



## WEIGHT CLASSES

Lightweight	(144.9 lbs. and under)
Light Welterweight	(145 lbs. to 154.9 lbs.)
Welterweight	(155 lbs. to 169.9 lbs.)
Middleweight	(170 lbs. to 184.9 lbs.)
Light Heavyweight	(185 lbs. to 204.9 lbs.)
Heavyweight	(205 lbs. to 224.9 lbs.)
Super Heavyweight	(225 lbs. and over)

## BOUT DURATION

- All non-championship bouts shall be two rounds.
- All championship bouts shall be three rounds.
- Rounds will be four minutes in duration.
- Overtime rounds will be two minutes in duration.
- A one-minute rest period will occur between each round.

## RULES - REGULATIONS

### STANDING

- All hand strikes legal to approved targets (no groin, throat, spine, back of head, eye pokes, etc.)
- Knees allowed to the body only (neck down)
- No elbows allowed at all
- Foot stomps allowed
- All throws & takedowns legal except any technique which slams the opponent onto head or back of neck (must be in control at all times)
- Standing fighter cannot kick a downed opponent

### GROUND

- Any submissions legal (except small joint manipulations, i.e. finger or toe locks)
- All closed fist and open hand strikes legal (no finger jabs)
- Knees allowed to the body only
- Grounded fighter cannot up-kick a standing opponent
- Grounded fighter is determined by anything other than the soles of the feet touching the mat

## ILLEGAL TECHNIQUES

- Knees to the head while standing or on the ground
- Elbow strikes of any kind
- Grabbing the cage
- Not adhering to the referee's commands
- Inserting fingers into any orifice such as cuts, mouth, nose, shorts, etc.
- Grabbing opponents shorts
- Any unsportsmanlike conduct such as foul language, striking after the bell, not releasing a submission, throwing items, etc.
- Intentional striking to the groin, throat, spine, joints, or back of head
- Spilling of any bodily fluids except for blood/sweat

## PENALTIES

- Warnings followed by point deduction, followed by disqualification (referee discretion)

## GENERAL REGULATIONS

- Pro fights will use 10 point must system (one fighter getting 10 pts. the other 9 or less)
- No shirts worn during fight (unless female)
- No shoes allowed
- Any knee or ankle supports must be soft-brace style and must be acceptable to your opponent
- Groin and mouth protection is mandatory
- No excessive greasing (light covering over & under eyes acceptable)
- Fighters must provide their own MMA gloves and they must be approved by an official
- No taping of fingers or toes
- Taped hands must be signed by an official (no tape covering the knuckles)
- Fighters must have 1 wrap of tape around glove closure (no velcro exposed)
- No unsportsmanlike conduct allowed from the fighter or corners (purse can be withheld)
- If the referee decides there is a lack of action, the fight will be stopped by referee and both fighters stand up to continue
- If the referee stops a fight, the fight is over. Reasons for fight stoppage include:
  1. Fighter passes/taps out
  2. Fighter is not defending himself
  3. Fighter is taking excessive unanswered effective strikes
  4. Knockdown where the referee cannot tell if the fighter is ok (fighter turtles up and is motionless)
- In the event of a cut, the fight will be stopped, the doctor will then determine if the fight may continue or not
- The doctor may stop the fight at any time