

MMAFA Kickboxing Rules & Requirements

1. Definition

“MMAFA” means MMA Federation Australia Pty Ltd

“Kickboxing” means unarmed combat involving the use, subject to any applicable limitations set forth in these Rules and other regulations of the applicable Commission, of a combination of techniques from different disciplines of the martial arts, including, without limitation, closed fist striking, kicking, standing grappling, knees, elbows and takedowns.

Contestants

Male or Female Adult aged 18 up to and including 49 years of age

Except with the approval of the MMAFA, or its executive directors, the classes for Kickboxing contests or exhibitions and the weights for each class shall be:

Male

| Weight Class | Upper Weight Limit |
|----------------------|--------------------|
| • Flyweight | 51 kg |
| • Bantamweight | 54 kg |
| • Featherweight | 57 kg |
| • Lightweight | 60 kg |
| • Super Lightweight | 63 kg |
| • Welterweight | 67 kg |
| • Super Welterweight | 71 kg |
| • Middleweight | 76 kg |
| • Light Heavyweight | 81 kg |
| • Cruiserweight | 86 kg |
| • Heavyweight | 93 kg |
| • Super Heavyweight | No Limit |

Female

| Weight Class | Upper Weight Limit |
|----------------------|--------------------|
| • Strawweight | 48 kg |
| • Flyweight | 51 kg |
| • Bantamweight | 54 kg |
| • Featherweight | 57 kg |
| • Lightweight | 60 kg |
| • Super Lightweight | 63 kg |
| • Welterweight | 67 kg |
| • Super Welterweight | 71 kg |
| • Middleweight | 75 kg |
| • Light Heavyweight | 79 kg |

Contest regulations

The contest is fought between two equally matched fighters at the same level and in the same specified weight class.

The techniques used will be determined by the style (Kickboxing) in which the contestants compete.

Ring/Fighting Area Requirements and Equipment

MMAFA Kickboxing contests and exhibitions may be held in a ring or in a fenced area known as a cage.

A ring used for a contest or exhibition of must meet the following requirements, unless agreed and acceptable by the MMAFA:

1. One corner shall have a blue designation and the corner directly opposite must have a red designation.
2. The ring floor must extend at least 18 inches beyond the ropes. The ring floor must be padded with rubber or similar closed-cell foam, with at least a 1-inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform, with a top covering of canvas or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges must not be used.
3. The ring platform must have suitable steps for the use of the contestants.
4. Ring posts must be made of metal, extending from the floor of the building and must be properly padded in a manner approved by the MMAFA.

A fenced area (cage) used for a contest or exhibition of Kickboxing must meet the following requirements, unless agreed and acceptable by the MMAFA:

1. The fenced area must be circular or have at least four equal sides
2. The floor of the fenced area must be padded with rubber or another similar closed-cell foam, with at least a 1-inch layer of foam padding, with a top covering of canvas or similar material tightly stretched and laced to the platform of the fenced area. Material that tends to gather in lumps or ridges must not be used.
3. The platform of the fenced area must have suitable steps for the use of the contestants.
4. Fence posts must be made of metal, extending from the floor of the building to a minimum height of 58 inches above the floor of the fenced area, and must be properly padded in a manner approved by the MMAFA.
5. The fencing used to enclose the fenced area must be made of a material that will prevent an unarmed combatant from falling out of the fenced area or breaking through the fenced area onto the floor of the building or onto the spectators, including, without limitation, chain link fence coated with vinyl.
6. Any metal portion of the fenced area must be covered and padded in a manner approved by the MMAFA and must not be abrasive to the unarmed combatants.

8. Gloves

1. Contestants shall wear the same style gloves of equal weight.
2. The primary color of the gloves should be the same as the color of the contestant's corner.
3. The gloves should be taped so no laces or other loose ends are visible and should bear an inspector's signature of approval on the hand wrapping and tape covering the laces or other loose ends

The style and weight of the gloves shall be determined in the following manner;

Contestants competing in a Kickboxing match stipulating MMA Gloves shall use the following

1. Fingerless MMA gloves which are at least 4 ounces each and are approved by the MMAFA. Generally, gloves should not weigh more than 6 ounces without the approval of the MMAFA. Due to larger sizes containing more material, certain larger sized gloves, e.g. 2 XL - 4 XL, may be allowed even though they may slightly exceed 6 ounces.
2. Amateur contestants may be permitted to wear fingerless MMA gloves which have extra padding and weigh 6 or 8 ounces if previously agreed and approved by the MMAFA.
3. Gloves should be supplied by the promoter and approved by the MMAFA. No contestant shall supply their own gloves for participation.

