

RULES

PROFESSIONAL MIXED MARTIAL ARTS

DURATION OF ROUNDS

(a) A non-championship contest of professional mixed martial arts shall not exceed 3 rounds of 5 minutes per round with a 1 minute rest period following each round except with the permission of the Commission or the Executive Director.

(b) A championship contest of professional mixed martial arts shall not exceed 5 rounds of 5 minutes per round with a 1 minute rest period following each round except with the permission of the Commission or the Executive Director.

WEIGHTS CLASSES OF CONTESTANTS

Except with the approval of the Commission or its executive director, the weight classes for contestants competing in professional or amateur mixed martial arts contest or exhibitions shall be as follows:

Flyweight.....	up to 125 lbs.
Bantamweight.....	over 125 to 135 lbs.
Featherweight.....	over 135 to 145 lbs.
Lightweight.....	over 145 to 155 lbs.
Welterweight.....	over 155 to 170 lbs.
Middleweight.....	over 170 to 185 lbs.
Light Heavyweight.....	over 185 to 205 lbs.
Heavyweight.....	over 205 to 265 lbs.
Super Heavyweight.....	all over 265 lbs.

PROPER ATTIRE FOR CONTESTANTS

a) Trunks—Each contestant shall wear mixed martial arts shorts, bikers shorts, boxing or kickboxing shorts during competition as approved by the commission.

b) Shirt or Gi—Male contestants may not wear a shirt or gi during competition. Female contestants shall wear a body shirt and blouse during competition.

c) Shoes—Contestants may not wear shoes or padding on their feet during competition.

PHYSICAL APPEARANCE

(a) Each contestant shall be clean and present a tidy appearance at the discretion of the Commission.

(b) The excessive use of grease or any other foreign substance, including, without limitation, grooming creams, lotions or sprays, may not be used on the hair or any portion of the body of a contestant. The referee or the Commission shall cause any excessive grease or foreign substance to be removed. A light coating of petroleum jelly is permitted on the face only and shall be applied at cage side or ring side in the presence of the referee or the Commission. This

coating shall be at the discretion of the referee.

c) The Commission shall determine whether head or facial hair presents any hazard to the safety of the contestant or his opponent or will interfere with the supervision and conduct of the contest. If the head or facial hair of a contestant presents such a hazard or will interfere with the supervision and conduct of the contest, the contestant may not compete in the contest unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the Commission. Without limiting the foregoing standard, head hair shall be trimmed or tied back in such a manner that it will not interfere with the vision of either contestant or cover any part of a contestant's face.

(d) Contestants may not wear any jewelry or other piercing accessories while competing.

(e) Taping of the hands, wrists and ankles are permitted at the discretion of the Commission.

(f) Finger and toe nails must be trimmed.

EQUIPMENT

(a) The gloves used in professional mixed martial arts contests and exhibitions shall be new for all main events and in good condition or they shall be replaced.

(b) All contestants shall wear gloves weighing between 4 to 8 ounces, which shall be supplied by the promoter and approved by the Commission. Contestants are not permitted to supply their own gloves.

(c) For each contest, the licensed promoter shall provide each contestant's corner with a clean water bucket; and a stool.

(d) All male contestants shall provide and wear a foul-proof groin protector, which shall be subject to examination and approval by the Commission.

(e) All female contestants shall wear a chest protector during competition. The chest protector shall be subject to examination and approval by the Commission.

SCORING

(a) Professional mixed martial arts techniques are defined as:

(1) Effective Striking—The total number of legal heavy strikes landed.

(2) Effective Grappling—The successful execution of a legal takedown and/or reversal including the following maneuvers: takedowns from standing position to mount position, passing the guard to mount position; or bottom position fighters using an active, threatening guard.

(3) Fighting Area Control—Dictating the pace, location and position of the contest using the following maneuvers: countering a grappler's attempt at takedown to remain standing and legally striking effectively, taking down an opponent to force a ground fight; creating threatening submission attempts pass the guard to achieve mount, while on the ground; creating striking opportunities, while on the ground.

(4) Effective Aggressiveness/Defense—Moving forward and landing a legal strike, while

avoiding being struck, taken down and/or reversed, while performing the maneuvers described above.

(b) Judges shall evaluate professional mixed martial arts techniques, such as:

- (1) Effective Striking
- (2) Effective Grappling
- (3) Fighting Area Control
- (4) Effective Aggressiveness/Defense

(c) Evaluations shall be made in the order in which the techniques appear above, giving the most weight in scoring to effective striking, grappling, fighting area control and aggressiveness/defense.

ACTS CONSTITUTING FOULS

(a) Disqualification from a mixed martial arts competition occurs after any combination of 3 fouls or after a flagrant foul as determined by the referee.

(b) The following acts shall constitute fouls in a contest or exhibition of professional mixed martial arts:

- (1) Butting with the head.
- (2) Eye gouging of any kind.
- (3) Biting.
- (4) Hair pulling.
- (5) Fishhooking.
- (6) Groin attacks of any kind.
- (7) Putting a finger into any orifice or into any cut or laceration on an opponent.
- (8) Small joint manipulation.
- (9) Striking to the spine or the back of the head.
- (10) Striking downward using the point of the elbow.
- (11) Throat strikes of any kind, including, without limitation, grabbing the trachea.
- (12) Clawing, pinching or twisting the flesh.
- (13) Grabbing the clavicle.
- (14) Kicking the head of a grounded opponent.
- (15) Kneeing the head of a grounded opponent.
- (16) Stomping a grounded opponent.
- (17) Kicking to the kidney with the heel.
- (18) Spiking an opponent to the floor surface on his head or neck.
- (19) Throwing an opponent out of the ring or fenced area.
- (20) Holding the shorts or gloves of an opponent.
- (21) Spitting at an opponent.
- (22) Engaging in any type unsportsmanlike conduct, especially that which may cause an injury to an opponent.
- (23) Holding the ropes or the fence.
- (24) Using abusive language in the ring or fenced area.
- (25) Attacking an opponent on or during the break.
- (26) Attacking an opponent who is under the care of the referee.
- (27) Attacking an opponent after the bell has sounded the end of the period of competition.

