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## THE ELOQUENT AND ELITE OF EXTREME SPORTS COMPETITION

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### Amateur Mixed Martial Arts

#### Legal Moves:

- ❖ Hand Strikes:
  - Closed fist or an open hand and or palm of their hand
- ❖ Arm Strikes :
  - Forearm strikes and rounded elbows to grounded or standing opponent
  - Shoulder jabs to grounded or standing opponent
- ❖ Legs :
  - Standing strikes with knees, feet, and shins
  - Standing knees to head
- ❖ Takedowns and Throws :
  - All wrestling (Folkstyle, Freestyle, Greco), judo and jiu jitsu throws and takedowns
- ❖ Chokes :
  - All chokes with (appendages/limbs) legs and arms
- ❖ Locks :
  - Elbow, shoulder, wrist, and ankle locks, knee as well
- ❖ Fouls : Amateur MMA
  - Unsportsmanlike conduct that causes injury to an opponent
  - (Intentional ) Flagrant disregard of referee's instructions
  - Downward or spiking elbow strikes
  - Eye-gouging
  - Biting
  - Knuckle gouging
  - Clawing, pinching, or twisting of flesh
  - Throat strikes of any kind will not be tolerated

- One or two-handed chokes applied directly to the throat/windpipe will not be tolerated
- Knees to the head and neck of a grounded opponent
- Kicking or stomping above the waist on a grounded opponent
- Kicking the front of an opponent's knee
- Fish hooks (to eyes, nose, ear, or mouth)
- Putting a finger into any open orifice (cuts/lacerations)
- Grabbing of the clavicle
- Hair pulling
- Groin attacks of any kind
- Single digit (metatarsals/ phalanges) manipulation
- Small joint manipulation
- Head butting
- Striking the spine, back of neck, or back of head
- Driving opponent's head directly down into the mat (spiking)
- Lifting, pushing, throwing or otherwise forcing an opponent out of the ring or cage
- Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out mouthpiece will not be tolerated
- Attacking an opponent on or during a break
- Attacking an opponent who is under the care of an official
- Using abusive language in the ring or cage
- Interference by corner/trainer
- Rope or cage grabbing to avoid a submission hold. Continually holding the rope to rest or pull self from action, or gain advantage.

### Clothing and Equipment Guidelines : Amateur MMA

- ❖ REQUIRED:
  - Protective groin cup
  - Protective mouthpiece
  - Hand wraps
    - Tape permitted on wrists and hands, but not knuckles
    - Regular hand wraps secured by tape permitted
    - Hand wraps must be signed off by Mix It Up Sports "LLC" representative
  - MMA Gloves (no less than 4oz)
- ❖ PERMITTED:
  - Shin, instep, elbow, and/or knee supports
  - Oil on face only
- ❖ PERMITTED APPAREL:
  - Boxing shorts, kickboxing shorts, latex bike-style shorts, board shorts, speedos
  - Rash guard (females only)
- ❖ \*FORBIDDEN:
  - Tape over knuckles
  - Oil or grease on any part of the competitor's body
  - Apparel or equipment which includes metallic and/or hard plastic and/or edge or surface

### Corner Men and Trainer Guidelines : Amateur MMA

- ❖ REQUIRED:

- Every fighter is required to have at minimum one corner man and a maximum of two
  - Must obey the referee at all times
  - Must stay in their fighter's corner
  - Must conduct themselves with appropriate and proper sportsmanship
  - Must stay off the ring floor
  - May not lean on ring or cage
- ❖ PERMITTED:
  - ❖ Corner men may spray (not pour) water and apply ice to a fighter in between rounds. No other substance may be applied to the body. The following substances may be applied to cuts: petroleum jelly, adrenaline hydrochloride, avitene, and thrombin. Corner men are responsible to dry the corner area before the next round continues.
  - ❖ During round breaks, only one corner man is allowed in the ring/cage.
  - ❖ NOTE: Violation of rules by corner personnel can result in warnings, point deductions, dismissal of corner man and/or disqualification of that corner's fighter

### How to Win : Amateur MMA

- ❖ Knockout: Opponent is unable to intelligently defend himself / herself following a strike.
- ❖ TKO: The physician or referee decides the opponent cannot continue due to a cut or other injury.
- ❖ Submission: Opponent submits by tapping 3 times or more (or by saying "TAP") as a result from a choke, lock, or any other reason.
- ❖ Throw in the Towel: Opponent's corner decides to end the bout for the safety of their fighter.
- ❖ Referee Stoppage: When opponent is taking excessive punishment but cannot or will not submit or quit either due to striking, failing to show a willingness to continue, a refusal to submit in the face of grave injury, or any other reason the referee believes is necessary to preserve the fighter's safety.
- ❖ Quit: Opponent simply cannot or refuses to continue.
- ❖ Decision: When the bout has ended after the specified time without a winner, the decision shall be determined by three judges.
- ❖ Disqualification: Opponent is disqualified by the referee.
- ❖ Bout Time Lengths : Amateur MMA
- ❖ Non-Title Amateur Bouts:
- ❖ Three (3) rounds, three (3) minutes each, with a one minute rest in between rounds.
- ❖ Title Amateur Bouts:
- ❖ Three (3) rounds, five (5) minutes each, with one minute rest in between rounds.