Contestants competing in a Kickboxing match stipulating Boxing Gloves shall use the following

1. Contestants will wear boxing gloves of equal weight
2. Featherweight max 65kg / 143 lbs. or lighter shall wear 8 oz. gloves
3. Lightweight max 70 kg / 154 lbs. or heavier shall wear 10 oz. gloves

9. Apparel

1. Each contestant shall wear Boxing, Kickboxing, Muay Thai, Mixed Martial Arts shorts, bike shorts (vale tudo shorts) or other shorts provided they do not extend below the knee. Long grappling or yoga pants, long compression pants, short's with pockets, shorts with exposed tie's, shorts with exposed zippers are prohibited.
2. Female contestant's must wear either a sports bra or a form-fitting rash guard during the competition.
3. Gi's, shirts, rash guards are prohibited during competition with the exception of form fitting rash guards for female fighters, unless requested previously and approved by the MMAFA.

4. Shoes and any type of padding on the feet are prohibited during competition.
5. If there is an apparel or wardrobe malfunction during competition, at the first opportune moment where there is a break or lull in the action, the referee shall call time and have the contestant adjust the apparel. This will be done without interfering with the immediate action so there is no advantage or disadvantage to either fighter.

Forms of matches

Single Match

The match consists of following;

- Class C matches - Three rounds of two minutes with a 1 minute rest break between each round
- Class B matches - Three rounds of three minutes with a 1 minute rest break between each round
- Class A matches - Three or five rounds of three minutes with a 1 minute rest break between each round

Title Match

1. An MMAFA Sanctioned Kickboxing Title fight consists of five rounds of three minutes each unless requested previously by the promoter and approved by the MMAFA. In exceptional cases of a draw after five rounds, the champion remains the champion.
2. Titles matches can only be won or defended if both fighters make weight (at or under the appropriate weight for the class they are competing). If either contestant cannot make weight (at or under the appropriate weight for the class they are competing) within two hours following the official weighing the match will NOT be deemed a title match.
3. The champion is obliged to defend his title at least once a year if an official title defence offer is made. If an official title defence offer is made and the champion cannot defend the title within a year, it may become vacant.
4. All disputes concerning the title which have not been included in these regulations will be presented for arbitration to the MMAFA Kickboxing arbitration committee.

Types of Contest Results

1) Knockout by:

- a) when Referee stops the contest (TKO)
- b) when an injury as a result of a legal manoeuvre is sever enough to terminate a bout (TKO)
- c) when contestant being rendered unconscious due strikes or kicks (KO)

2) Decision via the scorecards, including:

- a) Unanimous Decision - When all three judges score the contest for the same contestant
- b) Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent
- c) Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw

3) Draws, including:

- a) Unanimous Draw - When all three judges score the contest a draw
- b) Majority Draw - When two judges score the contest a draw
- c) Split Draw - When all three judges score differently

4) Disqualification

5) Forfeit

6) Technical Draw

7) Technical Decision

8) No Decision

Match Results

The match can be decided by the following:

Points Decision:

- Three judges will evaluate the relative effectiveness of each fighter's performance using a "10-Point-Must" system and record their scores for the fighters after each round. After the completion of the scheduled rounds the scores are tallied and the victory is awarded by the majority decision of the judging panel.

KO (Knockout):

- If a contestant is in a situation/position that he or she is incapable of resuming the fight within the referee's ten-count or if the referee declares a knockout before the count of 10 in order to bring in immediate medical assistance.

TKO (Technical Knockout):

- If a contestant shows no will to resume the fight or if the referee is of the opinion that the contestant is incapable of resuming the fight or has failed to intelligently defend themselves.
- If in a single-bout-match or a tournament final match a contestant has been knocked down three times in one and the same round or four times in one and the same bout. If in a tournament match including the reserve bouts a fighter has been knocked down twice in one and the same round or three times in one and the same bout.
- If a contestant is no longer capable of taking part in the match due to an injury cause by a legal technique.
- If the contestant does not leave his corner to take part in the fight following the sounding of the bell.
- If the referee is of the opinion that a contestant is totally outclassed and is taking too much damage with little or no defence.
- If the doctor ascertains that a contestant has sustained an injury or damage, caused by legal techniques of such a serious nature that it is no longer safe for the contestant to resume the fight (Doctor's stoppage).
- If a contestant or his coach/corner man gives up the fight. The contestant or his coach/corner man will indicate this to the referee or the regulatory representative assigned to his corner (The corner "throws in the towel").

DQ (Disqualification):

A contestant will be disqualified for the following reasons;

- A contestant deliberately uses a prohibited technique and the referee disqualifies him for that reason.
- A fighter uses a prohibited technique as described in Article 9 for which the referee disqualifies him.
- If a corner man enters the ring during the fight or touches one of the fighters during the fight.

