



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

### Chapter 6: Mixed Martial Arts



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World Martial Arts Committee

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## **Introduction:**

*This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. However, local requirements and circumstances may be taken into if necessary. The official language of the IRC is English. These rules may be translated into other languages by the IRC. However, in case of discrepancies, only the official English version shall prevail. This rulebook may not copied, published or distributed without specific written permission from the WMAC or the IRC. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official WMAC website.*

# WORLD MARTIAL ARTS COMMITTEE

## International rules & guidelines



January

2025 Dear

readers,

We are very pleased to version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely most comprehensive tournament rulebook today and we are proud to it for your use. This has been made entirely through the hard work and dedication of individuals from around the world. We would like to thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective event. The instructions and decisions of the IRC regarding these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also used for non-sanctioned events. In this case, the organizer of the event must the following statement in writing in the announcement: "This event is organized according to the official WMAC rules and regulations".

The World Martial Arts Committee is constantly striving to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order discuss and incorporate any changes with us.

Mit besten Grüßen



Harald Fölladori

WMAC World President

# Chapter 6 - Mixed Martial Arts

## ARTICLE 39. GENERAL RULES MMA

### 39.1 Classes: U18 years (15-17 years) +18 years (18-55 years)

39.1.1 **Gender** - Each class is divided into male and female.

39.1.2 **Age groups** - from 7 to over 45 years:  
(Full contact disciplines start from the age of 15 and end at the age of 55).

Description	Age groups
Cadets	U18
Adults	+18

39.1.3 **Class division** - Due to the many differences in martial arts styles, the color of the belt (Japanese Kyu ranking or other grading) may not apply to all.

The following guidance will be as the **basis** for determining the appropriate classification of an athlete. Years of experience will be the common factor in determining an athlete's eligibility in an event.

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	Various	Black

39.1.4 **Weight classes** - Weight classes are divided into the specific classes see overview. (see Article 14 - General Rules)

### 39.2 Weighing

39.2.1 Each athlete will be weighed at the registration desk before the competition (U13 tolerance 1kg, rest 0 tolerance)

39.2.2 The participant must present a valid sports passport/passport or identity card and show it at registration and at the weigh-in.

39.2.3 The weighing of the participants will be carried out by the registration in cooperation with the organizer team (scribes & helpers) and under the supervision of the WMAC event organization team.

39.2.4 Athletes must be weighed at the official weigh-in time. The weighing of the participants must be completed within the specified time. Participants may wear no clothes or only their underwear when they are weighed (ATTENTION: gender-specific weighing with visual protection)

39.2.5 Participants may (FREELY) bring their equipment to the weigh-in. Their equipment will be inspected. If it does not meet WMAC standards, the athlete must obtain appropriate WMAC approved equipment by the start of the bout.

**39.2.6** The weigh-in will start at the lower weight categories. A fighter whose weight does not meet the requirements of the category and cannot correct the weight within a time limit (end of the weigh-in) will be excluded from the tournament or will be placed in the next higher category.

**39.3 Awarding of points** - The awarding of points is explained in the specific classes (40.16).

## **ARTICLE 40. MMA (MMA - FULL)**

**40.1 Description of this discipline** - "Mixed martial arts" describes a martial art in which a combination of techniques from different martial arts can be used in accordance these rules. The techniques can, for example, come from the area of kicking and punching techniques, wrestling or grappling. It therefore includes martial arts from the Asian as well as from the Western areas of martial arts. it is permitted to execute all techniques in FULL CONTACT and to achieve a premature result by knockdown (KO)

### **40.2 Class divisions:**

Men	U18	-55kg, -60kg, -65kg, -70kg, -75kg, -80kg, +80kg
Women	U18	-50kg, -60kg, -65kg, -70kg, +70kg
Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg

Weight classes may be combined at the discretion of the supervisor with the approval of the WMAC. (see Article 2.3) In all full contact disciplines the weight difference must NOT exceed 10kg, even WITH the athletes' consent.

**40.4 Performance area** - Fighting takes place on a mat area of 6 by 6 meters or in a ring (see Article 3.3 General Rules). The ring area can also be round or in another shape with sides of equal length, for example a hexagon or octagon. Diameter: 610 cm (20 feet) to 975 cm (32 feet). The flooring must be well cushioned because of the throws (2.5 - 4 cm) and ideally covered with vinyl.

