



## WMAFC OFFICIAL RULES (World Martial Arts Fighting Council)

### OFFICIAL MMA RULES (For Amateur Please See Amateur Section)

The following describes some of the rules commonly found in MMA competition in the WMAFC sanctioning body and most MMA organizations.

- Ways to victory
  - Knock Out (KO): as soon as a fighter becomes unconscious due to strikes, his opponent is declared the winner (because MMA rules allow ground fighting, the fight is stopped to prevent further injury to the unconscious fighter.)
  - Submission: a fighter may admit defeat during a match by:
    - tapping three times on his opponent's body;
    - tapping three times on the mat or floor;
    - verbal announcement.
  - Technical Knockout (TKO)
    - Referee Stoppage: the referee may stop a match in progress if:
      - a fighter becomes dominant to the point where the opponent is unable to intelligently defend himself from attacks (this may occur as quickly as a few seconds);
      - a fighter appears to be unconscious from a grappling hold.
      - a fighter appears to have developed significant injuries (such as a broken bone) in the referee's view.
    - Doctor Stoppage: the referee will call for a time out if a fighter's ability to continue is in question as a result of apparent injuries (such as a large cut). The ring doctor will inspect the fighter and stop the match if the fighter is deemed unable to continue safely, rendering the opponent the winner. However, if the match is stopped as a result of an injury from illegal actions by the opponent, either a *disqualification* or *no contest* will be issued instead.
    - Corner stoppage: a fighter's corner men may announce defeat on the fighter's behalf by throwing in the towel during the match in progress or between rounds.
  - Decision: if the match goes the distance, then the outcome of the bout is determined by three judges. The judging criteria are organization-specific.
  - Forfeit: a fighter or his representative may forfeit a match prior to the beginning of the match, thereby losing the match.
  - Disqualification: a "warning" will be given when a fighter commits a foul or illegal action or does not follow the referee's instruction. Three warnings will result in a disqualification. Moreover, if a fighter is injured and unable to continue due to a *deliberate* illegal technique from his opponent, the opponent will be disqualified.
  - No Contest: in the event that both fighters commit a violation of the rules, or a fighter is unable to continue due to an injury from an *accidental* illegal technique, the match will be declared a "No Contest".



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- Weight categories
  - Although each organization divides its fighters into weight classes, the details are organization-specific.
- Fouls
  - No head-butting, eye gouging, hair pulling, biting or fish hooking (pulling at the cheek with a finger).
  - No attacking the groin
  - No strikes to the back of the head, spinal area and kidneys.
  - No strikes to, or grabs of the trachea
  - No small joint manipulation (control of four or more fingers/toes is necessary).
  - No intentionally throwing your opponent out of the ring.
  - No running out of the ring.
  - No purposely holding the ring ropes or octagon fence.

### Rules variations

Each organization determines its own rules (in accordance with government regulation). Below are some of the significant differences in the rules of the popular MMA organizations.

#### **\*(New) Baddest Man on the Planet \*(BMP) Fighting Championship**

- One 4 minute round of stand-up style fighting
- Two 4 minute rounds of standard MMA style fighting
- Allows elbow strikes except downward elbow strikes with the point of the elbow.
- Prohibits spiking a fighter onto his head during takedown or slam.
- Prohibits stomps, soccer kicks and knees to the head of a grounded opponent (more than feet touching ground). A fighter on the ground can kick upwards at their opponent's head only if their opponent is standing.
- Prohibits shoes.
- Championship bouts are five 5-minute rounds.
- Five weight classes: Heavyweight (<206 lbs), Middleweight (186 to 205 lbs), and Welterweight (161 to 185 lbs) a Lightweight (Below 160 lbs) class.

**Tests fighters for steroids and other illegal substances in championship bouts.**



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### \*(New) Peoples Champion Fighting Challenge

- One 4 minute round of stand-up style fighting
- Two 4 minute rounds of standard MMA style fighting
- Allows elbow strikes except downward elbow strikes with the point of the elbow.
- Prohibits spiking a fighter onto his head during takedown or slam.
- Prohibits stomps, soccer kicks and knees to the head of a grounded opponent (more than feet touching ground). A fighter on the ground can kick upwards at their opponent's head only if their opponent is standing.
- Prohibits shoes.
- Championship bouts are five 5-minute rounds.

