

ISKA MMA Amateur Rules and Cornermen Guidelines

A cornermen is expected to follow and uphold the following guidelines

Cornermen guidelines have been put together by various referees and fighters over the progression and development of MMA for the safety of fighters

Amateur Corner men need to be competent and professional at all times, the corner men's role and responsibilities are very important to their fighters well being and safety

Corner men are not to distract or abuse the opposition, approach opposing corner officials, fight staff or the general public. If this occurs a referee may deduct points from the offending corners fighter or have the cornermen removed

During the one minute break in between rounds a corner man is allowed to enter the Cage/Ring to attend to their fighter.

Corner men are to make sure their fighter is to face the centre of the cage/ring and if given water they are encouraged to spit the remains of the water into a bucket. Due to health regulations fighter is not to spit on canvas

I Responsibilities

A cornermens responsibilities start before the fight night. He or she is required to make sure there fighter is well hydrated after weigh in, and on the day of the fight

To make sure his fighter only eats light on the day of the fight. Heavy meals do not sit well after a fight.

Dressing Room and Entering Cage/ring

- * Strapping the fighter's hands for the referee to inspect and sign before the fight
- * Fit the fighter's gloves for the referee to tape and sign off, Gloves will be provided by the fight promoter, If you have special needs for gloves
- * EG small hands or extra large hands Please speak to the promoter at weigh in
- * No liniments, Oils or Vaseline are allowed on any part of the fighter's body or face. up to 12 hrs before a fight
- * Assure their fighter is wearing a groin guard and mouthguard
- * Walk to the entrance of the cage/ring and remove the fighter's excess clothing.
- * Move to the corner assigned by colour of corner.
- * In between rounds, attend to the fighter's cuts and lacerations, supply fluids, wipe down, and give fighter instructions.
- * Protect the fighter by throwing in the towel, stopping the fight if they feel their fighter is not defending themselves adequately.
- * Ensure their fighters finger and toe nails are short prior to their fight.

A corner men must take care of his fighter after a fight, seeking medical attention from ringside doctor if needed, Rehydrate his fighter Common symptoms associated with exhaustion from Fighting. dizziness, nausea, vomiting, muscle fatigue These symptoms are all from Lactic acid buildup from exercise and will relieve shortly with rest and rehydration.

The corner mans equipment requirements for the cage/ring:

Change room requirements

- * Petroleum Jelly – for the face or head for cuts
- * Strapping tape
- * Gauze tape
- * Scissors

Cage or ringside requirements for Fight

- * Petroleum Jelly – for the face or head for cuts
- * A towel - preferably white
- * A bucket
- * A spray bottle filled with water and water bottle
- * A sponge
- * Ice (Ice pack) Plastic zip bag
- * Ampoules of Adrenaline/Stop Bleed (Bought from any chemist)
- * Medical wipes
- * Cotton Buds and Cotton Wool
- * Timer or Stopwatch, so the corner men know approximately how long for the round to go
- * Fighters Mouth guard
- Latex gloves To be worn ring/cage side by at least 1 corner men

Post Fight

- * Pain medication (Panadol, Ibuprofen)
- * Liniment/Ice Spray
- * Scissors
- Ice for bruising and swelling

CORNERMEN

- 2 corner man only is allowed for Amateur card fights and 3 cornermen only for title fights. (Fighters are to notify no later than Weigh In of their designated corner men).
- 2 corner man from each fighter only is allowed in the cage/ring between rounds, except in case of a cut fighter in which 3 corner men may enter to tend their fighter.
- Corner men to wear assigned passes at all times. These passes will be given out at the Weigh In or preceding the commencement of the event.
- Corner men to stay in assigned corner during fight.
- Corner men must squat down as not to obstruct spectators view.
- Corner men must not swear or be abusive.
- Corner men must listen to and obey referee's instruction.
- The Referee may stop a fight due to any corner man who follows their fighter around the cage giving instruction or interference to the referee or judges may incur a penalty to their fighter of a loss of 1 point from the judge's score on that round.
- Corner men must have towel ready and only climb scaffold ladder if their fighter is in danger and they feel they may need to throw in towel.

Please note gloves must be worn by at least 1 cornerman at all times

10 POINT SYSTEM

Judges should use a sliding scale and recognize the length of time the contestants are either standing or on the ground, as follows:

- 1) If 90% of a round was spent on the ground, then:
 - a) Effective Grappling is weighed first
 - b) Effective Striking is then weighed

- 2) If 90 % of a round was standing, then:
 - a) Effective Striking is weighed first
 - b) Effective grappling is then weighed

- 3) If a round ends with 50% standing and 50% grounded, striking and grappling are weighed more equally.

FIGHTS WON BY

1. Knock out
2. Submission (tapping out physically/verbally)
3. Referee stoppage
4. Doctor stoppage
5. Corner stopping the fight on the fighter's behalf (throwing in the towel)
6. Judges decision

The judges will use a 10 point system
(the dominant fighter receiving the higher score) e.g.