### Weight Classes : Amateur MMA

NOTE CATCH WEIGHTS ARE PERMITTED ONLY FOR NON TITLE

- ❖ Up to 105 lbs. Mini flyweight (females only)
- ❖ 105.1 lbs. – 115 lbs. Light Flyweight (females only)
- ❖ 115.1 lbs. – 125 lbs. Flyweight
- ❖ 125.1 lbs. – 135 lbs. Bantam Weight
- ❖ 135.1 lbs. – 145 lbs. Featherweight
- ❖ 145.1 lbs. – 155 lbs. Lightweight
- ❖ 155.1 lbs. – 170 lbs. Welterweight
- ❖ 170.1 lbs. – 185 lbs. Middleweight
- ❖ 185.1 lbs. – 205 lbs. Light heavyweight

- ❖ 205.1 lbs. – 265 lbs. Heavyweight
- ❖ Over 265 lbs. Super heavyweight

## SUBMISSION

### GRAPPLING RULES:

- ❖ ALL RULES ARE SUCH AS THAT OF AMATEUR MMA WITHOUT THE STRIKING
- ❖ Takedowns and Throws :
  - All wrestling (Folkstyle, Freestyle, Greco), judo and jiu jitsu throws and takedowns
- ❖ Chokes :
  - All chokes with (appendages/limbs) legs and arms
- ❖ Locks :
  - Elbow, shoulder, wrist, and ankle locks, knee as well
  
- ❖ NON TITLE
- ❖ 1 (10) ten minute round to be scored by Judges, if no winner ref decides
- ❖ TITLE bout/match
- ❖ 1 (15) minute round to be scored by Judges, if no winner ref Decides

### Weight Classes : SUBMISSION GRAPPLING

NOTE CATCH WEIGHTS ARE PERMITTED ONLY FOR NON TITLE

- ❖ Up to 105 lbs. Mini flyweight (females only)
- ❖ 105.1 lbs. – 115 lbs. Light Flyweight (females only)
- ❖ 115.1 lbs. – 125 lbs. Flyweight
- ❖ 125.1 lbs. – 135 lbs. Bantam Weight
- ❖ 135.1 lbs. – 145 lbs. Featherweight
- ❖ 145.1 lbs. – 155 lbs. Lightweight
- ❖ 155.1 lbs. – 170 lbs. Welterweight
- ❖ 170.1 lbs. – 185 lbs. Middleweight
- ❖ 185.1 lbs. – 205 lbs. Light heavyweight
- ❖ 205.1 lbs. – 265 lbs. Heavyweight
- ❖ Over 265 lbs. Super heavyweight

## Amateur Muay Thai

### Legal Moves

- ❖ Legal Strikes : Amateur Muay Thai
  - Knees to body and head.
  - Forearm strikes, rounded elbows, and rising elbows. Dropping or spiking downward elbows to the body only.
  - Clinching as long as one (1) fighter is active within the clinch. Referee will break fighters for inactivity (holding, leaning, throwing fake knees) after four (4) seconds or refs judgment.
- ❖ Taking an opponent around the waist with both arms and twisting them off balance so they will fall.
- ❖ Neck Wrestling: By using neck and shoulder manipulation, you can spin and throw/dump an opponent to the canvas without using any part of your body as a barrier.

- ❖ NOTE: Plowing: Fighters are allowed to catch their opponent's leg and take one (1) step forward. After one (1) step, the fighter holding the leg must STRIKE before taking a second step or more or let go. It is not permitted to hold an opponent's leg and charge him to the ropes. You can "dump" a person if you catch their leg and throw it back towards them causing them to fall backwards but must do so within 2 steps (see previous). You can also catch under their knee while they are doing a swing knee and topple them over backwards but must do so within 2 steps (see previous).
  - Sweeping: Or sweeps (with instep of foot) are allowed and a fighter may "KICK" her/his opponents supporting leg with the top of their foot or shin.
- ❖ Spinning or pulling an opponent over the inside or outside of the leg and dumping him on the ground. However, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way (BEFORE) the opponent hits the canvas. This means skipping the leg or slightly jumping to the side (as long as it is moved from the original position). Fighter must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.

