

SOUTH CAROLINA AMATEUR

MMA RULES

1. Duration of Bouts

Each match is scheduled for three 3- minute rounds.

Rest periods will be no shorter than 1 minute between rounds.

2. LEGAL TECHNIQUES WHILE STANDING

- All closed hand strikes are allowed to the legs, body and head.
- All kicks are allowed to the legs, body and head.
- Knees are allowed only to the legs and body. NO knees to head.
- Spinning backfist are allowed, but MUST hit with the padded part of the glove, not with the wrist/ forearm/ elbow.
- Throws/ takes downs/ sweeps/ slams
- All standing submissions – chokes/ arm bars/ locks
- Shouldering
- If a legal punch/ kick or knee knocks their opponent down, the action will NOT continue. The standing fighter will be sent to the neutral corner and the referee will begin the 10 count like in boxing and kickboxing. The fighter MUST be up and ready to continue by the count of 8 or the fighter is over.
- The referee can step in and give a standing 8 count if he/ she feels the fighter is hurt.
- Once any part of the fighters body other than the bottoms of their feet touch the mat, then the standing fighter cannot strike them to the head, only to the body.

3. LEGAL TECHNIQUES WHILE ON THE GROUND

- **All closed hand strikes to the legs and body. NO striking to the head.**
- **All Submissions, chokes/ arm bars & locks/ leg locks (except heel hooks & toe holds)**
- **If one fighter is on the ground and the other is standing, both fighters are allowed to throw kicks to the legs.**
- **Knees to the body and legs are allowed.**

4. ILLEGAL TECHNIQUES (FOULS)

A fighter who executes a foul shall be penalized with a caution, warning, or a point reduction. The general format to be followed is:

Two (2) cautions will lead to one (1) warning (*the third time you address the fighter it is an "official warning"*)

Two (2) warnings shall lead to a point reduction (*the next time you address the fighter a point is deducted*)

Three (3) point reductions in one (1) round shall be grounds for disqualification.

This clause shall not apply in cases where the judges rule that the foul technique as unintentional.

Please note: The referee is not obliged to follow the above stated pattern if the fouling infraction is severe enough to warrant a more severe penalty. It is up to the referee's discretion to administer a warning, caution or point reduction appropriate to rules infraction.

A point reduction may be given immediately to a fighter if the referee finds that a foul technique was inflicted with malicious intent.

The following are defined as fouls:

- *Linear (front, side, back, spinning side or spinning back) kicks aimed at the knee joint.*
 - Intentionally punching your opponent in the back of the head
 - Using the head to deliver a blow.
 - Using the elbow.
 - Knees to the head.
 - Striking with the wrist/ forearm/ elbow when attempting a spinning backfist.
 - Attacking the opponent in the groin (attacks to the groin with knees, kicks or hand techniques shall be considered as low-blows and will be ruled as fouls).
 - Timidity or failure to engage.
 - Striking to the face/head while on the ground.
 - Thumbing or biting on the opponent.
 - Head butting/eye gouging/ hair pulling.
 - Putting a finger into any orifice or into a cut.
 - Stomps on the feet.
 - Stomping a grounded opponent.
 - Excessive slamming. (moving forward to gain momentum)
 - Striking the spine or kidneys.
 - Neck cranks. (turning the head)
 - No heel hooks or toe holds (twisting against knee)
 - Throws onto the head or neck. (spiking)
 - Throws against a joint.
 - Choking with the hand on the throat or grabbing the trachea.
 - Smothering (hand over mouth)
 - Small joint manipulation. (fingers and toes. must be at least 3 fingers)
 - Clawing or twisting the flesh.
 - Grabbing the clavicle.
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- Attacking the opponent while the referee is intervening to separate the fighters.
 - Grabbing the ropes for any reason including the launching of an attack or for defensive purposes.
 - Grabbing the opponents equipment (shorts, gloves, shin guards)
 - Spitting out the mouth guard.
 - Using offensive or insulting language.
 - Intentionally attacking the back of the head with a punch (the side of the head and the area around the ears are not considered as the back of the head and are valid target areas).
 - Attempting to throw the opponent out of the ring.
 - Voluntarily exiting the ring during the course of a match.
 - A caution shall be given to a fighter who repeatedly charges inside the opponent's arms, with his head held low (i.e. to avoid attack). This shall be considered as inducing a head-butt.
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- In case that either of the fighters gets cut from a head-butt and is bleeding, the fighter who has caused the other to get cut shall receive a 1- point reduction, even if the head-butt was not intentional. However, if the referee finds the head-butt to have been