Draw

If at the end of the contest two of the three judges rule in do not pronounce one of the fighters a winner.

Draw : If both fighters go down at the same time and neither can resume the fight within the referee's ten-count.

No contest : In a single-match-bout, if a fighter cannot continue as the result of an accidental foul and the bell has not yet sounded completing the second round of a three round bout, or the third round of a five round bout.

No contest : If the referee decides both fighters must be disqualified

If a bout ends prematurely due to an injury resulting from a foul:

Only in rare instances, such as subsequent to repeated warnings for the same foul, will the referee take a point or points from a fighter for an accidental foul.

If a single-match (non-tournament bout) ends due to an injury from an intentional foul, the injured fighter will win by Disqualification. If the injury from the intentional foul is not severe enough to stop the bout but then later is further aggravated by legal techniques enough to warrant an end to the match, the partial round is scored and then we go to the score cards for the technical decision (the bout does not need to have progressed past a minimum number of rounds). If the fouled fighter is ahead on the score cards, the fouled fighter will be declared the winner by technical decision. If the fouling fighter is ahead or it is tied, the bout will be declared a "no contest". An intentional foul which causes injury but does not cause disqualification requires a two point deduction.

When a fighter is 'DOWN'

A fighter is deemed to be down when according to the referee's evaluation, if as the result of a damaging attack any part of a fighter's body other than their feet touch the floor or would have touched the floor if not for the ropes, cage or holding the opponent.

A fighter may also be considered "down" if a fighter goes down for another reason and fails to rise at the command of the referee.

If the referee decides that he is DOWN, then he will indicate this by the so called DOWN call and gesture. The referee starts the DOWN count after he has sent the opponent to the farthest neutral corner. The opponent waits until the referee gives permission to leave the corner and resume the fight. If the opponent leaves the neutral corner before the referee gives permission, the counting stops and only starts again once the opponent has returned to his neutral corner.

During the DOWN count it is not permitted for either of the corner men to approach his fighter in any way.

The referee is obliged to continue counting until the eighth count and then assesses whether the contestant is capable of resuming the fight in a responsible manner. The referee will then resume the fight with the command "FIGHT".

If, during the course of the count (as described above) the time of the round ends, the timekeeper will not signal the end of the round, but must wait until the referee has counted to the eighth count; if the referee resumes the fight, the timekeeper must immediately signal the end of the round.

If at the eighth count a fighter is incapable of resuming the match, the referee will then continue to count to ten, and then wave off the match, which means the fighter will lose on the grounds of TKO/KO. The timekeeper will then signal end of the match, a fighter may not be “saved by the bell” in any round.

If at the eighth count the fighter in question is, for whatever reason in the opinion of the referee, not standing in the proper position to resume the fight, the referee will continue to count to ten, which means the fighter will lose the match on the grounds of a technical knockout.

While the referee is counting it is not permitted for the coach or one of the seconds of the fighter who is down to throw in the towel or indicate in any way that the fight is being given up.

In the exceptional case of both fighters being knocked DOWN, the referee will begin counting for both fighters at once. After the eighth count, the referee will assess whether both fighters are deemed capable of resuming the fight.

If, in the opinion of the referee, this is the case, then the match can be resumed. If one of the two fighters is still deemed incapable of resuming the match after the eighth count, but his opponent is deemed capable when the referee reaches the count of ten, then the latter wins by technical knockout.

If neither contestant is capable of resuming the fight at the eighth (8th) count, then the referee will complete the count to ten (10) and if neither fighter can resume than the bout will be declared a draw.

The referee ensures that in counting to eight (8) or ten (10) that a full second must pass between each count.

Legitimate techniques for scoring

- **Punches** – striking with the padded part of the glove to a legal target: i.e. straight punches, hooks, uppercuts, spinning back-fist (only if executed with the padded, back of the glove);
- **Kicks** – striking with the foot or lower leg to a legal target: i.e. front kicks, low kicks inside and outside the leg, middle kicks, high kicks, sidekicks, back kicks, ax kicks, spinning kicks, jumping kicks;
- **Knees** – striking with the knee to a legal target: i.e. front knee, round-house knee, jumping knee, knee on the leg inside and outside. (please note the clinch limitations explained below regarding the use of knee strikes).

General Fouls

The following acts constitute fouls in a contest or exhibition of MMAFA Kickboxing. These fouls are for all contestants Professional or Amateur.