#### Explanation of Knockdowns or Standing 8 Count:

- ❖ Standing 8s and knockdowns MAY be determined by the referee if the fighter is knocked down or stunned as a result from opponent's damaging strikes.
- ❖ Turning your back on your opponent will result in a standing 8 count.
- ❖ Balance shots where the knocked down fighter rises up immediately after being knocked down MAY not be counted as a knockdown or standing 8 count if determined by the referee to be a balance shot. However, if the knocked down fighter does not get up immediately, this may result in a standing 8 count even if originally deemed a balance shot.
- ❖ Throws are never considered knockdowns.

#### Fouls: Amateur Muay Thai

- ❖ Strikes to the groin or to the front of an opponent's knee
- ❖ Direct (Side Kick Style) kicks to the front of a fighter's legs
- ❖ Over the hip throws: Using the hip or shoulder to throw an opponent in any kind of judo throw or reap. Stepping across, or in front of, your opponent's leg with your leg and bringing your opponent over your hip.
- ❖ Stepping on a fallen opponent. Twisting and pulling an opponent over the side of your body (and then landing on top of them).
  - Illegal Trip: It is not permitted to position your foot next to your opponent and twist them over your foot. You must clear the leg as your opponent falls or it is an illegal trip. An athlete MAY/CAN spin or pull an opponent over the inside or outside of the leg and dump him on the ground. However the leg being used to manipulate and dump the opponent to the ground can NOT stay in that position as the opponent goes to the floor. If it is set and stays in that position, that too is an illegal throw (tripping). In other words, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way BEFORE the opponent hits the canvas. This means skipping the leg or slightly jumping to the side (as long as it is moved from the original position). Strangely, this means an athlete can trip over a leg but must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.

- ❖ It is not permitted to grab an opponent in the clinch and then sweep his legs out using the back of one's own leg or calf. It is only permitted to KICK (roundhouse or using the top of your foot) an opponent's legs out (shin, instep).
- ❖ Lifting: It is not permitted to lift an opponent off of the ground in any way to throw them.
- ❖ Intentionally falling on top of an opponent to either strike with their knee or to intentionally hurt their opponent, by making it look like an accident.

### Clothing and Equipment Guidelines : Amateur Muay Thai

- ❖ REQUIRED:
  - Protective groin cup
  - Protective mouthpiece
  - Hand wraps
  - Tape permitted on wrists and hands, but not knuckles
  - Regular hand wraps secured by tape permitted
  - Hand wraps must be signed off by a Mix It Up Sport representative
  - Muay Thai Gloves (no less than 10oz)
  - For those matches that include a fighter with less than eight (8) fights, headgear and shin guards will be required unless both parties agree to fight without it.
- ❖ PERMITTED:
  - Shin, instep, elbow, and/or knee supports
  - Oil on face only
- ❖ PERMITTED APPAREL:
  - Boxing shorts, kickboxing shorts, latex bike-style shorts, board shorts, speedos
  - Rash guard or tank top (females only)
- ❖ \*FORBIDDEN:
  - Tape over knuckles
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### Corner men and Trainer Guidelines: Amateur Muay Thai

- ❖ REQUIRED:
  - Every fighter is required to have at minimum one corner man and a maximum of two
  - Must obey the referee at all times
  - Must stay in their fighter's corner
  - Must conduct themselves with appropriate and proper sportsmanship
  - Must stay off the ring floor
- ❖ PERMITTED:

### How to Win : Amateur Muay Thai

- ❖ Knockout: Opponent is unable to intelligently defend himself following a strike
- ❖ TKO: The physician or referee decides the opponent cannot continue due to a cut or other injury
- ❖ Referee Stoppage: When opponent is taking excessive punishment but cannot or will not submit or quit either due to striking, failing to show a willingness to continue, a refusal to submit in the face of grave injury, or any other reason the referee believes is necessary to preserve the fighter's safety
- ❖ Throw in the Towel: Opponent's corner decides to end the bout for the safety of their fighter
- ❖ Quit: Opponent simply cannot or refuses to continue

- ❖ Decision: When the bout has ended after the specified time without a winner, the decision shall be determined by three judges
- ❖ Disqualification: Opponent is disqualified by the referee

### Bout Time Lengths : Amateur Muay Thai

- ❖ Non-Title Amateur Bouts:
  - Three (3) rounds, three (3) minutes each, with one (1) minute rest in between rounds.
- ❖ Title Amateur Bouts:
  - Five (5) rounds, three (3) minutes each, with one (1) minute rest in between rounds.

