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## Part 1

### PHILISOPHY OF RULES AND REFEREEING

#### INTRODUCTION

Mixed martial arts (MMA) is one of the most popular martial arts in the world. It is connected to the maximum possible number of technical actions, used by athletes. The procedure for deciding the winner in the sport is subject to the logic of the most simple and natural criterion - the refusal of an opponent to continue the fight or getting over an opponent of complete obvious advantages. It is a dynamic, exciting sport, adapted to the needs of a modern audience.

This text is addressed to a wide audience - athletes, coaches, referees, spectators and commentators for the following reasons:

- Understanding of the rules allows the use of best practices for sports training and tactics of the fight, which contributes to personal development of an athlete, his manifestation of sportsmanship; -

Understanding of the relationship and the essence of the rules allow judges to make objective and timely decisions.

Children and youth competitions in mixed martial arts (MMA) are one of the elements of the physical development of the child and the stage of preparation of athletes of top-level sportsmanship. The basic principles of competitive practices in children and adolescence are:

- from the simple - to complex: a gradual and logical transition from simple technical elements to more complex defined by a set of permitted and prohibited items in the technical events of different age groups

- Maximum smooth, unforced development of the child's body

- The maximum reduction in the risk of sports injuries in children's and youth

competitions.

This part of the Rules describes mixed martial arts as a contemporary sport, directed to competitive activity, then reveals its main qualities which should be realized for refereeing.

### **MIXED MARTIAL ARTS (MMA) IS A COMPETITIVE SPORT**

Competition is the place for the highest manifestation of an athlete, his creativity, fortitude and courage. Rules are subject to all the manifestations of these qualities.

Mixed martial arts (MMA) – is a full contact bout of two athletes using shock techniques and fight in the posture and in par terre. The origins of the sport date back to the period BC. Unlike the ancient martial arts, modern mixed martial arts (MMA) are based on clear rules strictly governing the behavior of athletes and preventing cruelty.

Mixed martial arts (MMA) uses techniques pertaining to 67 kinds of martial arts. The athletes always face problems, firstly, universalism - the constant expansion of its technical arsenal, and, secondly, the task of conducting a fight considering its prevailing skills and qualities and skills and understanding the prevailing qualities of an opponent. In this sport athlete is forced to react instantly to counteraction, to anticipate a possible attack and hide their attacking intentions.

Despite the differences in the rules applicable by international and national promotion group during the fights, the essence of mixed martial arts (MMA) remains unchanged. Differences concern the place itself for the fight, its duration and the list of permitted and prohibited activities.

Need to expand the tactical and technical arsenal of the athlete, high demands on his athleticism and endurance, the ability of individual expression and constantly takes courage - all this makes mixed martial arts (MMA) a spectator sport.

### **ROLE OF REFEREE IN THIS STRUCTURE**

While determining a winner referees in the ring and side referees have voting right.. The essence of the notion “a good judge” lies in the concept of justice and consistency:

– to be just to each participant

– to be evaluated by spectators and participants of a fight as just.

It requires a huge element of trust. Besides the referee in the ring is one of the protagonists of the match. He, like the entire judging panel, is entrusted to create the conditions for athletes to demonstrate spectacle:

- correctness of his decisions
- understanding the essence and logics of rules
- actions of a skilled organiser, directing the course of the fight and the competition to their logical completion
- acting as a tutor – using rules to punish dishonesty or to warn against rudeness
- promoting the match - that is, making it possible to highlight the spectacular elements of the sport and allow athletes to showcase their best qualities to the audience.

In conclusion it's noteworthy that a good judge should use rules to make a fight separately and competitions in general a real event for all those concerned.

For those who have read this - consider the following rules as the current state of mixed martial arts (MMA), but keep in mind that the above may also be important for you to determine your own position in the sport.

***Be uncompromising in the ring and compassionate in life!***

## **Part 2**

### **Section 1: CONTENT OF A BOUT**

#### **Chapter 1.**

## General provisions

- 1.1. Mixed martial arts (MMA) is a sport in which two athletes in the same weight class in a confined space and in accordance with the rules of conducting a duel meet perform actions to achieve victory over an opponent in view of a clear advantage, or upon the decision of the judging panel.
- 1.2. The present Rules were developed by the World Mixed Martial Arts Association – **WMMAA**) (hereinafter – WMMAA).
- 1.3. The Rules define the order and conditions of conducting competitions on MMA (hereinafter – the Competitions), held under the aegis of national mixed martial arts (MMA) federations (hereinafter – National Federations), having membership in WMMAA, as well as international competitions in mixed martial arts (MMA), held by the WMMAA.
- 1.4. Competitors and officials (team managers, coaches, athletes and judges), participating in the competition must be guided in their actions by these Rules and Regulations and the Regulations of the competitions approved by the National Federations and WMMAA.
- 1.5. The official language of these Rules is Russian. Translation of this Regulation to other languages is carried out National Federations and approved by the Commission of WMMAA.

## Chapter 2.

### CONSTRUCTION AND EQUIPMENT

#### **2.1 PLACE OF HOLDING**

- 2.1.1 The competitions in MMA may be held both in the closed athletic facilities, and in the open air.
- 2.1.2. Venue of the fight is a specialized ring. Holding competitions on square-shaped tatami is allowed only for age groups of 12-13 years old and 14-15 years old.

#### **2.2. SIZES OF THE GROUND**

- 2.2.1. The ring should be square-shaped and be located on the platform. Size of the working area inside the ropes of the ring can not be less than 36 m<sup>2</sup>, and shall not exceed 49 m<sup>2</sup>. Platform height of the ring - 1 m.
- 2.2.2. Distance from the floor to the top edge of the ring platform must be draped in black cloth or advertising banners.

- 2.2.3. Floor of the ring must be strong and go beyond the working area of the ring by 1.5 meters on each side. This area is designated as a security zone of the ring.
- 2.2.4. The working area of the ring and the ring safety zone must be covered by sports mats, tightly bonded to each other, and a thick cloth (canvas, cotton). All together, it forms a soft floor of the ring to cushion the fall. Height of ring cushioning is from 6 cm to 10 cm, cushioning ring density is 180mg/sm<sup>3</sup>.
- 2.2.5. Competition for age groups 12-13 and 14-15 years of age may be carried out on tatami.

Operating area of tatami should be limited by the line or color and should be of a square configuration. Dimensions of the working area of the mat up to 8x8 m 12x12 m

Tatami safety zone should not be less than 2.5 m from the limit line of the working area. When it is impossible to organize such a security zone walls should be covered with soft mats to a height of 1.5 meters.

### **2.3. RING LIMITATIONS AND THE EQUIPMENT**

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- 2.3.1. Ring size of the working area is bounded by the perimeter of five rows of ropes wrapped with soft, smooth material. The width of one of the rope is not more than 5 cm in diameter.
- 2.3.2. At two points on a vertical plane ropes are joined with flat strips at a distance of 1/3 the length of the rope. Width ribbons - 2 cm.
- 2.3.3. Instead of the two lower ropes space may be covered by plastic or rubberized mesh.
- 2.3.4. Corner posts should be reserved ringside with corner cushions in different colors. One corner of the ring must be equipped with a red corner cushion for the red corner of the ring. Diagonally from it, a corner cushion should be blue matching the blue corner of the ring. Two other corner of the ring must be equipped with white-colored corner cushions - neutral corners of the ring.
- 2.3.5. Colors of the ring ropes should correspond to colors of the ring corner and should be blue or red-colored.
- 2.3.6. In red and blue corners of the ring a ladder for athletes and seconds should be installed, in the neutral corner a ladder for referee and a doctor should be installed
- 2.3.7. Near the blue and red corners of the ring there should be located :
  - portable chairs for athletes
  - a plastic bucket
  - a colored scotch, its color corresponding to corners of the ring for wrapping gloves of the athletes for entry to the ring



## **2.4. THE REQUIREMENTS TO VENUE**

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- 2.4.1. For avoidance of contaminations the ring/ tatami should be cleaned and disinfected prior to each day of competitions and in the breaks of fights according to the competition program.
- 2.4.2. The ropes should be tightened and fixed not earlier than 1.5 hours prior to holding the first fight
- 2.4.3. Technical staff of the ring/ tatami should be located on the ground during the entire competition.
- 2.4.4. While holding the competitions temperature in the premises should be not lower than 15 degree C. Relative air humidity in warm season should be 60-30%, in cold season 45-30%
- 2.4.5. While holding competitions in the open air organizers of the events should stipulate protection of the fight participants from the effect of atmospheric precipitations.

## **2.5. SAFETY PROVISIONS**

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- 2.5.1. Competition shall be conducted in sports facilities that meet the requirements of legal acts of countries in which the competition is conducted, in accordance with rules and regulations to ensure public order and safety of participants and spectators, as well as conform to fire safety standards and rules.
- 2.5.2. At the competition at any level internal security activities by specialized organizations should be carried out.
- 2.5.3. Fenced area should be provided at a distance of not less than 3m from the ring around the perimeter. Within this zone shall not be possible organization of standing seats. In the case of equipment of that zone with seating spectator places, pass in this area is carried out in accordance with accreditation or tickets..
- 2.5.4. Chief judge of the competition must participate in the act of signing the certificate of conformity of the sports facility (or open area) to safety standards of competition and availability of internal security staff.

## **2.6. MEDICAL SUPPORT**

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- 2.6.1. While holding credentials committee of the competition strict requirements regarding provisions of relevant medical certificates and documents by the athletes, as well as on medical insurance should be observed by the athletes.
- 2.6.2. At competitions during the fights near each ring trauma surgeon with appropriate medical equipment and medical assistant for first aid should be present.
- 2.6.3. During the immediate event (matches) duty reanimation car or the ambulance must be ensured.