1. Butting with the head
2. Eye gouging of any kind
3. Biting
4. Spitting at an opponent
5. Hair pulling
6. Fish hooking
7. Groin attacks of any kind
8. Putting a finger into any orifice or any cut or laceration of an opponent
9. Small joint manipulation
10. Striking to the spine, neck or back of the head
11. Throat strikes of any kind, including, without limitation
12. Clawing, pinching or twisting the flesh
13. Striking a downed opponent
14. Fingers outstretched towards an opponent’s face/eyes when wearing MMA gloves
15. Holding the fence or ropes, including hooking over the ropes
16. Holding the shorts or gloves of an opponent
17. Engaging in any unsportsmanlike conduct
18. Attacking an opponent on or during the break
19. Attacking an opponent who is under the care of the referee
20. Attacking an opponent after the bell or hooter has sounded the end of the round
21. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently

- dropping the mouthpiece or faking an injury
- 22. Throwing opponent out of ring or over the fence
- 23. Flagrantly disregarding the instructions of the referee
- 24. Interference by the corner
- 25. No Linear or thrusting kicks to the knee
- 26. Continuing to fight if someone has any other part of his body other than his feet on the ground
- 27. Continuing after the referee has called "Break" or "Stop"
- 28. Continuing if the opponent is outside the ring or tied up in the ropes
- 29. Voluntarily leaving the ring during the match
- 30. Insulting the referee, officials, opponent or the opponent's team

Kickboxing

- No Elbow strikes including forearms or wrist above the padded portion of the gloves
- No striking with open gloves or the palm side of the glove
- No takedowns or wrestling
- No submissions
- No Throws, leg sweeps, foot sweeps, wrestling or takedowns
- No Grabbing or holding the opponent for any reason other than to immediately attack with a knee strike (or strikes). A fighter may clinch in order to immediately attack with a legal knee strike (or strikes). If the knee attack and/or counter attack by the opponent is continuous and productive the referee may allow it to continue for in his estimation up to five seconds; otherwise the fighters should disengage the clinch and continue to fight. If a fighter clinches and fails to immediately attack with a legal knee strike or completes the knee attack and does not release the clinch this may be considered "holding" which is a foul and will result in a caution, warning or penalization.
- Holding on to an opponent's leg without striking; a fighter may grab an opponent's leg in order to immediately execute a single legal strike that may be accompanied by a single step in any direction. The leg must be released immediately after that single legal strike.

Penalty procedure for prohibited techniques, moves or conduct

Caution; Is given in the event of a minor violation. It may occur without stopping the action of the bout.

Warning; Is given in the event of significant violation, the referee will issue an official warning. The referee will stop the action and make it clear and obvious that that the fighter has been warned for their infraction.

Penalty; Is given in the event of a severe violation or repetition of significant violations. It is at the referee's discretion to deduct one or two points. The referee will stop the action and send the violated fighter to the farthest neutral corner. He will then indicate to the fighter and the judges the reason for the penalty, and the point(s) to be deducted.

Disqualification; Is given at the referee's discretion for a fighter is blatantly disregarding the referee's commands, conducting themselves in unsportsmanlike behaviour, for repetitive fouls or a severe intentional foul resulting in a fighter being unable to continue.

The referee has the discretion to issue Cautions, Warnings, Penalties or Disqualification based on the nature, severity and repetition of the fouling. In doing so, the referee must have thoroughly considered whether the fighter has, through his violation, damaged his opponent's chances of victory and if the violation was intentionally committed;

Criteria on which the composition of the score by the judges is based

The minus points accrued from penalization are first deducted from the points scored before the final score is made known. Three or five judges will evaluate the relative effectiveness of each fighter's performance according to the following prioritized criteria.

1. Number of knockdowns.
2. Damage inflicted on the opponent.
3. Number of clean strikes with spectacular techniques (flying and spinning techniques, etc.)
4. Number of clean strikes with normal techniques.
5. Degree of Aggressiveness or Ring Control (whichever has greater impact on the round)

It should be noted that in assessing the general impression, attack is valued higher than defence.

Examples of scores awarded

- 10-10: Not even a marginal advantage can be determined according to the established criteria
- 10- 9: One fighter has demonstrated an advantage in effectiveness
- 10- 8: One fighter has demonstrated an advantage in effectiveness by merit of a knockdown
- 10- 7: One fighter has demonstrated an advantage in effectiveness by merit of two knockdowns

Extra round

In the event that a completed match other ends in a draw, the match is extended by one, “sudden victory” round. The scores of the previous rounds are cancelled out and only the score of the sudden victory round is used to determine which fighter earns the win. Judges may not score the extra round even (a draw). If for any reason the “sudden victory” round fails to determine the winner, the judges will be provided an additional ballot on which they will select the fighter that they feel have earned victory by merit of the match in its’ entirety. A tournament final match may be extended by a maximum of two sudden victory rounds if necessary to determine the winner before the emergency ballot would be used.

