



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.6 - 2023

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 includes the official WMAC Amateur Competition Rules. These rules are valid for all members. However, local requirements and circumstances may be considered if necessary. The official language of the IRC is English. This rulebook may be translated into other languages by the IRC. However, in the event of any discrepancy, the official English version alone shall prevail. This rulebook may not be copied, published or distributed without specific written permission from WMAC or the IRC. This includes electronic, digital, physical as well as all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official website of the WMAC.*

NATIONAL MARTIAL ARTS COMMITTEE

International Rules & Guidelines



January 2023

Dear Reader,

we are very pleased to release version 4.6 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most detailed set of rules for tournaments available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of individuals from around the world. We would like to sincerely thank all individuals for their contribution to this detailed rulebook.

All these rules and guidelines, which can be found in 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 Referee's Representative (IRC) in conjunction with the Supervisor of the event. The instructions and decisions of the Referee Supervisor regarding these rules are final and binding. In the event of complaints/protests, his decision shall be final and binding!

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following in writing in the announcement: "This event is organised according to the official WMAC rules".

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

With best regards

Mit besten Grüßen



WMAC World President

PART 6 - Mixed Martial Arts

ARTICLE 24. GENERAL RULES MMA

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

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

24.1.2 **Age groups** - from 7 to over 45 years:

(Full contact disciplines start at the age of 15 and end at the age of 55).

| Description | Age groups |
|-------------|------------|
| Cadets | U18 |
| Adults | +18 |

24.1.3 **Class divisions** - Due to the many differences in martial arts styles, the colour of the belt (Japanese Kyu Ranking or other grading) may not apply to all.

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

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

(see

24.2 Weighing

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

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

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

24.2.4 Athletes shall be weighed at the official weigh-in time. Weighing of competitors must be completed within the allotted time. Competitors may be without clothing or wearing only their underwear when they are weighed (ATTENTION: gender-specific weighing with visual protection).

24.2.5 Participants may (VOLUNTARILY) 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.

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

24.3 Scoring - Scoring is explained in the specific classes (25.16).

ARTICLE 25. MMA (MMA - FULL)

25.1 Description of this discipline - "Mixed Martial Arts" describes a martial art in which a combination of techniques from different martial arts can be used according to the specifications of this rulebook. The techniques can, for example, come from the area of kicking and punching techniques, wrestling or grappling. It includes martial arts from the Asian but also from the Western areas of martial arts. It is allowed to execute all techniques in FULL CONTACT and to achieve a premature result by knockdown (KO).

25.2 Class divisions:

| | | |
|-------|-----|--|
| Men | U18 | -50kg, -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 | -50 kg, -55 kg, -60 kg, -65 kg, -70kg, +70 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 shall NOT exceed 10kg even WITH the agreement of the athletes.

25.4 Area of Performance - The **area of** the mat shall be 6 metres by 6 metres or in a ring (see Article 3.3 General Rules). The ring area may also be round or any other 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 padded because of the

casts (2.5 -4cm) and ideally be covered with vinyl.

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

25.5 Entering & Exiting the Competition Area - Athletes will be shown where they are entering the competition area and may only do so at that point (RED or BLUE corner).

Before the BATTLE begins, the Referee will check that all Judges and table crew are ready. He will also check the area for any dirt or obstacles.

The Judges or Judges will check the athletes' protective equipment so that the contestants are ready. They should now move to the starting position in the centre to the MR.

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

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

25.6 Referees & Judges - The competition will be judged by at least 3 Judges and 1 Referee in "Fight Through" mode. The judges placed at the corners will count the points seen. The bout itself will be Conducted by a Referee who moves around the area with the contestants. He is responsible for ensuring that the rules are followed.

His main responsibility is the safety of the athletes.

25.7 Protective Equipment & Clothing Regulations-

Each athlete

must wear MMA shorts, compression shorts or other pants that meet current safety standards. No pockets, zips, buttons, rivets or non-slip materials are allowed. Laced waistbands of the trousers must be laced, and if possible, should be stored inside the trousers and must not protrude. Trousers must not be so long that they cover the knees.

