* in Japanese (Judo)

## Gogoplata

A choke hold usually performed from the guard position. The shin is brought across the opponent's neck while one arm moves under the leg and meets up with the other arm to pull down on the opponents head

## Rear Naked Choke

Most common choke used from behind the opponent. Athlete brings their arm around their opponents neck and locks the arm in place by grabbing their opposite arm at the elbow and wrapping the hand behind their opponents head

## Guillotine Choke

Straight-arm choke used when facing an opponent. Usually performed from standing or guard position.

## Anaconda Choke

Started from North / South position athlete moves hand from neck area to far side of opponent and wraps hand into opposing elbow and then rolls his opponent bringing his hips towards opponent's hips tightening the hold

## Darce Choke

Performed the opposite of the Anaconda Choke, the arm starts from the opponent's side and moves up along the neck area and wraps into the opposing elbow.

### Eziquel or Front Choke

Performed by placing the blade of the forearm across the neck area and grabbing the arm to fulcrum the leverage down into the throat area to create the choke

### North / South Choke

Performed while one athlete is on top of their opponent with one fighter facing down and one fighter facing up. The top fighter slips their arm around the bottom fighters head allowing the armpit area to settle into the throat area. The top fighter then settles their weight down applying the choke

### Bar Arm Choke

Used by placing the blade of the forearm against the throat and pulling straight back

### Toe Hold

Attacks the ankle joint. Athlete grabs the foot and figure fours their arms around the lower leg while applying pressure towards the inside of the foot.

### Triangle Choke

Used primarily from the guard the athlete must pass one leg over their opponents shoulder trapping the head and one arm inside. The athlete then must figure four their legs applying pressure against the neck by forcing the trapped arm against the neck. Pulling down in the head intensifies the hold.

This technique may all be referred to as *sankaku jime* in Japanese (*Judo*)

### Ankle Lock

Attacks the ankle joint and athlete uses his arms and torso to apply pressure to the ankle.

### Ankle Lock from back control

Usually seen when a fighter takes the back and then crosses their feet, their opponent can ankle lock them by using his legs to cross over the ankle and foot and then extends and arches the hip area.

### Reverse Triangle Choke

Reversed by the way the fighter positions the legs around the opponents head and arm.

### Heel Hook

Attacks the knee joint. Set up in a similar fashion to the ankle lock, the fighter positions their opponent's foot down past their side and the heel just outside the crook of their elbow. The fighter then applies leverage by pulling the heel towards their nose

## Inverted Heel Hook

Set up in a similar fashion the straight heel hook applies pressure by rotating the heel towards the inside. The inverted heel hook applies the rotation of the heel to the outside

## Knee Bar

Attacks the knee joint in the same fashion as the Armbar attacks the elbow joint.

## Twister

Attacks the spine by isolating the legs in one direction and leveraging the head neck and torso in the opposite direction.

## Head & Arm Shoulder Lock

Performed from side control the fighter uses their legs to control their opponents arm. The maneuver masks the movements of the Kimura, only utilizing the legs

## Head & Arm Arm Lock

Performed from side control the fighter uses their legs to control the opponents arm. The maneuver masks the movements of the straight arm bar, only utilizing the legs

## Peruvian Neck Tie

Similar to the Guillotine choke the move is performed by placing both hands together in the neck area or your opponent. Pulling in and squeezing arms together while using legs to trap far side arm and control opponents' body

## Positions:

### Closed Guard

Most common defensive position seen on the ground. Fighter on bottom has wrapped legs around their opponent's waist and has crossed their feet.

### Open Guard

Fighter on the bottom has not closed his legs around the waist of their opponent. Hip movement is key

### Butterfly Guard

Fighter on bottom has placed their feet inside their opponent's legs near groin area. Knees are held high to prevent passing of the guard

### X- Guard

Performed by using both legs against opponent's one leg crossing feet similar to an X. Arms attack opponents other leg attempting to off balance the fighter.

### Half Guard

Position of fighting when the bottom fighter controls only one leg of the top fighter with their legs

### Side Control

Dominant position of fighting where the top fighter has cleared the legs of the bottom fighter and is now off to one side on top of their opponent

### Mount

Dominant position where the top fighter has straddled the bottom fighter with their legs

### Rear Mount

The most dominant position in MMA. The fighter who has the back will have his legs hooked into his opponents' pelvic area or will triangle their opponents body to control position

### North – South

Both fighters are on the ground. Fighter on the bottom is facing up, while the fighter on top is facing down. The fighters' feet will be facing opposite directions

### Crucifix

A technique that is used to control an opponent's arms by the use of your legs and arms. Can be a submission hold when applied as a neck crank. Usually used to control a fighters arms in a ground and pound attack

### Can Opener

Used to open the closed guard of your opponent by pulling on the head bringing it towards the chest area. Can be a submission only if the fighter on the bottom refuses to open their guard.

