



MIXED MARTIAL COMBAT REGULATIONS



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TITLE I – GENERAL REGULATIONS

Article 1 - Attached regulations

1. The rules here disposed concerning MIXED MARTIAL COMBAT, further mentioned as MMC, are an attachment to the Fighting Competition Regulations document from WAC, and its General Regulations are those contained in the following Titles and Articles from such document:
 - a) Titles I, III, IV, V and VI (complete);
 - b) Articles 11, 12, 13, 14, 15, 16, 19, 27 e 28 (complete).
2. Being so, the consult of the referred document is not dispensed, and must be done for one to comprehend the full content of MIXED MARTIAL COMBAT Regulations.

TITLE II – COMPETITION

Article 2 - Competition uniforms

1. Coaches:
 - a) Tracksuit;
 - b) Trainers / Tennis shoes.
2. Athletes:
 - a) Male (Shorts and naked Torso);
 - b) Female (Shorts and Top or *Rashguard*).
3. Any other type of clothing must be approved by the Refereeing Council.

Article 3 - Weight and age categories

1. Age categories:
 - a) 18/20 years; 21/34 years; 35/44 years; +45 years.
2. Weight categories:
 - a) Male and Female:
-52,2kg; -56,7kg; -61,2kg; -65,8kg; -70,3kg; -77,1kg; -83,9kg; -93,0kg; -120,2kg; +120,2kg.
3. The difference in weights allowed between categories, in case a Competitor has weight that exceeds the limits of his/her current category, is 1kg. If a Competitor exceeds these limits, will have until the end of the time of the weighing to lose the excess weight until he/she reaches the allowed limits (including the 1kg margin), otherwise said Competitor will be disqualified.

Article 4 - Necessary safety equipment

1. The mandatory protective equipment on the MMC competitions organized by WAC is described in the following paragraphs, according to disciplines and must always be approved by the Refereeing Council.
2. It is mandatory the use of protective helmet in the categories 18/20 years, 35/44 years and +45 years.
3. The tooth protection is of mandatory use by male and female competitors in all categories.
4. Breast protector (placed, whenever used, under the uniform) is of compulsory use for all female Competitors in all categories.
5. Groin protector (worn under the uniform) is of compulsory use for all male and female Competitors in all categories for all combat disciplines.
6. Bandages and tape:
 - a) Hands should be involved with bandages on soft gauze cloth;
 - b) The tape must be used to secure and strengthen the bandages, however the tape cannot cover the knuckles;
 - c) The bandage is limited to a length of 10 meters x 5 cm and the tape 2 meters x 2.5 cm for each hand;
 - d) The gloves and shin pads must be secured with tape of a color corresponding to the respective corner or neutral color. It is forbidden to use plastic tape.
7. MMC gloves (of mandatory use):



- a) Min.: 7oz;
 - b) Max.: 8oz.
8. It is prohibited to use gloves with laces.
9. Knee protectors (opcional).
10. Ankle protectors (opcional).
11. The gloves and the helmet used by Competitors should, whenever possible, be of color equal to the corner in which they compete (red or blue, or red or black alternatively).

Article 5 - Duration of each fighting match

1. Tournaments with more than a match for day or National Championship:
 - a) The duration of the fight should be 2 rounds of 3 minutes each. If the fight is deemed a Draw after the first and second round, 1 extra round will be added to determine the winner;
 - b) The break between rounds will last one minute;
 - c) In case of Draw, the break between the second and third round will be 90 seconds. The collection of score sheets and the sum of points after the second round may take longer, but both contestants shall stand in their respective corner, ready to start again, and trainers should leave the competition area after 90 seconds.
2. Tournaments of only one fight a day or One Match Fight:
 - a) The duration of the fight shall be 3 rounds of 3 minutes each;
 - b) The break between rounds will last one minute.

Article 6 - Allowed techniques

1. In MMC fighting the following techniques will be allowed:
 - a) Hits (punches and kicks) against the head, body and legs in stand-up position (standing);
 - b) Fist attacks against the side of the torso, arms and legs when the opponent is in a Ground Fighting position;
 - c) Knee blows against the body and legs in stand-up position;
 - d) Knee blows against the body and legs when the opponent is in a Ground Fighting position;
 - e) Knee blows from a Ground Fighting position against the body and legs when the opponent is in stand-up position;
 - f) Kicks to the legs when the opponent is in a Ground Fighting position;
 - g) Kicks from a Ground Fighting position against the legs when the opponent is in stand-up position;
 - h) Projections and falls;
 - i) Submission techniques.