The ring area (hexagon/octagon) must be enclosed by a fence made of a material that prevents athletes breaking through, for example a vinyl-coated wire mesh fence. The ring area should have 2 entrances that can be opened outwards and are ideally located opposite each other. There must be no other obstructing objects in the area of the ring area that could pose a danger to the athletes.

**40.5 Entering & leaving the competition area** - athletes will be shown where they enter the competition area and may only do so at this point (RED or BLUE corner)

Before the BATTLE begins, the head judge will check that all judges and table crew are ready. He will also check the area for any dirt and obstacles.

The judges or MRefs check the athletes' protective equipment so that the fighters are ready. They should now move to the starting position in the center of the MRef.

Before the start of each round, the participants will return to the starting point in the middle.

When the match is over and the winner has been announced, they bow first to each other and then to the judges, who reciprocate. The athletes then go to the opposing coach and bow in thanks. They return the greeting. Finally, the athletes leave the area at the point they entered it.

**40.6 Main & judges** - The competition is conducted by at least 3 judges and 1 main judge in "fight through" mode. The judges placed at the corners count the points seen. The fight itself is led by a main referee who stands around the area with the fighters. He is responsible for ensuring that the rules are adhered to. **His main responsibility is the safety of the athletes.**

**40.7 Protective equipment & clothing regulations-**

Each athlete must wear MMA shorts, compression shorts or other pants that meet current safety requirements. Pockets, zippers, buttons, rivets or anti-slip material are not permitted. The waistbands of the pants must be laced and, if possible, should be stored inside the trousers and must not protrude. Pants must not be so long that they cover the knees.

**40.7.1 Men** - Mouthguard, 6oz -8oz gloves, groin guard, shin & chip guard close-fitting without protruding Velcro fasteners,

**40.7.2 Women** - Mouthguard, 6oz -8oz gloves, chest protector, shin & chip protector close-fitting without protruding Velcro fasteners,

**40.7.3 Gloves** must be in good condition for each bout, otherwise they must be replaced, weigh at least 6 ounces (170 grams) and no more than 8 ounces (227 grams), and have a thick protective padding. The gloves shall have cutouts for the palm, fingers and thumb to allow for grappling. The wrist must be reinforced with a Velcro fastener. Lace-up gloves are not permitted. Athletes' gloves must not be tampered with (e.g. cutting off the thumb; glove padding; applying substances). The WMAC recommends the color of the gloves be either blue or red to match the color of the athlete's corner. If this is not the case, it should be as possible to differentiate between them by means of blue or red tape on the closure of the gloves, corresponding to the color of the athlete's corner.

**40.7.4 Bandages for the hands**

In all weight classes, the bandages, including construction, shall be limited to dry gauze bandages no longer than 18.3 meters (20 yards) in length and no wider than 6 cm (2.4 inches), secured by tape (medical tape / zinc oxide tape) no longer than 3.05 meters (10 feet) in length and no wider than 2.5 centimeters (1 inch) per hand. Bandages made of materials other than those described here are permitted (e.g. boxing bandages made of fabric). Apart from the structure, the gauze bandages should be evenly distributed over the hand. The palm of the hand must not be covered by gauze or tape and must be exposed. Individual strips of tape may run between the fingers to secure the bandages.

**40.8 Athlete safety** - It is the main responsibility of the Referee to ensure the safety of the athletes. He is obliged to follow the doctor's instructions in the event of injuries and, if necessary, to stop the fighters from continuing to fight.

**40.9 Competition time** - 120 seconds (3 minutes) per round. Except MMA PRO +18 years - 5min/round.

**40.10 Number of rounds** - 2 rounds up to the final and 3 rounds in the final, except U18 in the final only 2 rounds. Except MMA PRO here 3 rounds preliminary & 5 rounds final.

**40.11 Time-out** - Only the Referee has the right to stop a bout once it has started. He must always call a time-out if there has been a violation of the rules. The bout is stopped until the Referee gives the order to continue. He can stop the bout at the request of one of the judges, the coaches, the competitors or another official. The Referee alone decides on time-outs and does not have to be forced to do so from outside. (EXCEPTIONS Doctor & Supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, he/she will be given one minute to get fully equipped. After that, minus points will follow for every 1 minute until he is disqualified. This rule also applies to unannounced ABSENCE from the fight. It starts after the 3rd call by means of the SPEAKER!

