

Discussion and Review of
UNIFIED RULES OF MIXED MARTIAL ARTS
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Mixed Martial Arts

The sport now known as mixed martial arts, which is very young in comparison to boxing, features competitors from various martial arts such as karate, jiu-jitsu, muay thai, sambo, tae kwon do, boxing, kick-boxing, wrestling and judo. Today's competitors are skilled in multiple martial arts disciplines and compete against each other in a combative sporting event. All of the individual arts that make up mixed martial arts are already recognized sports and arts. They all are currently sanctioned, practiced and have events. For example, there are brazilian jiu-jitsu, wrestling, judo, sambo and karate tournaments; boxing, kick-boxing and muay thai bouts. Mixed martial arts are just the combination of these already recognized and understood events.

The word 'martial' derives from the name of the Roman god of war, Mars. Various forms of martial arts have existed throughout history. The early Greeks practiced a martial art known as Pankration, meaning the art of complete strength. This art consisted of wrestling, grappling and certain boxing techniques. There are records of this art from 700 B.C. Today, wrestling, boxing, judo and tae kwon do are all events in the modern Summer Olympic Games.

In the 1920's, Carlos Gracie began studying ju-jitsu with Japan's Mitsuyo Maeda. Carlos' brother Helio Gracie then developed an art known as Brazilian ju-jitsu which emphasized submission maneuvers and ground fighting. Helio engaged in challenge matches versus practitioners of different martial arts forms. The Portuguese word for these matches was 'vale tudo' which translates to "anything goes". Helio's most epic battle took place in 1956 against Japan's Masahik Kimura, a judo master, before 20,000 spectators. Helio's son, Rorion, moved to the United States in the 1970's and brought the concept of the "Gracie Challenge" with him by openly challenging practitioners of other martial arts styles to competitions.

Legendary martial artist Bruce Lee developed a movie entitled Game of Death which was released in 1978 by Columbia Pictures, subsequent to Lee's untimely passing. This movie was planned to provide coverage of Lee's developed form of martial arts, known as Jeet Kune Do. The movie was designed to feature Lee battling a different style of martial artist on each level of a five story pagoda in South Korea. For example, Lee was to encounter a Hapkido master on the first floor, a Kung Fu practitioner on the second floor and a Filipino martial arts master on another floor. The point of the movie was to show that strict reliance on one form of martial arts would expose a weakness in that style that would lead to defeat. Lee's point was that Jeet Kune Do's system was superior because it incorporated various techniques from different styles. Lee can be seen as the conceptual father of the subject we are here to discuss today, mixed martial arts.

The Ultimate Fighting Championship (UFC) was formed in 1993 with the goal of showcasing the best practitioners of the different martial arts disciplines in a tournament to determine a single champion. This competition was the idea of Rorion Gracie, among others. The original UFC had very limited rules since it did not wish to inhibit any certain

fighting style and desired free competition. As time passed, more and more rules and limitations were implemented. These rules were implemented by the UFC's Mixed Martial Arts Council, not by athletic commissions.

Today, under the unified rules, there are a multitude of rules, limitations and regulatory oversight on UFC fights and other fights known as mixed martial arts competitions.

Senator John McCain of Arizona who described early UFC contests in the 1990's as "human cockfighting" and requested a ban of the sport in its early days has since changed his opinion due to the use of the unified rules. The Senator was quoted in November 2007, before a UFC event held in Newark, New Jersey as saying "The sport has grown up. The rules have been adopted to give the athletes better protections and to ensure fairer competition."

Mixed martial arts techniques can be broken down into two categories, striking and grappling. The types of strikes permitted include blows with hands, feet, knees or elbows. Grappling involves submissions, choke holds, throws and take downs. The goal of a mixed martial artist is to knock out his or her opponent, force the opponent to tap out or win the contest by scoring more points than their opponent. Unlike professional boxing and kick-boxing, it is acceptable for mixed martial artists to tap out. The contestants can tap the floor or their opponent or verbally notify the referee that they do not wish to continue. Upon notice of a tap out, the referee will immediately terminate the contest. The mixed martial artist who tapped out will be declared the loser of the bout via submission.

As of 2000, the New Jersey State Athletic Control Board (NJSACB) began to allow mixed martial arts promoters to conduct events in New Jersey upon submission and review of their established rules and regulations. In addition, the promoters had to agree to incorporate the NJSACB's medical testing and safety requirements. The intent was to allow the agency to observe actual events and gather information needed to determine what would be necessary to establish a comprehensive set of rules to effectively regulate the sport. In earlier years, most commissions had been hesitant to sanction mixed martial arts events due to the lack of formal rules in the sport which created health and safety concerns. For example, the sport generally did not divide contestants into weight classes, had contestants participate in several matches on the same evening and did not provide time limits on either round or bout length. However, promoters of mixed martial arts events began to develop formal rules and regulations which included procedures to help reduce the risk of injury to the contestant. After becoming aware that an appreciable amount of restrictions were now in place for some mixed martial arts events, the NJSACB then began a course of communications with the California State Athletic Commission with regard to the subject of regulating mixed martial arts events. California had established rules and regulations for the conduct of

the sport in their State but were unable to obtain funding needed to regulate the sport at that time and therefore legalize the sport.

On April 3, 2001, the NJSACB held a lengthy meeting, in Trenton, New Jersey to discuss the regulation of mixed martial arts events. This meeting was an attempt to unify the myriad of rules and regulations which had been utilized by the different mixed martial arts organizations. At this meeting, today's uniform rules were agreed upon by the NJSACB, several other prominent regulatory bodies such as the Nevada, Mohegan Sun and Foxwoods athletic commissions; numerous promoters of mixed martial arts events and other interested parties. At the conclusion of the meeting, all parties in attendance were able to agree upon a uniform set of rules to govern the sport of mixed martial arts.

While there is obvious risk in any type of combat sport, mixed martial arts has seemingly proven to be as safe as or safer than professional boxing, which has a much greater focus on repetitive striking to the head. While at first glance, mixed martial arts may seem very dangerous, studies have indicated that the injuries are comparable to those in boxing or football. In boxing, the boxer has two options, punch to the head or the body. In mixed martial arts, there are an array of maneuvers that can be utilized and fighters are not as committed to repetitively strike at the head. Further, the threat of a takedown, tie-up or throw may limit the ability to stand with feet planted and strike to the head with power for long periods. The smaller gloves used in mixed martial arts are designed to protect the hand but will generally not allow for the repetitive punching to the head as compared to boxing gloves with more padding, without a greater probability of a hand injury. There is no standing eight count in mixed martial arts to lessen the chances of second impact syndrome.

