



**MIXED MARTIAL ARTS AUSTRALASIA.  
RULES & REGULATIONS FOR  
COMBAT SPORT  
COMPETITIONS:  
MIXED MARTIAL ARTS,  
MUAY THAI, K1 KICK-BOXING**

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## **1. PROMOTER RESPONSIBILITIES:**

1. Prior to the commencement of a competition, the promoter must have the following requirements in place:
  - a) Have appointed a recognised team of qualified officials relevant to the event.
  - b) Have a recognised medical practitioner present.
  - c) Be aware of the address of the nearest hospital emergency room.
  - d) Have acceptable change rooms for competitors complete with water and ice.
2. An adequate team of trained officials will consist of a minimum:
  - a) 2x Referees
  - b) 3x Judges,
  - c) 1x Time Keeper,
  - d) 2x Corner Cut Assistants,
  - e) 2x Corner Inspectors.
3. It is recommended that a floor manager and back stage manager also be appointed to ensure the flow of the event is not compromised.
4. Competition Agreements: All competitors must have returned signed agreements to the promotion prior to the confirmation of the bout.
  - a) The agreements will have at minimum:
    - i) Promotion name,
    - ii) Competitor name,
    - iii) Opponent name,
    - iv) Competition date,
    - v) Weight category of bout,
    - vi) Purse/payment (professional bouts only).

## **2. COMPETITION AREA:**

1. All competitions must be held in a roped boxing ring or fenced arena (MMA Arena).
2. Boxing rings used must meet the following requirements:
  - a) Be no smaller than twenty (20) square feet and no larger than thirty-two (32) square feet.
  - b) One corner will be designated as Blue and the opposite corner designated as Red.
  - c) The ring floor must be padded with a minimum 2.5cm of foam with a safe fall height of no less than one (1) metre. The floor and padding will be covered by canvas that is tightly secured so that no ridges or gathering of material forms in any area.
  - d) The platform must be level and no less than Fifty (50) centimetres from the floor of the building and must have suitable steps for entry and exit of the ring.



- e) The ring will have four (4) ropes for K-1 Kickboxing and Muay Thai and five (5) ropes for MMA, no less than 2.5cm in diameter and wrapped in soft material. The bottom rope for an MMA event will be no less than twenty (20) centimetres from the floor of the ring.
3. A fenced arena must meet the following requirements:
  - a) Be no smaller in width than twenty (20) feet and no larger than thirty-two (32) feet.
  - b) Be shaped circular, hexagonal or octagonal.
  - c) The ring floor must be padded with a minimum 2.5cm of foam with a safe fall height of no less than one (1) metre. The floor and padding will be covered by canvas that is tightly secured so that no ridges or gathering of material forms in any area.
  - d) The platform must be level and no less than Fifty (50) centimetres from the floor of the building and must have suitable steps for entry and exit of the arena.
  - e) Fencing material used must be insulated, free from any sharp protruding edges or ends and be laced tightly to panels to alleviate any sagging in the material.
  - f) Any metal portion of the fenced arena must be padded and covered in a manner so that any contact made by the competitors does not cause injury or lacerations.
4. Lighting is to be arranged so that there are no poorly lit areas of the competition floor. Any rigging must be elevated to a height that it does not interfere with the competitors or their vision.
5. There must be a minimum of 1.5m clearway around the entire competition area from the furthest point of the arena or ring.
6. The competition arena or ring must be certified and cleared for competition with a copy of the manufacturing engineers report on hand.

### **3. COMPETITOR RESPONSIBILITIES:**

1. Prior to competing in a combat sport event, the competitor must have completed and in place the following:
  - a) Be adequately trained in the sport for which they are about to enter.
  - b) Annual Medical Inspection dated for the current calendar year of the competition,
  - c) Serology Test dated no more than 182 days (6 months) from the competition, with negative results for Hepatitis B, Hepatitis C and HIV.
  - d) 7-14 Day Pre Competition Medical Examination,
  - e) Female competitors must have a doctor certified negative pregnancy test dated no more than fourteen (14) days from the competition.
  - f) Signed and returned Competitor Agreements for the bout in which they are entering,
  - g) (Where permitted) If under 18 years of age, parent/guardian consent to compete,
2. Failure to complete any or all requirements will have the bout cancelled without prejudice.