**40.12 Permitted hit areas** - front of head and face, sides of head, front and side of body, foot sweep at foot guard height

**40.13 Not permitted hit areas** - back of the head, top of the head, neck, nape of the neck, back, below the belt line

**40.14 Legal techniques:**

**40.14.1 Hand** - all fist & hook techniques, uppercuts, spinning backfist and jumped-in hand techniques, all leverage techniques and holds that do not cause conscious injury

**40.14.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jump kicks, jumped spinning kicks, low kicks, knee to body & thigh and foot sweeps

**40.15 Prohibited techniques** - blind strikes, elbows, knees to the head, hand edges, inside hand edges, fingertips, scrapes, palm strikes, unauthorized chokes and clinches, 360° foot sweeps and any other technique, Any kind of striking techniques with the elbow or forearm knee to the head, heel hooks, twistlers, neck cranks, can openers, sit through crucifix and/or any submission hold that primarily puts pressure on the neck or spine.

The referee can stop the match in the course of a technical submission before an injury occurs

- 1.) Headbutts
- 2.) Eye stinging of any kind
- 3.) Biting or spitting at the opponent
- 4.) Fish hooking (generally: any attempt pull or manipulate the mouth, nose or ears with the fingers; specifically: controlling the opponent's mouth by inserting fingers)
- 5.) Pull hair
- 6.) Spiking the opponent on the head or neck (piledriving)
- 7.) Striking techniques to the spine (including coccyx) or the back of the head
- 8.) Striking techniques to the throat or gripping the windpipe
- 9.) Extend fingers in the direction of the opponent's face or eyes
- 10.) Elbow strikes Except in MMA PRO (here only downward elbow strikes 12 to 6)
- 11.) Attacks on the genital area in any form
- 12.) Knee strikes or kicks to the head when the opponent is on the ground (grounded athlete)
- 13.) Stomping kicks when the opponent is on the ground (grounded athlete)
- 14.) Holding or grabbing the opponent's equipment (e.g. shorts, gloves, shin guard, rash guard)
- 15.) Holding or gripping the fence or the ring ropes
- 16.) Small joint levers (less than 3 fingers or 3 toes)
- 17.) Throwing the opponent out of the ring area
- 18.) Insert fingers into any body opening or cut
- 19.) Scratching, pinching, twisting the skin
- 20.) Passivity: Avoiding contact with the opponent; deliberately or continuously losing the mouthguard; feigning an injury
- 21.) Use of offensive language within the ring area
- 22.) Disregarding the instructions of the referee
- 23.) Unsportsmanlike conduct that, for example, leads to injury or defamation of the opponent
- 24.) Attacking the opponent after the end-of-round signal has sounded
- 25.) Attacking the opponent during the break
- 26.) Attacking the opponent when he is under the protection of the referee
- 27.) Disruption of the match by the supervisors
- 28.) Applying a foreign substance to the head or body to gain an advantage

#### **40.15.1 Forbidden techniques**

In addition to the fouls listed in Chapter 40.15, the following techniques are prohibited in amateur MMA in all age categories: Any type of striking techniques with the elbow or lower knee to the head, heel hooks, twisters, neck cranks, can openers, sit through crucifix and/or any submission hold that primarily applies pressure to the neck or spine.

#### **40.16 Scoring:**

Victory is awarded if the majority of the three judges award a corner. The Referee scores correct levers and chokes using hand signals and awards points means of hand signals. He wears colored sweatbands in red/blue. Then all judges score by hand signals or scoring protocols in the respective corner.

#### **40.16.1 Judging criteria**

The "Effective Striking / Effective Grappling" area is the primary judging criterion and is the first priority for scoring a round. The secondary judging criterion "Effective aggressiveness" may only be considered in the evaluation if the primary judging criterion is completely balanced between the athletes. The tertiary judging criterion "Control of the ring area" may only be taken into account in the evaluation if the primary and secondary judging criteria are completely balanced between the athletes.

**40.16.2 The primary judging criterion** is divided into the areas of effective striking techniques and effective grappling, which are weighted equally in principle. This does not mean that actions from these areas are rated equally, but that both areas have the same potential to achieve effectiveness.