**Five weight classes: Heavyweight (<206 lbs), Middleweight (186 to 205 lbs), and Welterweight (161 to 185 lbs) a Lightweight (Below 160 lbs) class.**

### Ultimate Fighting Championship

- Allows elbow strikes except downward elbow strikes with the point of the elbow.
- Prohibits spiking a fighter onto his head during takedown or slam.
- Prohibits stomps, soccer kicks and knees to the head of a grounded opponent (more than feet touching ground). A fighter on the ground can kick upwards at their opponent's head only if their opponent is standing.
- Prohibits shoes, shirts and pants.
- Uses three 5-minute rounds. Championship bouts are five 5-minute rounds.
- No longer uses a tournament format.
- Has five weight classes: Heavyweight (<265 lbs), Light Heavyweight (<205 lbs), Middleweight (<185 lbs), and Welterweight (<170 lbs) a Lightweight (<155 lbs) class.
- Tests fighters for steroids and other illegal substances in championship bouts.



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### Pride Fighting Championships

- Uses a 10-minute first round with 5-minute second and third rounds.
- Prohibits elbow strikes to the head.
- Allows stomps, soccer kicks and knees to the head of a grounded opponent.
- Uses tournament format to award Grand Prix champions.
- Has two weight classes: Heavyweight (no limit), and Middleweight (<92 kg).
- "Bushido" event series consists of lightweight (<73 kg) and light-middleweight (<83 kg) fighters.

### K-1 Hero's

- Uses two 5-minute rounds, with an extra round option should the judges be unable to determine a clear winner of the fight.
- Prohibits elbow strikes to the head.
- Weight classes are currently being established. Lightweight is under 70 kg, others to be announced shortly.
- Has moved to a tournament format similar to that seen in K-1, with an eight man tournament. However, the final matches are not decided on the same evening, but at later events. In the case of the 2005 Hero's lightweight tournament, the final fight will be held at K-1 Dynamite!. It is unsure if this format will become the standard at this time.

### Shooto

- Uses A, B, and C levels. The C level is considered for amateurs only.
- Every level has his own rules and restrictions.
- The C level rules require headgear to be worn and prohibit striking to the head on the ground.
- In case of a knockdown (when any part of a competitor's body touches the mat solely as the result of a strike) the referee will perform a 10-count. The competitor has until the count of 10 to return to a standing position. Three knock downs in a single round will end the bout. There is also a mandatory standing 8-count.



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### MATCHES IN FULLCONTACT, KICKBOXING, THAIBOXING

#### Legal Techniques

##### Full Contact

1. All forms of boxing in combination with kicks above the waist to the body and the head.
2. Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweep's, are permitted.

##### Additional in Kickboxing

1. Low kicks to the thighs, inside and outside
- 2.

##### Additional in Thai boxing

1. Knee attacks to the body and kicks with the shin to the thighs, body and the head
2. Clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any strikes
3. Elbow strikes to the body
4. Frontal rolling kicks with the heel against the head.
5. Flat throws below the waist line, only in clinching situations
6. the use of spinning backfist only with focus on the opponent

##### Warnings and Minus points

In case of a serious violation of the following points the referee shall stop the fight with the command „Stop“ and issue a warning. The warning shall be issued clearly and in such a manner that the fighter in question understands the reason for the warning. The referee shall clearly indicate which fighter has received the warning by pointing his hand. If a fighter has got a “warning” because of a foul no point is to be deducted but the judges shall immediately award the other fighter with one “click”, like for one successful punch. If a fighter has got a “ second warning” because of a foul no point is to be deducted but the judges shall immediately award the other fighter with two “clicks”, like for a successful kick. Following a warning the referee shall let the match proceed by commanding „Fight“. Should a fighter receive 3 warnings in one match, immediately he/she gets penalised simultaneously with the first minuspoint (penalty point) and one point must be deducted by the judges. After three minuspoints in a match, he/she shall immediately be disqualified simultaneously with the last minuspoint being issued. The warnings and penalty (minus) points are given for using any illegal technique or doing prohibited actions, also for the coach.