### Underhooks

Wrapping the arm under your opponents arm and around the shoulder area or torso

### Overhooks

Wrapping the arms over the top of your opponents arms

### Double Underhooks

Wrapping both arms under your opponents arms. Usually has connection of the hands for takedown attempt

## Plumb

Muay Thai technique used to control the head with both hands clasped around the neck area

## Hip Over Sweep

Used from guard position. Fighter traps opponents post arm, elevates hips and rotates opponent over landing in mount position

## Scissor Sweep

Used from the guard position bottom fighter traps post arm, brings one leg up high the other leg low and scissor kicks the legs together while pulling on opponents trapped arm

## Elevator Sweep

From guard position bottom fighter hooks inside of opponents leg with their foot. Fighter then pulls opponent towards them while lifting with hooked leg. Opponent is rolled over the shoulder area to complete the sweep

## Double Ankle Sweep from Guard

From the guard the top fighter stands up. The bottom fighter drops their closed guard and grabs the standing fighter's ankles. The bottom fighter pinches knees together, lowers their hips and pushes the standing fighter over following the movement in to a top position

## Half Guard Escape to single leg

Bottom fighter uses an underhook to pull themselves into and under their opponent off balancing the opponent. Bottom fighter moves to their knees and continues into a single leg takedown

## **Weight Categories – Mixed Martial Arts**

It is recommended that the unwritten custom of the one pound allowance for non-title bouts be discontinued. Athletes must make their contracted weight class by the close of the weigh-in and should not be allowed the one pound allowance.

**NOTE:** Commissions may however use their discretion to approve certain out of

weight class bouts.

For example, if one athlete weighs in at 264 pounds while the opponent weighs in at 267, the Commission may still decide to allow the contest if it feels that the contest would still be fair, safe and competitive. This would be despite the fact that the two athletes weighed in at differing weight classes.

However, in general cases, the Commission should not allow the contest scheduled for the proposed Middleweight division if one athlete weighs in at 185 and the opponent's final weight is 196.

The following shall comprise the full list of useable weight categories in any Mixed Martial arts competition whether amateur or professional.

#### MEN'S DIVISIONS

Flyweight	(Up to 105 pounds)
Super Flyweight	(Over 105.1 to 115 lbs)
Bantamweight	(Over 115.1 to 125 lbs)
Super Bantamweight	(Over 125.1 to 135 lbs)
Featherweight	(Over 135.1 to 145 lbs)
Lightweight	(Over 145.1 to 155 lbs)
Super Lightweight	(Over 155.1 to 165 lbs)
Welterweight	(Over 165.1 to 175 lbs)
Super Welterweight	(Over 175.1 to 185 lbs)
Middleweight	(Over 185.1 to 195 lbs)
Super Middleweight	(Over 195.1 to 205 lbs)
Light Heavyweight	(Over 205.1 to 225 lbs)
Heavyweight	(Over 225.1 to 265 lbs)

Super Heavyweight (Over 265.1 pounds)

### WOMEN'S DIVISIONS

Flyweight	(95 lbs. and below)
Bantamweight	(95.1-105 lbs.)
Featherweight	(105.1-115 lbs.)
Lightweight	(115.1-125 lbs.)
Welterweight	(125.1-135 lbs.)
Middleweight	(135.1-145 lbs.)
Light Heavyweight	(145.1-155 lbs.)
Cruiserweight	(155.1-165 lbs.)
Heavyweight	(165.1-185 lbs.)
Super Heavyweight	(185.1 and above)

### COMBAT PLATFORMS ( Ring / Cage )

All MMA contests will take place in either a Cage or a Ring that has been approved by the Commission. The Cage or Ring will meet the requirements set forth by each Commission and also be subject to inspection prior to each event by the Commission or a Commission representative such as a referee.

It is advised that all promoters consult with the Commission prior to any MMA contests regarding Cage or Ring requirements and standards.

**RULE MEETINGS: ( General Guidelines )**

In many states and provinces group rule meetings have been commonplace in the reviewing of rules, fouls and other considerations. It is recommended that individual meetings between the bout supervising referee and each competitor in the contest be conducted backstage in the locker room or another appropriate location. Many times contestants will ask questions of the official when the rules are covered individually in private, when they would have been hesitant to ask the same question in front of their competitor.

This does not supercede the ability of the Commission to have a brief meeting about the requirements requested of a fighter's time to the location, interaction with the inspectors, available liquids and foods, taping requirements and so on.