25.7.1 Men's - Mouthguard, 6oz -8oz gloves, groin protector, shin & chip protector tight-fitting without protruding velcro fasteners,

25.7.2 Women's - Mouthguard, 6oz -8oz gloves, chest protector, shin & chip protector close fitting with no Velcro sticking out,

Gloves must be in good condition for each bout, otherwise they must be replaced.

Gloves should weigh at least 6 ounces (170 grams) and no more than 8 ounces (227 grams) and have a thick protective pad. The gloves shall have recesses for the palm, fingers and thumb to allow grappling. The wrist shall be reinforced by a Velcro closure. Lace-up gloves are not permitted. Athletes' gloves must not be tampered with (e.g. cutting off the thumb; softening glove padding; applying substances).

The WMAC recommends that the colour of the gloves should be either blue or red according to the colour of the athletes' corner. If this is not given, then at least blue or red tape should be used on the

The gloves must be fastened in the same colour as the corner of the athlete's hand in order to be distinguishable.

Bandages for the hands

In all weight classes, bandages including bodywork shall be limited to dry gauze bandages not exceeding 18.3 metres (20 yards) in length and not exceeding 6 cm (2.4 inches) in width, secured by tape (medical tape / zinc oxide tape) not exceeding 3.05 metres (10 feet) in length and not exceeding 2.5 centimetres (1 inch) in width per hand. Bandages made of material other than that described here are permitted (e.g. boxing bandages made of cloth). Apart from the construction, 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 pass between the fingers to secure the bandages.

25.8 Safety of Athletes - It is the Referee's central responsibility to ensure the safety of the athletes. He is obliged to carry out the doctor's instructions in the event of injury and, if necessary, not to allow the contestant to continue fighting.

25.9 Competition time - 120 seconds (2 minutes) per round. Except MMA PRO +18 years - 3min/ round.

25.10 Number of rounds - 2 rounds until 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. U18 same number of rounds but only 2min/round.

25.11 Time-Out - Only the Referee has the right to stop a bout if it has already started. He must call a time-out whenever there has been a violation of the rules. The bout will be stopped until the Referee gives the order to continue. He may stop the bout at the request of one of the Judges, the coaches, the competitors or any other official. The Referee alone decides on time-outs and need not be compelled to do so by outside sources. (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. Thereafter, minus points will follow for each 1 minute until the competitor is disqualified. This rule also applies to failure to report to the bout. It starts after the 3rd shout out via LOUDSPEAKER!

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

25.13 Areas not allowed to be hit - back of head, top of head, neck, nape of neck, back, below the belt.

25.14 Legal techniques:

25.14.1 Hand - all fist & hook techniques, uppercuts, spinning backfist and jumping in hand techniques, all leverage techniques and holds that do not cause conscious injury.

25.14.2 Legs - forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, low kicks, knees to body & thigh and foot sweeps.

25.15 Prohibited Techniques - Blind Punching, Elbow, Knee to Head, Hand Edge, Inside Hand Edge, Fingertips, Scratching, Ball of the Hand, Prohibited Strangle and Clinch Techniques, 360° Foot Sweep and any other technique, Any elbow or forearm knee to the head striking techniques, heel hooks, twisters, neck cranks, can openers, sit through crucifixes and/or any task grip that primarily applies pressure to the neck or spine.

The Referee may stop the match in the course of a Technical Submission even before an injury has occurred.