The maximum time limit for standard mixed martial arts bouts is 15 minutes and 25 minutes for a championship fight. Furthermore, training for a boxing match consists mainly of weeks of sparring where numerous punches to the head are absorbed where training for mixed martial arts must be more diversified.

ABC Montreal 2008

At this convention, a document proposing amendments to the Unified Rules was released to the membership. This document included controversial topics such as drastic weight class changes and liberalizing permissible elbow strikes, among other changes. After the conclusion of the convention, the ABC's President, Tim Lueckenhoff, formed this Committee to review the original unified rules and the amendments proposed in Montreal.

This Committee shared information and held several phone conferences since last year. The Committee obtained over one hundred pages of comments from various officials, promoters, match makers, managers, trainers, fighters, sanctioning groups, media, fans and others. Notice of the ability to comment was directed to over 30 mixed martial arts related media outlets and direct invitations to comment were sent to over 350 individuals in the industry. A list of those who commented can be found near the conclusion of this document. Sincere thanks to all who commented and assisted us in this review.

COMMITTEE FINDINGS:

Weight Classes-

The Committee recommends that the weight classes should remain unchanged. The Committee found no reason, at this time, to add more weight classes.

The generally accepted weight classes in mixed martial arts are:

Flyweight	up to 125 lbs.
Bantamweight	over 125 to 135 lbs.
Featherweight	over 135 to 145 lbs.
Lightweight	over 145 to 155 lbs.
Welterweight	over 155 to 170 lbs.
Middleweight	over 170 to 185 lbs.
Light Heavyweight	over 185 to 205 lbs.
Heavyweight	over 205 to 265 lbs.
Super Heavyweight	over 265 lbs.

It is recommended that the unwritten custom of the one pound allowance for non-title bouts be continued, but only if provided for in the written bout contract or by regulation.

Commissions may also approve catch weight bouts, subject to their review and discretion. For example, the Commission may still decide to allow the contest if it feels that the contest would still be fair, safe and competitive if a set catch weight is set in advance at 163 pounds, for example.

In addition, if one athlete weighs in at 264 pounds while the opponent weighs in at 267, the Commission may still decide to allow the contest if it feels that the contest would still be fair and competitive. This would be despite the fact that the two athletes weighed in at differing weight classes.

Commissions should establish and make known to promoters the maximum allowable weight differences for contestants for each weight class.

Training for Referees and Judges

The Committee suggests that parties who hold training courses to educate current or prospective mixed martial arts judges and/or referees, submit their full course training materials to this specific ABC Committee for our review and comment.

Upon approval of a submitted course curriculum, this Committee will notify the ABC President as to which courses have been reviewed and approved.

The ABC President can then list on its website or issue a press release noting that a course has been reviewed and endorsed by the ABC.

The Committee strongly suggests that each Commission utilize properly trained mixed martial arts judges and referees and continually evaluate their performances and competency. In addition, post-event performance reviews should be conducted and training and review courses should be regularly held for all officials, including inspectors.

Training should include comprehensive discussions surrounding what constitutes a 10-8 round while also noting that 10-10 rounds are available under the current scoring criteria.

Handwraps

All mixed martial arts contestants shall be required to gauze and tape their hands prior to all contests.

In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.

Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. However, as opposed to boxing wraps, the tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.

The bandages shall be evenly distributed across the hand.

Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the inspector is received.

Substances other than tape and gauze shall not be utilized. For example, pre wraps should not be used.

Females

Females competitors should be allowed to compete in five minute rounds, three rounds for non-title bouts and five rounds for title bouts.

Gloves

All contestants shall wear glove which are at least 4 ounces and are approved by the Commission. The language should not place a limit on 6 ounce gloves. The discussion by the group was prompted by the introduction of triple XL or five XL gloves which, due to the additional material, may weigh over 6 ounces.

Gloves should be supplied by the promoter and approved by the commission. No contestant shall supply their own gloves for participation.

Use of Vaseline and other similar substances-

Due to the Penn-St. Pierre matter, the group discussed the application of any substance to the hair or body which could result in an advantage.

Absolutely "no" body grease, gels, balms, lotions oils, or other substances may be applied to the hair, face or body. This includes the use of excessive amounts of water "dumped" on a contestant to make him/her slippery. However, Vaseline may be applied solely to the facial area at cage side or ringside in the presence of an inspector, referee, or a person designated by the commission. Any contestant applying anything other than Vaseline in an approved fashion at the appropriate time could be penalized a point or subject to loss by disqualification.

MMA ID Cards-

This Committee, while not directly within its scope, strongly suggests that all Commissions only issue ID card numbers on the database, when entering the information along WITH a photograph.

Linear Knee Strikes-

After a discussion prompted by the Silva-Leites bout, the Committee reviewed the issue of linear strikes to the knee joint and agreed that this technique should remain a legal technique.

Standing Foot Stomps-

This should remain a legal technique.

Downward Pointed Elbow Strikes-

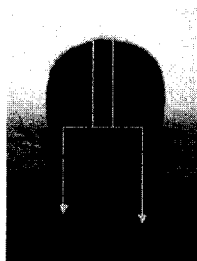
The Committee agrees that ceiling to floor or 12 to 6 elbow strikes should continue to be prohibited maneuvers.

Illegal Strikes to the Back of the Head-

The Committee has found a compromise between the Mohawk definition and the headphones definition. The Committee recommends a nape of the neck definition. Basically, the group concluded that a strike that touches the ear is generally acceptable.

Strikes are not permissible in the nape of the neck area up until the top of the ears. Above the ears, permissible strikes do not include the Mohawk area from the top of the ears up until the crown of the head. The crown of the head is found where the head begins to curve.

In other words, strikes behind the crown of the head and above the ears are not permissible within the Mohawk area. Strikes below the top of the ear are not permissible within the nape of the neck area.



Knees to the head of a grounded fighter-

The entire Committee believes that this maneuver should continue to remain as a foul.

Double Knockout Situations-

The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Fighter Appearance-

It is recommended that a Commission inspector or referee bring a clipper and a file to each event and check the fingernail length of all contestants.

Scoring-

The Committee maintains that the 10 point must system is still the preferred scoring method at this time.

The 10 point must system is defined as follows:

All bouts will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for an even round, which is scored (10-10).

Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defense.

Evaluations shall be made in the order in which the techniques appear, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense.