## **Chapter 3.**

## **CLASSIFICATION AND SYSTEM OF HOLDING THE EVENTS**

### **3.1 CLASSIFICATION OF COMPETITIONS**

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3.1.1. The competitions are divided into the following types:

- Personal: personal results and ranks of the athletes in each weight category are determined
- Command: rank of each team is determined
- Personal and command: personal results and places of the athletes in each weight category and places of each team by the sum of credits of the team athletes in personal competitions.
- Rating fights: despite the number of participants only one winner is determined

### **3.2. SYSTEM OF HOLDING THE COMPETITIONS**

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3.2.1. The competitions may be held

- According to the Olympic systems, when a participant (athlete or a team) withdraws from the competitions after the first defeat. Competitions according to the Olympic system are held if there are 5 or more participants.
- - According to a circular system where the participant (athlete or team) once met with each of the other participants, regardless of the number of competitions. Round competitions are held with 3 or 4 participants.

3.2.2. Preliminary fights are held at the stated number of participants in one weight category over 16 athletes. Chief referee defines members of qualifying matches during the drawing for the competitions.

## **Chapter 4.**

## **PARTICIPANTS OF THE COMPETITIONS**

### **4.1. GENERAL PROVISIONS**

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4.1.1. To participate in competitions are allowed only those athletes, who correspond to appropriate age groups and weight classes specified in this Regulation, and fulfilled the requirements of the Credentials Committee of the competition to provide the

necessary documents.

- 4.1.2. Those athletes, who have in their sports career more than 5 rating (professional) fights are not allowed to take part in the competitions.
- 4.1.3. A rating (professional) fight is defined by the following criteria:
- The competitors are well-known to each other;
  - Within the tournament between the competitors only 1 fight is held;
  - An official individual rating of an athlete is held.
- 4.1.4. The following web-resources are the main source for looking through official individual rating of an athlete for determining quantity of professional fights  
[www.sherdoc.com](http://www.sherdoc.com) [www.mixedmartialarts.com](http://www.mixedmartialarts.com) [www.valetudo.ru](http://www.valetudo.ru)
- 4.1.5. In the Rules of the competition, approved by WMMAA, there can be determined competitions held by various organizations the results of which are counted in the official athlete's individual rating. Competition results from promoter groups not included in the list approved by the Rules are not counted in the official individual rating of an athlete, even if such results were available in web-resources indicated in paragraph 4.1.4.

## **4.2. AGE GROUPS**

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- 4.2.1. Competitions in mixed martial arts (MMA) are conducted in the following age groups

<b>Age group</b>	<b>Age groups</b>
Junior teens	12-13 years old
14-15 years old teens	14-15 years old
Senior teens	16-17 years old
Juniors	18-21 years old
Adult	18years and above

- 4.2.2. All athletes, taking part in the competitions, should submit an official document confirming their age and citizenship.
- 4.2.3. Athletes criminated of misrepresenting their age are automatically disqualified from these competitions.
- 4.2.4. The athletes who have attained the age of 18 years are entitled to take part in the competitions for males.
- 4.2.5. In age groups “junior teens”, “14-15 y.o. teens”, senior teens, it is prohibited to take part in the competitions of an elder age group regardless of sports qualification of an athlete.

## **4.3. WEIGHT CATEGORIES**

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- 4.3.1. Sport competitions in mixed martial arts (MMA) are held according to the following weight categories:

Age groups	Weight categories							
12-13 years old	32	36	40	44	48	52	57	57+
14-15 years old	40	44	48	52	57	62	67	67+
16-17 years old	57	62	65,8	70,3	77,1	84	93	
18-21 years old	61,2	65,8	70,3	77,1	84	93	93+	
18 years old and above	61,2	65,8	70,3	77,1	84	93	93+	

## Chapter 5.

### STRUCTURE AND DURATION OF A FIGHT

#### 5.1 POSITION OF PARTICIPANTS IN THE RING

- 5.1.1. In the fights on mixed martial arts (MMA) it's allowed to apply the whole range of technical techniques and actions of martial arts, both in posture and on the floor (parterre) with existing restrictions in different age groups, specified in these Rules.
- 5.1.2. "Posture" position - the participant touches the surface of the ring (tatami) only with his feet. Any technical actions initiated in the "posture" and leading to lifting from the floor (in a jump shot or capture opponent) are equated to "the posture"
- 5.1.3. "Parterre" position - participant touches the surface of the ring (tatami) further any part of the body other than the foot or feet.
- 5.1.4. Posture fight – both participants are in posture position.
- 5.1.5. Parterre fight – one or both participants are in parterre position.
- 5.1.6. For age categories fighting on tatami the notion “outside tatami” is used:
- In posture position: one participant has left the borders of tatami with two feet
  - In parterre position: one of the participants found itself mostly with torso (including the waistline) beyond the boundary of tatami except when the attacker is in the active phase of pain or strangulation technique, as well as during a pack of punches.
- 5.1.7. The active work in the "parterre" is unlimited. If, in the opinion of the referee, the work carried out on the ground is not active, the athletes are given a verbal note "active" and 10 seconds are counted.

- 5.1.8. After 10 seconds, if active steps in the "parterre" do not follow, the athletes take the posture  
If one or both athletes are in the "parterre" beyond the ring, the referee shall stop the fight without breaking grip and without changing position, deploy fighters head to the center of the ring and then continue the fight.

## **5.2. START AND END OF THE FIGHT**

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- 5.2.1. Prior to start of the fight the following sequence should be used:
- Call of athletes to the ring. The first fighter is called to the blue corner, the second to the red corner. In the presence of participants the judge, or the referee in the ring is to examine athletes for compliance with the Rules regarding their equipment.
  - - By the referee's gesture the athletes converge in the center of the ring (tatami). - Referee reminds the fight participants of the necessity to adhere to the Competition rules.
  - Athletes shake hands and go to their corners of the ring.
- 5.2.2. According to the referee's command: hand gesture and voice command "Fight" - sounds the gong, which is the signal for the start of the match.
- 5.2.3. The fight is interrupted at the referee's command "Stop!"
- 5.2.4. End of the fight or round is made on the basis of gong strike (sound signal of the judge – time keeper) and is doubled by the referee's "Stop!" command in the ring
- 5.2.5. The fight is considered completed if:
- The time of the fight has expired;
  - If knockout has been registered;
  - If technical knockout has been registered;
  - If one of the athletes has surrendered indicating his surrender with voice or palm percussion;
  - When seconds throw a towel on the ring;
  - If one of the athletes leaves the ring (tatami) intentionally without permission of the referee during the fight;
  - After disqualification of one or both athletes;

- If an athlete refuses to continue the fight
- - If armlock led or may lead to injury an athlete according to the referee in the ring (the referee stops the fight in the ring);
- Completion of the fight according to the doctor's decision. If the referee has stopped the fight and invited the doctor for determining an opportunity of continuing a fight by the athlete, the doctor's decision shall be held final.

### 5.3. FIGHT DURATION

- 5.3.1. Duration and number of rounds in the fight depend on a stage of competition and age groups. Preliminary fights, fights of the main net and final fights are considered as the competition stages.
- 5.3.2. In 12-13 years' age group length and number of rounds of the fight doesn't depend on the competition stage and remain changeless.
- 5.3.3. Duration and the number of rounds of a fight depend on the competition stage (intervals between rounds are always 1 min.)

Age	Preliminary fights	The main net	Final
12-13 years	1 round- 3 min.	1 round – 3 min.	1round – 3 min.
14-15 years old	1 round - 2 min.	2 rounds 2 min. Each	2 rounds 2 min. each
16-17 years old	1 round – 3 min.	2 rounds 3 min. each	2 rounds 3 min. each
18-21 years old	1 round 3 min.	2 rounds 3 min. Each	2 rounds 5 min. each
Adults	1 round – 3 min.	2 rounds 3 min. each.	2 rounds 5 min. Each

- 5.3.4. In the age groups under 18 years optional extra round is not assigned. The winner of the match is determined by the result of the last round.
- 5.3.5. In the age groups "Junior" and "adults" an additional extra round can be assigned if the first two rounds ended in a draw.
- Duration of extra-round matches in the main net is 3 minutes, and in the final match - 5 minutes.
- 5.3.6. Time of the fights is net. When the fight is stopped by the referee's command to ring, the timekeeper stops the countdown and resumes it upon "Fight" command of the referee in the ring "Fight".

A participant is given no more than 2 minutes during one match for medical assistance

and troubleshooting in the outfit.

5.3.7. Number of fights an athlete takes part in during one day:

- In age groups juniors and adults – not more than 3 fights during one competition day not taking into account preliminary fights. Interval between fights should be not less than 90 min.
- In age groups below 18 years old – not more than 5 fights per day. Interval between fights should be no less than 40 min.

## **Chapter 6.**

### **CONTENT OF A FIGHT, EVALUATION OF TECHNICAL ACTIONS**

#### **6.1 GENERAL PROVISIONS**

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- 6.1.1. The differences in the content of fights, conducted by age groups, are based exceptionally on the number of permitted and prohibited technical actions provided that they are interpreted and realized in a unified manner.
- 6.1.2. In judging competitions in various age groups it is necessary to understand their basic and fundamental difference. Active conduct of the fight and demonstration of available techniques and actions is encouraged for children, and the older boys and adults - active dominance, getting clear superiority over the rival.
- 6.1.3. For all age groups technical concepts such action as stroke, necklock (strangulation), armlock, throw, transfer, body drop remain unchanged.
- 6.1.4. WMMAA and NFs conducting competitions for children and youth age groups, must strictly comply with these Rules and widely promote a comprehensive analysis of competitive activity among children, youths and juniors.
- 6.1.5. The notes indicated in paragraph 6.2. are valid for all age groups of the competition participants.
- 6.1.6. In case of equality of points per round to the assessment of the technical action of athletes in all age groups a note on the participants' activity in the fight is entered to the score-sheets.

#### **6.2. “JUNIORS AND ADULTS: PERMITTED AND PROHIBITED ACTIONS**

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- 6.2.1. Competitions in this age group represent fights in appropriate weight categories among trained athletes, who perform acts within the framework of these Rules so as to gain advantage over the competitor in view of early victory or upon the decision of a judge panel.
- 6.2.2. All actions (strikes, transfers, body drops, throws, holds, armlocks and necklocks

(strangulations) are allowed except for those prohibited by the Rules.

