

**Mixed Martial Arts Weight Classes; Weigh-In.**

## (1) Weight Classes:

| Name                | Weight (lbs)  | Weight Differential (lbs) |
|---------------------|---------------|---------------------------|
| Flyweight           | 125 and under | 5                         |
| Bantam weight       | 126-135       | 5                         |
| Featherweight       | 136-145       | 6                         |
| Lightweight         | 146-155       | 6                         |
| Welterweight        | 156-170       | 7                         |
| Middleweight        | 171-185       | 8                         |
| Light Heavyweight   | 186-205       | 10                        |
| Cruiser heavyweight | 206-230       | 15                        |
| Heavyweight         | 231-265       | 15                        |
| Super Heavyweight   | Over 266      | Unlimited                 |

(2) Amateur sanctioning organizations shall not permit amateurs to participate outside of the weight spread permitted in the weight class of the lightest amateur.

## (3) Weigh-in:

(a) Amateurs shall be weighed within 28 hours of the scheduled match, at a time and place designated by the amateur sanctioning organization, in the presence of the amateur sanctioning organization supervisor on scales approved by the amateur sanctioning organization.

(b) All weights shall be taken with the amateurs stripped of clothing and other weight bearing objects.

**Mixed Martial Arts Conduct of Bout, Rounds.**

(1) All matches are to be designated as amateur.

(a) If advertising is conducted, the advertising shall clearly indicate the matches are amateur.

(b) No event shall have both amateur and professional matches.

(2) Any individual who has competed anywhere in the world as a professional in combat sports, including, but not limited to boxing, mixed martial arts, Tough-Man competitions, kickboxing, and cage fighting, is prohibited from competing in amateur boxing, kickboxing, and mixed martial arts in the State of Florida.

(3) All amateurs must enter and compete in all matches under their own names. The use of a ring name or nickname is strictly prohibited.

(4) No one under the age of 18 years old shall be permitted to participate in amateur mixed martial arts. Amateur sanctioning organizations are responsible for ensuring that amateurs are 18 years or older. All amateurs must provide proof of age upon request, such as a notarized copy of their birth certificate or a government issued form of identification.

(5) Matches between a male amateur and female amateur are not permitted.

(6) Excessive coaching from the corner is prohibited. Cornermen must remain seated in the designated chairs throughout the entire round. If the match is held in a ring, only one cornerman will be allowed in the ring during the rest period. If the match is held in a cage, then two cornermen will be allowed in the cage during the rest period.

(7) When an amateur is knocked out or injured by submission, no one is allowed in the cage/ring until authorized by a referee or physician.

(8) The referee, the physician, or the amateur may stop the match at any point. The referee or the physician shall have the power to stop a bout at any point during the bout, if he sees that either amateur is in such condition that to continue might subject him or her to serious injury.

(9) If both amateurs have gone to the ground and neither is actively working to improve his position then they shall be separated and stood up by the referee. The referee shall immediately restart the bout from the standing position.

(10) If one amateur has gone to the ground and the other amateur refuses to pursue his opponent to the ground and fails to administer legal strikes from the standing position, the referee shall "stand up" the downed amateur and re-engage the bout.

(11) Amateur sanctioning organization shall not permit more than two amateurs to participate in any match.

(12) Advance notices for all amateur mixed martial arts events shall be filed by the amateur sanctioning organization, with the commission at least ten (10) days before the date of each match.

(13) Fouls Generally:

(a) All illegal techniques qualify as fouls and shall be called by the referee and stopped immediately upon the referee calling the foul. Referees shall not permit amateurs to continue to foul opponents.

(b) A referee having any reason to believe that a foul has been committed, which said referee did not witness, may consult the judges and will make an appropriate decision according to the majority of the judges who saw the blow.

(14) Fouls listed:

(a) Fouls/Illegal Techniques while Standing or on the Ground include:

1. Headbutting.
2. Eye gouging.
3. Biting.
4. Hair pulling.
5. Fish-hooking.
- 6 Groin attacks of any kind.
7. Putting a finger into an orifice or into a cut.
8. Small joint manipulation / finger locks.
9. Striking the spine or the back of the head.
10. Striking with the elbow, forearm, or triceps (Exception if both amateurs have a minimum of three amateur bouts and both amateurs agree to use elbows).
11. Knee strikes to the head.
12. Linear kicks to the legs.
13. Heel hooks.
14. Spine locks.
15. Neck cranks.
16. Excessive slamming.
17. Throws against a joint.
18. Throat strikes or grabbing the trachea.
19. Clawing, twisting, or pinching the flesh.
20. Grabbing the clavicle.
21. Stomping a grounded opponent.
22. Striking the kidney.
23. Spiking an opponent to the canvas on his head or neck.
24. Pushing or throwing an opponent out of the ring.
25. Holding the shorts or gloves of an opponent.
26. Spitting.
27. Engaging in any unsportsmanlike conduct that causes an injury.
28. Holding the fence.
29. Attacking on the break.
30. Attacking your opponent while he's under the care of the referee.
31. Attacking after the bell.
32. Flagrantly disregarding the instructions of the referee.
33. Timidity, including avoiding contact, losing your mouthpiece, faking injury.
34. Interference from the cornerman.