Effective striking is judged by determining the number of legal strikes landed by a contestant and the significance of such legal strikes.

Effective grappling is judged by considering the amount of successful executions of a legal takedown and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

Fighting area control is judged by determining who is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking; taking down an opponent to force a ground fight; creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

Effective aggressiveness means moving forward and landing a legal strike or takedown.

Effective defense means avoiding being struck, taken down or reversed while countering with offensive attacks.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

1. A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers;
3. A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.
4. A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

Fouls- (with explanations where warranted)-

The following are fouls and will result in penalties if committed:

1. Holding or grabbing the fence;

A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time.

If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighters scorecard if the foul caused a substantial change in position such as the avoidance of a takedown

If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position

2. Holding opponent's shorts or gloves;

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as

long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts

3.. Butting with the head;

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

4.. Eye gouging of any kind;

Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

5. Biting or Spitting at an opponent;

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

6.. Hair pulling;

Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way.

7. Fish Hooking.

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fishhooking". Fishhooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

8. Groin attacks of any kind.

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal

9. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent.

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

10. Downward pointing of elbow strikes;

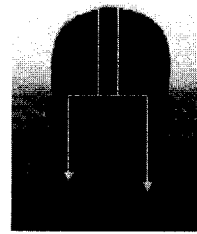
The Committee agrees that ceiling to floor or 12 to 6 elbow strikes should continue to be prohibited maneuvers.

11. Small joint manipulation.

Fingers and Toes are small joints. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints.

12. Strikes to the spine or the back of the head

Strikes behind the crown of the head and above the ears are not permissible within the Mohawk area. Strikes below the top of the ear are not permissible within the nape of the neck area.



13. Heel kicks to the kidney

14. Throat strikes of any kind, including, without limitation, grabbing the trachea.

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.

15. Clawing, pinching, twisting the flesh or grabbing the clavicle

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

Any manipulation of the clavicle is a foul.

16. Kicking the head of a grounded opponent.

A grounded opponent is any fighter who has more than just the soles of their feet on the ground.(i.e. could have one shin or one finger down to be considered a downed fighter) If the referee determines that a fighter would be a grounded fighter but is not solely because the ring ropes or cage fence has held fighter from the ground, the referee can instruct the combatants that he is treating the fighter held up solely by the cage or ropes as a grounded fighter

17. Kneeing the Head of a grounded opponent

A grounded opponent is any fighter who has more than just the soles of their feet on the ground. If the referee determines that a fighter would be a grounded fighter but is not solely because the ring ropes or cage fence has held fighter from the ground, the referee can instruct the combatants that he is treating the fighter held up solely by the cage or ropes as a grounded fighter .

18. Stomping of a grounded fighter

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note) Axe kicks are not stomps.

Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.

19. The use of abusive language in the fighting area

21. Any unsportsmanlike conduct that causes an injury to opponent

22. Attacking an opponent on or during the break.

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition

23. Attacking an opponent who is under the care of the referee.

24. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury)

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight

25. Interference from a mixed martial artists seconds

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

26. Throwing an opponent out of the ring or caged area.

A fighter shall not throw their opponent out of the ring or cage.

27. Flagrant disregard of the referee's instructions

A fighter MUST follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification

28.. Spiking the opponent to the canvas onto the head or neck (pile-driving)

*A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas. *** This is crucial that referees are properly advised and trained and that the fighters fully understand this at the rules meeting ****

29. Attacking an opponent after the bell has sounded the end of the period of unarmed combat

REMOVED AS A FOUL- Throwing in the towel during competition.

A fighter's corner, at the Commission's discretion, should have the option to retire his fighter in the quickest and most efficient manner possible, during competition.

A corner person having worked alongside a fighter may recognize and accept what their fighters capabilities are from past experience. It makes sense from a safety perspective to allow a corner to retire the fighter.

If there is consideration that debris in the form of a towel entering the ring or cage may contribute to a disruption or confusion in the contest, then colored towels or special towels might be a consideration to be used.

Scoring the foul to be performed by the Scorekeeper

Fouls may result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.

Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

Foul Procedures-

If a foul is committed, the referee shall:

1. call time;
2. check the fouled mixed martial artist's condition and safety; and
3. assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

1. The referee shall verbally notify the bottom contestant of the foul.
2. When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.
3. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

Time Considerations for Fouls

Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five minute time allotment the fight cannot be restarted and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

Fighter who is not fouled by low blow but another foul:

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, the fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the fighter cannot avail himself of the remaining time.

If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be re-started and the contest must end.

Scoring of incomplete rounds-

There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

Verbal tap out-

1.Submissionby

- i. Tap Out: When a contestant physically uses his hand to indicate that he or she no longer wishes to continue; or
- ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue **or makes audible sounds such as screams indicating pain or discomfort**

Definitions:

Takedowns:

Duck Under

A grappling move in which a fighter “ducks under” the opponents arm in an attempt to get behind him, to position him for a lift, throw, trip, takedown or other MMA attack.

Single Leg

A move in which a fighter takes the opponent down by lifting and controlling one of the opponent's legs.

Double Leg

A driving takedown which is executed when a fighter engages another fighter by grasping both of the fighter's legs, generally gripping the back of the fighters knees and lifting to displace balance.

Arm Drag

A method of grabbing, pulling and controlling an opponent's arm in an attempt to throw him off balance and gain positional control.

Ankle Pick

A move in which a fighter takes the opponent down by the grabbing or lifting of the ankle of his opponent forcing him to the ground.

Inside Trip

Is a sweeping motion applied when one fighter sweeps or hooks with his leg, the inner leg of his opponent in an effort to displace their balance and bring them to the ground.

Outside Trip

Is a hooking motion applied when one fighter hooks with his leg the outside leg of his opponent in an effort to displace their balance and bring them to the ground.

Body Lock

A hold in which a fighter locks his arms around the opponent's body as a method of control and from this position may take him to the ground

Osoto Gari

Osoto Gari is throw where a fighter steps to the outside of the opponent, pushing the opponent off balance while at the same time sweeping the opponent's leg out from under them

Hip Toss

A forward throw common to most grappling disciplines where one fighter is thrown over the other fighters hips.

Tai Otoshi

An attacking fighter will off balance the opponent and at the same time pivot away from the opponent in the same direction of the opponent's feet. The attacking fighter will extend his leg in front of the opponent so that the back of his calf is practically touching the opponents shin. At this time the attacking fighter will pull the fighter over the extended leg, resulting in a trip as the opponent falls forward.