Article 7 - Warnings for illegal techniques

1. In case of a foul, the Referee shall stop the fight, analyze the condition of the overthrown competitor and issue a Warning.
2. For repeated minor faults, serious misconduct or willful misconduct, the Referee shall issue 1 minus point for the offender along with a Warning.

Article 8 - Forbidden techniques and penalties

1. The following actions or techniques are considered fouls:
 - a) Striking with fists to the face of the opponent when he/she is in a Ground Fighting position;
 - b) Hit with fists to the opponent's front side of the torso when he/she is in a Ground Fighting position (it will be allowed to strike the side of the torso, arms and legs);
 - c) Slamming;
 - d) Back splashing;



- e) Apply finishing techniques (joint locks and strangle) without allowing the opponent to quit;
- f) Joint locks to the cervical;
- g) Joint locks to the heel;
- h) Head blows;
- i) Place the fingers in the eyes or other body orifices;
- j) Biting;
- k) Spit the tooth protector;
- l) Pinch, pull or twist the skin/flesh;
- m) Pull hair strings;
- n) Grab the fence/string/poles of the Ring;
- o) Grab/pull equipment or the uniform of the opponent;
- p) Attacks to the underbelly/genital area;
- q) Manipulate short joints (3 or less fingers of the hands and feet);
- r) Grab the clavicle;
- s) Grab, pull or twist the ears;
- t) Hit the throat or grab the trachea with the hands;
- u) Cover the mouth and/or nose of the opponent with one's hand;
- v) Hit the nape;
- w) Attacks to the spine;
- x) Hit the kidneys;
- y) Hits with the hammer of the hand (it is allowed to strike with the soft side of the glove, though);
- z) Elbow blows;
- aa) Knee blows to the head;
- bb) Open hand strikes;
- cc) Forearm strikes;
- dd) Hits directly to the knees (front and side);
- ee) Stomp kicks to the feet of the opponent (it is allowed to step the feet without kicking);
- ff) Stomp kick or step the feet of the opponent when he/she is in a Ground Fighting position;
- gg) Kicks against the torso and the head when the opponent is in a Ground Fighting position;
- hh) Kicks from a Ground Fighting position to the torso and the head when the opponent is standing;
- ii) Knee blows to the head when the opponent is in a Ground Fighting position;
- jj) Knee blows from a Ground Fighting position to the head when the opponent is standing;
- kk) Intentionally Push/Cast/Throw the opponent out of the competition area;
- ll) Project/throw the opponent to the floor from his/her head or neck;
- mm) The use of sliding substances on the one's body or equipment, water (to refresh during the breaks);
- nn) Attacking the opponent during the interruption of the combat;
- oo) Attacking the opponent when he/she is under the Referee's protection;
- pp) Attacking the opponent after the signal for the end of the round;
- qq) To disregard the Referee's instructions;
- rr) Simulate an injury;
- ss) Deliberately avoid fighting;
- tt) Exit the competition area;
- uu) Interference from Coaches/Seconds;



- v) Using abusive language or other anti-sporting behavior.
- 2. In the categories 18/20 years, 35/44 years and +45 years is also forbidden:
 - a) Kicks and knee blows when the opponent is in Ground Fighting position;
 - b) Kicks and knee blows from a Ground Fighting position against the opponent when he/she is standing;
 - c) Rear naked choke to the feet.
- 3. All fouls are mentioned in the Score Sheets and the point deduction must be made in the round in which occurred the fouls.

Article 9 - Immediate disqualification

- 1. In the case of serious or repeated willful misconduct, the Referee may disqualify the offender.
- 2. If a competitor cannot continue the match due to an injury caused by an unauthorized technique or flagrant foul, the offending competitor will be disqualified.
- 3. If an injury caused by an intentional unauthorized technique or foul causes the contest to be stopped at a subsequent point in the contest the contestant who committed the foul shall be disqualified.
- 4. If during the pre-match inspection a contestant is found to have unpermitted taping he/she can be disqualified by the Referee.
- 5. A contestant can be told off, warned or disqualified as a result of a breach of rules made by the competitor's coaches.