#### 4. COMPETITOR ATTIRE:

1. Permitted clothing during an MMA bout will be:
  - a) MMA Shorts,
  - b) Muay Thai Shorts,
  - c) Vale Tudo Shorts,
  - d) Compression leggings no longer than thigh length,
  - e) Soft ankle supports,
  - f) Crop tops or Sports tops for female athletes,
  - g) Rash Guards (C-Class or female athletes),
  - h) Shin Guards (compulsory for C-Class),
  - i) Head Guards (compulsory u/16 competitors, optional C-Class).
2. Excluded items during competition will be:
  - a) Hard or Rigid strapping,
  - b) Pants with buttons, buckles, zippers or pockets,
  - c) Martial Art uniforms including belts,
  - d) Muscle tape (Rock tape),
  - e) Prescription and contact lenses,
  - f) Vaseline's, liniments, oils, gels or any other foreign substance that can be applied to any part of the body,
  - g) Temporary tattoos,
  - h) Joint supports with fixed or removable parts,
  - i) Foot wear,
  - j) Body piercings.
3. All competitors will be of neat appearance with any long hair secured away from the face in a manner that will not impede with the vision or movements of either competitor.

#### 5. WEIGHT CATEGORIES:

- |                        |                     |
|------------------------|---------------------|
| 1. Atom Weight         | up to 47.60kgs      |
| 2. Straw Weight        | 47.61kg – 52.20kg   |
| 3. Fly Weight          | 52.21kg – 56.70kg   |
| 4. Bantam Weight       | 56.71kg – 61.20kg   |
| 5. Feather Weight      | 61.21kg – 65.80kg   |
| 6. Light Weight        | 65.81kg – 70.30kg   |
| 7. Welter Weight       | 70.31kg – 77.10kg   |
| 8. Middle Weight       | 77.11kg – 84.00kg   |
| 9. Light Heavy Weight  | 84.01kg – 93.00kg   |
| 10. Heavy Weight       | 93.01kg – 106.60kg  |
| 11. Super Heavy Weight | 106.61kg – 120.00kg |
| 12. Open Weight        | 120.01kg over.      |



## **6. WEIGHT TOLERANCE:**

1. There will be a 0.45kg (1lb) tolerance for all weight categories and classes.
2. There will be no tolerance for Championship bouts.
3. All competitors will have up to one (1) hour after they have weighed to re-weigh if they have missed their first attempt.
4. Athlete health will be the first consideration prior to any additional weight cut attempts.

## **7. WEIGH IN PROCEDURE:**

1. Competitors are required to weigh in at the nominated venue no less than Twenty-Four (24) hours before the scheduled start of the event.
2. All competitors will be present at the start of the official weigh in.
3. Competitors will be weighed in bout order.
4. In the event a competitor is late for weigh ins, they will have up to one (1) hour from the time their opponent weighed, in accordance with rule 6.3.

## **8. FAILURE TO MAKE WEIGHT:**

In the event a competitor fails to reach the agreed weight limit, the following will be implemented at the discretion of the promotion:

1. Professional Bouts:
  - a) The offending competitor will be penalized 50% or \$250 of their purse, whichever is the greater. Of the penalized amount, 50% will go to the opponent and 50% to the promotion.
2. Amateur Bouts:
  - a) Up to 1.0kg over the weight limit (excluding allowance) -1-point deduction from the first round.
  - b) Over 1.0kg and up to 2.0kg over the weight limit (excluding allowance) -1-point deduction from the first two rounds.
  - c) Over 2.0kgs over the weight limit (excluding allowance) consideration will be given to cancel the bout, depending on the weight category.
3. Championship Bouts:
  - a) In the event the challenger does not make the agreed weight limit, the bout will no longer be a Championship bout and the title holder will remain champion regardless of outcome.
  - b) In the event the Champion does not make the agreed weight limit the title will become vacant and:
    - i) If the champion wins, the title will remain vacant,
    - ii) If the challenger wins, the challenger will become the new champion.
  - c) In the event the title is vacant, only the non-offending competitor will be eligible to win the title.
4. Any additional penalties that have been negotiated between teams and the promotion must be approved by MMAA Inc.