Other rules apply to the so-called ranking tournaments and are specified in appendix A1, A2, A3.

Referee Stops Contest

1. The referee must suspend the match if:
2. The discrepancy between the strength or skill of the participants is so great as to make it unreasonably dangerous for the weaker fighter who is outclassed. In that case, the best fighter becomes the winner by way of intervention. (Referee Stops Contest).
3. The referee is of the opinion that to continue the match between the two participants would be unreasonably dangerous due to exhaustion.
4. The match between the two participants escalates into a common brawl within the ring with no regard for the regulations. No result is made known. (NO CONTEST).
5. In his opinion continuation of the match for other reasons could be unreasonably dangerous for one of the contestants. His opponent is pronounced the winner by (Referee Stops Contest).
6. The referee must suspend the match for medical reasons if:
7. One or both contestants has sustained a more or less ostensibly serious injury, and if, after consulting with the ring doctor, the latter advises him to suspend the match.
8. The ring doctor, without having first been consulted, advises him to stop the match.
9. A contestant sustains an injury such that continuation of the match would put the sport in a negative light.

In the event the referee wishes to consult the ring doctor regarding an injury sustained by one of the fighters, he will stop the match and refer the uninjured fighter to a neutral corner. He will then request the ring doctor to enter the ring in order to examine the injury. The trainer must not enter the ring. The ring doctor will advise the referee whether or not to continue the match. The referee is obliged to follow the ring doctor’s advice.

1. If the referee decides to suspend the match, he must inform the regulatory supervisors of his decision and provide the reasons for this decision.
2. The referee is the responsible person during the match. Overseeing the match is the exclusive task of the referee.
3. If a match must be terminated prematurely owing to irregularities in the hall, a defect in the ring, lighting failure and other such circumstances; if the bell has already sounded ending the 2nd round of a 3 round bout or the 3rd round of a 5 round bout the judge’s score cards will be evaluated for the technical decision otherwise the bout will result in a No Contest.
4. The referee is authorized to suspend the match if language and/or shouting can be heard from the hall that is/are in conflict with the morals, values and standards of society.

Injuries

In the event an injury occurs during a match not as the result of a foul; if the injury is the result of a legal strike or strikes, and the injured fighter can or should not continue, the injured fighter will lose by TKO. *If the injury was accidentally self-inflicted and the fighter’s safety is at risk in that he fails to intelligently defend himself, the referee may stop the bout by TKO or treat it like a knockdown by sending the uninjured fighter to the neutral corner and administer the mandatory eight-count. If after the eight-count the referee determines that the fight can continue he will restart the bout. If the referee determines that the injured fighter cannot continue then the injured fighter will lose by TKO.*

1 Stimulants and doping

The use of stimulants before or during matches is forbidden. Fighters are, if desired, obliged to take part in a doping test. Stimulants and doping include, among other things, cerebral stimulants, amphetamines and anabolic steroids.

Wrapping and tapes

Fighters and coaches are required to only tape the hands the under supervision of an authorized official (Inspector). The application of bandages and/or tape on the hands is solely intended to prevent injury. The tape is used, among other things, to keep bandages in place. Building up layers of tape to pad the knuckles is forbidden. It is permitted to tape the bandages around or on the knuckles but the thickness of the layer of tape applied must not exceed 1 mm (3 strips).

Normal soft bandages bound around the wrist and hands are allowed to be taped up to around 2 cm under the knuckles. Bandages and tapes on a contestant's hands must be examined and approved by an official. Only if these bear an official's stamp or print may the match gloves be donned. Bandages on places other than the hands must be approved by the ring doctor and requests to this end must be submitted in advance to the head juror after the rules meeting. It is forbidden to hold any object on or in the hands or fingers and the use of inner gloves is also prohibited. Taping ankles for reinforcement is allowed provided no hard materials are located on or under the tape and the tape is covered by an ankle stocking. A taped ankle without ankle stocking is not permitted.

Please note that the regulations addressing the taping of the hands and feet vary from state to state in the US. Please be certain to acquire a copy of the regulations for each specific state in which you will compete

Other materials

All other materials contestants wish to use to protect limbs or avoid injuries are only permitted with the consent of the presiding regulatory body or state athletic commission. Request for consent should be submitted after the rules meeting and monitoring and initialling of all materials is always carried before the match begins.

Vaseline and oil

The use of Vaseline on the face is permitted and will be only applied by an official cut man or a referee at ring entrance prior to the bout starting. Vaseline may be applied in between rounds by an official cut man or the fighter's corner. Vaseline may only be applied to nose, lips, brow and around the eyes of a fighter (a similar style to an eye mask). The presence of oils on fighters' bodies is prohibited.