*Effective striking techniques* are legal striking techniques that have an immediate or cumulative effect on the opponent and lead the match towards a finish. The immediate effect of effective striking techniques is weighted more heavily than the cumulative effect.

*Effective grappling* includes successfully executing takedowns, submissions, reversals and gaining advantageous positions, creating immediate or cumulative impact on the opponent moving the match towards a finish. Immediate impact through effective grappling is weighted more heavily than cumulative impact

Submission approaches that weaken and fatigue the opponent by requiring him to make a significant effort to free himself from the submission should be weighted higher than submission approaches that are defended easily and without relevant effort.

Takedowns with high amplitude and strong impact should be weighted more heavily than those that do not have these characteristics.

The primary judging criterion will overwhelmingly be the deciding factor in scoring the round. The next two judging criteria are to be seen as a "stopgap" and should only be used if the primary judging criterion is 100% balanced for both athletes.

#### **40.16.3 The secondary judging criterion: Effective aggressiveness**

Make aggressive advances to end the fight. The secondary judging criterion is only to be if the primary judging criterion is 100% balanced for both athletes.

#### **40.16.4 The tertiary judging criterion: control of the ring area**

Determine the position, location and pace of the bout. The tertiary judging criterion should only be if the primary judging criterion and the secondary judging criterion are 100% balanced for both athletes. The tertiary judging criterion is therefore very rarely used.



#### 40.16.5 Lap scoring

The ten-point must system is the standard scoring system in MMA. The winner of a round receives 10 points, the loser 9 points or less, except in the very rare case of a completely even round, which is scored 10:10. If an athlete is warned or given a minus point as a result of an incorrect action, this must be deducted from the scorecard under the heading "Fouls". Counting also results in a minus point. If an opponent is heavily outnumbered, the round may also be scored 10:8. This means results can be less than 8 points per round.

A hit occurs when a legal technique reaches a legal target area and the athlete controls and observes the technique.

**Scoring: ATTENTION all referees except the HKR have to count their scores with "clicker"!**

any fist technique	1 point
Kick to the body	1 point
jumped kick to the body	2 points
Kick to the head	2 points
Jump kick to the head	3 points
min 10sec securing on the ground	2 points (with command "Hold down")
Correct throwing technique depending on the level of difficulty	min. 1 to max. 2 points

- Techniques must be executed in a controlled manner, but with non-injurious force.
- Clear and clean techniques are scored, but no wiping techniques or pushed fist techniques.
- Athletes cannot receive a warning and a point for a technique at the same time.
- Athletes cannot score points if the technique leads to a violation of the rules.

#### 40.17 Warnings and disqualification - Warnings are issued:

- 1.) for unauthorized contact
- 2.) for blind techniques
- 3.) when a technique poses a danger to the opponent or oneself
- 4.) when illegal techniques are used
- 5.) for unsportsmanlike conduct
- 6.) when speaking during the fight
- 7.) not being able to defend yourself
- 8.) trying to avoid the fight
- 9.) when your back is deliberately turned all the time
- 10.) deliberate touching for the purpose of an unauthorized technique
- 11.) deliberately leaving the fighting area
- 12.) The Referee, in consultation with the Judges, may prevent an athlete from continuing at any time if athlete appears to be unfit or unable to defend himself or poses a danger to himself or others (RSC or disqualification)
- 13.) Any other technique that the HKR and SKR deem unqualified or dangerous warrants a warning.

**40.17.1 Warnings** are given as follows:

1. Official warning
2. Official warning & 1 point minus (= 5 hits FOR the opponent / clicker)
3. Official warning & 1 point minus (= 5 hits FOR the opponent/clicker)
4. Official warning & disqualification

Depending on the nature of the offense, the Referee, in consultation with the Judges & Supervisor, may disqualify at any time for a gross violation.

**40.18. Injuries/Regulation** - If the competitor unable to continue due to an authorized hit that results an injury, the fight is automatically considered lost for the injured party. Medical time is permitted for a maximum of one round = 2 minutes. However, if the injury is caused by an infringement of the rules or prohibited / unsportsmanlike contact, the perpetrator must be penalized (e.g. minus point or disqualification). In this case, BOTH are from the competition.