intentional, a reduction of two (2) points shall be given. If both fighters get cut and are bleeding, a one (1)-point reduction shall be given to each fighter.

Any fighter who does not “break” immediately upon the referee’s command will be subject to penalization as stated above.

- A caution or point reduction may be given to a fighter who is judged as being passive and who simply waits for the opportunity to launch a counter-attack.

BLIND FOUL

- **If a fighter indicates that he/she has been fouled but the referee did not see it – call time and check with the judges and/or the event representative to see if they saw the foul.**

DISQUALIFICATION

A fighter shall be disqualified when:

- A fighter intentionally uses a foul technique.
- A fighter fails to follow the referee's instructions during a match.
- A fighter is late for a match or does not show up at all.
- A fighter exhibits ill-mannered behavior or a malicious attitude during a match.
- The referee determines that a fighter does not have the will to fight.
- When a fighter receives three (3) point reductions within one (1) round, counting two (2) warnings as one (1) point reduction.
- The official physician deems a fighter unfit to fight as a result of a medical check.
- A corner man has entered in the ring or touched one of the fighters during the match.
- A fighter is found to have broken other rules.

IN CASE A FIGHTER IS INJURED

If a fighter is injured, the judges and the official physician shall confer to decide whether the fight shall continue or not. **The official physician shall not give any treatment** to the injured area during the course of the match.

If a fighter is injured and it is impossible to continue the match, the match shall be treated in the following manner:

1. If the cause of injury is a rule violation (by the opponent), the referee shall give the injured fighter a rest period to check his condition. If the fighter does not recover and the match cannot be resumed:

The fighter who has violated the rules shall be the loser (disqualification of the violator).

Note: An injury caused by low-blow will be considered as an accident, whether intentional or unintentional.

2. If the cause of the injury is carelessness of the injured fighter himself and the match cannot be resumed, the fighter who has injured himself shall be declared the loser (disqualification of the injured).
3. If the cause of the injury is accidental and at neither fighter's fault, it must first be determined whether or not the match is justified.

Justification Criteria:

3-round matches: The match is justified at the end of the first (1st) round.

If the match is not justified, the match shall be considered as "No Contest" and void.

If the match is justified, then the points shall be awarded for the completed rounds, and the fighter with more points shall be declared the winner. In case a fighter is injured after the second (2nd) round the points shall be awarded until the actual time of the round when the fighter was injured.

- (a) The match shall be considered as a draw.

WHEN A FIGHTER FALLS OUT OF THE RING

When a fighter falls out of the ring, the time count shall be stopped, and a doctor shall check the fighter. During this time, the judges shall confer to discover the cause(s) of the fall.

- (a) When judged as a DOWN by an authorized technique:

If the fighter is able to continue the match:

It shall be counted as "1 DOWN", and the match shall continue from the time stopped.

If the fighter is not able to continue the match: The match shall be ruled a Technical Knock Out (TKO) by doctor stoppage.

(b) When the fighter is judged as not having been downed:

If the fighter is able to continue the match: The match shall be continued from the time stopped.

If the fighter is not able to continue the match: The cause of the injury shall be considered accidental and of neither fighter's fault, then the rules applying to an injured fighter shall apply.