#### Illegal Techniques (fouls)

##### **Thai boxing**

- All forms of biting are prohibited.
- All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- All kicks to the back and the back of the neck are prohibited.
- Any form of butting with the head is prohibited.



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All attacks (strikes, punches, kicks) against the joints are prohibited.

Kicks to the groin are prohibited.

Attacking a downed opponent, or an opponent who touches the floor with his/her gloves is prohibited.

Spitting out one's tooth protector (gum-shield) is prohibited.

Any kind of throwing above the waistline

Holding the opponent's leg while executing striking or punching techniques

Holding the ropes and attacking an opponent, also in clinching situations

### additional in Kickboxing

Any form of throwing ( excluding foot sweeps ) is prohibited.

Any form of clinching or holding the opponent is prohibited.

All types of strikes with the elbows are prohibited.

Any form of kicking with the knees is prohibited.

### additional in Full Contact

All kicks against the thighs or under the waistline are prohibited, excluding foot sweep.

### WMAFC AMATEUR DIVISION SCORING RULES

The WKA Amateur Division's scoring rules in matches have 10 points as the maximum score and 6 points as a minimum score. The use of "clickers" - point adding machines - is recommended.

The points are awarded the fighters by the judges during each round. Points are given for clean hits according to the following directions:

Any legal strike or punch to the body or to the head, to a legal area	1 point
Any legal foot sweep if the opponent is downed,	1 point
Any legal kick to the body, to a legal area,	1 point
Any legal kick to the head, to a legal area,	2 points
Any legal jumping kicks to the body,	2 points
Any legal jumping kicks to the head	3 points

The judges shall base their evaluation of the fight on the following guidelines:

1. Best technique.
2. Effective parries and counterattacks.
3. Best combinations.
4. Effective parries.
5. Fighting spirit and initiative.
6. Good sportsmanship and fair play.
7. Number of points scored.
8. Number of minus points and knock downs.



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To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

### SCORING AND POINTS IN FULLCONTACT, KICKBOXING AND THAIBOXING

Decisions shall be made after the following guidelines:

#### **Victory on points (P)**

When neither fighter dominates the other and a round is even: 10:10 points . Following this points are added to or subtracted from each fighter's score according to the number of points they have been noted for by the referee.

The winning fighter of a round get 10 Points, his/her opponent 9 points.

If an official warning was given because of a "foul", the judges shall immediately award the other fighter with one "click", just like for one successful punch. The judges shall always mark these warnings with the letter

**W** (for **w**arning) under "fouls" on the scorecard to indicate that the fighter has received a warning.

If an official minus point was given because of a "foul" and not just a warning, each judge must deduct 1 point from the scorecard of the involved fighter, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter **M** (for **m**inuspoint) under "fouls" on the scorecard to indicate that the fighter has received a minuspoint. If a second official minuspoint was given in the same round, each judge must deduct 2 points from the score of the involved fighter, immediately when the round is over.(i.e.10:8)

In case of a third official minus point in that match the fight is over immediately by disqualification.

If a fighter gets counted, each judge must deduct 1 point from the scorecard, immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter **K** (for **k**nockdown) under "KD" in the scorecard to indicate that the fighter has received a knockdown.

A score with less than 8 points can only happen, if the judge gives a 10:8 score for the round and points was deducted too.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the fighter with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the fighter committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating fighter with the letter **J** (for **j**udges minus) and in writing state his/her reasons for the sanction.

#### **Victory by attending physician stopping contest or injury (DOD)**

The attending physician is the supreme authority in questions relating to the safety of the fighters, and may demand that the match be stopped. If one of the fighters is injured, it is only the doctor's decision to stop the fight, or the fighter him/herself or his/her coach wants to retire from the fight.



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The attending physician may stop any match regardless of it being a World or European Championship or any other important match. Should the attending physician wish to stop a match to examine a fighter, he/she must first inform the referee.

The referee then stops the match until the physician has examined the fighter but only to decide, that the fight can continue or not. This examination must take place in the ring and have a duration of not more than one minute and any kind of treatment of the fighter is explicitly forbidden and finish the fight immediately. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner. If one of the fighters is injured and the fight is over because of a foul the innocent fighter is declared the winner. In case of an accident the judges have to finish their scorecards and the contestant with the highest number of points is declared the winner. If both fighters are injured or knocked-out simultaneously, and neither is able to continue the match, the judges shall add up each fighters points up to the time the fight was stopped, and the fighter leading on points shall be declared the winner.