10 points each - even round

10 points to 9 - advantage

10 points to 8 dominate

To score a fight the judges will take into account:

damage inflicted, skilled striking, and advantage via skilled grappling, **offensive** take downs, ring control and the fighter's ability to push and control the pace of the fight.

NOTE

If one fighter is grounded and the other standing and either reluctant to engage, the referee will stand the grounded fighter.

If both fighters are grounded at least one of the fighters is to keep active by attempting submissions, striking or gaining superior position. Failure by fighters to keep active while on the ground will result in the referee standing both fighters.

OBJECTIVE SCORING CRITERIA:

10-10 Round

- A) When both contestants appear to be fighting evenly and neither contestant shows clear dominance in a round.
- B) When both contestants suffer equal numbers of legal knockdowns, takedowns, and strikes and neither shows clear dominance in a round.

10-9 Round

- A) When a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.
- B) When a contestant remains in the guard position with no fighter having an edge in striking or grappling, the fighter who scored the legal takedown wins the round.

10-8 Round

- A) When a contestant overwhelmingly dominates by striking or grappling in a round.
- B) When a contestant adversely affects his opponent by knocking him down from a legal strike, threatening submission attempts, throwing, legal striking while standing or grounded.

10-7 Round

- A) When a contestant totally dominates by striking or grappling in a round.
- B) When a contestant detrimentally affects his opponent by knocking him down from a legal strike, threatening submission attempts, throwing, legal striking while standing or grounded.

Wraps

- 1) The bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 12 meters in length and 2 inches in width, held in place by not more than 3 meters of surgeon's tape or 6 layers of , 1 inch in width, for each hand which ever comes first.
- 2) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist. Strips of tape may be used between the fingers to hold down the bandages.
- 3) The bandages shall be evenly distributed across the hand.
- 4) Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the commission inspector and in the presence of the manager or chief second of his opponent. A contestant may waive his privilege of having a representative witness the bandaging of his opponent's hands.
- 5) Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the commission inspector is received and signed wraps.

Amateur TIME LIMITS

- .1 C class Fighter (under 4 fights)** - will consist of 3 x 3 minute rounds with a deciding round if required to render a decision and winner of the fight.
- 2. B class Fighter (over 5 fights but under 8 fights and with a win rate of 40%)** - will consist of 2 x 5 minute rounds with a deciding round if required to render a decision and winner of the fight.
- 3. A Class Fights (over 8 fights with a win rate of 40%)**
will consist of 3 x 5 minute rounds.

In all fights there will be a 1 minute rest break between each round.

LEGAL TECHNIQUES

While standing - all legal striking including kicks, knees, punches and forearm strikes to the head and body are allowed (striking with the point of the elbow or in the direction using the point of the elbow, are illegal). Clinching and standing submissions are legal.

While grounded - (a grounded fighter has at least 3 points down e.g.:
1 knee and 2 hands)

punches to the head and body are allowed. A fighter may knee to the body of a grounded opponent (kneeing the head of a grounded fighter is illegal).
Submissions while either one or both fighters are grounded are legal.

FOULS/ILLEGAL ISSUES

1. No biting
 2. No eye gouging of any kind
 3. No orifice insertion (including fish hooking nose and mouth)

 4. No head butting
 5. No hair pulling
 6. No striking the groin
 7. No small joint manipulation (control of at least 3 fingers/toes required)
 8. No strikes to the throat/neck
 9. No grabbing the trachea
 10. No grabbing the clavicle
 11. No pinching, twisting or clawing the flesh.
 12. No striking to the back of head, neck or spine.
 13. No striking with the point of the elbow in C and B class fights
 14. No striking an opponent who is under the care of the referee
 15. No striking an opponent between rounds or after the final bell
 16. No kicking a grounded opponent anywhere other than the legs.
 17. No kneeing a grounded opponent in the head.
 18. No throwing an opponent out/over the fence/ring.
 19. No throwing an opponent onto his neck or head.
 20. No holding onto the opponents gloves or shorts
 21. No holding onto the fence/ring or corner Pads
 22. No spitting
 23. No swearing or abusive language
 24. No blatantly disregarding the referees instructions
 25. No deliberately avoiding contact (timidity/consistently dropping mouthguard)
 26. No interference by the corner (distracting the referee)
 27. No Foot stomping
 28. No Heel Hook rotation Submissions
 29. No Applying any foreign substance to the fighter to gain advantage
 30. No Attacking an opponent after the bell/horn has sounded ending the round.
 31. No Attacking an opponent on or during the one (1) minute break
- Any inappropriate or unsportsmanlike behaviour as deemed by the referee.***

FOULS/ILLEGAL ISSUES Continued

If a fighter is given a warning by the referee, the fight will not be stopped and no points will be deducted.

If a fighter is given a foul the referee will stop the fight, inform the fighter that is being penalised and the judges.

If a fighter accidentally fouls his opponent in the first round and his opponent cannot continue due to the injury sustained by that foul. This fight will be deemed a NO CONTEST.

If a fighter accidentally fouls his opponent during the second or following rounds and his opponent cannot continue due to the injury sustained by that foul, a count back of the judges score sheets from the previous rounds will decide the winner.