6.2.3. Permitted zones for blowing strikes:

- Head (except occipital part) and stand and in parterre;
- Hands in stand and parterre;
- Chest in stand and in parterre
- Abdomen in stand and parterre;
- Side parts of the body in posture and in parterre
- Back (except for spinal column) in stand and parterre
- Legs in stand and parterre

6.2.4. **Permitted techniques and actions:**

- Allowed are fist punches, forearms, elbows, kicks, knees to the "Posture" and "parterre" in all areas of the opponent, defined by the Rules;
- Allowed are blows with the elbows, both in posture and in parterre, only to the body, legs and arms;
- Allowed are kicks to an opponent who is in the position "parterre" only on the body, legs and arms;
- - Allowed are blows from "parterre" by an opponent who is in the position "posture" on the head, body, hands and feet;
- - Allowed is kneeing on an opponent in position "posture" on the head, body, hands and feet;
- Transfers, body drops and throws of the opponent from the position "posture" and "parterre" are allowed
- Allowed are armlocks on the hand and leg joints, nerve entrapments, infringement of tendons and muscles in the positions "posture" and parterre
- Necklocks in the positions of posture and parterre are allowed

6.2.5. **Prohibited techniques and actions:**

- Prohibited are headers on all zones in the opponent's positions "Posture" and "parterre";
- any strikes to the groin, the occipital part, the vertebral area, neck and clavicular



department are prohibited;

- Prohibited are elbows to the head and neck and clavicular department in the "Posture" and "parterre";
- Prohibited are kicks and kneeing on the opponent's head in the parterre position
- Prohibited are blow with an open globe, with fingers, open palm, including the heels of the hand, finger pokes in the eyes;
- Prohibited are blows on joints against natural bend;
- Prohibited are intentional, purposeful throws of opponent on the head, as well as throwing an opponent in the capture of armlock or necklock (strangulation).
- - Prohibited are throws with simultaneous capture of the opponent in armlock or necklock (strangulation).;
- - Prohibited is the action when an athlete, defending from armlock (armbar, necklock (strangulation) with the feet ), rises his opponent from "parterre " to the posture above the waist (attacking is hanging on the arm or neck), and then throws him on the cover of the ring with force ;
- Prohibited are throws with neck capture without a hand capture;
- Prohibited are armlocks to the fingers or hands;
- Arching and twisting neck and spinal column are prohibited;
- Necklocks (strangulation) with the fingers upon the competitor's throat are prohibited;
- It is prohibited to restrict respiratory channels with hand;
- It's prohibited to press intentionally on face, neck and spinal column;
- It's prohibited to throw (push) the opponent intentionally from the ring;
- It's prohibited to scratch, pinch, bite and spit;
- Do not introduce your fingers into the natural body openings of the opponent; -
- Prohibited are grabs of the helmet, shorts, gloves, shin lap, groin and hair of the rival;
- - It is prohibited to attack an opponent after the Stop command of the referee, to attack the opponent prior to the command "Fight"
- It is prohibited to attack while the opponent is outside the ring. Athlete is considered

outside the ring when the his center of gravity or any support limb is beyond the ropes;

- It's prohibited to leave the ring during the fight
- It's prohibited to use any footwear;
- It's prohibited to remain passive during fight;
- It's prohibited to offend the opponent, judges, referee, coaches and spectators verbally;
- It's prohibited to spit out gum shield intentionally;
- It's prohibited to grab ring ropes with hands and legs;
- It's prohibited to disregard referee' commands;
- It's prohibited to use foreign objects;
- It's prohibited to produce any shouts during armlock of the opponent. Any shout is considered as a strike-back;
- It's prohibited to apply any ointments, oils and creams to body and head (except for superciliary arch and cheek-bones);
- It's prohibited to simulate traumas;
- It's prohibited to drag out time of intervals in the fight
- It's prohibited to conduct a fictive fight;
- It's prohibited to transfer to a parterre position without any express attempts to conduct a technical action

### **6.3. JUNIORS AND ADULTS: ASSESSMENT OF TECHNICAL ACTIONS**

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#### **6.3.1. Throws:**

- Transfer, body drop on the condition of falling the attacked on the hip (buttocks), shoulder, sideways, to the chest, abdomen, back – 1 point
- Amplitude throw with heel lifting from the ring surface – 2 points

***Note:** Lifting of the opponent in parterre position from the ring surface and his lowering to the same position is not considered a throw.*

*All transfers, stalling, throws allowed by the Rules with an opponent touch to the ring with any part of the body except his feet and head, after which the attacking fighter dominates, ie controls the position of his opponent and continues to fight for a position or prepare for further continuation of the attack or "armlock" or necklock/ strangulation are registered/*

*counted.*

#### 6.3.2. **Strikes in the stand**

- Hand strikes to the head - 1 point
- Header with a knee – 2 points
- Header with a knee in clinch – 1 point
- Header with a leg – 2 points
- - Punch, knee, kick in the body and legs - 1 point.

***Note:** Only the blows/ kicks allowed by the Rules, leading to visible damages of the opponent, visible deviations of the opponent's body parts, stop of the attacking opponent, deflection of the opponent from the attack/ defense line and falling are counted.*

#### 6.3.3. **Strikes in parterre:**

- Header with the hand (with clinched fist) – 1 point
- Body blow with a hand, knee, foot – 1 point
- A series of blow - 1 point

***Note:** Counted only are strong accented blows on open areas of the opponent reaching the goal, as well as the blows, after which the opponent goes to defense in depth position (state close to knockdown).*

*Counted is a multiple series (5 or more), but not enough accented blows in the head and body by attacking athlete in a dominant position, in the absence of effective protection on the part of the attacked when the referee does not see fit to stop fighting and declaring technical knockout.*

#### 6.3.4. **Armlocks and necklocks (strangulation):**

For an attempt of conducting (performed capture) an armlock and necklocks (strangulation):

- painful or submission hold – 1 point

***Note:** Referee shall record and show with his gesture the beginning of an active of "pain" or "submission" hold, when the grip on the attacked part of the body is fully completed and recorded for further implementation of the final part of the armlock or necklock/ strangulation.*

*If an athlete produces any sound (shouting, screaming) when a armlock or a necklock (strangulation) is performed to him, a defeat is awarded to him.*

6.3.5. **Activity** means permitted technical actions, not meeting the criteria of assessment in points. Activity is fixed in the scoresheets and affects determination of the fight winner, in

case of equality of the athletes' scores upon completion of the main and extra round of the fight

According to this criterion is evaluated an athlete dominating in both posture and parterre. Activity is considered as

- Attacking actions throughout the entire fight or round;
- A fighter's aspiration to complete the fight beforehand;
- Damages, inflicted to the competitor (damage);
- Conduct and control of fight in posture and in parterre.

6.3.6. Each prohibited action, under which a yellow card is shown – minus 1 point from the final mark in scoresheets for an appropriate round.

#### **6.4. SENIOR TEENS: PERMITTED AND PROHIBITED ACTIONS**

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6.4.1. Competitions in this age group are fights in which the athletes may apply the entire range of techniques and actions (blows, transfers, body drops, throws, holds, armlocks and necklocks), permitted by the Rules for adult age category, with a limitation of application of blows, techniques and technical actions in posture and parterre positions relating to this age category of athletes.

##### **6.4.2. Permitted techniques and actions:**

- Permitted are blows with clinched fist, with feet, knees all over the opponents' areas in posture position, defined by the Rules, and blows to the body with hands in parterre position;
- Permitted are kicks on the opponent in posture position on the head, the body, legs and hands;
- Permitted are blows with the knees to the opponent in posture position, blows to the body, legs and hands;
- Permitted are transfers, body drops and throws from the positions posture and parterre;
- Permitted are armlocks (grips) over joints of hands and legs of an opponent, nerve entrapments, tendons and muscles strangulations in posture and parterre positions;
- Permitted are necklocks (strangle holds) in the positions "posture" and parterre.

##### **6.4.3. Prohibited techniques and actions**

- Prohibited are all blows on the opponent's head, being in parterre position;

- Prohibited are blows by the knees and legs to the opponent's body, being in parterre position;
- Prohibited are all blows with elbow in positions posture and parterre
- The attacked being in parterre position is prohibited to blow the attacker's head with the hand, knee or foot, if the attacker is in posture position;
- It's prohibited to blow the head in the position "posture";
- Any painful techniques, when traumatizing effect is inflicted on the crucial ligaments of the knee – twisting of heel, foot lock, knee lever, hip entanglement;
- Prohibited is necklock Guillotine from the position mount (sitting over the opponent's chest) and any strangle holds, causing traumatizing effect on cervical vertebra.

## **6.5. "SENIOR TEENS": ASSESSMENT OF TECHNICAL ACTIONS**

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### **6.5.1. Throws**

- Transfer, drop down provided that the attacked falls on hip (buttocks), shoulder, side, chest, abdomen, back – 1 point
- Amplitude throw with lifting of legs from the ring surface – 2 points

### **6.5.2. Blows in posture:**

- Header with a hand – 1 point
- A knee blow to body – 1 point
- Kick to the head – 2 points
- Hand blow, kick to body and to the legs – 1 point

### **6.5.3. Blows in parterre:**

- Hand blow in the body – 1 point

### **6.5.4. Armlocks and necklocks**

- For an attempt of conducting (performed grip) a armlock or a necklock – 1 point

6.5.5. Each prohibited action at which a yellow card is shown – minus 1 point of the final mark in the score-sheets for an appropriate round.

## **6.6. 14-15 years old teens: PERMITTED AND PROHIBITED ACTIONS**

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6.6.1. Competition in this age group are fights of the athletes using throw and limited blow techniques in the "Posture " position (only on the body and legs without blows to the head), the complete absence of any blows in the "parterre", as well as the use of armlocks and necklocks to gain advantages over rival in an early victory or upon a decision of the judging panel.

6.6.2. **Permitted technical steps:**

- permitted are transfers, body drops and throws out the positions "posture" and "parterre";
- Allowed locks (seizures) on the joints of hands and feet of the opponent, pinched nerves, tendons and muscles in the "Posture" and "parterre" except for those banned by the Rules;
- Allowed necklocks (seizures) to the "Posture" and "parterre" except banned Regulations;
- Allowed are hand blows and kicks only in the "Front" and only on the body in the chest, abdomen, side parts of the body, back (except the spine and kidney area), legs (except knee and ankle lift).

