



PRO KUMITE MMA RULES

ROUNDS

Rounds will be 2 x 5 minutes duration with a 1 minute rest period between rounds, if a draw is the result after those 2 rounds, a further deciding round of 5 minutes will be contested. Subject to the ring Doctor giving consent that the contestant is fit to continue. The ring doctor will inspect the fighter and stop the match if the fighter is deemed unable to continue safely, rendering the opponent the winner by TKO (Technical Knockout). The Doctor's word is final.

JUDGING CRITERIA

Scoring is done by three Judges based on a ten point system, (The winner of each round receives ten points, and the loser receives nine or less).

WAYS TO WIN

Knockout (KO): as soon as a fighter is safely unable to continue, his opponent is declared the winner. As MMA rules allow ground fighting, the fight is stopped to prevent further injury to a fighter.

Submission: a fighter may admit defeat during a match by:

Tapping three times on his opponent's body;

Tapping three times on the mat or floor;

Verbal announcement.

Technical Knockout (TKO):

REFEREE STOPPAGE: the referee may stop a match in progress if:

A fighter becomes dominant to the point where the opponent is unable to intelligently defend himself from attacks, which may occur as quickly as a few seconds;

A fighter appears to be unable to escape from a grappling hold

A fighter appears to have sustained an injury which the Referee or Doctor deem to be sufficient to stop the fight with the safety of the fighter paramount.

DOCTOR STOPPAGE: the referee will call for a time out if a fighter's ability to continue is in question as a result of apparent injuries, such as a large cut. The ring doctor will inspect the fighter and stop the match if the fighter is deemed unable to continue safely, rendering the opponent the winner. However, if the match is stopped as a result of an injury from illegal actions by the opponent, either a disqualification or no contest will be issued instead. In order to avoid doctor stoppages, fighters employ Cut men, whose job is to treat cuts and hematomas between rounds to prevent them from becoming significant enough to cause a doctor stoppage. The doctor will maintain constant vigil throughout the fight.

CORNER STOPPAGE: a fighter's corner men may announce defeat on the fighter's behalf by throwing in the towel during the match in progress or between rounds.

DECISION: if the match goes the distance, then the outcome of the bout is determined by three judges. The judging criteria are organization-specific.

FORFEIT: a fighter or his representative may forfeit a match prior to the beginning of the match, thereby losing the match. The fighter or his representative must have a plausible reason for the forfeit, failure to ensure this may leave the fighter incurring costs. A forfeit due to fighter or representative incompetence may lead to loss of part or all of the fighter's purse by way of compensation.



DISQUALIFICATION: a “warning” will be given when a fighter commits a foul or illegal action or does not follow the referee's instruction. Three warnings will result in a disqualification. Moreover, if a fighter is injured and unable to continue due to a deliberate illegal technique from his opponent, the opponent will be disqualified.

NO CONTEST: in the event that both fighters commit a violation of the rules, or a fighter is unable to continue due to an injury from an accidental illegal technique, the match will be declared a "No Contest".

FOULS

The following are all illegal and will be punishable as the referee sees fit, the referee’s word is final.

Heel Hooks

Neck Cranks

Head Butting

Eye Gouging

Hair Pulling

Biting

Fish Hooking

Attacking the groin

Strikes to the back of the head, Spine and Kidneys

Strikes to or grabs of the Trachea

Downward Strikes of the point of the elbow at anytime

Small joint manipulation

Purposely holding or grabbing the Cage Fence

Putting a finger into any orifice or into any cut or laceration on an opponent

Kicking or kneeing to the head of a downed opponent

Stomping a downed opponent

Spiking (dropping an opponent to the Cage Floor on his/hers head or neck)

Holding the shorts or gloves of an opponent

Holding the fence

Attacking an opponent on or during the break

Attacking an opponent after the bell

Disregarding the instructions of the referee

Unsportsmanlike conduct

Interference by the corner

Throwing in the towel by the corner will result in a Forfeit of the match



ATTIRE

Male Competitors are to wear fight approved shorts or Lycra type only. No Rash guards, t-shirts, Gi's or Gi pants.

Female Competitors are to wear fight approved shorts or Lycra type only. Females **ONLY** may wear a Short Sleeved Rash Guard or suitable fight approved Sports Top. No t-shirts, Gi's or Gi pants.

All Competitors:

No footwear of any type may be worn including wrestling trainers. No padding on the foot may be worn, although ankle and knee supports are allowed subject to approval.

EQUIPMENT

Mandatory equipment that every fighter **Must Have** with them is their Mouth guard/Gum Shield, and their Groin Guard. Failure to have either of these items will result in you losing the fight via forfeit. We also advise that your Corner men have with them a Bottle of Water, a Small Bucket or Bowl, a White Hand Towel, a Pair of Scissors, Cotton Buds and some Vaseline. Although these are not a Pro Kumite requirement, they all do an essential job and often make things run a lot smoother. All equipment is to be cleared from the ring before the start of the next round.

MMA FIGHT GLOVES

MMA Competition Standard Gloves of 4oz weight will be supplied by the Promoters. If you do have your own gloves of Competition Standard and they are 4oz, you can use them only and **ONLY IF THEY ARE CLEARED PRE FIGHT BY THE PROMOTERS**. Any abuse of this rule will result in disqualification.

All gloves are of the open palm type, you may use **SOFT** hand wraps only, but you **MUST** leave the palm bare. Any abuse of this rule and you will be disqualified. The Promoters word is final.

PROTOCOL

Any one competitor may have a maximum of 2 corner men to assist him/her in their fight, the corner men must not move around the Cage during the fight, they must stay at a low level at their designated corner until the bell rings for the end of the round or for the end of the fight at which time they can attend to their fighter. Any infringement of this may result in a fighter warning.

If both fighters go to the floor during the fight, there will be a 1 minute time allowance for either fighter to progress to a winning or escaping position, if the referee feels neither fighter has made any progress after the 1 minute period, the fight will be restarted in the middle of the cage with both fighters on their feet.