Monitoring gloves

All fighters must put their gloves on in the presence of an official who then tapes and initials them. The gloves may only be taken off when the match is over and not in the ring but only once the fighter has left the ring.

Medical examination

All fighters must submit their medicals prior to the match date. The organization will indicate which medical tests and blood tests have to be completed. On either the day before, or the day of the match, fighters must also undergo a doctor's check prior to the match, carried out by the ring doctor. Fighters participating in tournaments will also be examined by a ring doctor between each phase of competition.

KNOCK OUT: In the event that a fighter has been knocked out by strikes to the head during his fight, MMAFA Kickboxing will ask the fighter to undertake an MRI head scan as soon as possible after the fight. The MRI scan must be presented as soon as possible to MMAFA Kickboxing. The fighter will not be given his next fight by MMAFA Kickboxing until MMAFA Kickboxing has possession of the MRI scan and can see that the fighter is fit to compete. No exceptions will be made for this rule. Matchmakers are instructed to disregard any fighter who has not submitted MRI scan post-knockout.

Weigh In

The weight of all fighters is monitored on the day prior to the match. Fighters are obliged to be at their agreed weight. If a fighter has excess weight, he will be given the assignment to achieve the proper, agreed weight within a time limit established by the presiding regulatory body or state athletic commission. If he fails to achieve the agreed weight, then he will be penalized according to the regulations established by the state athletic commission which may include fines, disqualifications or other measures.

Trainers and seconds

1. Each participant may be supported by a trainer/coach and two seconds. Only one second is allowed to administer care in the ring inside the ropes. In total, the fighter may be assisted by three corner men. The names of these three corner men must be submitted during the licensing process.
2. The trainer, seconds and the contestants must be present at least two hours before the matches start, and for the weighing in and medical examination.
3. The trainer must ensure that a contestant is entirely kitted out in match attire, is wearing the mandatory mouth guard and groin guard and the permitted boxing gloves.
4. The trainer and seconds are forbidden from entering the ring during the match. The ring may only be entered on the instructions of the referee and in the rest intervals of the match.
5. By means of notifying the regulatory official in their corner or throwing the towel or sponge into the ring, the trainer can prematurely end his contestant's participation in the match.
6. When the signal "seconds out" is given by the timekeeper or announcer before the beginning of a round, the trainer and seconds must immediately leave the ring and not enter it before the end of the round has been announced.
7. The trainer and the seconds must ensure the timely positioning and removal of their contestant's chair.
8. It is strictly forbidden to deform or break the gloves in any way. Hitting the ring mat as a gesture of encouragement is forbidden. Throwing refreshing substances such as water and other objects at contestants is also forbidden.
9. Trainers and seconds must conduct themselves in accordance with the regulations. They may be given a warning by the referee if they fail to observe the regulations. In the event of persistent violation, they may be removed. The referee also has the option of issuing a caution, warning or penalty, or to disqualify the contestant whose trainer is in violation.
10. The trainers and seconds must be dressed in sportswear that is sportsmanlike, clean and undamaged.
11. During the match the trainers and seconds must sit on the designated seats in the designated area.
12. The head coach is also responsible for the conduct of his seconds.
13. If the referee wishes to consult with the ring doctor during the match owing to an injury and requests the ring doctor to enter the ring for that purpose, the relevant trainer or second may not accompany the doctor into the ring. Trainers or seconds are prohibited from entering the ring in such cases.
14. Trainers and seconds are prohibited from approaching the officials during the matches or to protest against a decision made by the referee or match management. All MMAFA events are independently regulated. As such, any protests must be directed to the presiding regulatory body supervising the event and be submitted according to their rules and regulations.
15. During the entrance/walkout of the fighter to the ring, no corner man is allowed to accompany him. The corner men will be escorted to the ring by production and or regulatory staff.

Additional matches

For tournaments other than ranking tournaments, one or two additional matches may be added to ensure a fighter is on standby for the tournament if, owing to circumstances, one of the final eight qualified fighters is unable to participate further in the final tournament.

The additional match or matches will at any rate be fought before the final tournament matches.

For tournaments other than ranking tournaments, the following rules apply regarding the order of the substitution options if a fighter in the qualifying round who would have advanced to the next round in compliance with the regulations is unable to continue participating owing to circumstances:

1. The fighter's opponent who is entitled to proceed further unless this right is withdrawn based on convincing reasons.
2. The winner of the first reserve match.
3. The winner of the second reserve match.
4. The loser of the first reserve match.
5. The loser of the second reserve match. If only one reserve match was held, the right of substitution falls to the loser of this reserve match if the winner waives this right.