6.6.3. **Prohibited techniques and actions:**

- Prohibited are all blows to the opponent's head in Posure positions;
- Prohibited are all blows on the opponent (to the head, body or legs) in the position parterre;
- Prohibited are blows with the knees, elbow, head;
- Prohibited are blows in the open glove;
- Prohibited are blows to the cervico-clavicular spine, joints, spinal column and kidneys, groin (to the body below belt), to the knee joint, to the ankle lift;
- It's prohibited to blow the attacked person's head over the ring (tatami);
- - Prohibited is prodding and pressure on the eyes, nose, mouth, ears;
- - Prohibited are uncontrolled punches to the body, applied with closed eyes (by mutual exchange of the blows); -
- It's prohibited to throw the opponent on the head;
- - It is forbidden to throw the opponent with gripping his torso and hands head down, falling on his whole body;
- It's prohibited to pinch the opponent's mouth and nose, preventing them from breathing; - It's prohibited to rest on the arms, legs or head in the face of the opponent
- It's prohibited to press the elbow or the knee down on any part of the opponent's body;

- It's prohibited to perform armlocks on the hand;
- It's prohibited to conduct armlocks in a jerk;
- Exclusively defensive posture – withdrawing from the contact is prohibited;
- It's prohibited to transfer from posture to parterre without technical actions;
- It's prohibited to grip neck and hair of the attacked with fingers;
- It's prohibited to hold, screw and twist the fingers and toes of the attacked;
- It's prohibited to screw the heel, ankle joint, knee lever – the techniques which may lead to rupture of cruciate ligaments of the knee;
- It's prohibited to conduct throws and neck locks from the posture with gripping the attacked over the head with two hands;
- It's prohibited to throw an opponent before oneself, keeping him in the vertical position his head below;
- It's prohibited to combine armlock and necklock (strangulation) with a throw;
- It's prohibited to bite, scratch and pinch the opponent and to grip his clothes with one's teeth;
- It's prohibited to perform technical actions outside tatami and on tatami after the referee's command "Stop";
- Armlocks on the spinal column (folding, twisting) are prohibited;
- Prohibited is necklock Guillotine from the position mount (sitting over the opponent's chest) and any strangle holds, causing traumatizing effect on cervical vertebra
- The athlete is prohibited to leave tatami (to be outside tatami), without technical acts with two support points and more;
- It's prohibited to crawl to the ropes of the ring (edge of tatami) while in parterre position.

## **6.7. 14-15 years old teens: ASSESSMENT OF TECHNICAL ACTIONS**

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### **6.7.1. Throws:**

- Transfer, body drop upon condition of fall of the attacked to the hip (buttocks), shoulder, side, chest, abdomen, back – 1 point

- Amplitude throw with lifting feet from the ring surface – 2 points

**6.7.2. Body and leg blows:**

Attacking combination series of blows (3 and more) to body and legs, permitted by the Rules, that inflict damage to the opponent: lead to visible damages visible deflections of the body parts from blows, stoppage of the attacking opponent, deflection of the opponent from the attack/ defense line, punching (высеканию?), etc – 2 Points.

**6.7.3. Holds in parterre :**

Fixing the attacked on armlock or necklock (strangulation) (attempt to conduct a armlock or necklock (strangulation) during 20 sec. – 1 point

***Note:** Armlocks or necklocks (strangulations), in parterre position started on the ring (tatami) are allowed to conduct beyond the ropes of the ring or outside tatami, if the attacking person is in the active phase of the technique prior to completion of the started technique or action.*

- 6.7.4. Each prohibited action when a yellow card is shown – minus 1 point from the final mark in the score-sheets for an appropriate round.

## **6.8. JUNIOR TEENS: PERMITTED AND PROHIBITED ACTIONS**

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- 6.8.1. Competition in this age group are fights in which participants compete against each other by wrestling techniques using various types of shots and doing painful methods with the aim to win over the opponent. This kind of competition is aimed at the younger generation to develop willpower, character, commitment, and bring a sense of community and responsibility to the team and himself. The competition in this age group participants is strictly forbidden to use any striking technique.

- 6.8.2. Technical actions in accordance with the present Rules are allowed in the fight  
Throws, transfers, body drops, grips, armlocks and necklocks (strangulations) are carried out in all the positions, defined by the Rules and relate only to this age category of the participants.

**6.8.3. Permitted holds and actions:**

- Permitted are transfers, body drops and throws from the positions posture and parterre;
- Permitted are armlocks (grips) on the hand and leg joints of the opponent, nerve, tendons and muscles entrapments in the positions posture and parterre, except for those prohibited by the Rules in this age category of participants;



- Permitted are necklocks (strangulations) (grips) in the positions posture and parterre except for those forbidden by the Rules.

#### 6.8.4. **Prohibited holds and actions:**

- Prohibited are all blows in the positions “posture” and “parterre”;
- It’s prohibited to throw the opponent on the head;
- It’s prohibited to throw an opponent, falling on him with the entire body;
- It’s prohibited to pinch mouth and nose of the opponent, constricting his breathing;
- It’s prohibited to lean on the opponent’s face with the hands, legs and head;
- It’s prohibited to press with elbow or knee above any part of the opponent’s body;
- Any armlocks on the wrist in any positions are prohibited;
- It’s prohibited to conduct armlocks with a jerk;
- Exclusively defensive posture – withdrawal from the contact is prohibited;
- It’s prohibited to transfer from posture to parterre without holding technical actions;
- It’s prohibited to grip neck and hair of the attacked with the fingers;
- It’s prohibited to grip, twist, screw fingers and toes of the attacked
- It’s prohibited to screw heel, ankle knot, knee lever - all techniques that can lead to rupture of cruciate ligaments of the knee;
- It’s prohibited to conduct throws and necklocks (strangulations) from the posture gripping the attacked by the head with two hands;
- It’s prohibited to throw the opponent before oneself, holding him in the vertical position his head below;
- It’s prohibited to combine armlock and necklock/ strangulation with a throw,
- It’s prohibited to bite, scratch and pinch the opponent, to capture his clothes with the teeth;
- It’s prohibited to perform technical actions outside tatami or on tatami after the referee’s command “stop”;
- Leg beats of the attacked with twisted legs of the attacking in falling “scissors” are

prohibited;

- Armlocks on the spinal column (twisting, screwing) are prohibited;
- Prohibited is necklock Guillotine from the position mount (sitting over the opponent), with the effect on screwing and rupturing the cervical vertebra of the spinal column and any strangle holds, causing traumatizing effect on cervical vertebra.
- It's prohibited to lean on the opponent's face with the hands and feet;
- It's prohibited that the athlete will leave tatami (be outside tatami) with two support points and more, if he doesn't perform technical actions in the meantime.
- Any painful techniques, when traumatizing effect is inflicted on the crucial ligaments of the knee – twisting of heel, foot lock, knee lever, hip entanglement are prohibited.
- It's prohibited to crawl beyond the edge of tatami in parterre position

## **6.9. «JUNIOR TEENS”: EVALUATION OF TECHNICAL ACTIONS**

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### **6.9.1. Throws:**

- Transfer, body drop, upon condition of the attacked person's falling on the hip (buttocks), shoulder, side, stomach, back – 1 point
- Amplitude throw with lifting feet from the ring surface – 2 points.

### **6.9.2. Holds in parterre**

- Fixing the attacked person on the armlock or necklock (strangulation) (an attempt to conduct a armlock or a necklock (strangulation) – during 20 seconds – 1 point;
- Withdrawal from an armlock or necklock (strangulation) (when a referees shows a gesture on fixed grip and the beginning of conducting an active phase of this hold) and the transfer to counterhold or withdrawal from parterre position to posture position (i.e transfer from defense to counter-attack) – 1 point.

6.9.3. Each prohibited action, when a yellow card is shown – minus 1 point from the final mark in score-sheets for an appropriate round

## **6.10. TYPES OF WINS**

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6.10.1 For all age groups and weight categories a single systematization of types of wins is applied

6.10.2 A win of one opponent over another is considered:

A) Win by points:

- Unanimous decision of the judge panel;
- Separate decision of the judge panel.

B) Preliminary win:

- Knockout win;

**Note:** *An athlete who has obtained an knockout is withdrawn from the competitions.*

A win with a armlock;

- A win with a necklock (strangulation)
- A win with a technical knockout;
- Technical win – withdrawal by a doctor;
- Victory by virtue of a competitor's disqualification;
- A win in view of failure to appear to the fight.

## Chapter 7.

### RIGHTS AND OBLIGATIONS OF THE COMPETITION PARTICIPANTS. DISCIPLINARY MEASURES

#### 7.1. RIGHTS AND OBLIGATIONS OF THE PARTICIPANTS

**7.1.1. An athlete participating in the competition has the right:**

- To apply to judges through a representative of his team, and during holding of personal competitions through a second;
- To timely obtain information on the course of the competitions, composition of pairs of a consecutive round, changes in the competition program, etc.
- Prior to the fight, during breaks and after the fight to use second's services;
- In the course of one fight use not more than 2 minutes for medical assistance
- Refuse from the fight at any stage thereof.

**7.1.2. An athlete participant of the competitions is obliged to:**

- Be aware and fulfill the present Rules, Regulations and the program of competitions;
- Promptly and accurately fulfill the requirements of the judges;
- Timely enter the ring at first call if the panel of judges ;
- If it is impossible to continue the competitions due to any reasons, immediately notify the secretariat thereof personally or through his second (coach) or a representative;
- Be correct as regards other participants, persons, conducting and servicing the competitions, as well as to spectators;
- Withdraw to a neutral corner and remain there until the command is given on continuation of the fight if the competitor has no opportunity to continue a fight, upon the command of the referee.

