



KNOCKDOWN RULES

Annex to the “FIGHTING COMPETITION
REGULATIONS”

Fighting designation

Knockdown – continuous fight, during which the Athletes must execute quality techniques where there will not be control of impact force.

Competition uniforms

- Male and Female (Complete Uniform).

1. Any other type of clothing must be approved by the Refereeing Council.

Weight and age categories

a) Age categories:

- 16/29 years; +30 years.

b) Weight categories:

- Male: -70kg; -80kg; +80kg; +90kg.

- Female: -50kg; -60kg; +60kg; +70kg.

1. Athletes from 16 to 17 years may only compete in Knockdown, Low-Kick and K-1 Rules, regardless of the weight, by possessing written permission from their legal guardians.

Necessary safety equipment

1. The mandatory protective equipment on the competitions organized by WAC is described in the following paragraphs, according to disciplines and must always be approved by the Refereeing Council.

2. Head protection – helmet is optional and if used, it must be previously approved by the Refereeing Council;

3. Tooth protection – of compulsory use in all categories for Athletes who use an open helmet.

4. Breast protector (placed, whenever used, under the uniform) – of compulsory use for all female Athletes in all categories.

5. Groin protector (worn under the uniform) is of compulsory use for all male and female Athletes in all categories for all combat disciplines.

6. Gloves (of compulsory use) – Athletes must use exclusively MMA gloves.

7. Shin guards (which must protect from below the knee to the top of the foot) – must be used a soft shin guard.

8. Foot protection – foot protection is not allowed, being only possible the use of soft shin guards, with protection to the ankle.

10. The gloves and the helmet used by athletes should, whenever possible, be of color equal to the corner in which they compete (red or blue, or red or black alternatively).

Duration of each fighting match

a) Eliminations and Final – 2 rounds of 2 minutes each, with a 1 minute break in between.

Ending of each fighting match

1. The common rules for ending each fighting match in all disciplines of combat are as follows:

a) The match will end by athletic superiority, by points, by medical or the Central Referee's decision or when:

- One of the fighters is unable to fight or defend himself;

- One of the fighters passes out;

- It is not possible to stop a bleeding in a fighters cut;

- One of the coaches troughs the towel;

- A fighter breaks the rules that lead to an immediately disqualification;

- A fighter commits more than 3 fouls.

2. The specific rules for ending each fighting match in each discipline of combat are as follows:

a) Knockdown:

- One of the fighters hits the *Tatami* indicating that he/she no longer supports the strike or that he/she cannot proceed the fight;

- When one of the Athletes says *Mate*.

Allowed techniques

a) Head:

- Leg techniques: Roundhouse; Semi-hook; Descendent; Exterior; Spinning back hook kick.

b) Chest:

- Arm techniques: Direto; Gancho; Uppercuts; Reverso; Cotovelada;
- Leg techniques: Roundhouse; Front kick; Side kick; Semi-hook; Descendent; Exterior; Spinning back hook kick; Knee strike.

c) Legs:

- Leg techniques: Low-kick's (interior and exterior); Knee strike.

d) Feet:

- Sweeps (to the ankle or below).

e) On the floor (only to the chest)*:

- Punches; Knee strikes; Elbow strikes.

*These strikes should be isolate and non-continuous.

f) Joint locks/Chokes/Projections:

- Joint locks with the purpose of immobilizing or choke the opponent standing up;
- Project the opponent into the floor;
- Joint locks with the purpose of immobilizing or strangle the opponent on the floor. Once on the floor the Athletes have 15 seconds to apply a joint lock; in case that does not occur in the time limit, if the Athletes do not move, the Central Referee will intervene ordering to proceed the fight standing.

Warnings for illegal techniques

1. The Warning system for all combat disciplines is as follows:

- At first foul, the Central Referee will give a warning to the Athlete that broke the rules.
- At second foul, the Central Referee will award the first penalty point to the Athlete that committed the foul.
- At third foul, the Central Referee will award the second penalty point to the Athlete that committed the foul.
- At fourth foul, the Central Referee will immediately disqualify the Athlete that committed the fouls.

Forbidden techniques and penalties

- Any kind of strike to the groin area;
- Any kind of strike with the purpose to blind the opponent;
- Intentional strikes to the head, throat or spine;
- Biting;
- Intentional strikes with the head;
- Knee strikes, elbow strikes or hand strikes to the head;
- Pulling the strings (in the Ring);
- Projections that lead the opponent to fall on his head.
- Project the opponent out of the Ring.
- It is forbidden to the Athletes:
 - Attack the throat, below abdomen, kidneys, back, legs, joints, crotch and the back of the head or neck;
 - Attack with the knee, elbow, open glove and glove in axe, head, thumb and shoulder;
 - Turn his back to the opponent, run, intentionally fall and grab, blind techniques, "wrestling" and drop his head below the waist line of his opponent;
 - Attack the opponent caught in the ropes;
 - Attack the opponent when his falling or already is on the mat (meaning, as soon as his hand or knee touches the mat);
 - Leaving the ring for no reason;
 - Continue fighting after hearing the command voice "Stop" or "Break" or after the end of the round;
 - Grease his face or body with oil;
 - Intentionally spits out the gum-shield;
 - Unsportly behaviour.

k) It is forbidden to the Coaches and the Monitors:

- Discuss or comment inadequately a decision made by the referee and judges;
- Discuss or comment inadequately about a non-attributed point;
- Attack or insult verbally an Official, inside or outside the ring;
- To push, grab with no other intention, spit or even try to attempt any of this actions, will result in the immediate away of the coach from the ring location and, by decision of the Jury, to the permanent redraw from the competition area.
- Offences committed by the Coaches or the Monitors will be penalized and accounted as if committed by Athlete.
- The violation of the rules and regulations may, depending of its seriousness, result in warnings, negative points and disqualification.

Scoring system

- a) Well executed punches to the chest – 1 Point;
- b) Kicks to the chest and legs – 1 Point;
- c) Elbow blows to the chest – 1 Point;
- d) Knee blows to the chest – 1 Point;
- e) Kicks to the head – 2 Points;
- f) Well executed projections – 2 Points;
- g) Jumping kicks to the head – 3 Points.

Information updated on 2017-01-13, according to official standards approved by the WAC Refereeing Council.