Power Bomb

A lifting technique generally used, when a fighter is stopped during a double leg takedown attempt. The athlete grabs their opponent by the waist and uses a swinging motion while simultaneously elevating their opponent. The athlete performing the move steps back and throws their opponent onto the mat usually causing the opponent to land flat on to their back and shoulder area.

Seoinagi

A throw common to many grappling disciplines. It is a forward throwing technique in which one fighter is thrown over the other fighters shoulder.

Iranian Lift

Wrestling technique used when an athlete has pushed his weight too far forward when their opponent attempted a takedown. Usually performed from the knees the athlete will raise their back straight up while holding their opponents legs causing their opponent to be inverted

Whizzer

Defensive technique used to prevent a single leg takedown attempt.

Switch

Defensive technique used against a single leg takedown attempt to switch the position and gain control.

Submissions:

Armbar

A straight arm lock technique that attacks the elbow hyper-extending the joint.

Double Armbar

Attacks both arms simultaneously. Performed from the guard position, the athlete brings their legs up high around their opponents back and neck area trapping both arms. Athlete extends hips while controlling their opponent's wrists

Kimura / Double Wrist Lock

Attacks the shoulder. Can be performed from either side while standing or on the ground. Arm needs to be bent at approximately 90 degrees at the elbow with the arm being moved from the athlete's waist towards their head

Arm Triangle

Performed by trapping an opponent's arm against their own neck. The head is used to control the arm while the arms are wrapped around the opponent's neck and arm. Performed correctly the action intensifies when the athlete moves to an approximate 60 degree angle from their opponent

Americana

Also known as a "Key Lock" attacks the shoulder area. Usually performed in a cross body or mount position. Athlete must control their opponent's head position while keeping the arm bent at a 90 degree angle.

Omoplata

The omoplata is a submission that attacks the shoulder area by using the legs.

Gogoplata

A choke hold usually performed from the guard position. The shin is brought across the opponent's neck while one arm moves under the leg and meets up with the other arm to pull down on the opponents head

Rear Naked Choke

Most common choke used from behind the opponent. Athlete brings their arm around their opponents neck and locks the arm in place by grabbing their opposite arm at the elbow and wrapping the hand behind their opponents head

Guillotine Choke

Straight-arm choke used when facing an opponent. Usually performed from standing or guard position.

Anaconda Choke

Started from North / South position athlete moves hand from neck area to far side of opponent and wraps hand into opposing elbow and then rolls his opponent bringing his hips towards opponent's hips tightening the hold

D'Arce Choke

Performed the opposite of the Anaconda Choke, the arm starts from the opponent's side and moves up along the neck area and wraps into the opposing elbow.

Front Choke

Performed by placing the blade of the forearm across the neck area and grabbing the arm to fulcrum the leverage down into the throat area to create the choke

North / South Choke

Performed while one athlete is on top of their opponent with one fighter facing down and one fighter facing up. The top fighter slips their arm around the bottom fighters head allowing the armpit area to settle into the throat area. The top fighter then settles their weight down applying the choke

Toe Hold

Attacks the ankle joint. Athlete grabs the foot and figure fours their arms around the lower leg while applying pressure towards the inside of the foot.

Triangle Choke

Used primarily from the guard the athlete must pass one leg over their opponents shoulder trapping the head and one arm inside. The athlete then must figure four their legs applying pressure against the neck by forcing the trapped arm against the neck. Pulling down in the head intensifies the hold.

Ankle Lock

Attacks the ankle joint and athlete uses his arms and torso to apply pressure to the ankle.

Heel Hook

Attacks the knee joint. Set up in a similar fashion to the ankle lock, the fighter positions their opponent's foot down past their side and the heel just outside the crook of their elbow. The fighter then applies leverage by pulling the heel towards their nose

Inverted Heel Hook

Set up in a similar fashion the straight heel hook applies pressure by rotating the heel towards the inside. The inverted heel hook applies the rotation of the heel to the outside

Knee Bar

Attacks the knee joint in the same fashion as the Armbar attacks the elbow joint.

Twister

Attacks the spine by isolating the legs in one direction and leveraging the head neck and torso in the opposite direction.

Head & Arm Shoulder Lock

Performed from side control the fighter uses their legs to control their opponents arm. The maneuver masks the movements of the Kimura, only utilizing the legs

Head & Arm Arm Lock

Performed from side control the fighter uses their legs to control the opponents arm. The maneuver masks the movements of the straight arm bar, only utilizing the legs

Peruvian Neck Tie

Similar to the Guillotine choke the move is performed by placing both hands together in the neck area or your opponent. Pulling in and squeezing arms together while using legs to trap far side arm and control opponents' body

Positions:

Closed Guard

Most common defensive position seen on the ground. Fighter on bottom has wrapped legs around their opponent's waist and has crossed their feet.

Open Guard

Fighter on the bottom has not closed his legs around the waist of their opponent. Hip movement is key

Butterfly Guard

Fighter on bottom has placed their feet inside their opponent's legs near groin area. Knees are held high to prevent passing of the guard

X- Guard

Performed by using both legs against opponent's one leg crossing feet similar to an X. Arms attack opponents other leg attempting to off balance the fighter.

Half Guard

Position of fighting when the bottom fighter controls only one leg of the top fighter with their legs

Side Control

Dominant position of fighting where the top fighter has cleared the legs of the bottom fighter and is now off to one side on top of their opponent

Mount

Dominant position where the top fighter has straddled the bottom fighter with their legs

Rear Mount

The fighter who has the back will have his legs hooked into his opponents' pelvic area or will triangle their opponents body to control position

North – South

Both fighters are on the ground. Fighter on the bottom is facing up, while the fighter on top is facing down. The fighters' feet will be facing opposite directions

Crucifix

A technique that is used to control an opponent's arms by the use of your legs and arms. Can be a submission hold when applied as a neck crank. Usually used to control a fighters arms in a ground and pound attack

Can Opener

Used to open the closed guard of your opponent by pulling on the head bringing it towards the chest area. Can be a submission only if the fighter on the bottom refuses to open their guard.