Should this situation occur in the first round the match shall be declared “no contest” and no winner is declared.

### **Giving up (SUR)**

In cases where a fighter voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the second shall throw a white towel into the ring to signal that his/her fighter gives up.

### **Victory by referee stopping contest (RSC)**

The referee may stop a match if a fighter is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines:

If a fighter in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring should the match be allowed to go on.

If a fighter in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official match doctor to the ring.

No referee can decide how seriously a fighter is injured, He/She must call the doctor!

No contest (NC)

A match may be stopped by the referee before the prescribed time due to circumstances beyond the control of the fighters or the referee:

1. The referee has to stop the match before the first round has finished.
2. The safety equipment of the ring has been damaged.
3. The ring is unsafe for use.
4. The lighting over the ring is failing
5. Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a “no contest“ with no winner is declared.



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**Victory by walk-over (WO)**

If one fighter is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee's table to start with the running of 1 minute. If the opponent has not entered the ring within a time limit of 1 minute, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the fighter who was first in the ring and declare him/her the winner by "walk-over".

**WEIGHT DIVISIONS FOR THAI BOXING, KICKBOXING, FULL CONTACT**

	MEN	WOMEN	MEN	WOMEN
Bantam weight	-54	-50	-118.8	-110
Feather weight	-57	-54	-125.4	-118.8
Light weight	-60	-57	-132	-125.4
Light Welter weight	-64	-60	-140.8	-132
Welter weight	-67	-63	-147.4	-138.6
Light middle weight	-71		-156.2	
Middle weight	-75	-66	-165	-145.2
Light heavy weight	-81		-178.2	
Cruiser weight	-86		-189.2	
Heavy weight	-91	+66	-200.2	+145.2
Super heavy weight	+91		+200.2	



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**WMAFC Classification of Fighters**

- 1) WMAFC representative and officials must ensure that combatants compete in the correct class.
- 2) Classification is normally effected by each combatant's coach and should be recorded by officials.
- 3) In the event a combatant is unclassified, this must be rectified by officials before matching takes place. This is done by ascertaining the number of wins that the fight has (not the number of fights which is unimportant) and classifying him accordingly.
- 4) WMAFC standard for classes:

**Class D – Submission Wrestling Division**, open to all levels.

**Class C – Novice MMA**, Rule Restrictions: no elbow or knee strikes to head grounded or standing; closed fist strikes allowed to the head while grounded. **After 5 wins in class, progress to Class B.**

**Class B – Intermediate MMA**, Rule Restrictions: no elbows and knees allowed to head while standing, elbows to head while grounded (no downward strike using point of elbow), closed fist strikes to head of grounded opponent, **After 5 wins in class, combatant may progress to Class A.**

**Class A – Advanced and/or Professional MMA**, Full Rules; combatants who have acquired a level to be licensed as professional fighters

- 5) A combatant can move up a class, but is not allowed to move down a class once a combatant competes at that class. He may not stay in the class after he has achieved the set number of wins.

**Corner men and Seconds**

- 1) The corner men and seconds are limited to three and only one may enter the ring between rounds
- 2) The corner men and seconds are restricted to an area not to exceed six feet to either side of their corner.



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### WMAFC Amateur Rules

#### ROUNDS

WMAFC Amateur MMA bouts will consist of three 3-minute rounds with a one minute rest period in between rounds.