Article 10 - Scoring system

- 1. The competitor awarded the victory in the round will be the one who controls and dominates the fight and that is more effective in the areas of:
 - a) Effective strikes;
 - b) Effective grappling;
 - c) Effective control;
 - d) Effective aggressiveness;
 - e) Effective defense.
- 2. The techniques should be well implemented; being aggressive by itself is not rewarded:
 - a) Laying up with the opponent in the guard position, which means grappling with the legs of the opponent around the upper body, shall be considered a dominant position if the competitor tries to end the contest using effective hits or submission attempts, or tries to improve his/her position. A competitor who just fixed the opponent down without active attempts to win will not be considered dominant;
 - b) If the competitors are equal in their offensive, defensive techniques will be considered: blocking punches and kicks, defense against drops, transforming a lower position in a higher position or in a standing position;
 - c) If the competitors are tied, both offensively and defensively, will be granted victory to the competitor who was more active and who tried to win more often;
 - d) Judges will score according to the scoring system of 10 points:
 - The round will be scored as a 10-10 round when both contestants were balanced and no competitor showed any domain in the round;
 - The round will be scored as a 10-9 round when a contestant wins by a narrow margin, achieving the highest number of effective legal strikes, grappling and other maneuvers;
 - The round will be scored as a 10-8 round when a contestant overwhelmingly dominates with blows or grappling in a round;
 - The round will be scored as a 10-7 round when a contestant totally dominates with blows or grappling in a round.
 - e) In the event of a third extra round, this will be judged equally to the first two rounds. If the fight is by Title, a tournament of combat or a championship fight, where a Draw is not a possible outcome and where a winner must be declared, the round should be judged as described in the respective tournament or



championship protocol.

- f) In case of an incomplete round due to an accidental foul, the round will be judged using the same criteria as the complete rounds.
- g) If there is a draw:
 - If the fight is deemed a Draw after the first and second rounds, a third round can be added to determine the winner;
 - If the third round is also deemed a Draw the fight will end in a Draw, unless it is a title dispute, a tournament of combat or a tournament where the winner must be declared. In such a case, the round will be judged as described in the respective tournament or championship protocol.

Article 11 - Ending of each fighting match

1. Types of results of the fighting:

- a) Referee Stops Contest (RSC); the Referee is required to stop the match if and when:
 - he/she deems the match as too uneven;
 - one of the contestants isn't putting up a proper defense;
 - one of the contestants has been hit hard. This encompasses but is not limited to so called Technical Knock Out (TKO) and Knock Out (KO);
 - the recuperation time or a medical examination of a contestant has lasted for more than 5 minutes.
- b) Submission:
 - The contestant surrenders by tapping on the opponent or on the mat or by verbally informing the Referee.
- c) Judges decision; the scorecards of the three Judges decide the winner. This includes:
 - Unanimous Decision: When all three Judges score the contest for the same contestant;
 - Majority Decision: When two Judges score the contest for the same contestant and one Judge scores a draw;
 - Split Decision: When two Judges score the contest for one contestant and one Judge scores for the opponent;
 - Unanimous Draw: When all three Judges score the contest a draw;
 - Majority Draw: When two Judges score the contest a draw and one Judge scores for the opponent;
 - Split Draw: When all three judges score differently.
- d) Technical Decision:
 - If a match is ended prematurely due to injury caused by an accidental foul the scorecards of the three Judges decide the winner. This includes the possibility for a technical draw.
- e) Towel:
 - The contestant's coaches stop the match by throwing in the towel and thus forfeiting the match.
- f) Disqualification:
 - If a contestant is disqualified the opponent is awarded the win.
- g) Walkover:
 - If an announced contestant fails to show up to the match but the opponent does, he/she is deemed to have forfeited the match and the win is awarded to the opponent.

2. The Decision given in the end of a fight is final and can not be changed, except when it has been proven that existed:

- a) A clear violation of the rules of this Regulation;
- b) Calculation errors that affected the right decision;
- c) One or more Judges changed the score of the competitors.