If circumstances prevent having a reserve match contested, the tournament may proceed with a designated "alternate fighter" who may earn placement into the tournament at position "B" listed above in place of the winner of the reserve match.

For the ranking tournaments please see the ranking tournament rules in appendix A1, A2 and A3.

1.2.26. Officials

Referees:

1. Each event is led and supported by at least two referees. One enters the ring for each bout.

2. Referee commands: FIGHT – STOP – BREAK
3. The command “break” is used by the referee to interrupt an action of the fighters and to separate the fighters after which they must take a step backwards. The referee steps in between both fighters. As soon as he steps back the fighters resume the fight with or without the instruction “fight”.
4. The command “stop” is used by the referee in order to stop the fight, at the end of a round or prior to a caution or public warning.
5. The referee begins or resumes the fight with the command “fight”.

Judges:

The matches are adjudicated by a minimum of three and a maximum of five judges. The jury members are authorized to award points and submit an assessment for each round of a match.

Ringside Officials:

The ring officials are responsible for ensuring circumstances in, around and outside the ring are in accordance with the rules as well as supervising the corner men. There must be a minimum of two and a maximum of four ring officials. The ring officials accompany the fighters to the ring check prior to the event.

Ringside doctor:

1. A doctor must be present at all times at matches under the auspices of MMAFA Kickboxing.
2. The ring doctor can take measures he considers necessary from a medical viewpoint before and during the matches or have these carried out on his behalf.
3. The measures prescribed by the ring doctor are set out in the match report and the ring doctor also communicates his findings to the incumbent referee.
4. Before the start of the match, the doctor must verify that no changes have occurred to any contestant since the time of the annual, mandatory medical examination which would make participation irresponsible.
5. During the match or the intervals between the bouts, the ring doctor is obliged at the request of the referee and/or trainer to examine any wounds or the seriousness of a fighter’s injury and, if necessary, to advise the referee and/or trainer to suspend the match. Only the referee may make such a request during the match. The advice given is binding.
6. If the referee wishes to hear the ring doctor’s advice with regard to the seriousness of a fighter’s injury, he stops the match and requests the ring doctor to examine the fighter. Only the ring doctor enters the ring during this examination. The trainer is forbidden from accompanying the ring doctor. Only the ring doctor and the referee are present during this examination.
7. Where applicable, the ring doctor will set out a proposal with respect to the duration of an appearance ban for a fighter in the medical report immediately after the match, in accordance with the provisions drawn up by the medical commission.
8. Based on the medical report submitted, the medical commission will take a decision and communicate this to the management. The management will immediately inform the fighter, association and manager in question of this decision. This decision must be recorded in the appearance booklet of the fighter in question.
9. The ring doctor should include contestants’ experiences in the medical report insofar as medically relevant. The knockouts to the head and/or body, significant injuries, RSCs and RSCHs must always be recorded.
10. The medical report must be detailed, specifying details such as the nature of the KOs, duration of loss of consciousness, retrograde amnesia, the nature of injuries and medical findings at the end of the match. For the purpose of an accurate medical report, consultation with the jury members and/or the referee will in many cases be necessary.
11. If the ring doctor ascertains that a contestant is experiencing functional disorders during the course of the match such that, in his/her opinion, continuing the match would be irresponsible, he/she is authorized to stop the match.
12. The ring doctor sends the medical documents to the medical commission of MMAFA Kickboxing. The ring doctor must, if he/she considers this necessary from a medical viewpoint, give the contestant a letter for his/her general practitioner stating the nature of injury and the ring doctor’s own findings and recommendations in order to assure adequate medical follow-up and aftercare.
13. The ring doctor will not leave his place in the ring during the match; if the ring doctor must nevertheless leave the ring he must inform the head juror and/or announcer of this in order for the referee to either interrupt or stop the match; no matches may continue during the absence of the ring doctor.

Inspectors:

Inspectors are backstage officials with the responsibility of monitoring the hand wrapping and glove strapping and must ensure that the fighters are ready on time for the upcoming fight.

Timekeeper :

The timekeeper is responsible for monitoring the duration of the rounds of a match. The timekeeper checks the duration of the rounds and the intervals by means of clock/stopwatch. Ten seconds before the end of the interval the timekeeper signals twice on the gong or by another approved method, and the announcer or the referee then issues the command "Seconds Out"; at that point, the coaches and seconds must leave the ring immediately, taking their care supplies with them. By sounding the gong, the timekeeper signals the beginning and end of the rounds for the referee. The gong is therefore an instruction for the referee.

Scorekeeper :

The scorekeeper/main juror monitors the score sheets and keeps a record of the total scores of points per round and the total scores of points per match. The score is communicated to the announcer and the coordinators so it can be displayed on the score board. The scorekeeper keeps and archives the score sheets for the MMAFA Kickboxing.