Underhooks

Wrapping the arm under your opponents arm and around the shoulder area or torso

Overhooks

Wrapping the arms over the top of your opponents arms

Double Underhooks

Wrapping both arms under your opponents arms. Usually has connection of the hands for takedown attempt

Plumb

Muay Thai technique used to control the head with both hands clasped around the neck area

Hip Over Sweep

Used from guard position. Fighter traps opponents post arm, elevates hips and rotates opponent over landing in mount position

Scissor Sweep

Used from the guard position bottom fighter traps post arm, brings one leg up high the other leg low and scissor kicks the legs together while pulling on opponents trapped arm

Elevator Sweep

From guard position bottom fighter hooks inside of opponents leg with their foot. Fighter then pulls opponent towards them while lifting with hooked leg. Opponent is rolled over the shoulder area to complete the sweep

Double Ankle Sweep from Guard

From the guard the top fighter stands up. The bottom fighter drops their closed guard and grabs the standing fighter's ankles. The bottom fighter pinches knees together, lowers their hips and pushes the standing fighter over following the movement in to a top position

COMBAT AREA (Ring / Cage)

All MMA contests will take place in either a Cage or a Ring that has been approved by the Commission. The Cage or Ring will meet the requirements set forth by each Commission and also be subject to inspection prior to each event by a Commission representative such as a referee.

Rings

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

from the ring floor;(7) There must not be any obstruction or object, on any part of the ring floor.

Cages-

The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner as approved by the Commission, with at least one inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform. No vinyl or other plastic rubberized covering shall be permitted.

The fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the participants. Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Commission.

The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by the Commission and shall not be abrasive to the contestants.

The fence shall provide two separate entries onto the fighting area canvas.

RULE MEETINGS: (General Guidelines)

In many jurisdictions, group rule meetings have been commonplace in the reviewing of rules, fouls and other considerations. It is recommended that individual meetings between the bout supervising referee and each competitor in the contest be conducted backstage in the locker room or another appropriate location. Many times contestants will ask questions of the official when the rules are covered individually in private, when they would have been hesitant to ask the same question in front of their competitor. This also provides the referee to observe any peculiar idiosyncrasies of the fighter, such as an odd speech pattern, nervous ticks, or different eye colors.

This does not supercede the ability of the Commission to have a general rules meeting about the requirements and also discuss items such as a fighter's time to report, the location, interaction with the inspectors, available liquids and foods, taping

requirements and so on, with all the fighters gathered en masse.

AMATEURS:

The Unified Rules of Professional Mixed Martial Arts, became the de facto set of rules for professional MMA competition. There currently are no formal national unified rules governing amateur MMA that have been endorsed and adopted by the Association of Boxing Commissions. There is not a national amateur mixed martial arts sanctioning organization with a federal charter, akin to USA Boxing.

As a result, this document is being presented to the ABC, with some guidelines designed specifically for amateur MMA events.

The focus of every Athletic Commission is to ensure the safety and protection of all athletes who engage in combative sports. With that fundamental goal in mind, the primary focus of developing these amateur rules is also to ensure the safety of the athlete.

The Committee also recommends that Commissions define what constitutes an amateur mixed martial arts contestant. It was noted that some current amateur mixed martial artists are competing at various levels in muay thai, kick boxing and boxing.

Why The Need for the Amateur Rules?

Within many jurisdictions, MMA is growing at a phenomenal rate. While many Athletic Commissions govern and administer professional MMA, some Commissions do not do the same with amateur MMA. There are some jurisdictions that do not recognize amateur MMA, due to the sport not having any recognized rules or a recognized amateur body. There are jurisdictions that have amateur MMA shows taking place without any knowledge or support from an Athletic Commission. These shows function within a Commission's jurisdiction, yet free from a Commission's involvement. Some Athletic Commissions have allowed third party sanctioning groups to step in and administer amateur MMA, allowing the responsibility to shift away from their Commissions entirely. Some Commissions have taken the approach of shared governance with these third party sanctioning organizations. A recent ABC survey was conducted, which consisted of a questionnaire being given to ABC member Commissions. There were some questions that dealt specifically with amateur MMA. Most respondents supported the idea of establishing national unified rules for amateur MMA.

Athletic Commissions

As previously stated, the mandate of every Commission is to ensure that athletes are protected and that athlete safety is of utmost importance. These rules are an attempt to provide governance and clarity to amateur MMA competition, and give all athletes that protection.

It also makes sense that should a Commission decide to relinquish authority to a third party sanctioning organization, then there is the knowledge that the organization is using rules and regulations and meeting requirements that have been approved by the Commission.

It is however, strongly recommended that all Athletic Commissions take an active role in the regulation and administration of MMA, both professional and amateur within their jurisdictions.

Besides providing structured safety guidelines, these rules also provide additional benefits. One of the goals of amateur MMA is to provide an educational opportunity for athletes to develop skill sets and attributes that will allow them to participate and compete, should they choose to turn professional.

Some athletes, who enter the professional ranks too early, without developing proper skills, can have problems very early on in competition. The absence of technical skills, coupled with nerves, can often result in a fighter displaying poor skills and tactics, and having a fight end too quickly. The athlete can accumulate a poor record before ever developing the skills and attributes required to successfully compete inside the cage. It is beneficial to most athletes to have the opportunity to hone techniques, tactics, and work at controlling stress unique to competition. Amateur MMA enables an athlete to achieve these results.

Ensuring that athletes have the opportunity to learn and develop skills, techniques and tactics specific to MMA competition.

1. Provide a fair and safe venue for amateur athletes to engage in MMA competition
 2. Preparing athletes both mentally and physically for MMA competition
 3. Promoting the general welfare of amateur MMA sports competition
 4. Providing clear rules that are easy to interpret for all parties associated in MMA such as the Athletic Commission, judges, referees, doctors, athletes, coaches, and the fan base.
-

5. Providing behavior codes so that athletes are self governed and represent the sport and themselves accordingly.

WEIGHT LOSS

Athletes shall be examined at the pre-fight examination to screen for in excessive or extreme weight loss practices leading to dehydration.

CONSUMABLES

-Only water or an approved electrolyte drink by the Commission may be consumed during the bout. The use of banned substances is grounds for DISQUALIFICATION and administrative disciplinary action. Athletes Particular attention should be given to amateurs consuming energy drinks prior to the contest.

Additional Suggested Amateur Fouls

AMATEUR Fouls

The following actions are recommended additional fouls for amateur Mixed Martial Arts competition.

1. Elbow or forearm strikes

No elbows or forearm strikes are allowed during amateur competition. You may not strike with the elbow, forearm or triceps area.

2. Neck Cranks

Any hold that places the fighter's neck in jeopardy from a crank is illegal. Neck cranks such as the "Can Opener" or "Bulldog" are examples of an illegal neck attack

3. All leg submissions except (Kneebar and Straight Ankle Lock)

Heel hooks and toe holds are prohibited. Straight Kneebars and the Straight Ankle lock are allowed

4. Knee strikes to the head (standing and grounded fighter)
5. Hand chokes
6. All spine attacks (strikes PLUS locks).
7. All strikes to, or around the knee joint.
8. Dropping your opponent on his or her head or neck at any time.