### Corner men and Trainer Guidelines: Amateur Muay Thai

- ❖ Corner men may spray (not pour) water and apply ice to a fighter in between rounds. No other substance may be applied to the body. The following substances may be applied to cuts: petroleum jelly, adrenaline hydrochloride, avitene, and thrombin. Corner men are responsible to dry the corner area before the next round continues.
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### Weight Classes: Amateur Muay Thai

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- ❖ Up to 105 lbs. Flyweight (females only)
- ❖ 105.1 lbs. – 112 lbs. Super Flyweight
- ❖ 112.1 lbs. – 118 lbs. Bantam Weight
- ❖ 118.1 lbs. – 126 lbs. Featherweight
- ❖ 126.1 lbs. – 135 lbs. Lightweight
- ❖ 135.1 lbs. – 147 lbs. Welterweight
- ❖ 147.1 lbs. – 160 lbs. Super Welterweight
- ❖ 160.1 lbs. – 175 lbs. Middleweight
- ❖ 175.1 lbs. – 190 lbs. Cruiserweight
- ❖ 190.1 lbs. – 205lbs Light heavyweight
- ❖ 205.1 lbs. – 220 lbs. Heavyweight
- ❖ Over 220 lbs. Super heavyweight

### Bout Protests

Protest Fee: \$100 made payable to Mix It Up Sports “LLC”

Bouts will be reviewed ONLY when legitimate protests are received according to the set guidelines.

### Process of Protesting a Bout Result

- ❖ Submit a written request along with protest fee within 10 days after the event in question.
- ❖ Contact the promoter to provide video footage of the bout in question.
- ❖ Submit all information concerning the protest, such as statements, pictures, etc.
  
- ❖ Upon receipt of the protest and all above requirements, Mix It Up Sports “LLC” will conduct a review, including the following:

- ❖ Members of the appropriate advisory board will receive all the information submitted along with the video footage for review.
- ❖ Mix It Up Sports “LLC” will determine ruling within 30 days of the receipt of the protest and all of the required information.

### Possible protests

1. Personal belief of a bad decision
2. Belief that personal issues with a certain official such as favoritism or a judge/referee having positive or negative personal ties to a contestant affected the scoring/stopping of the bout.
3. Problem with the round times, too long or too short.
4. Failure of equipment that caused an issue with the bout.

Examples of when the original result of a bout may be changed by Mix It Up Sports “LLC”

- There was found to be any conspiracy affecting the result of a bout.
- The scorecard/s of the judges shows an error and as a result the original decision was given to the wrong contestant.
- There was a violation of the laws or rules governing the contest, which affected the result of any contest.

### Possible rulings

#### **Not Changing a Decision**

- ❖ Reviewing officials are not able to see a clear and distinct difference in the original bout decision. Close decisions are often left as is due to the reality of the closeness of the bout.

#### **Changing an outcome to a “No Contest” or “Draw”**

- ❖ Review shows that there really was no dominating winner of the majority of the rounds.
- ❖ Review shows that a fighter was given a loss instead of a no contest due to injury resulting from a foul. Determining factors include the nature and extent of the injury, when the bout was stopped, and the condition of both fighters at the time of stoppage.
- ❖ Review shows that a fighter tapped out during a fight.
- ❖ Review shows that failure of equipment, such as malfunction in ring/cage, which affected the bout.
- ❖ Review shows overwhelmingly clear and distinct proof that the bout was misjudged.

#### Changing a Loss or Draw to a Win

- ❖ Review shows an error in the completion of the scorecards, awarding the wrong contestant with the win.

### Fighter Suspensions

- ❖ Fighters who are suspended for any reason are not permitted to fight until the expiration of the suspension or until cleared by authorized Mix It Up Sports “LLC” official.

## Medical Suspensions

- ❖ Automatic 30 day minimum for fighters who are knocked out during the bout
- ❖ Automatic 30 day suspension if ringside physician recommends immediate hospital visit during the post-fight examination. This suspension may be shortened or lengthened based on physician recommendation.

## No-Show Penalties

Penalties may be incurred if a fighter fails to show up on the day of the scheduled bout; or if a fighter withdraws from a fight less than one week of the scheduled bout. Exceptions may be given in certain cases (i.e. injury, medical emergency, military duty) provided sufficient documentation is provided, notification is immediate, and permission is granted by an authorized Mix It Up Sports “LLC” Official.

Exceptions are reviewed on a case-by-case basis and are not guaranteed to any fighter.

- First Offense: 3 month suspension; \$50 fine
- Second Offense: 6 month suspension; \$100 fine
- Third Offense: 1 year suspension; \$250 fine

## Mix It Up Sports “LLC” Certified Officials (Judges/Refs)

- ❖ Ted Giantini Jr
- ❖ Bradley Duruttya
- ❖ Andrew Correa
- ❖ Tony Horn
- ❖ Cordell Hunter
- ❖ Chelsey Erickson