**7.1.3. Representatives of commands, coaches and seconds – participants of the competitions have the right :**

- To be present at the drawing procedure, as well as at the sessions of the panel of judges if they are held jointly with the representatives;
- To accompany an athlete to the ring (to tatami);

**Note:** Entry of an athlete to the ring (to tatami) is allowed in the company of no more than 2 seconds.

- To prompt to an athlete during the fight

***Note :** Only one of two seconds is allowed to prompt.*

- To throw the towel in the ring (tatami) during the fight, which means a demand to stop the fight, recognizing a defeat;
- To claim protest in the established order and form (i.e. in writing to the chief judge).

**7.1.4. Representatives of the teams, coaches and seconds – participants of the competitions are obliged:**

- To be responsible for discipline of the team participants;
- To ensure timely appearance of an athlete to weighing, and during the competitions preparation and timely coming to the fight;
- Accompany an athlete to ring (tatami) only in sportswear: shoes (jogging shoes, racerbaks, gumshoes), sports suit (pants, jacket). T-shirt. Towel is a must;

***Notes:** It's prohibited to make inscriptions of extremist character and calls to violence, nationalism, offences of anyone on sportswear and fit-out of the athletes, seconds and team representatives.*

- Be present in the zone near the ring (tatami) from the part of the corner, where an athlete accompanied by them is located.

**7.1.5. Team representatives, coaches and seconds – competition participants are forbidden:**

- To climb to the ring (tatami) ground prior to the fight and during the fight;
- Tap on the competition ground, hold by the ring ropes;
- Pour water on an athlete, not taking precautions against wetting of the floor;
- - Since the start of the competition and till the end contact with the judges and referees with comments, requirements, instructions, engage in debate on progress in the fight, judging, referees' actions, judges' decisions. All attempts to contact representatives of the team to the judges should be stopped immediately, as any communication with the judges (on the imposition of judicial decisions on the fights - is strictly forbidden);
- - To make offensive, threatening and despising estimates of the decisions and actions of the referee and judges, both publicly and in the presence of only the referee and judges.

## **7.2. COMMENTS, WARNINGS, DISQUALIFICATIONS**

**7.2.1. If a participant (s) performs prohibited action or attempts to perform it a referee shall act**

proceeding from the necessity:

- To ensure safety of the athletes;
- To disallow a violating athlete from gaining advantage;
- Preventing violation depending from its character (primary or repeated (systematic), innocent or willful misconduct, not dangerous or dangerous for health and life).

7.2.2. Depending on the indicated circumstances the following disciplinary actions should be applied to a transgressor:

- Oral comment;
- Official warning (a yellow card);
- Disqualification.

7.2.3. **Oral comment** is announced at the primary/ innocent performance of prohibited action, not causing significant damage to the opponent.

***Note:** Referee has the right to announce an oral comment, not stopping the fight, or interfering into the position and stop violation with an oral comment or without it*

7.2.4. **Official warning (a yellow card) is announced to an athlete:**

- For especially flagrant or repeated prohibited action, after an oral comment;
- - For unsportsmanlike conduct (wrangling with the judges, doctors, disrespect of the opponents, spectators, etc., as the athlete and team representatives).

*Note: The decision on the application of disciplinary measures for violation of rules and unsportsmanlike conduct adopted by the chief judge of the competition to the Head of the ring and representatives of the "injured party."*

In making a formal warning (yellow card) the Referee shall stop the fight and declare the athlete and head of ring about it verbally, and showing the yellow card to the offender, the head of the ring and the side judges. After making a formal warning (yellow card) the fight continues in the front or in the worst offender for the reduced position in the center of the ring. For each prohibited act, in which is shown the yellow card 1 point removed from the final grade in the score sheet for the corresponding round.

7.2.5. **Athlete may be disqualified:**

- After the third official warning (three yellow cards);
- As a result of its illegal hold, after which the opponent can not continue the fight by a doctor;
- If the participant failed to meet the prescribed 2 minutes to health care;
- For feigning injury, the delay time and the hype of judges;

- By decision of the Chief Judge / Arbiter, for unsporting behavior during the match with respect to opponents, referees, spectators;

- By decision of the Chief Judge/ Arbiter in the case of threats to the referee or judges.

*Note 1: The decision to remove the athletes recorded in the minutes of the competition.*

*Note 2: If the athlete shows unsportsmanlike behavior towards his opponents, referees, spectators, and the seconds and coaches of this athlete do not react or support such athlete the entire team will be disqualified from the competition without qualification place in the overall standings.*

Member, shot from the competition:

- Loses personal results (victories) in the fights;

- The results will be void and not counted in determining the team championship.

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## Chapter 8.

### FIT-OUT

#### 8.1. FIT-OUT OF THE ATHLETE

8.1.1. Differences in sports outfit in different age groups are not a fundamental change in the essence of the sport and aimed at creating conditions for the safety of participants.

8.1.2. All equipment (shorts, gloves, helmet, feet) for athletes participating in the official national sports competitions, must be certified by a national sports federation for the sport mixed martial arts (MMA). All equipment (shorts, gloves, helmet, feet) for athletes participating in official international sporting events must be certified by WMMAA.

8.1.3. Athlete must wear long or short wrestling shorts (without locks, zippers and pockets) and apply protective ammunition: gloves with open fingers at least five ounces of lace with rigid fixation of the wrist (cuff gloves should be with Velcro), protective mouth guard for teeth, bandage to protect the groin, tight protective shin.

8.1.4. Athletes of age groups up to 16 years should wear a shirt or rashguard additionally.

8.1.5. Fighters should use fit-out certified by WMMAA or the National Federations. Use of fit-out of neutral color (white or black) is allowed. While using gloves of neutral colors wrists shall be bound with red or blue scotch according to the color of the fighter's corner.

Use by the athlete of the opposite ring's fit-out is prohibited.

8.1.6. Athlete aged 16 to 21 years is required to use protective head helmet of open type, corresponding to the corner color. His opponent is also obliged to act in a protective helmet boxing, matching to the color of the corner.

8.1.7. Wrist wraps are mandatory for fights of age groups in which blow techniques is used

8.1.8. Athletes must act barefoot.

- 8.1.9. Nails on the toes and fingers should be shortly cut
- 8.1.10. It's forbidden to apply any oils, creams and ointments to the body (except for superciliary arches and cheek-bones).
- 8.1.11. Knee pads and other medical equipment must be flesh- or black-colored without metal parts.
- 8.1.12. In case of discrepancies from the Regulations an athlete called to the ring is given 2 minutes to remove all the identified inconsistencies. Timekeeper takes the time. If corrective actions equipment at a preset time, the athlete is given an oral remark. If inconsistencies of the equipment are not resolved within set time, an defeat is scored to the athlete due to failure to appear at the fight.
- 8.1.13. At the team competitions the team participates in the opening, awards and closing ceremonies in the same competition form as defined by the sending organization and agreed with the organizing organization.

## Part 2

### Section 2: JUDGES, THEIR OBLIGATIONS AND HOLDING THE COMPETITIONS

#### Chapter 9.

#### HOLDING COMPETITIONS

##### 9.1 GENERAL TERMS

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- 9.1.1. A basic condition for an athlete's access to the competition is passing the credentials committee of the competitions. An athlete who has passed the credentials committee is deemed to be a participant of the competitions.
- 9.1.2. Credentials committee is held one day prior to holding the fights and includes:
  - Submission of documents,
  - Medical checkup;
  - Weighing-in;
  - Drawing procedure of the participants

***Note:** In case of participation of less than 8 (eight) athletes in each weight category, the*



*credentials committee can pass on the day of holding the fights. IN this case the start of the first fight should be not earlier than 1 hour after the termination of the drawing procedure.*

- 9.1.3. Composition of the credentials committee, its number shall be approved by the chief judge of the competitions. The credentials committee should include judges exceptionally from among the judges approved for holding this competition.
- 9.1.4. In doubtful situations a decision on athlete's access to the competitions is taken by the chief judge of the competitions.
- 9.1.5. So as to ensure equal starting opportunities for all athletes, the panel of judges has the right to require passing of doping control by the participants during and after the competitions. If a participant or a representative refuses to pass control procedure a participating team is not allowed to take part in the competitions and is disqualified.

## **9.2 ACCEPTANCE OF DOCUMENTS**

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- 9.2.1. To mandatory documents, an athlete should submit to the credentials committee are related the following:

- National identity card
- Official application to the to the competitions with appropriate signatures and seals;
- Certificate from a specialized medical institution on the state of health of the athlete with limitation period of not more than 1 month prior to holding the competitions;
- Medical certificates concerning AIDS status, and hepatitis B and C.

These certificates should be issued by a specialized medical institution with limitation period of no more than 1 month prior to holding the competitions.

- National or international license of the athlete;
- Contract of the competitions participant's accidents, life and health insurance;
- Filled-in card of the participant with a receipt

**Note:** *Until the athlete comes of age, his parents and guardians sign for him in the card.*

- 9.2.2. Each National Federation has the right to further establish a list provided in the credentials committee and procedure for preliminary applications for participation in the competition. Such additional conditions should be reflected in the provision for holding national competitions.
- 9.2.3. Additional documents, defined by the National Federation include the following documents:
  - The documents, confirming qualification level of an athlete;

- Other medical documents including an access after knockout
  - The order of submission of preliminary applications
- 9.2.4. An athlete cannot be allowed to further procedures of the credentials committee and accordingly to take part in the competitions if he has doesn't have a complete set of necessary documents.
- 9.2.5. Should any errors, distortions and inaccuracies be detected in the documents submitted with respect to the team representative, coaches and athletes who provided a knowingly incorrect document, disciplinary sanctions provided for in the Provision on competitions or in the Regulations of the National Federation shall be applied.
- 9.2.6. In case of submission of all necessary documents, an athlete will be given a card of competitions participant with which he should pass further stages of the credentials committee.

### **9.3 MEDICAL EXAMINATION**

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- 9.3.1. Medical examination, like a weighing procedure, takes place at the time-period designated by a chief judge, that is defined for each weight category separately.
- 9.3.2. A medical examination is performed by a doctor of competition which examines skin of the athlete, check the length of the nails on the hands and toes of the athlete, and also performs the necessary actions associated with comparing medical certificates and the current condition of the athlete.
- 9.3.3. An athlete passes the procedures of medical control and weighing in shorts, swimming trunks or underpants.
- 9.3.4. A doctor performing medical examination establishes the date of checkup in the participant's card and puts his signature to certify the athlete's access to competition.
- 9.3.5. Should any counter-indications to participation in the competitions or extra weight upon completion of weighing-in be detected, an athlete is disqualified and should be replaced by a standby athlete of the same weight category, also being in the list of the team application.