CONCUSSIVE HEAD IMPACT FOULS

-Before allowing a fight to continue the Referee should consult with the Ringside Physician in all cases involving concussive head fouls. The Referee in conjunction with the Ringside Physician will determine the length of time needed to evaluate the affected athlete and his or her suitability to continue.

COMMITTEE MEETING MINUTES AND REQUEST FOR COMMENTS DOCUMENT

The Committee's meeting minutes are as follows:

Dear Committee:

On June 17, 2009, the ABC MMA Committee held a phone conference meeting. Please review the below draft of the June 2009 ABC MMA Committee phone conference meeting minutes and reply with any corrections or comments as promptly as possible.

Present at the June 2009 meeting were

Jim Erickson
Andy Foster
Keith Kizer
Nick Lembo
Josef Mason
Michael Mazzulli
Bernie Profato
Dr. Sherry Wulkan

Absent

Dale Kilparchuk

1. Vote to accept March 2009 meeting minutes;
Motion by Profato and second by Mazzulli

2. Discussion of Linear Strikes to the Knee Joint

Based on a letter from Nelson "Doc" Hamilton, the committee discussed this issue which seemed to garner attention due to UFC 97 and its Anderson Silva-Thales Leites fight. Profato opened by stating that he thought linear strikes to the knee joint should be banned and Mazzulli agreed. Foster stated that contestants skill levels are progressing annually and that we need to protect the contestants. Lembo suggested that this maneuver be banned in the amateurs, but allowed in the pro ranks. Lembo stated that this type of kick is difficult to land and is able to be defended by checking or movement. Lembo stated that kicks to the side of the knee joint seem to cause worse injuries. Lembo added that we allow strikes to the head and eyes which could cause worse injuries. Dr. Wulkan stated that from a purely medical standpoint, kicks to the side of the knee joint while the leg is planted are more dangerous and could cause worse injuries. Dr. Wulkan stated that the leg usually must be straight, not bent to increase more serious injury risk from linear knee joint strikes. Dr. Wulkan stated that other types of kicks can be thrown with more power and cause more damage. Erickson asked what combative sports disallow this maneuver. It was noted that these kicks are not allowed in kick boxing but that is due to the fact that kicks below the waist are not allowed. Kizer stated that there are ways to defend this offensive technique which occurs directly in front of the competitor. Kizer read from a statement from a NAC consulting orthopedic physician who stated that he did not see the need to ban this technique and saw other allowable techniques which could be more damaging from an injury standpoint. Foster stated that Anderson Silva is an anomaly. Foster stated there is not enough data on this rarely utilized technique. Kizer reminded that each Commission can require more restrictive rules if desired and Foster stressed the need for uniformity. The Committee unanimously agreed that it be suggested that linear strikes to the knee joint be banned in the amateurs but remain unchanged at this point in time in the pros.

3. Issuance of MMA ID Cards without photograph

The Committee unanimously agrees that all ABC MMA ID cards should be issued with a photo in the database.

4. Discussion of amateur mixed martial arts

The Committee again discussed what role Commissions should play in amateur mixed martial arts events.

5. Definition of amateur mixed martial artist

The Committee discussed that Commissions should have regulations determining what constitutes amateur status. It was also noted that amateur mixed martial artists are also competing in kick boxing, muay thai and boxing.

Also, again attached is the .jpg, side and back of head striking area photo!, and included below or attached, are prior meeting minutes and Committee documents.

Attached as a Word Document are the Committee Comments received.

Nick

Present at the March 30, 2009 meeting were

Jim Erickson

Andy Foster

Dale Kilparchuk

Keith Kizer

Nick Lembo

Josef Mason

Michael Mazzulli

Bernie Profato

Dr. Sherry Wulkan

1. Vote to accept February 2009 meeting minutes;
Motion by Mazzulli and second by Profato

2. Continuation of back of the head discussion;

The group continued to discuss the permitted striking area on the side and the back of the head. The group accepted the back of the head diagram but asked that the side of the head photo be edited to clarify the permissible striking area. (AMENDED PHOTO ATTACHED TO THIS E-MAIL) Basically, the group concluded that a strike that touches the ear is permissible. As the diagram shows, strikes are not permissible in the nape of the neck area up until the top of the ears. Above the ears, permissible strikes do not include the Mohawk area from the top of the ears up until the crown of the head. The crown of the head is marked on the attachment and is found where the head begins to curve.



Illegal Strikes to the Back of the Head- Strikes behind the crown of the head and above the ear are not permissible within the Mohawk area. Strikes below the top of the ear are not permissible within the nape of the neck area.

3. Revisit allowable foul time limits (due to post-Feb. mtg. conversations with Kizer and also Profato);

The group unanimously decided that all fouls should not be guaranteed five minutes of recovery time.

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

4. Glove sizes;

Mason introduced and the group unanimously agreed that glove size rules should read as follows, Any gloves which are at least 4 ounces and are approved by the Commission. The language should not place a limit on 6 ounce gloves. The discussion by the group was prompted by the introduction of triple XL or five XL gloves which, due to the additional material, may weigh over 6 ounces.

5. Vaseline;

Due to the Penn-St.Pierre matter, the group discussed the application of any substance to the hair or body which could result in an advantage.

Absolutely "no" body grease, gels, balms, lotions oils, or other substances may be applied to the hair, face or body. This includes the use of excessive amounts of water "dumped" on a contestant to make him/her slippery. However, Vaseline may be applied solely to the facial area at cage side or ringside in the presence of an inspector, referee, or a person designated by the commission. Any contestant applying anything other than Vaseline in an approved fashion at the appropriate time could be penalized a point or subject to loss by disqualification.

February 2009

Present at the February 2009 meeting were:

Jim Erickson

Andy Foster

Dale Kilparchuk

Keith Kizer

Nick Lembo

Josef Mason

Michael Mazzulli

Dr. Sherry Wulkan

Aaron Davis

Absent due to phone problems:

Bernie Profato

Agenda Items:

1. Continue Discussion on Legal Strikes to the Back of the Head and Present Dr. Wulkan's presentation, for consideration by Committee members, Committee medical staff, etc.,

Dr. Wulkan's previously provided power point presentation was discussed and a presentation was made by Dr. Wulkan. Particular attention was given to slides 54,61 and 70-78. The nape of the neck area was attempted to be defined. The main question was whether the nape of the neck stopped at the top, or the bottom of the ear. It was explained that the nape of the neck is from the bottom of the ear down. Above that area

would still be the Mohawk as the banned area. Dr. Wulkan stressed that she would not decide the issue for the Committee and asked that the Committee run these ideas past their own physicians. It was agreed that Dr. Wulkan would draw a nape of the neck to the crown of the head diagram. The next issues would be to train and explain the defined areas.