## **9. RULES OF COMPETITION:**

1. Both competitors will start in a standing position in their designated corners.
2. At the referee's instruction the bout will commence, and time will start.
3. Competitors must engage if instructed to do so by the referee.
4. If in the referee's opinion the bout has stalled either grounded or standing and neither competitor is making or gaining advantage, the referee will separate the competitors and will recommence the bout from a central standing position.

## **10. ROUND DURATION MMA:**

1. All amateur matches will be 3x3minute rounds with one (1) minute rest between rounds.
2. All professional matches will be 3x5minute rounds with one (1) minute rest between rounds.
3. All professional championship matches will be 5x5minute rounds with one (1) minute rest between rounds.

## **11. ROUND DURATION MT/K1:**

1. All amateur bouts will be held over 3x2 minute rounds with 1 minute rest period between rounds.
2. All professional bouts will be held over 3x3 minute rounds with a 1-minute rest period between rounds.
3. All amateur championship bouts will be held over 5x2 minute rounds with a 1-minute rest period between rounds.
4. All professional championship bouts will be held over 5x3 minute rounds with a 1-minute rest period between rounds.

## **12. BOUT CLASSIFICATIONS MMA:**

The following strikes are forbidden and therefore will be deemed illegal in each grade:

1. A-Class (Professional) – as per Unified Rules of MMA.
2. B-Class (Amateur), in addition to A-Class exclusions:
  - a) All Forearm strikes,
  - b) All Elbow strikes,
  - c) Any rotation leg locks,
  - d) Any rotation lock that puts pressure on the spine or neck,
  - e) Up-Kicks to the head of a standing competitor from a grounded competitor.
3. C-Class (Amateur), in addition to A-Class & B-Class exclusions:
  - a) Any strikes to the head of a grounded competitor,
  - b) Kicking the body of a grounded competitor,
  - c) Up-kicks to the body of a standing competitor from a grounded competitor,
  - d) Knee strikes to the head.
  - e) Punches thrown while rotating (Spinning Back Fist).





### **13. BOUT CLASSIFICATIONS K1:**

In addition to ILLEGAL TECHNIQUES or FOULS (15), the following strikes are forbidden and therefore will be deemed illegal in each grade:

1. A-Class (Professional & Amateur)
  - a) Throwing, tackling, or tripping the opponent.
  - b) Forearm or elbow strikes.
  - c) Clinching an opponent with both hands.
  - d) Striking an opponent more than once while clinching or holding a leg of the opponent.
2. B-Class (Amateur) in addition to A-Class:
  - a) Spinning hand strikes.
  - b) Forearm and elbow strikes.
  - c) Knee Strikes to the head.
  - d) Clinching an opponent with both hands.
  - e) Striking an opponent more than once while clinching or holding a leg of the opponent.
3. C-Class (Amateur) in addition to B-Class:
  - a) Knee Strikes.
  - b) Clinching/grappling an opponent.

### **14. BOUT CLASSIFICATIONS MUAY THAI:**

In addition to ILLEGAL TECHNIQUES or FOULS (15), the following strikes are forbidden and therefore will be deemed illegal in each grade:

1. A-Class (Professional)
  - a) Throwing, tackling, or tripping the opponent.
2. B-Class (Amateur)
  - a) Forearm and Elbow Strikes (unless in agreement to use elbow pads)
3. C-Class (Amateur)
  - a) Forearm and Elbow Strikes,
  - b) Knee Strikes to the Head,
  - c) Spinning hand strikes (spinning backfist).