1. Headbutts
2. Eye stinging of any kind
3. Biting or spitting at the opponent
4. Fish Hooking (General: Any approach to pull or manipulate the mouth, nose or ears with the fingers; Specifically: Controlling the opponent's mouth by inserting fingers).
5. Hair pulling
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 grasping the windpipe
9. Extending fingers towards the face or eyes of the opponent
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 kicks 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 grabbing the fence or ring ropes
16. Levers of small joints (less than 3 fingers or 3 toes)
17. Throwing the opponent out of the ring area
18. Sticking fingers into any body orifice or cut
19. Scratch, pinch, twist skin
20. Passivity: Avoiding contact with the opponent; deliberately or continuously losing the mouthguard; feigning injury.
21. Use of offensive language within the ring area
22. Disobeying the referee's instructions
23. Unsportsmanlike conduct, e.g. leading to injury or defamation of the opponent.
24. Attacking the opponent after the signal for the end of the round 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 attendants
28. Applying foreign substance to head or body to gain an advantage

Forbidden techniques

In addition to the fouls mentioned in Chapter 25.15, the following techniques are prohibited in amateur MMA in all age categories: Any kind of striking techniques with the elbow or lower knee to the head,

Heel Hooks, Twister, Neck Cranks, Can Opener,

Sit Through Crucifix and/or any task grip that primarily applies pressure to the neck or spine.

25.16 Scoring:

Victory is awarded when the majority of the three judges award to one corner. The

The Referee will use hand signals to score correct levers and chokes and give the points.

by means of hand signals. He wears coloured sweatbands in red/blue. Then all judges score by hand signals or score sheets in the respective corner.

Judging criteria

The area "Effective Striking Techniques / Effective Grappling" is the primary judging criterion and is the first priority for the evaluation of a round. The secondary judging criterion "Effective Aggressiveness" may only be considered in the evaluation when 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 when the primary and secondary judging criteria are completely balanced between the athletes.

The primary judging criterion is divided into the areas of effective striking techniques and effective grappling, which are in principle equally weighted. This does not mean that actions from these areas are in principle equally weighted, but that the two 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 an end. Immediate impact through effective striking techniques is weighted more heavily than cumulative impact.

Effective grappling involves successful execution of takedowns, submission approaches, reversals and the attainment of advantageous positions, creating immediate or cumulative impact on the opponent and leading the match towards a finish. Immediate impact through effective grappling is weighted more heavily than cumulative impact.

Submission approaches that weaken and tire the opponent by requiring the opponent to exert a significant effort to break free from the submission shall 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 the scoring of the round. The next two judging criteria are to be considered as "stopgap" and only to be used if the primary judging criterion is 100% balanced for both athletes.

The Secondary Judging Criterion: Effective Aggression

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

The tertiary judging criterion: control of the ring area

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

Round Ranking

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 a competitor is cautioned or penalised for an incorrect action, this must be deducted from the scorecard under the heading "Fouls". A count will also result in a minus point. If an opponent is heavily outnumbered, the round may be scored 10:8. This means that results of less than 8 points per round are possible.

A hit is when a legal technique reaches a legal hitting area with the athlete controlling and observing the technique.

Scoring: ATTENTION all referees except the Referee must 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 difficulty min. 1 to max. 2 points

- Techniques must be executed in a controlled manner, but with non-injurious force.
- Clear and clean techniques will be 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 if the technique leads to an infringement against the rules.

25.17 Warnings and Disqualification - Warnings will be given:

1. for non-permissible contact
2. for blind techniques
3. When a technique poses a danger to the opponent or oneself
4. when illegal techniques are used
5. in the event of unsportsmanlike conduct
6. when speaking during the fight
7. when not being able to defend oneself
8. when trying to avoid the fight
9. When the back is deliberately turned all the time
10. in the case of intentional touching for the purpose of an unauthorised technique

11. when deliberately leaving the fighting area
12. The Referee, in consultation with the Judges, may prevent a competitor from continuing at any time if the competitor appears to be unfit or unable to defend him/herself or is a danger to him/herself or others (RSC or disqualification).
13. Any other technique that HKR and SKR deem unqualified or dangerous warrants a warning.

25.17.1 Warnings will be 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 infraction, the Referee, in consultation with the Judges & Supervisor, may disqualify at any time for a gross infraction.