- (28) Flagrantly disregarding the instructions of the referee.
- (29) Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- (30) Interference by the corner. It should be noted that all team members including cornermen and trainers must stay in their designated area at all times during an event.

Deduction of points for fouls; effect of low blow.

(a) If a contestant fouls his opponent during a contest or exhibition of professional mixed martial arts, the referee may penalize him by deducting points from his score, whether or not the foul was intentional. Except as otherwise provided in Chapter 21 (relating to professional boxing), the referee may determine the number of points to be deducted in each instance and shall base his determination on the severity of the foul and its effect upon the opponent.

(b) When the referee determines that it is necessary to deduct a point or points because of a foul, he shall warn the offender of the penalty to be assessed.

(c) The referee shall, as soon as is practical after the foul, notify the judges and both contestants of the number of points, if any, to be deducted from the score of the offender.

(d) Any point or points to be deducted for any foul shall be deducted in the round in which the foul occurred and may not be deducted from the score of any subsequent round.

(e) A contestant may not be declared the winner of a contest or exhibition of professional mixed martial arts on the basis of his claim that his opponent accidentally fouled him by hitting him in the groin. If an contestant falls to the floor of the ring or fenced area or otherwise indicates that he is unwilling to continue, after a maximum of a 5-minute rest period, because of a claim of being hit in the groin, the contest or exhibition shall be declared to be a technical knockout in favor of the contestant who is willing to continue.

ACCIDENTAL FOULS

(a) If a contest or exhibition of professional mixed martial arts is stopped because of an accidental foul, the referee with advice from the ringside physician, shall determine whether the contestant who has been fouled can continue or not. If the contestant's chance of winning has not been seriously jeopardized as a result of the foul, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the contestants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

(b) If the referee determines that a contest or exhibition of professional mixed martial arts may not continue because of an injury suffered as the result of an accidental foul, the contest or exhibition shall be declared a no contest if the foul occurs during:

- (1) The first two rounds of a non-championship contest or exhibition; or
- (2) The first three rounds of a championship contest or exhibition.

(c) If an accidental foul renders a contestant unable to continue the contest or exhibition after:

- (1) The completed second round of a non-championship contest or exhibition; or
- (2) The completed third round of a championship contest or exhibition,

the outcome shall be determined by scoring the completed rounds and the round during which the referee stops the contest or exhibition.

(d) If an injury inflicted by an accidental foul later becomes aggravated by fair blows and the referee orders the contest or exhibition stopped because of the injury, the outcome shall be determined by scoring the completed rounds and the round during which the referee stops the contest or exhibition.

RESULTS OF CONTEST

(a) A contest of professional mixed martial arts may end under the following results:

(1) Through submission by:

(i) Physical tap out

(ii) Verbal tap out.

(2) Technical knockout by the referee stopping the contest.

(3) Decision via the scorecards, including unanimous decision, split decision or majority decision.

(4) Draw.

(5) Technical decision.

(6) Technical draw.

(7) Disqualification.

(8) Forfeit.

(9) No contest.

(b) The referee and ringside physician are the sole arbiters of a contest and are the only individuals authorized to enter the ring or octagon at any time during competition and to stop a contest.

USE OF PROHIBITED SUBSTANCES, DETECTION AND PENALTIES

The use of any illegal drug, narcotic, stimulant, depressant, or analgesic of any description, or alcohol substance, by a contestant either before or during a match, shall result in the immediate disqualification of the contestant from the match and disciplinary action in accordance with the Commission licensing the contest.

AMATEUR MIXED MARTIAL ARTS

GENERAL PROVISIONS

All professional mixed martial arts rules applies to amateur mixed martial arts unless otherwise stated below.

AMATEUR MMA RULES

-Must be licensed by the Commission which shall include testing for HIV, Hep. B/C.

-Submit, for each and every contestant competing in his/her first amateur event each calendar year a physical on a Commission approved form. This physical cannot be date more than (60) days before the event

An ambulance and EMT's along with a Pennsylvania licensed physician will be on site at all times when the competition is ongoing;

Each amateur MMA contestant shall undergo a pre-bout physical at the time of weigh-ins.

For all MMA boxers with (3) three or less amateur bouts their contest cannot exceed three rounds of 2-minutes each round with a one minute rest period in between rounds

For all MMA boxers with more than (3) three amateur bouts their contest cannot exceed three rounds of 3-minutes each round with a one minute rest period in between rounds

All MMA boxers must attend the pre-bout meeting to review all rules and regulations.

EQUIPMENT

- Mouth guard
- Open finger gloves (minimum 7 oz.)
- Groin protection (male)
- Shin pads
- Instep pads
- Breast protection (female)
- Rash guard – optional – as approved by the Commission
- Ankle wraps – as approved by the Commission