#### **15. ILLEGAL TECHNIQUES or FOULS:**

1. Butting with the head.
2. Eye gouging of any kind.
3. Biting an opponent or official.
4. Spitting at an opponent or official.
5. Pulling hair.
6. Fish hooking (fingers in) the mouth.
7. Groin attacks of any kind.
8. Putting finger/s into any orifice, cut or laceration of the opponent.
9. Small joint manipulation.
10. Striking to the spine or back of the head.
11. Spiking an opponent onto the head or neck.
12. Throat strikes of any kind, including, without limitation, grabbing the trachea.
13. Extending fingers toward the eyes of the opponent.
14. Clawing, grabbing or pinching the flesh.
15. Kicking the head of a grounded opponent.
16. Kneeing the head of a grounded opponent.
17. Stomping a grounded opponent.
18. Holding the fence or ropes with fingers or arms, toes or feet.
19. Holding the clothing or gloves of an opponent.
20. Using abusive language toward an opponent, opposition team, official or crowd.
21. Attacking an opponent during a round break or after the referee has called, "Stop".
22. Attacking an opponent under the care of the referee or doctor.
23. Throwing the opponent out of the contest area.
24. Deliberate disregard to referee instructions.
25. Timidity, including avoiding contact with the opponent or failing to engage in combat.
26. Deliberately or consistently dropping the mouthpiece or faking injury.
27. Interference by the corner.
28. Applying any foreign substance to the hair or body of the contestant before or during the bout.
29. Any action, act or conduct by a competitor or team member that is deemed unsportsmanlike, not in the interests of the sport or would bring the sport into disrepute toward opposition, officials or crowd.

#### **16. POINT DEDUCTIONS:**

1. Any illegal technique or foul that, if in the referees' opinion was careless, or the competitor has been previously warned, will result in the immediate deduction of one (1) point.
2. Any illegal technique or foul that, if in the referees' opinion was deliberate, extremely severe or the competitor has been previously penalised, will result in the immediate deduction of two (2) points.



#### **17. GROUNDED COMPETITOR MMA:**

A competitor will be deemed grounded and may not be legally kned or kicked to the head when any part of the body other than the hands or the soles of the feet comes into contact with the fight surface area in a weight bearing position.

Examples are, but not limited to:

1. One elbow and one foot in contact with the fight surface area.
2. One elbow and both feet are in contact with the fight surface area.
3. Both feet and one knee are in contact with the fight surface area.
4. Both knees are in contact with the fight surface area.
5. Seated on the fight surface area.
6. Laying either belly or back down on the fight surface area.

#### **18. STANDING 8 COUNT MT/K1:**

1. In the event a competitor is knocked to the ground by way of a significant strike and is visibly dazed by the strike or, is under attack from the opponent and is not able to improve their defensive position, the referee will separate the competitors and enforce a mandatory 8 Second Count on that competitor.
2. The referee will verbally and visually count the numbers in the direction of the downed competitor.
3. During this period the opponent must quickly move to the furthest neutral corner and await the referee's instructions on whether the bout will continue or be stopped. The referee will not begin the count until the standing opponent is in the neutral corner.
4. During this period the competitor must display to the referee that they are visibly aware and physically able to continue the bout.

#### **19. THREE KNOCKDOWN RULING MT/K1:**

1. If a competitor receives two 8 Counts in one round, then on the third knockdown the referee will stop the bout and declare the opponent the winner.
2. If in the referee's opinion the competitor does not display such requirements or is unable to continue by the time the referee counts "10", the referee will stop the bout and declare the opponent the winner.
3. The referee reserves the right to stop a bout at any time if in their opinion one or both competitors are unable to defend themselves intelligently should the bout continue.

#### **20. FOULED COMPETITOR:**

1. Only the referee can assess a foul.
2. If a foul is committed:
  - a) The referee shall call Time Out.
  - b) The referee will order the offending competitor to a neutral corner or location.



- c) The referee will check the fouled competitor's condition and safety or call for the ringside doctor if necessary.
- d) The referee will assess the foul and if necessary, deduct points from the offending competitor.
3. In the event of a foul and the fouled competitor cannot continue:
  - a) If in the referee's opinion the foul was unintentional:
    - i) If the first round a No Contest will be called.
    - ii) If beyond halfway of the second round, a count back will decide the winner.
  - b) If in the referee's opinion the foul was intentional the offending competitor will be disqualified.
4. All fouled competitors will have up to five (5) minutes recovery time allocated.