2. Discuss Issue of Uniformity of Scoring Partial Rounds After Foul Stoppages That Qualify to go to Scorecards,

Motion by Kizer and Mazzulli and second by Mason to score the partial round in the same fashion as we do in boxing.

3. Discuss Foul Time Limits,

Lembo and Foster suggested that in any extended break in the action; the doctor should be brought in to make an assessment and Kilparchuk agreed. Kizer warned against micro-managing the role of the referee. A long conversation ensued discussing whether all fouls, not just groin shots, should be guaranteed up to five minutes. The Scott Smith-Robbie Lawler I stoppage was extensively discussed. After a long involved discussion, the Committee was split.

A motion was made by Kizer and second by Mazzulli that all fouls be treated in the same fashion as groin strikes and contestants be given up to five minutes for recovery time if the contestant desires such time. Kilparchuk, Foster and Mason were against the motion with Profato absent. Erickson was in favor along with the motioning parties.

Subsequent to the meeting, Lembo and Kizer discussed the following Nevada regulation:

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

Lembo also discussed the subject with Profato, and Lembo, Kizer and Profato agreed to re-visit the issue at the next phone conference.

4. Discuss Ruling on Double KO Situations as requested by ABC Legal Committee,

The question was on the proper bout outcome when such an unusual situation occurs. The below Nevada regulation was discussed and the outcome was agreed upon by the entire Committee.

The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Motion by Mason and second by Foster that ruling should be technical draw and explanation, if need be, by way of double knockout.

5. Discuss Allowable Maximum Weight Discrepancies as requested by ABC President Tim Lueckenhoff,

Motion by Kilparchuk and second by Foster that this topic should be left to each individual Commission's discretion given each situation.

6. Discuss Fake Fingernails and Fingernail length on female competitors and heavyweight class weight differences per Referee Kim Winslow.

Suggest inspector and/or referee bring clipper and file to event.

Motion by Kilparchuk and second by Foster that weight classes and this topic was covered sufficiently at last meeting.

7. Vote to accept December 2008 minutes as listed below

Motion by Kilparchuk and second by Mason

DEC 2008 ABC MMA COMMITTEE MEETING MINUTES

A phone conference meeting was held on December 17, 2008.

Present at the meeting were:

Bernie Profato
Jim Erickson
Andy Foster
Dale Kliparchuk
Keith Kizer

Nick Lembo
Josef Mason
Dr. Sherry Wulkan

Present prior to end of the meeting was:

Michael Mazzulli

The meeting opened by Lembo stating that prior to the Montreal meeting, the Commissions basically had unified rules with slight variations in certain jurisdictions. Due to Montreal, we are now left discussing certain issues. The great things that occurred in Montreal were the issuance of MMA ID cards and the database, the definitions added to the unified rules, the time length explanation of foul situations, the hand wrap video and the attention to amateur MMA. The other things were that we suggested some changes that might cause major deviations in rules for different jurisdictions. These changes were reviewed by a wide cross section of the industry in a voluminous writing already submitted to the Committee members. The goal of this Committee is to attempt to gain a consensus or a breakdown on the divergence of opinions and report such to the full ABC membership by May for their attention, review and response prior to the late July ABC Convention.

Lembo stated that he believed, based on his observations and discussions with other Committee members, that key areas to review were:

1. Defining legal striking areas to the head,
2. Defining legal elbow strikes,
3. Exploring scoring criteria and or education, and
4. Getting Commissions to at least set requirements/guidelines for amateur MMA.

Lembo also mentioned hand wrap education and dehydration and weight cutting.

Lembo also stated other Montreal items needed discussion, such as: 1.Weight Classes, 2. Manipulation of the Clavicle, 3. Smothering, 4. Heel kicks to the Kidney, 5. Standing Foot Stomps, and 6. Throwing of the Towel.

Lembo also asked that the Committee discuss Knees to the Head of a Grounded Fighter.

STRIKES TO BACK OF THE HEAD- Lembo stated that some think the Mohawk rule is too small and some feel the headphone rule is too large. Kizer stated that he believed both to be problematic. Kizer explained a nape of the neck definition. Profato noted that

we need to be able to clearly explain this to referees and fighters need to be able to understand it.

Dr. Wulkan was asked to design a 3D picture and then offered to develop a power point presentation for the Committee to review. Kizer motioned for the Committee to review the Dr's presentation and bring this topic up again in the future and was seconded by Profato.

DOWNWARD POINTED ELBOW STRIKES- A motion was made by Foster and seconded by Profato to disallow downward pointed elbow strikes.

SCORING- The Committee discussed education or further guidelines for an MMA Judge as to how to score a round. Most discussion surrounded the scoring of a 10-8 round. Profato and Lembo noted the disparity in the consistency between boxing and MMA in judges scoring a 10-8 round. Lembo brought up a half point scoring system for discussion.

HANDWRAPS- The Committee discussed this issue and noted that the video presented in Montreal helped to educate the membership.

WEIGHT CLASSES- Kizer stated and the Committee agreed that Commissions should be only concerned with approving fair matchups at approvable weight differences. Profato noted that there is no mention of weight classes in the uniform championship rules of boxing. Profato strongly recommended to leave the weight classes as originally in the unified rules and was mirrored in sentiment by Foster and Mason. Motion made to leave the weight classes as originally stated by Kilparchuk and seconded by Profato.

DEHYDRATION AND WEIGHT CUTTING- Wulkan discussed that she would prepare a document for the Committee on simple and quick methods to test for excessive dehydration.

SMOTHERING- Lembo noted, and Kizer agreed that smothering is allowed in other sports, such as gi jiu-jitsu competitions and Lembo noted body locks and knee on belly techniques that are allowable which restrict breathing. Motion by Profato and second by Foster to continue to allow this technique.

STANDING FOOT STOMPS- A motion by Kizer and a second by Mason was made to continue to allow standing foot stomps.