Ring Announcer :

The announcer is responsible for announcing the match, warnings and the scores. Ten seconds before the beginning of a round the announcer, in conjunction with the timekeeper, issues the command "seconds out" and clearly indicates the number of the round.

Familiarity with Rules

All fighters and coaches are deemed to be familiar with the MMAFA Kickboxing rules. Appeals pleading unfamiliarity with the rules will not be accepted. Each event must be preceded by a rules meeting.

Protest

Protests that address either a misapplication of a rule or regulation, or an irregularity or impropriety regarding the conductance of a contest or event should be submitted directly to the presiding government regulatory commission or agency that supervised the event, and be presented in accordance with their procedures regarding protests. If the event occurs in a location where no government commission or agency has jurisdiction, the protest should be directed to the independent arbiter or sanction organization contracted to provide impartial regulatory supervision of the event, and in accordance with their procedures regarding protests. Protests limited to questioning a judgment made by an official or officials' risk being summarily dismissed. Raising protests or bringing a dispute to the attention of an official during the event can be penalized either with immediate consequences or future consequences in the form of a reprimand equivalent to a yellow card and the accompanying financial sanction.

Over-ruling and unwritten rules

The above rules of MMAFA Kickboxing will always be subordinate and consequently may be revoked or modified depending on the applicable laws and/or ethical standards of the country or state where the event is organized, or by the presiding regulatory body supervising the event.

All affairs or disputes that have not been provided for in the foregoing rules will be addressed and resolved by the on-site supervisor representing the presiding regulatory body.

House rules or Code of conduct: These are the rules which are added depending on the event and are related only to this specific event. These rules will be determined separately for each event.

Appendix A

1. MMAFA Kickboxing FOUR MAN TOURNAMENT FORMAT

Tournament Bouts :

Each bout is scheduled for three rounds of three minutes each with one minute rest break between rounds.

In the event of a draw, an extra "sudden-victory" round will be contested. The Tournament's

Final bout may be extended by as many as two extra rounds. In the event of an extra round or rounds, the scores of the previous rounds are cancelled out and only the score of the final round is used to determine which fighter advances, or in the case of the tournament final, which fighter is awarded the championship. Judges may not score the extra round(s) even (a draw).

Bout Scores and General rules:

For the Bout Scores and other rules, tournaments will fall under the general MMAFA Kickboxing rules.

Tournament Maximum Knockdown Rules:

The following rules will apply to all tournament bouts EXCEPT THE TOURNAMENT FINAL

- A contestant will be declared defeated by technical knocked out if knocked down two times in one and the same round
- A contestant will be declared defeated by technical knocked out if knocked down three times in one and the same bout.

The following rules will apply to THE TOURNAMENT FINAL

- A contestant will be declared defeated by technical knocked out if knocked down three times in one and the same round.
- A contestant will be declared defeated by knocked out if knocked down four times in one and the same bout.

Fighter Selection for a Four Man Tournament:

Four fighters are selected for a tournament based on MMAFA Kickboxing rankings. If available, the 4th, 5th, 6th and 7th ranked fighters in that division will be chosen and matched for the opening stage according to the seed match-placement system.

Reserve Bouts:

Tournament Reserve Bout will be contested to determine the order of standby fighter availability in the event that a tournament fighter is not in condition or allowed to continue and advance to fight in the next stage.

The reserve bout is contested between the fighters ranked #8 and #9 for a tournament or #5 and #6 for a WORLD CHAMPIONSHIP tournament (or the next highest-ranking fighter(s) if they are not available). NOTE: A "wild card" fighter may be selected from a pool of the best fighters from the country where the tournament takes place or chosen by other criteria. Or an "alternate fighter" may be designated in lieu of contesting a reserve bout.

Tournament Fighter Substitution Rules:

For tournaments, the following rules apply regarding the prioritized order of substitution options if a fighter in a qualifying round who has earned advancement to the next stage is unable to continue participating.

- 1st Option: The opponent of the fighter who earned advancement will be entitled to advance unless this right is withdrawn based on convincing reasons.
- 2nd Option: If the opponent of the fighter who earned advancement does not qualify, the winner of the reserve bout will be placed in the tournament (or the designated "alternate fighter").
- 3rd Option: If the winner of the reserve bout does not qualify, the loser of the reserve bout will be placed in the tournament. If circumstances occur that require substitution beyond the parameters described above, that decision will be made by the MMAFA tournament supervisor in conjunction with the presiding athletic commission.

The Winner:

- The Winner of a MMAFA 4 Man Tournament will be referred to as the 4 Man Tournament Champion