#### **21. LOSS OF CONTROL OF BODY FLUIDS:**

1. Any athlete that loses control of their body fluids (vomit/urinate/defecate), accidentally or intentionally at any time while on the competition area, will be disqualified from the bout.

#### **22. WAYS TO WIN:**

1. Submission by:
  - a) Verbal Submission,
  - b) Physical Tap Out.
2. Knock out.
3. TKO (Technical Knock Out) by referee or doctor intervention.
4. Judges' decision by scorecards:
  - a) Unanimous win,
  - b) Split Decision win,
  - c) Majority Decision win,
  - d) Unanimous Draw,
  - e) Split Decision Draw,
  - f) Majority Decision Draw.
5. Disqualification.
6. Forfeit during round break.

#### **23. SCORING:**

1. Scoring of a bout will be done by three (3) judges at individual positions around the contest area.
2. All bouts are scored using the Ten Point Must System:
  - a) 10-10 = Even round.
  - b) 10-9 = Advantage round.
  - c) 10-8 = Dominant round.
  - d) 10-7 = Overwhelming round.



#### **24. HAND WRAPS.**

1. All competitors will have their hands correctly wrapped prior to competition.
2. Wraps will consist only of soft open weave gauze/bandage and sports adhesive tape.
3. Wrapping will be limited to no more than Fifteen (15) yards of gauze no more than two (2) inches in width, held in place by no more than ten (10) feet of tape no more than one (1) inch in width, per hand.
4. The wraps shall be evenly distributed across the hand.
5. Tape should cross the back of the hand with no more than three (3) layers and may extend to cover the knuckles no more than two (2) times when in a clenched fist position.
6. Under no circumstances are gloves to be fitted until the wraps have been approved by an inspector.
7. Once the gloves have been fitted and initialled by an inspector, the gloves are not to be removed until after competition or under special circumstances in the presence of an inspector.

#### **25. PERSONAL PROTECTIVE EQUIPMENT:**

1. All competitors must wear a properly fitted mouthguard.
2. Male competitors must wear an approved groin guard.
3. Female competitors may wear a soft chest guard. The guard must be pre-approved by an official prior to competition.

#### **26. COMPETITION GLOVES & SHIN GUARDS:**

1. All gloves and shin-instep guards will be supplied by the promotion.
2. Competitors are not permitted to wear their own personal gloves or shin-instep guards.
3. Professional MMA bouts will wear gloves no smaller than 4oz and no larger than 6oz.
4. Amateur MMA bouts will wear gloves no smaller than 6oz and no larger than 8oz.
5. All equipment must be approved by an official prior to the commencement of the competition.

#### **27. COMPULSORY EQUIPMENT MT/K1:**

1. C-Class: 16oz Gloves  
Shin Guards  
Groin Guard  
Mouthpiece  
u/14yrs Competitors must wear Head Guards.
2. B-Class: 12oz Gloves  
Groin Guard  
Mouthpiece



3. A-Class      10oz Gloves  
                    Groin Guard  
                    Mouthpiece

#### **28. AMATEUR & PROFESSIONAL COMPETITORS:**

1. Amateur competitors will compete in C or B-Class bouts only.
2. Amateur competitors will not be eligible to receive payment or prize money for competing.
3. Professional competitors will compete in A-Class bouts only.
4. Professional competitors will be eligible to receive payment or prize money for competing.

#### **29. COMPETITOR GRADING:**

1. It is recommended that competitors have a minimum of 10 amateur bouts with a win ratio of 70% before advancing to professional bouts.
2. Recognition of any previous combat sport experience will be taken into consideration.
3. Once a competitor has competed as a professional, they are no longer eligible to compete as an amateur without written consent from the MMAA Grading Committee.
  - a) If after competing at a professional level for a minimum of three (3) bouts without success, a competitor may apply to return to amateur competition.
  - b) Upon returning to amateur competition, the athlete is to remain there until the minimum recommendations have been met.
  - c) The competitor will only be allowed to apply once.
4. There will be no limits to how many amateur bouts a competitor may have.
5. The competitor's amateur and professional records will remain current.

