



FIGHT-RULES **MIXED MARTIAL ARTS**

All fights take place in a ring.

Official referees and judges provide a safe and fair fight which is carried out under strict rules.

Stand-up techniques:

Rule	Amateurs	Professionals
Punches to the head	yes	yes
Punches to the body	yes	yes
Elbows to the head	no	no
Elbows to the body	no	no
Kicks to the head	yes	yes
Kicks to the body	yes	yes
Knees to the head	yes	yes
Knees to the body	yes	yes

Ground techniques:

Rule	Amateurs	Professionals
Punches to the head	no	yes
Punches to the body	yes	yes
Elbows to the head	no	no
Elbows to the body	no	no
Kicks to the head	no	no
Kicks to the body (when the opponent lies with his back on the ground)	yes	yes
Upkicks to the head of an opponent in standing position	yes	yes
Knees to the head	no	no
Knees to the body	no	no
Body slams (not on head or neck of the opponent)	yes	yes
Heel hook	no	yes

Safety equipment:

Rule	Amateurs	Professionals
Mouth guard	yes	yes
By loss of the mouth guard	1. admonition 2. warning 3. combat stop by TKO	1. admonition 2. warning 3. combat stop by TKO
Groin guard and breast protection for women (optional)	yes	yes
MMA gloves (provided by the organizer -04oz)	yes	yes
Head protection	no	no
Shin guard	no	no
Round time	2 x 5 min.	3 x 5 min.

Weight classes:

1. Flyweight	under 125.9 lbs	
2. Bantamweight	126 lbs to 134.9 lbs	
3. Featherweight	135 lbs to 144.9 lbs	
4. Lightweight	145 lbs to 154.9 lbs	
5. Welterweight	155 lbs to 169.9 lbs	
6. Middleweight	170 lbs to 184.9 lbs	
7. Light Heavyweight	185 lbs to 204.9 lbs	
8. Heavyweight	205 lbs to 264.9 lbs	
9. Super Heavyweight	over 265 lbs	

Clothing:

The fights are carried out in finger free gloves, which serve to protect the hands and to avoid cuts. The only other allowed gear are trousers to the knees. These must be approved by the commission. Shoes, T-shirts, long trousers or a GI are not allowed. This rule serves as a protection of the fighters (by pulling the T-shirt of the opponent one could try to suffocate him).

End of the fight:**Technical knockout:**

Basically, there are several possible ways that can lead to a TKO.

- "Referee Stoppage", when the referee stops the fight because one of the fighter is no longer able to "defend intelligently"
- The ring doctor can stop a fight if an injury too much restrains a fighter or bleeding from a laceration cannot be quenched
- The coach can throw in the towel because he sees a situation that has escaped the Referee's notice but is dangerous for the fighter
- Each fighter is allowed to stop a fight any time by Tape Out, in order to protect his own health.

Judges decision:

If there is no winner after 3 or 5 rounds, the decision is to be met by 3 judges. There is a "10 point system", according to which the winner of a round gets 10 points and the loser 9 or less points.

- unanimous decision

(all judges decide in favor of the same winner unanimously)

- split decision

(2 out of 3 judges decide in favor of one winner and 1 judge in favor of another)

- unanimous draw

(all 3 judges agree unanimously on a draw)

- split draw

(2 out of 3 judges agree on a draw)

- Disqualification:

Fight stop by judge due to the fighter's unfair conduct.

Should the fighter slightly infringe the rules, he gets an admonition without a fight break. After two admonitions the referee can issue a warning. The referee has the right to issue a warning straight away.

The fighter, who gets the 1st warning, loses a round! After the second warning the fighter loses the fight. After 2 fight breaks due to 2 warnings the fight is regarded as a TKO.

Should the fighter seriously infringe the rules, he will be immediately disqualified!

The Judge has the right:

- in case of a gross breach of the rules, to declare an admonition by giving a fighter a yellow card. Should the fighter get 2 yellow cards, his fee reduces by 10%.
- in case of a disqualification, the Sportsmen's fee reduces by 50%.

Fouls:

The following fouls are currently specified:

Headbutt	Kicking / stamping on a grounded opponent
Any attacks on the eyes	Heel kicks to the kidney
Bites	Throwing the opponent on the head or neck (see piledriver)
Hair pulling	Throwing the opponent from the ring
Introduction of fingers (e.g. into the mouth)	Hold onto trousers or gloves of the opponent
Deep hits	Spitting
Introduction of fingers into body orifices/injuries	Unsporting conduct leading to injury
Grips to small joints (e.g. fingers)	Fixing of the ropes
Strikes to back of the head and the spine	Insults inside the ring
No elbow to the head and the body	Attacks during the break
Downward strikes with the tip of the elbow	Attacks on opponents under the care of the referee
Strikes to the throat and shooting of the windpipe	Attacks after the sound of the bell ring
Scratching, pinching or twisting of the skin	Disregard of referee decisions

To stick the collarbone	Cowardice, such as avoidance of contact with the opponent
No kicks to the head of a grounded opponent	Foreign intervention
No knee to the head and the body of grounded opponent	Throw the towel during the fight

In case of a foul the referee can give the fighter one or more penalty points. Should a deliberate violence of the rules be the cause of the foul, which prevents a sportsman from further participation, so the fight can be ended with a disqualification. In case of an accidental foul the fight can be stopped and annulled. If a foul prevents a fighter to finish the round, the fight ends with a technical win in favor of the injured if he has got more points, otherwise with a technical draw.