### **9.4 WEIGHING**

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- 9.4.1. Weighing-in is conducted by a panel of judges, nominated by a chief judge. It includes deputy chief judge, main secretary of the competitions, a secretary, a judge responsible for weighing.
- 9.4.2. All the judges conducting weighing should be mandatorily dressed in the judge uniform of the sample established in the Rules.
- 9.4.3. Within 1 hour prior to weighing-in the participants are provided the right of weighing-in at the scale for official weighing.
- 9.4.4. Weighing in the weight category is carried out only once.

Participants of the same weight category are weighed on the same scale

- 9.4.5. In case of athlete's overweight no time is given for his cutting weight. In this case, the athlete is disqualified or may be replaced by a substitute athlete of this weight category, also being in the command lists of the team application.

If no replacement takes place, the team has no participant in this weight category.

- 9.4.6. A participant who is late or does not show up for his weigh-in without a valid reason to compete is not allowed to competitions.

- 9.4.7. The results of weighing-in are registered to weigh-in protocol and to the competition participant's card.

- 9.4.8. In personal, personal and command and qualification competitions an athlete has the right to participate only in the weight category, established for him during weighing.

IN the team competitions an athlete has the right to participate only in the preliminarily established weight category or in the next, more heavy category.

- 9.4.9. A drawing procedure is conducted after weigh-in in each weight category.

## **9.5 DRAWING PROCEDURE OF PARTICIPANTS**

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- 9.5.1. The obligations to organize and hold drawing procedure are imposed on chief secretary of the competitions.

Drawing procedure should be open for the competitions' participants (athletes, team representatives, officials).

- 9.5.2. The main essence of the drawing procedure is the distribution of competitors in the tournament grid.

- 9.5.3. The principles of the drawing procedure:

- Blind draw – all athletes, participating in the competition are distributed in the tournament grid by accidental attribution of sequence number to them;
- Rating draw – athletes, taking part in the competition are distributed along tournament grid in accordance with individual rating of an athlete;
- Combined draw – the system of distribution along the tournament grid from 4 to 8 athletes having the highest rating compared to the remaining participants is applied, with a view of conducting fights among these athletes at later stages of the competition. The remaining participants are distributed across tournament grid by method of blind draw.

- 9.5.4. While drawing athletes in the tournament grid along the circular system a random seeding is applied.

- 9.5.5. Following the credentials committee not later than after 1 h, a chief judge should approved by his personal signature tournament grids in each weight category with indicating starting time of the fights. Tournament grids, schedule of the fights, should be attached in the locations stipulated by the organizers for general use.

## Chapter 10.

### JUDGES, THEIR POWERS AND OBLIGATIONS

#### 10.1. GENERAL TERMS

- 10.1.1. Composition of the panel of judges is approved by the authorized body of the national sports federations for mixed martial arts (MMA) while holding national competitions and by WMMAA while holding international athletic events.
- 10.1.2. Immediate supervision and holding the competitions is imposed on the panel of judges of the competitions.
- 10.1.3. The panel of judges consists of
- The chief judge,
  - Deputy chief judge
  - Principal secretary,
  - Secretary,
  - Ring head,
  - Referee in the ring,
  - Side judges (arbiters),
  - Judge-time-keeper,
  - Judge at the participants,
  - Judge-informer.
- 10.1.4. The fight is serviced by a judging panel consisting of :
- Head of the ring (tatami),
  - Referee in the ring,
  - Two side judges,
  - Judge –time-keeper,
  - Judge-informer.
- 10.1.5. Quantitative composition of the judging panel depends on the status and type of competitions, number of participants and the number of rings (tatami).

## **10.2. POWERS AND OBLIGATIONS OF ARBITER**

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10.2.1. Arbitrator leads the competitions and is responsible for quality of their performance in accordance with the present Rules and Provisions on the competitions.

**Arbitrator has the right:**

- To impose disciplinary sanctions on competition participants in accordance with paragraph 7.2.4 and paragraph 7.2.5 of the present Rules;
- To stop the fight and give instructions to referee in case of flagrant error, or replace such referee, if he doesn't cope with judging the fight;
- Remove from judging the competitions (temporarily or permanently) any judge whose refereeing he will find unsatisfactory;
- Give the command to continue the fight if the referee has made a mistake stopping the fight;
- To establish an extra-round in case of a debatable decision following the results of basic time of the fight (upon separate decision of the judges). Arbitrator's decision shall be final;
- To take decisions on the course of the competitions in all cases not stipulated by these Rules.

**The Arbitrator is obliged:**

- To check availability and quality of necessary documentation, availability of the location for holding the competition, equipment, inventory, their correspondence to the Rules and make an act of acceptance of the competition venue;
- Nominate a judging panel for the competitions.
- Appoint a commission for considering protests ;
- Appoint a panel of judges for weigh-in of participants;
- Appoint panels of judges for servicing the fights ;
- Take measures to exclude and if necessary to timely correct errors committed by the judges;
- To make decisions on declarations and protests, coming from representatives of teams on the day of submission thereof;
- To hold a session of the judging panel prior commencement of the competitions

(judging seminar) and daily upon their completion and in the course of competitions when that is necessary;

- To give assessment to work of each judge and make records in the judges' score cards/ judging notes.
- To be responsible for preparation of the final report and protocols.

### **10.3. POWERS AND OBLIGATIONS OF DEPUTY ARBITER**

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10.3.1. One of the heads of the ring (tatami) may be a deputy arbiter. Upon assignment of the arbiter his deputy has the right to temporary perform his functions at the competitions.

**Deputy arbiter is obliged to:**

- Control holding the competitions;
- Perform the requirements and instructions of the arbiter while holding the competitions;
- Inform arbiter of committed transgressions during the competitions.

### **10.4. POWERS AND OBLIGATIONS OF CHIEF SECRETARY**

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10.4.1. Chief secretary manages the activities of the secretariat.

**Chief secretary has the right:**

- To require provision of secretariat with the premises, suitable for the work.
- To require provision of the secretariat with necessary office appliances.
- To require provision of secretariat with adequate stationery and paper.

**Chief secretary has the right to :**

- Provide timely preparation and accurate formalization of all documents of the competitions;
- Take part in the work of the credentials committee and the judging panel during weigh-in and weigh-out
- Organize and hold drawing procedure;
- Make a schedule of competitions;
- Notify the ring managers of the schedule of fights;

- Hold the competition protocols
- Control formalization of the fight protocols;
- To prepare documents on the results of the competitions and submit them to approval of the arbiter.

## **10.5. POWERS AND OBLIGATIONS OF THE SECRETARY**

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10.5.1. Is a member of the secretariat of the competitions, the credentials committee and a panel of judges for weigh-in and weigh-out, follows the instructions of chief secretary.

**Secretary is obliged:**

- To take part in holding the drawing procedure;
- To take part in developing documentation of the competitions;
- To score team classification
- To deliver data on the course of the events to representatives, commentators and journalist upon permission of the chief secretary

## **10.6. POWERS AND OBLIGATIONS OF HEAD OF THE RING (TATAMI)**

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10.6.1. Head of the ring (tatami) appointed by the Arbiter, is seated at the table at ringside (tatami) and directs the work of the judging panel of the ring (tatami). One of the leaders of the rings (tatami) can serve as Deputy Arbiter

**Head of the ring (tatami) is obliged:**

- To organize judging panels for the fights;
- Call to the ring (tatami) and present the fight participants in the absence of the informing judge;
- To maintain score-sheet for each fight;
- To observe correctness of the referee's and side judges' work regarding provision of safety of the participants, objective and qualitative refereeing, correctness of keeping the score-sheets;
- Announce the fight results;
- If necessary stop the fight and upon additional study and discussion of the debatable situation make a final decision
- If necessary call the doctor or direct a fight participant to the doctor.

## **10.7. POWERS AND OBLIGATIONS OF REFEREE IN THE RING (ON TATAMI)**

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10.7.1. Referee in the ring (on the tatami) is appointed from among experienced judges who have the qualifications and experience of officiating as a referee for at least one year, directs the course of the fight, being in the ring (on tatami) does not participate in showing ratings for technical actions (holds).

10.7.2. **Referee has the right to**

- Declare an oral notice, official warning to the athlete or disqualify him for violation of rules.
- Continue the fight in posture in the middle of the ring (tatami) with voice command “Fight!” after suspension;
- Consult the doctor concerning an athlete’s injuries.

**The referee is obliged to :**

- Check readiness of the fight participants, as well as to check fit-out for correspondence to the Rules and safety requirements;
- Ensure readiness of the judging panel to start of the fight and start the fight with voice command “Fight” (his command should be duplicated with a voice signal (gong) of the judge- time-keeper) and to duplicate the voice signal of the judge-time-keeper of the end of the fight with command “Stop!;
- Observe participants of the fight, using commands and gestures ;
- Occupy such a place in the ring (tatami) so as to view the actions and state of the fight participants;
- Timely prevent movements, holds and actions conflicting with the Rules
- Give the most objective assessment of emerging situations in the ring (tatami) provided his correct maneuvering and rationally moving in the limits of the working zone of the ring (tatami).
- Be permanently at the distance between the athletes, trying to foresee their further actions.
- Stop the fight with voice command “Stop! in cases if :
  - The participants have found themselves in the position “beyond the ring ropes (beyond tatami) »;
  - In parterre position (a) participant (s) is/ are not sufficiently active and does



not (do not) make attempts of technical actions within 15 sec.;

- While holding a armlock or a necklock (strangulation) the actions of attacker are ineffective within 30 seconds;
  - The participant needs medical assistance (shows to stop time with his gesture);
  - Needs to put his fit-out and clothes into order;
  - A participants performs a forbidden action;
  - If required by the head of the ring (tatami);
  - If this is required by a side judge, and if he considers it expedient at such moment
  - If this is required by a participants and if he finds it suitable at this moment ;
  - If this is necessary in cases not stipulated by the present Rules.
- To stop the fight :
- At the participant's signal of surrender or a corresponding gesture of his second;
  - At fixing holding a necklock (strangulation) if there's a danger of loss of consciousness;
  - In case of full or temporary loss of ability to defend oneself by a participant –“combat ineffective” ;
  - If he considers that one of the fight participants is defeated by a armlock or strangulation (necklock) in the fight of cadets and teens, not waiting for a signal to surrender, if there's an hazard of one of the athletes getting injured.