#### **40.19. Results / Scores**

##### **Submission**

Physical tapout: The athlete indicates that they are tapping out by recognizably tapping their hand, foot or other body part.  
Verbal : The athlete says or otherwise verbally indicates that they are giving up (e.g. also by shouting or moaning).

: Although the athlete does not give up physically or verbally, the referee stops the match due to a submission because the athlete becomes unconscious or suffers a (serious) injury as a result of the submission. In amateur MMA, however, the referee should intervene before injuries are caused by submissions. If the referee recognizes that an athlete is trapped in a submission that threatens a (serious) injury, from which he can no longer defend himself intelligently, the referee intervene and end the match without any tap out and before the submission causes an injury, in order to protect the health of the amateur.

##### **Knockout**

TKO (Technical ) The referee stops the fight.

Note: The TKO is to be seen as an umbrella term that is used when the referee stops the match. The causes for a TKO can correspondingly diverse (e.g. punching techniques, injury, refusal to fight, towel throw).

KO (Knockout): An athlete is knocked unconscious due to the effects of striking techniques. The athletes are counted according to the same rules as in kickboxing. A maximum of 3 times per round or 4 times in the entire fight. Exception MMA PRO here the professional rule is the same as in kickboxing.

##### **Point decision**

Unanimous Decision (unanimous points decision): All judges score the match for the same athlete.

Split decision (split points decision): Two judges score for one athlete, the third judge scores for the other athlete.

Majority Decision (majority points decision): Two judges score for one athlete, the third judge scores a draw.

##### **Draw**

Unanimous : All judges score the bout as a draw. Split : All judges score differently.

Majority : Two judges will score the match as a draw.

##### **Disqualification**

At the discretion of the referee, after any combination of fouls or after a single serious foul.

An intentional foul results in an injury to the person fouled and the match must be stopped immediately due to the injury. The athlete who committed the intentional foul is disqualified.

### **Non-appearance**

If an athlete fails to compete or withdraws after the weigh-in and before the start of the bout without medical or other valid justification, that athlete forfeits and the other athlete is declared the winner.

### **Technical draw (very rare result)**

Double KO both go down at the same time and are counted out.

Intentional foul leads to injury to the fouled party (note minus point or disqualification). The fight can continue for the time being, but must be stopped later in the fight due to the resulting injury and the fouled player is equal or inferior in the scoring.

Unintentional fouls result in injury to the fouled fighter and the fight must be stopped immediately or later due to the resulting injury. The fight is stopped after the end of the majority of the rounds and the score results in a draw.

Unforeseen external circumstances lead to the match being stopped after the majority of the rounds have ended and the score is a draw.

### **Technical point decision (very rare result)**

Intentional foul leads to injury to the fouled player (note minus point or disqualification). The fight can continue for the time being, but must be stopped later in the match due to the resulting injury and the fouled player is ahead in the ranking.

Unintentional fouls result in injury to the fouled fighter and the bout must be stopped immediately or later due to the resulting injury. The fight is stopped at the end of the majority of the rounds and the score results in a winner by points decision.

Unforeseen, external circumstances lead to the fight being stopped after the end of the majority of the rounds and the score results in a winner by points decision.

### **No decision (only in MMA PRO)**

Unintentional fouls lead to an injury and the match must be stopped immediately or later due to the resulting injury. The match is stopped before the end of the 1st round.

Unforeseen, external circumstances lead to the fight being stopped before the end of the 1st round and the winner remains the reigning title holder as the score is NO CONDEST.

### **Objection procedure**

Appeals against results are generally possible. Further information on the objection procedure can be found in the current WMAC regulations on the objection procedure. Procedure= Immediate objection (objection must be made directly after the fight) at the main referee's table with deposit of a security fee (100€). The supervisor must be consulted and will question all referees independently and check the score sheets. If the result is wrong or the referee has made mistakes, the appeal will be upheld and the judgment revised. The security fee will also be . If the result is correct, the security fee will be retained and the fights will continue.

**ATTENTION without security fee NO appeal procedure will be initiated. Video recordings and trainer opinions are NOT ADMITTED EVIDENCE.**

Situations that are not defined by the rules and regulations will be resolved by a joint decision of the active supervisors present at the event.