25.18. Injuries/ Regulation - Should the competitor not be able to continue due to a permissible hit resulting in an injury, the bout is automatically considered lost for the injured person. Medical Time is allowed for a maximum of one round =2 min. However, if the injury is due to a violation of the rules or prohibited / unsportsmanlike contact, the offender is to be penalised (e.g. minus point or disqualification). In this case BOTH are eliminated from the competition.

25.19. Results / Scores Submission(Task

Handle)

Physical Tapout: The athlete indicates that he/she is giving up by recognisable tapping with the hand, foot or other part of the body.

Verbal Tapout: The athlete says or otherwise verbally indicates that he/she is giving up (e.g. also by shouting or moaning).

Technical Submission: Although the contestant does not physically or verbally submit, the Referee will stop the match due to a submission because the contestant 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 it is apparent to the Referee that an athlete is caught in a submission that threatens (serious) injury, from which he is no longer able to intelligently defend / defend himself, the Referee may intervene and stop the match in the interests of the amateur's health, even without any Tap Out and before the submission causes injury.

Knockout

TKO (Technical Knockout) The referee stops the fight.

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

KO (Knockout): An athlete becomes unconscious due to the effects of punching techniques. Counting of athletes is done according to the same rules as in kickboxing. Maximum 3 times per round or 4 times in the whole fight. Exception MMA PRO here the professional rule is identical as in kickboxing.

Points decision

Unanimous Decision (unanimous points decision): All Judges score the bout for the same competitor.

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

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

Draw

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

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

Disqualification

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

An intentional foul will result in injury to the person fouled and the bout must be stopped immediately due to the injury. The athlete who committed the intentional foul shall be disqualified.

Non-appearance

If, after the weigh-in and before the start of the bout, an athlete fails to compete or retires without medical or other valid justification, that athlete will forfeit and the other will be 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 of the fouled person (consider minus point or disqualification). The bout may continue for the time being, but must be stopped later in the bout due to the injury sustained and the fouled party is equal or inferior in scoring.

Unintentional fouling will result in injury to the fouled party and the bout must be stopped immediately or later due to the injury caused. The stoppage shall take place after the end of the majority of the rounds and the score shall be a draw.

Unforeseen, external circumstances lead to abandonment of the bout after the end of the majority of the rounds and the score is a draw.

Technical point decision (very rare result)

Intentional foul leads to injury of the fouled person (consider minus point or disqualification). The bout may continue for the time being, but must be stopped later in the match due to the injury caused and the fouled person is ahead in the score.

Unintentional fouling results in injury to the person fouled and the bout must be stopped immediately or at a later stage due to the injury caused. The stoppage shall take place after the end of the majority of the rounds and the score shall result in a winner by point decision.

Unforeseen external circumstances will cause the bout to be stopped after the majority of rounds have been completed and the score will result in a winner by points decision.

No decision (Only in MMA PRO)

Unintentional foul leads to an injury and the match must be stopped immediately or later due to the injury caused. The abandonment takes place before the end of the 1st round.

Unforeseen circumstances will result in the bout being stopped before the end of the 1st round and the reigning title holder will remain the winner as the score will be NO CONDEST.

Opposition proceedings

Appeals against results are possible in principle. Further information on the appeals procedure can be found in the current WMAC Appeals Procedure Rules. Procedure = Immediate appeal (appeal must be made immediately after the bout) to the Referee Table with deposit of a security fee (100€). The Supervisor must be consulted and will independently question all Referees and check the score sheets. If the result is incorrect or the Referee Panel has made a mistake, the appeal will be upheld and the decision revised. The security fee will also be refunded. If the result is correct, the security fee will be forfeited and the bouts will continue.

ATTENTION without a security fee NO appeal process will be initiated. Video recordings and coaches' opinions are NOT ADMITTED EVIDENCE.

Situations that are not defined by the rulebook will be resolved by joint decision of the active supervisors present at the event if they occur.