(b) In addition to the fouls, fouls/illegal techniques while on the ground include:

1. Any submission attacking the legs ankles or feet other than a straight knee bar (Heel hooks or any angled leg locks).
2. Choking with hand on throat.
3. Smothering (hand over mouth).
4. Hammer locks.
5. Throwing out of competition area.
6. Pinching, gouging, and anything that might be considered "dirty fighting".
7. Grabbing or holding the uniform or protective padding.

(15) Rounds

(a) The duration of each round of an amateur mixed martial arts event shall not exceed 3 minutes with no less than 1 minute rest intervals between rounds.

(b) An amateur mixed martial arts match shall not exceed 3 rounds.

(c) No amateur shall be permitted to participate in any match on more than one day in any ten. Exceptions may be made by the executive director or his designee for regularly sanctioned tournaments held in the same venue requiring two or more days to compete, so long as the matches are held within a reasonable time. Requests for approval shall be made to the commission office no later than 10 days prior to the matches.

(d) No amateur will be allowed to compete more than once per calendar day and in no case, sooner than 12 hours from their previous bout if the amateur is cleared by the physician to participate.

(16) Participation in subsequent matches:

(a) Any amateur who loses by way of a TKO or by way of submission due to strikes shall not participate in any match for a minimum of thirty (30) days.

(b) Any amateur who loses by way of KO (Knock out) shall not participate in any match for a minimum of sixty (60) days.

(c) Amateurs shall receive a mandatory ten-day rest period after competing in a match. Day 1 of the mandatory rest period shall commence on the first day following the event.

(d) If the physician suspends an amateur based on a post-match physical, the amateur shall comply with all the stipulations listed by the physician in the suspension, including clearance by a physician licensed as an M.D. or D.O., prior to participating in further matches.

#### **Mixed Martial Arts Apparel.**

(1) Amateurs shall wear:

(a) Shorts approved by the amateur sanctioning organization representative.

(b) A protective cup or groin protector as approved by the amateur sanctioning organization representative.

(c) Shin and instep protective pads, provided by the promoter, approved of by amateur sanctioning organization's representative.

(2) Amateurs may use knee or ankle support that are form-fitting with no rigid structural, abrasive materials, or padding. A single sleeve-like support may be worn on each ankle and each knee.

(3) Illegal apparel:

(a) Eyeglasses.

(b) Footgear, shoes, or any padding on the feet during the match, other than the required instep protection.

(c) Any type of apparel with metal straps or buckles.

(d) Necklaces or any other type of jewelry, including piercings located anywhere on the body.

(e) Shorts with a grip panel.

(4) Hair shall be short enough to avoid interference with vision. If hair ties are required, they should be soft in nature.

(5) All amateurs shall wear an individually fitted mouthpiece, which shall be always in the amateur's mouth during the matches.

(6) Amateurs may wear soft contact lenses. Hard contact lenses are forbidden.

(7) Amateurs are permitted to use only a light coat of Vaseline on the face applied at cage side under the supervision of the referee or amateur sanctioning organization representative. Vaseline will not be permitted elsewhere on the body. No other products of any kinds may be applied at any time to any part of the amateurs' face or body.

(8) Elbow pads may be worn if agreed to by both participants. Elbow pads must be constructed of non-abrasive material, minimum 1/2 inch thick around the impact area of the elbow.

#### **Mixed Martial Arts Bandages, Hand wraps, Gloves.**

(1) Bandages and Hand wraps:

(a) The wrapping of hands is not mandatory. Amateurs who wish to wrap their hands shall be responsible for their own gauze and tape or commercial hand wraps approved of by the amateur sanctioning organization.

(b) Gauze shall be of the soft or soft-stretch type and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten-yard roll of gauze, and not more than two yards of tape, are the maximum allowable amounts for each hand. No other materials, including pre-made hand wraps, shall be allowed; nor shall any amounts exceeding those listed be allowed under any circumstances. Tape shall be present only to hold the gauze in place, and no more than

one layer of tape be allowed on the striking surface of the hand and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length.

(c) The amateur sanctioning organization representative must inspect all hand wraps and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands. The amateur sanctioning organization is responsible for the amateurs' compliance with the bandages and hand wraps requirements.

(2) Gloves:

(a) Gloves shall weigh no less than 7 ounces; both amateurs shall wear the same weight gloves and use the same manufacturer of gloves as provided by the promoter unless both amateurs agree to use different manufacturers of gloves.

(b) Prior to the beginning of each match each glove of each amateur shall be examined and approved or disapproved by the amateur sanctioning organization representative and the referee. Any glove intended to be used by an amateur in a match shall be whole, clean, in sanitary condition. Gloves shall be in good condition. If the padding in a glove is found to be misplaced or lumpy, or if the glove shows evidence of breaking, roughing, or twisting, the glove shall be disapproved and shall not be used. The match shall not begin or continue unless an approved glove has been substituted for the disapproved glove.

(c) If Velcro is present, the amateur sanctioning organization representative may require the use of tape to prevent injury or to prevent loosening of the gloves during the match. Whenever the representative decides to require tape, both corners must be subject to the same requirement.

(d) Gloves shall be adjusted in the ring under the supervision of the amateur sanctioning organization or referee.