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#### EQUIPMENT

- Mouthguard
  - Open finger gloves (minimum 7 oz.)
  - Groin protection (male and female)
  - Shin pads
  - Instep pads
- 

#### RULES

##### LEGAL TECHNIQUES WHILE STANDING

- Closed hand strikes to head and body
- Kicking techniques (not to head)
- Knees to body and legs
- Throws/Takedowns/Sweeps
- Standing Submissions
- Chokes
- Armbars
- Slamming (not on head or neck)
- Shouldering

##### LEGAL TECHNIQUES WHILE ON THE GROUND

- Closed hand strikes to body and legs
- Kicks and knees to body and legs
- Submissions (chokes, armbars, straight leg locks ONLY)



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### ILLEGAL TECHNIQUES WHILE STANDING

- Elbows
- Knees to head
- Kicks to head and knees
- Stomps on feet
- Groin strikes
- Hitting back of head
- Spine strikes
- Throws onto head or neck
- Throws against a joint
- Throwing out of competition area
- Neck cranks
- Holding ropes
- Slamming on head or neck
- Pinching, biting, gouging, and any “dirty fighting”

### ILLEGAL TECHNIQUES WHILE ON GROUND

- Any north/south downward (into fighting surface) striking to head
- Elbows
- Neck cranks
- Heel hooks
- Finger locks
- Toe locks
- Choking with hand on throat
- Smothering (hand over mouth)
- Spine locks
- Hammer locks
- Fish hooks
- Groin strikes
- Spine strikes
- Throwing out of competition area
- Pinching, biting, gouging, and any “dirty fighting”

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### ADDITIONAL ITEMS

- No Vaseline on the body.
- No shoes.



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### ADDITIONAL ITEMS (Continued)

- No metal zipper's
- No shirts (females excluded), traditional uniforms are permitted.

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In order to compete in WMAFC Amateur MMA, you must provide the following:

- WMAFC 'Fighter Form Submit'
- A letter stating that you "have never engaged in a professional style mixed martial arts event".
- A letter from your trainer stating that you are "skilled enough and healthy to compete".
- The completed "WMAFC Amateur MMA Physical Form" from a physician.

### FIGHTER REQUIREMENTS

- FIGHTERS RULES MEETING**
  - All fighters are required to attend the pre-fight rules meeting held the day of or the day before all **WMAFC** bouts/events. Such meeting will be conducted by the **WMAFC** referee and/or **WMAFC** event representative.
- FIGHTER PHYSICAL**
  - All fighters are required to receive a physical from a licensed physician prior to their match.
- FIGHTER MINIMUM AGE**
  - Fighters must be a minimum of 18 years old.
- FIGHTER HISTORY**
  - All fighters are required to submit a complete background application if required by the **WMAFC** promoter, representative, or referee.
5. At all times during the match, all fighters shall obey the referee.
6. All fighters are required to act with proper sportsmanship at all times, and to obey the **WMAFC** rules, at all times, and in all ways connected with the match.
7. Fighters may not train under the influence of any illegal drug, or legal drug used illegally. Fighters must report any and all medication that they are taking to the match physician prior to the bout. If the fighter is under the influence of alcohol or any stimulant, or is taking any narcotic or other medication, which the match physician determines would endanger the fighter or his opponent, he/she will not be allowed to compete.

The use of BenGay, IcyHot, and other such sports crèmes is **prohibited**.



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### WMAFC RULES AND REGULATIONS REGARDING AMATEUR & PROFESSIONAL STATUS & RULE DIFFERENCES

1. **PURSE:** Amateurs are not allowed to be paid a Fighters 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 (EX: Kickboxing, MMA, Boxing, MuayThai) you are now considered a PROFESSIONAL fighter FOREVER. You are NOT ALLOWED to jump back and forth from Amateur to Professional and back to Amateur.
2. **GLOVE SIZE:**
  - Fighters are required to wear **WMAFC** approved mixed martial arts style gloves.
  - Fighters on an **WMAFC** Sanctioned Event may not wear an MMA Glove Smaller than 4 ounces.
  - These may be required to be taped to the fighter by the **WMAFC** referee to ensure their stability during the bout.
3. **STRIKING:** Professionals are allowed to use Elbows and Direct North/South downward (into fighting surface) striking to head as noted in the **LEGAL WMAFC TECHNIQUES** under "Arm Strikes". No elbows or Direct North/South downward (into fighting surface) striking to head are allowed in any **WMAFC** Amateur bout.
4. **ROUND TIMES:** Match Lengths for Amateur and Professional **WMAFC** MMA matches are different.
5. **QUICKER SAFTY RELEATED REFEREE STOPPAGE:** In all amateur bouts the **WMAFC** referee reserve the unquestionable right to call a bout under AMATEUR SAFTY GUIDELINES