If a fighter deliberately fouls his opponent and due to the injury sustained by that foul his opponent cannot continue. The injured fighter regardless of which round will be declared the winner.

If a fighter is unable to adequately or intelligently defend himself the referee will stop the fight. THERE IS NO STANDING 8 COUNT.

FIGHTERS CLOTHING/EQUIPMENT

Lycra bike pants/MMA shorts, Muay Thai shorts, cotton shorts/ board shorts (no pockets). Neoprene joint supports only (no metal). No body lotions, greases or gels are to be used.

COMPULSORY:

1. Mouthguard
2. Groin cup protector
3. Grappling gloves (Provided by Promoter)
4. Bare Feet

OFFICIAL WEIGH IN at

Weigh-ins will be conducted by the time appointed by the promoter (as a basic rule, weigh-ins must be within 24 hours of the fight) at the appointed place. The weigh-in must be conducted under the supervision of the Rule Director. The attendance of the second is optional; however each fighter must be present for his opponent's weigh-in. If the fighter misses the weigh-in without valid reason, he may be disqualified. If the fighter has a valid reason, a new place and time for the weigh-in, will be decided and the fighter must be present at the new time and location for weigh-in.

If the fighter fails the weigh-in, he must be re-weighed within 4 hours. Within the 4 hours, the fighter may be re-weighed as many times as he wants. However, if the fighter has not passed the weigh-in within the 4 hours, the fight will not be recognized as a match. In the case that the fighter is the champion, he will be stripped of his title. However, if the opponent or his second gives approval, the fight can be held with the condition that if the fight goes to the decision, the fighter who failed weigh-in will automatically have points deducted from the judge's score.

Rings

The ring specifications for mixed martial arts must meet the following requirements:

- (1) The ring may be no smaller than twenty (20) feet square and no larger than thirty-two(32) feet square within the ropes;
- (2) One of the corners must have a blue designation, the corner directly across must have a red designation;
- (3) The ring floor must extend at least eighteen inches beyond the ropes.
The ring floor must be padded with ensolite or a similar closed-cell foam, with at least one inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps and ridges may not be used;
- (4) The ring platform must no be more than 1.21M or four feet above the floor of the building and must have suitable steps for the use of the contestants;
- (5) Ring posts must be made of metal, not more than three inches in diameter, extending from the floor of the building to a minimum height of fifty-eight inches above the ring floor, and must be properly padded in a manner approved by the commission. Ring posts must be eighteen inches away from the ring ropes;
- (6) There must be five ring ropes, not less than one inch in diameter and wrapped in soft material. The lowest rope must be no higher than twelve inches from the ring floor;
- (7) There must not be any obstruction or object, on any part of the ring floor.

Cages

The fighting area canvas shall be no smaller than 20 feet by 20 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner as approved by the Commission, with at least one inch layer of foam padding.

Padding shall extend beyond the fighting area and over the edge of the platform.

The cage shall have suitable steps or ramp for use by the participants.

Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Commission.

The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing.

All metal parts shall be covered and padded in a manner approved by the Commission and shall not be abrasive to the contestants.

The fence shall provide two separate entries onto the fighting area canvas and be attended by two officials at all times during the fight.

WEIGHT DIVISIONS

- * **Bantamweight:** 126 to 135 pounds (57 to 61 kg)
- * **Featherweight:** 136 to 145 pounds (62 to 66 kg)
- * **Lightweight:** 146 to 155 pounds (66 to 70 kg)
- * **Welterweight:** 156 to 170 pounds (71 to 77 kg)
- * **Middleweight:** 171 to 185 pounds (78 to 84 kg)
- * **Light heavyweight:** 186 to 205 pounds (84 to 93 kg)
- * **Heavyweight:** 206 to 220 pounds (93 to 100 kg)
- * **Super Heavyweight:** 220 and over (101kg plus)

Women's

- * Welterweight: 126 to 135 pounds (57 to 61 kg)
- * Middleweight: 136 to 145 pounds (62 to 66 kg)

**U62kg/137lbs, U65kg/143lbs, U70kg/154lbs, U77kg/170lbs,
U84kg/185lbs, U93kg/205lbs, U105kg/231lbs, +105kg/231lbs.**

FIGHTER CLASSES

A fighter can only be matched to an opponent of his / her same Fight Class

- .1 C class Fighter (under 4 fights) - will consist of 3 x 3 minute rounds
2. B class Fighter (over 5 fights but under 8 fights and with a win rate of 40%) - will consist of 2 x 5 minute rounds.
3. A Class Fights (over 8 fights with a win rate of 40%) will consist of 3 x 5 minute rounds.

Emergency medical personnel and equipment:

- 1) All Promoters must provide medical equipment.
- 2) A Ringside Physician must be present and seated for a fight to commence
- 3) Disposable hygienic glove must be worn by all seconds, referees and ringside Physicians while involved with the event.
- 4) Ring side doctor must check all fighters before the event on the day of the event and after using a sign in and out sheet.