#### 10.7.3. **Referee's gestures:**

Position of athletes for greeting and commencement of the fight –standing in the middle of the ring or carpet both arms extended and down a 45 ° angle, palms down, indicating the starting position of the athletes.

Invitation to greeting – arms bent at chest level, almost touching each other with fingertips of open palm

Start of the fight - voice command "FIGHT" and simultaneously swing right hand downward between athletes.

Stop the fight - the voice command "STOP" and step between the fighters and snuggling in front of fighters to the ring surface (carpet) with both hands in parterre.

Posting warnings: one hand holding the athlete violated by the arm, with yellow card raised in

the second hand above the head.

Announcing a technical break: (if fight should be stopped for more than 5 seconds) - closing palms perpendicularly in the direction of the judge and the timekeeper voice command "TIME!".

Improving the position – after the command "STOP!" press athletes to each other and, if necessary, expand with their heads in the center of the ring and (or) to pull the ropes. Transfer of athletes to posture - voice command "STOP" then hands gesture from the bottom up and the command "TO STANCE!". Transfer to the middle of parterre is carried out in one of the standard positions of the parterre closest to the time of the stop command "TO PARTERRE!" and indication of the place..

Fixing of holding a armlock or strangulation – in one hand indicates to the athletes, with another to the corner of the athlete holding this armlock or necklock (strangulation).

Technical knockout – bent arms on the chest are extended to sides several times.

Declaration of the winner – holding athletes by the wrist, raises the winner's hand, the other hand indicates to the winner on the chest level.

## **10.8. POWERS AND OBLIGATIONS OF SIDE JUDGE**

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- 10.8.1. Side judge evaluate the athletes' actions in the fight independently and registers them to the score-sheet (example of correct making of the score-sheet is provided in Annex 10)
- 10.8.2. Side judge **should** :
- Be seated at the judge table before declaration of the winner;
  - Be seated on the chairs near the ring (tatami) opposite each other;
  - Upon completion of round register to the score-sheet number of points, that he has credited to the athletes, as well as make notes on activity and warnings, got by an athlete;
  - Upon completion of the fight calculate total number of points, define a winner and sign the score-sheet;
  - Notify the head of the ring in case of error in filling-in the score-sheet and make corresponding amendments hereto.
- 10.8.3. Score-sheet is considered not valid also in such cases when the winner's surname is printed incorrectly, if there's no note of official warnings made by the referee and if the points are summed-up incorrectly.

## **10.9. POWERS AND OBLIGATIONS OF JUDGE-TIME-KEEPER**

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- 10.9.1. Judge timekeeper is seated at the table near the head of the ring (tatami).

**Judge-time-keeper is obliged to:**

- Inform of the start and end of the round (fight) with a sound signal (gong blow)
- 10 seconds prior to the end of each round and in the intervals between rounds give a sound signal with a hammer
- Establish late arriver of a fighter to the ring (tatammi) according to a stopwatch timer;
- Stop stopwatch timer and switch it on by the referee's command in the ring in case of temporary suspension of the fight by the referee's command and upon the ring head instruction.

**10.10. POWERS AND OBLIGATIONS OF THE INFORMING JUDGE**

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10.10.1. Informing judge is responsible for bringing necessary information to notice of the participants and spectators.

**Informing judge is obliged to**

- Declare the order of holding competitions;
- Present the athletes;
- Announce the result of the fight.

10.10.2. It's allowed to combine the work of informing judge with that of the ring manager.

**10.11. DECISION OF THE JUDGING PANEL**

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10.11.1. The judging panel consisting of three judges should judge the fight honestly without preconceptions

10.11.2. After fight each judge should take a personal and independent decision, define the winner or deem a draw result :

- Unanimous decision: unanimous decision is taken if all judges recognize the same athlete to be a winner;
- Decision of the majority: if two judges consider one and the same athlete as a winner, and the third judge registers a draw. The winner is such an athlete who is recognized a winner by two judges;
- Separate decision: if two judges recognize the same athlete as a winner and the third judge recognizes the opponent as a winner. Winner is an athlete recognized by two judges;
- Unanimous draw: if all the judges recognize a draw. Neither athlete is recognized

a winner;

- A draw by the decision of the majority: if two judges recognize that the fight has ended with equal result, while the third judge recognizes one of the athletes to be a winner. Neither athlete is a winner;
- Separation of views on the draw: if one judge recognizes a fight to end with an even result, one judge awards the win to the athlete in the red corner, and the third judge – to the athlete in blue corner. No athlete is a winner in such a case.

- 10.11.3. While assigning an extra round win is awarded to the athlete who has won an extra round.
- 10.11.4. Upon completion of extra round winner is defined mandatorily. If the points are equal or in case of a zero result, the judges consider activity of one of the athletes. Activity is registered to the score-sheets.
- 10.11.5. In preliminary fights with one 3 (three) minutes long round, if a winner is not detected side arbiters evaluate and make a decision upon completion of the round (fight) according to Activity.

#### **10.12. SANCTIONS APPLIED TO MEMBERS OF THE JUDGING PANEL**

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- 10.12.1. A comment to the judge is announced for a breach of Rules, that hasn't entailed serious errors while defining the winner. The chief judge (arbiter) of the competition imposes disciplinary sanctions during the competitions.
- 10.12.2. A warning to the judge is announced for breaking the Rules, which could entail errors while defining the winner, or for repeated comment. The main judge of the competitions imposes disciplinary sanctions during the competitions.
- 10.12.3. Disqualification from refereeing is announced to the judge for flagrant violation by a judge of the Rules in case of repeated warning. Chief judge imposes disciplinary sanctions until the end of the competitions.
- 10.12.4. Disqualification from refereeing with establishment of a term of disqualification is declared for flagrant repeated breaches of the Rules in accordance with the disciplinary Regulations of WMMAA and disciplinary Regulations of the National federations.
- 10.12.5. Deprivation of the National (International) referee's license (category) declared for actions discrediting the title of sports judge.

#### **10.13. INCENTIVES APPLIED TO MEMBERS OF THE JUDGING PANEL**

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- 10.13.1. Awarding the prize "The best judge of the competitions", awarding a diploma, memorable and/or monetary gift is ensured by a holding organization. An award for impeccable refereeing the competitions. Promotion is determined by the Main Judging panel for the competition, the award takes place within the official awards ceremony.
- 10.13.2. Inclusion in the Best sports judges of the year. Sports judge is awarded with a diploma, memorable and/ or monetary gift.

#### **10.14. JUDGES' UNIFORM**

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- 10.14.1. The chief judge of the competitions, deputy chief judge, chief secretary, head of the ring (tatami):  
A classical suit of dark or neutral shades, a light-colored shirt, austere tie. All the wear should have no patterns, drawings or inscriptions. Shoes of dark colored or suiting the color of the pants.
- 10.14.2. Side judges (judges –time-keepers, informing judges):  
Black or white shirt, polo shirt with mandatory symbols of the National Federations or International tournaments with symbols of the World Association of MMA (WMMAA); dark bottom (plain pants or jeans). Black shoes.
- 10.14.3. Referee:  
Black or white shirt, polo-shirt with short sleeves with a mandatory symbols of the National Federations (WMMAA); black trousers. Shoes: moccasins, wrestling, running shoes, sneakers - black. latex gloves of any color on the hands (wrists). Must have a yellow card in the pocket.

#### **10.15. GENERAL RECOMMENDATIONS TO JUDGES**

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- 10.15.1. Judges must thoroughly know the list of permitted and prohibited methods and actions, the accounting system of points for technical actions carried out, very carefully monitor the progress of the fight and not be distracted during fights, timely and correctly maintain score-sheets.
- 10.15.2. The judges should strictly observe the principles of neutrality and unbiased refereeing, have a good external appearance (clean and tidy wear, an accurate haircut), be in good physical shape.
- 10.15.3. It's prohibited to judge the competitions being drunk or with vapors after use of alcohol.

### **Chapter 11.**

#### **DECLARING A WINNER**

- 11.1. Upon completion of the fight, both athletes are placed in the centre of the ring, the referee takes them by the hand and upon declaration of the ring manager or informing judge of the fight results, and raises the hand of the winner.
- 11.2. The result of the fight is declared in the following manner:
- Inside distance victory in the fight: «... minutes/ seconds with a armlock (strangulation), knockout, technical knockout the victory was won by the athlete in red (blue) corner of the ring (first name, name, sports club, city, country).

- Victory by the decision of the judges: «Upon unanimous (separate) decision of the judges (decision of the majority) victory was one by the athlete in red (blue) corner of the ring ((first name, name, sports club, city, country).;
- Upon removing the opponent from the fight or from the competitions “Regarding injury (disqualification) of the opponent the win is awarded to the athlete in red (blue) corner of the ring (first name, name, sports club, city, country).

## Chapter 12.

### MEDICAL SUPPORT OF THE COMPETITIONS

#### **12.1. POWERS AND OBLIGATIONS OF THE DOCTOR AT THE COMPETITIONS**

##### 12.1.1. Doctor of the competitions:

- Takes part in the work of the credentials committee, verifies correctness of formalization of requests, puts his visa on access to the competitions, carries out external examination of the athletes at the weigh-in and weigh-out
  - Looks after observation of sanitary and hygienic conditions of the competitions performance;
- Carries out medical supervisions of the participants in the process of the events and renders assistance in case of diseases and traumas upon the second's (coach's) or a team representative's statement;
- Upon a request of the head of the ring defines opportunity of the athlete to continue fight after the injuries;
- Takes a decision on access to the competitions of the injured participant. If a participant is unable to continue the fight he should inform the ring (tatami) manager hereof immediately and submit an appropriate certificate to the secretariat of the competitions. A participant being unfit for action for more than 10 seconds (after a knockout) stops further participation in the competitions;
- Attentively follow the fights in the ring (tatami), pay a special attention on the participants, who received traumas;
- Doctor of the competitions organizes interaction with Ambulance service and local traumatologists.