#### **30. UNDERAGE (u/18YRS) COMPETITORS:**

1. Any athlete under Eighteen (18) years of age competing in any form of combat sport must have parental/guardian consent to compete prior to nomination and acceptance.
2. Any athlete under 18yrs of age will not compete in A-Class bouts.
3. Any athlete under 16yrs of age will not compete in A or B-Class bouts.
4. Any athlete under 14yrs of age must wear approved head protection during competition.
5. All under age competitors should be evenly matched with an opponent of equal or similar age.



### **31. REFEREE INTERVENTION:**

During a contest the referee may call a temporary or permanent stop to a bout for the following reasons:

1. Blood flowing from a wound or damage.
  - a) If a competitor is cut or damaged and blood is minor from the wound, the referee will:
    - i) Call "Stop!" and "Time".
    - ii) If in a standing position, separate the competitors to neutral corners.
    - iii) If in a grounded position, have the competitors separate but remain in position.
    - iv) Tend to the bleeding competitor with a clean towel first then the opponent.
    - v) Restart the bout.
  - b) If a competitor is cut or damaged and blood is major from the wound, the referee will:
    - i) Call "Stop!" and "Time".
    - ii) Separate the fighters to neutral corners regardless of position.
    - iii) Call for the assistance of the ringside doctor to assess.
  - c) If in the doctor's opinion the damage is major and could potentially interfere with the competitor's vision or the competitor risks extensive damage if the bout is to continue, the doctor reserves the right to terminate the bout immediately.
2. Little/No Action.
  - a) In the event that the competitors reach a stale mate and neither fighter is gaining advantage, the referee will:
    - i) Call "Stop!" and "Time".
    - ii) Separate the fighters.
    - iii) Restart the match from a central standing position.
3. Refitting Mouthpiece or other protective equipment.

In the event PPE becomes dislodged the referee will, at the first opportune moment and without interference to the bout:

  - a) Call "Stop", or "Pause" and "Time",
  - b) Refit or adjust the equipment. If mouthpiece, have the mouthpiece rinsed before refitting.
  - c) Restart the bout.
4. Corner Person Interference.
5. Inability to defend.
  - a) If in the referee's opinion a competitor is not intelligently defending themselves, is not making adequate attempts to improve their position, is unable to improve their position or is showing significant signs of exhaustion, the referee reserves the right to stop the bout.



### **32. DOCTOR INTERVENTION:**

1. The ringside doctor is the only person other than the referee permitted to stop a bout.
2. If in the doctors' opinion either or both competitors have reached a point that they are being subjected to excessive damage and/or trauma and are at serious risk of injury, not excluding death, the doctor will instruct the referee to stop the bout immediately.
3. The ringside doctor's decision is final.

### **33. DRUG AND ALCOHOL POLICY:**

1. Any athlete deemed to be under the influence of any recreational or medically prescribed drug, or alcohol, will not be permitted to compete.
2. Any coach or athlete assistant suspected to be under the influence of any recreational drug or alcohol will not be permitted to enter the change rooms or be permitted to take their position during the bout of the athlete.
3. Any team member including athlete will be referred to state enforcement agencies if found to be under the influence of an illegal substance.

### **34. COMPETITOR SUSPENSIONS:**

1. Suspension by Knock Out.
  - a) The ringside doctor will suspend any competitor from future competition for a period of no less than twenty-one (21) days and training for no less than fourteen (14) days if that competitor has been knocked unconscious from strikes during a bout.
  - b) The doctor may issue longer suspension periods if in their opinion is necessary.
  - c) Following the bout, the competitor is to go directly to hospital if instructed by the doctor.
2. Suspension by Medical Examination
  - a) The ringside doctor will suspend any competitor from future competition for a period of no less than twenty-one (21) days and training for no less than fourteen (14) days if that competitor has been subjected to extreme head trauma from strikes, or is showing signs of concussion or extreme exhaustion.
  - b) The doctor may issue longer suspension periods if in their opinion is necessary.
  - c) The doctor may insist that the competitor complete an additional medical examination before the competitor's next bout.
  - d) Following the bout, the competitor is to go directly to hospital if instructed to do so by the doctor.
3. Suspension by Withdrawal.
  - a) Any competitor that withdraws within 14 days from a MMAA regulated event without supported/legitimate reason (e.g., medical certificate/family death) will be suspended from any and all MMAA regulated events from the date of withdrawal for a period of sixty (60) days past the nominated event.





- b) Any competitor that withdraws within 14 days from a MMAA regulated event with supported reason will be suspended from any and all MMAA regulated events from the date of withdrawal for a period of thirty (30) days past the nominated event.
- 4. Suspension by Misconduct.
  - a) If any athlete or team member behaves in an inappropriate manner immediately before, during or after a competition, they will receive a written warning from MMAA.
  - b) The offender is to sign the warning and return a copy to MMAA.
  - c) If the offender receives two (2) warnings within three (3) competitions the offender will be required to front before a MMAA Disciplinary Board regarding their behaviour.
  - d) The Disciplinary Board will reserve the right to suspend the offender from any and all MMAA regulated events for a period up to two (2) years.
- 5. Grounds for Suspension will include but not limited to:
  - a) Sexual discrimination,
  - b) Racial discrimination,
  - c) Religious discrimination,
  - d) Under the influence of drugs or alcohol,
  - e) Threatening remarks or actions toward opposition, officials or crowd.

### **35. APPEALS & PROTESTS:**

Teams have the right to appeal a decision if they believe that a judge or referee has acted bias against an athlete or team, is corrupt, or conducted their position in an inappropriate manner.

- 1. Intention to Appeal must be verbally received by the lead official prior to the completion of the event.
- 2. The event will be deemed completed 30 minutes from the conclusion of the final bout.
- 3. Written submission must be received by MMAA within 24hours of the completion of the event stating the grounds for appeal and providing any evidence to support the appeal.
- 4. Any appeal submissions received outside of these guidelines will be declined without prejudice.
- 5. Referee and judges' decisions are deemed final unless a review is instigated at the discretion of the lead competition official, in which case will be referred to the Review Committee.
- 6. The Review Committee will consist of members with recognised industry experience.
- 7. On completion of the review both teams and promotion will be notified of the outcome.
- 8. The Review Committees outcome will be final.



### 36. DESCRIPTIONS OF TECHNIQUES:

#### 1. Punch Strikes:

A Punch will be deemed the part of the hand that is covered by the glove from the wrist joint forward up to and including the second knuckle of the fingers, in a clenched position. Scoring Punches will be noted by the contact made to the opponent to scoring parts of the body with this area.

Punch techniques will include, but not limited to:

- a) Horizontal fist strikes,
- b) Vertical fist strikes,
- c) Hammer (downward) fist strikes,
- d) Back fist strikes.

#### 2. Elbow/Forearm Strikes:

An Elbow strike will be deemed as using the area of the elbow joint 5cm either side of the joint along both the Humerus and Ulna. Scoring Elbow strikes will be noted by the contact made to the opponent with this area.

Forearm strikes will be deemed as using any part of the Ulna or Radius bones from approximately 5cm from the elbow joint forward to the wrist joint.

Elbow strikes used in a downward vertical motion toward an opponent are illegal.

#### 3. Kick Strikes:

A Kick will be deemed as using the part of the leg from approximately 5cm of the Tibia from the knee joint to the foot including the toes and heel. Scoring Kicks will be noted by the contact made to the opponent with this area.

#### 4. Knee Strikes:

A Knee strike will be deemed as using any part of the knee joint approximately 5cm either side along both the Femur and Tibia bones, including the Patella. Scoring Knee strikes will be noted by the contact made to an opponent with this area.