**Note:** Medical staff should be situated in a convenient location (at the entrance / exit of the participants) at the table. They should be dressed in doctor's overall, have visible signs of their professional belonging, necessary medications, equipment and

*instruments.*

## Chapter 13.

### PROTEST

#### 13.1. GENERAL TERMS

- 13.1.1. A protest following the results of the fight (Protest) may be submitted by team representative, coach, second of an athlete in connection with flagrant violation of Rules at refereeing.
- 13.1.2. A protest is submitted immediately to ring manager orally. If the exposed complaint is a protest moment, an entry is made to the score-sheet of the ring manager, reflecting the fact that the protest has been submitted, essence of the protest, surname and first name of the protester and his personal signature.
- 13.1.3. Upon acceptance of submitted protest and after making an appropriate entry to the to the scorer's list, the informing judge shall voice out the act of submission of the protest and the time of its consideration.
- 13.1.4. The opposite party (team representative, seconds) from the part that has submitted a protest, should receive from the arbiter or ring manager a decision on consideration of the protest and inform an athlete thereof by the fixed time.
- 13.1.3. In case of failure to satisfy protest submitted and considered, an protesting party shall remit within 3 days to the settlement account of the National Federation (while holding national tournaments) or to settlement account of WMMAA (while holding international tournament) an amount equal to 300 EUR with the purpose of payment "Consideration of the protest.
- 13.1.4. In case of no payment regarding dissatisfied protest within the established time-period, the national federation, a club, or a regional federation of the country is not admitted to participation at the further competitions until the moment of full payment.
- 13.1.5. Following consideration of the protest, chief arbiter of the competitions shall announce the awarded decision to the party that has submitted the protest, and within 1 day shall transfer a written justification of the protest consideration results. A chief arbiter or the ring manager shall make an entry on the result of the protest consideration to the scorer's list, where the fact of submission of the protest has been established.
- 13.1.6. A protest may be submitted regarding
  - Referee's actions in the ring
  - Actions of the panel of judges of the fight
- 13.1.7. The following events shall not be a protest moment:
  - NO protest may be submitted regarding actions of the chief judge, ring manager on disqualification of an athlete and/ or his team for unsportsmanlike behavior;



- Protest may not be submitted regarding an independent decision of the chief judge on assigning an extra round. Decision of the chief judge/ arbiter is final according to paragraph 10.2.1 of the present Rules;
- No protest may be submitted to the decision of referee in the ring on early stoppage of the fight;
- A protest may not be submitted to the decision of a panel of judges on conducting an extra round;
- A protest may not be submitted to the decision of the panel of judges on the results of a fight, if such decision was taken unanimously by the judges;
- A protest to the decision of the panel of judges on the results of an extra round or preliminary fight cannot be submitted for the purposes of reconsidering (cancelling) the result of extra round (fight). In such a case, the protest may be submitted only for the purposes of imposing disciplinary sanctions on the panel of judges.

13.1.8. Upon satisfaction of submitted protest the chief judge may take the following decisions:

- Assigning an extra-round;
- Reconsidering the results of a fight;
- Applying disciplinary measures, up to penalty sanctions to the judges which have allowed violations.

13.1.9. Consideration of protest by the commission of judges is effected only in the presence of and during run-through of the video record of the fight.

Unavailability of video record of the fight is a sufficient condition for repudiating the submitted protest.

### **13.2. PROTEST MOMENTS FOR THE ACTIONS OF REFEREES IN THE RING**

- 13.2.1. A protest to referee's actions in the ring may be submitted only to disregarding by him of systematic application of prohibited actions by the athlete, not entailing official warning (a yellow card).
- 13.2.2. While satisfying protest to the referee's actions in the ring, the chief judge may take a decision on conducting an extra round if the awarded official warning (a yellow card) could have caused a draw following the results of two rounds or a victory of the protesting party.
- 13.2.3. When addressing the protest to action of the referee in the ring, the chief judge may decide to cancel the results of the fight in the event of significant damage being inflicted to an athlete through prohibited acts, which resulted in a significant reduction



in his capacity to fight.

- 13.2.4. When addressing the protest to actions of the referee in the ring, the chief judge may made a decision to impose disciplinary sanctions on the referee in the ring in case of violations of the Rules, but that had no effect on the outcome of the match.

### **13.3. PROTEST MOMENTS CONCERNING DECISIONS OF THE PANEL OF JUDGES**

- 13.3.1. A protest to the decision of the panel of judging on the results of the fifth following the results of two rounds may be submitted only if judges have taken an separate decision.
- 13.3.2. While satisfying protest to the decision of the panel of judges on the results of the fight following two rounds, the chief judge may take a decision on holding an extra round. Time of holding an extra round shall be coordinated by representatives of the parties (representatives of the teams, seconds), athletes when the chief judges makes an official declaration on the results of considered protest. The decision on the result of considered protest and the time of holding extra round is declared by the informing judge.

## **Chapter 14.**

### **DOPING- CONTROL**

- 14.1. According to the Anti-Doping Rules of UCI, in order to combat possible doping, WMMAA and National Federations are entitled to carry out the doping control at all competitions held by them within the framework of implementation of measures to combat doping in sport.
- 14.2. Competitors, coaches or representatives are obliged to cooperate fully in the doping control. Should an Athlete fail to pass a doping test, this athlete is disqualified from the competition with further applying of disciplinary sanctions of an appropriate committee of National Federations and/ or WMMAA to such athlete.
- 14.3. The order of organization and holding doping tests of the competition participants is defined by appropriate Regulations of WMMAA and the Regulations of the National Federations.
- 14.4. Financing costs for holding doping tests at the venue of competitions is effected out of funds of the competition organizer and the local National Federation.

## **Chapter 15.**

### **ATHLETE'S ACCESS TO COMPETITIONS AFTER KNOCKOUT**

- 15.1. If an athlete had a knock-out to the head, he is not allowed to take part in the competitions for at least 3 months.
- 15.2. If an athlete was knocked-out to the head twice during six months, he is not allowed to act in the competitions during six months from the day of the second knock-out.
- 15.3. If an athlete was knocked-out to the head three times during the year, he is not allowed to take part in the competitions during 1 year from the day of the third knock-out.

- 15.4. A doctor of the competitions is obliged to inform of the knock-out fact the medical and sports clinic to the address of residence of the knocked-out athlete and make an appropriate entry to his medical passport (qualification book). All athletes should arrive to the competitions with qualification books of the sample established by the Ministry of Sport of Russia.
- 15.5. If an athlete passed rehabilitation period after knock-out he should obtain an access to the competitions from a qualified doctor in his medical and sports clinic. Whenever possible, he should pass a special examination, electrocardiography and if necessary magnetic resonance imaging of cerebrum. The examination results and access to competitions should be established in medical passport of the athlete..
- Note: All the aforementioned paragraphs of the rules relate to knockout to the head, suffered by an athlete during training. Responsibility for observation shall be borne by the athlete's coach. In any case, an athlete should proceed to special trainings not earlier than 3 months from the day of knockout.*

## Chapter 3

### DEFINITIONS

#### Throw

A throw is considered a technical action as a result of which the attacked first is put in unsupported position and as a result of dynamic effect of the attacker falls on any part of the body, except for feet.

A throw without fall – attacker from the start of the throw and until its completion keeps the Posture position.

A throw with a fall – attacker in the process of the fall changes the position of Posture to the position parterre.

#### Transfer

Transfer is a technical action as a result of which the attacked person is transferred by the attacker from the position “Posture” to parterre position.

#### BODY DROP

Body drop is a transfer accompanied by the attacked person losing balance and finding himself in the position parterre as a result of a fall.

#### BLOW

A blow is a technical action implying purposeful short-time interaction of the blowing surface of the attacker or counter-attacker with his opponent's body.

Blows are made by hand with all parts of the fist, elbow, knee, lower leg, all parts of the foot

## **KNOCK-OUT**

Irreplaceable loss of the chance to defend himself, in consequence of the missed blow when an athlete who missed kick, can not fully recover and take a fighting stance to continue the fight

## **NECKLOCK (STRANGULATION)**

Necklock – is an effect by an attacking athlete on the area of respiratory ways or blood vessels of the opponent in order to cause the state of shortness of breath. Beginning strangulation is the moment of capture, which allows an attacker to proceed directly to conducting strangulation hold or overcoming protective grip of the opponent. The purpose of strangulation is forcing the opponent to recognize himself defeated.

## **ARMLOCK**

An armlock is considered to be the impact on the joints of limbs: screwing (lever), the rotation of the joint (node), as well as infringement of tendons or muscles, resulting in the attacked person admitting defeat. Pain is considered the beginning of the armlock following capturing the opponent's limb at the attacked site. The purpose of armlock is to cause painful sensation in the opponent and to force him to recognize himself defeated.

## **NON-SPORTIVE BEHAVIOR**

Non-sportive behavior is considered a breach by an athlete, representatives, coaches, spectators of rules of ethics and moral, principles of sports and human relations not indicated in the present Rules

## **PROHIBITED ACTION**

Under the prohibited action is meant application by an athlete of techniques and methods prohibited by these rules in relation to his opponent, leading (or may lead) to further injury or inability to participate in the fight (competition), as well as a breach of discipline, rude unethical behavior towards his opponent, participants, officials and spectators.

## **POSITION OUTSIDE TATAMI**

Position outside tatami is considered if

- If in the fight in posture position one participant has left the border of tatami with two legs
- If in the fight in parterre position one of the participants found himself with a half of his body (along belt)

## **ESCAPE OF THE FIGHT**

Escape of fight is considered:

- Intended withdrawal beyond the border of tatami;
- Intended drawing the opponent beyond the tatami border;
- Transition to parterre position without any obvious attempts to perform a technical action.