MANIPULATION OF THE CLAVICLE- Kizer noted that he had not seen eye gouging but the fact that we have not seen it should not be reason alone to allow it. Kizer asked Wulkan for her opinion and she stated that it should remain a foul. Kizer motioned for it to remain a foul and was seconded by Foster.

HEEL KICKS TO THE KIDNEY- Lembo made mention of a particular Rickson Gracie fight and Profato discussed the Couture-Sylvia bout. Wulkan was asked her opinion by Kizer. Wulkan strongly felt that this technique should continue to be disallowed. Motion made by Kilparchuk and seconded by entire Committee to keep this as a foul.

THROWING OF THE TOWEL-The Committee agreed that this topic should be left to the discretion of each individual Commission.

AMATEURS- Profato stated this should be left to individual Commissions but that Commissions should not leave oversight to sanctioning bodies alone, Lembo agreed.

KNEES TO HEAD OF GROUNDED FIGHTER-Entire Committee agrees that this should continue to be prohibited.

Mazzulli joins phone call.

Phone conference ends.

Dear Tim and Committee Members:

In response to Tim's question (Nick, I am starting to read and highlight, One thought I had while reading, is there any way, (time consuming I am sure), to do a graph on each question to total the votes for change or not change, I think it would be interesting any probably very useful. Tim)

Making Smothering A Foul As Suggested in Montreal favor, 49 against	13 in
Removing Manipulating the Clavicle As a Foul As Suggested in Montreal 32 against	16 in favor, 32 against
Making Standing Foot Stomps a Foul as Suggested in Montreal favor, 57 against	17 in
Removing Heel Kicks to the Kidney as a Foul As Suggested in Montreal favor, 16 against	40 in
Adopting New Weight Classes as Denoted in Montreal 60 against	4 in favor, 60 against
Adopting Downward Elbows as Defined in Montreal	24 in favor, 39 against

No Strike Back of Head as Defined in Montreal 35 against	22 in favor,
Allowing Knees to the Head on The Ground As in First Montreal Draft 45 against	25 in favor,

ABC MMA RULES COMMENTS ATTACHED AS A WORD DOCUMENT

To: ABC Mixed Martial Arts Committee Members

Copy to: ABC President Tim Lueckenhoff

From: Nick Lembo, ABC MMA Committee Chairman

Date: September 23, 2008

Re: Comments Received

Please review the attached comments that have been received. All comments were required to be placed in writing so that I have a record. I am so pleased to have received so many detailed comments from a vast cross section of the MMA Community from various jurisdictions.

Please take the next several weeks to review the comments. This is an extensive document! I will contact you in a few weeks to schedule our first Committee group meeting to begin handling areas of concern and interest.

To summarize, it seems that scoring is of greater concern than any rule changes. The majority seem to be against many of the rule changes to the sport as recommended in the Montreal document.

I will be issuing a public release to thank those who helped us by submitting comments. I will not be releasing their comments or this document however, and ask you to keep it in house also.

The close of the advertised and published comment period for outside parties was September 17, 2008.

Invitations for any interested parties, including the public, to comment, were published on ADCC News, Angermanagement4mma, Bloody Elbow, Bloody Knux, CBS

Sports, Fight Opinion, Fighters, Fightlinker, Fight Ticker, MMA Convert, MMA Linker, MMA Madness, MMA Memories, MMA Online, MMA Opinion, MMA Playground, MMA.TV, MrSport, NYCFIGHT, Sherdog, UFC Junction and USKBA websites, among others. I personally spoke to dozens of reporters on multiple occasions and asked them to assist me in getting the word out about receiving comments from any party.

Invitations to comment were e-mailed directly to Scotty Adams, Ricardo Almeida, Carlos Arias, Zach Arnold, Brendan Barrett, Katrina Belcher, Eugene Bellida, Dr. Mark Belafsky, Dr. Johnny Benjamin, Jeff Blatnick, Jordan Breen, Gary Brody, Denny Buckholder, Dr. Robert Cantu, Sam Caplan, Donnie Carolei, Michael Chiapetta, Rich Chou, Brian Cimins, Ryan Ciotoli, Scott Coker, Dr. Dominic Colletta, Eric Colon, Mike Constantino, Bob Cook, Andrew Correa, Monte Cox, Brian Crenshaw, Doug Crosby, Joe Cuff, Joe Cunliffe, Jeff Curran, Herb Dean, Tom DeBlass, Tom DeFazio, Mark Dellagrotte, TJ DeSanctis, Jatinder Dhoot, Joe Diamond, Paul Domenech, Mick Doyle, Chad Dubin, Dan Duggan, Phil Dunlap, Chad Edward, Bert Emanuel, Gene Fabrikant, John Farrar, Joe Ferraro, Fred Fitzgerald, Bernard Fernandez, Dan Fischer, Arias Garcia, Justin Garcia, Kelly K Gavin, Kevin Garvey, Jim Genia, Joel Gold, Larry Goldberg, Eddie Goldman, Randy Gordon, Renzo Gracie, Josh Gross, Rob Guarino, Dr. Vincent Guida, John Hackleman, Steven Haigh, Nelson Hamilton, Kirk Hendrick, Todd Hester, Clint Heylinger, Shu Hirata, Jeremy Horn, Matt Hughes, Loretta Hunt, Keith Idec, David Isaacs, Miguel Iturrate, Charles Jay, Kirik Jenness, Eric Joza, Steve Katz, Dr. Michael Kelly, Kipp Kollar, Ron Kruck, Chad Kurle, Tara LaRosa, Rich Latta, Melvina Lathan, Joe Lauzon, Yves Lavigne, Chuck Liddell, Danny Liguori, Matt Lindland, Travis Lutter, Mike Lynch, Gary Marino, Ray Martin, Carl Mascarenhas, David Mastrogiovanni, Dr. David Mayeda, Alex Marvaez, Chris McCabe, John McCarthy, Cam McHargue, Franklin McNeil, Dave Meltzer, Jerry Mendez, Jeff Meszaros, Bob Meyrowitz, Rick Migliarese, Pat Miletich, Keith Mills, Dan Miragliotta, Roxanne Modaferrri, Pramit Mohapatra, Tom Molloy, John Moody, John Morgan, Scott Morgan, Kelsey Mowatt, Kevin Mulhall, Lou Neglia, Mark Negron, Philip Nurse, Chris Onzuka, Dr. Steven Oxler, Karo Parisyan, Kurt Pellegrino, Kid Peligro, BJ Penn, JD Penn, John Perretti, Scott Petersen, Mike Popp, Marc Ratner, Paul Rosner, John Rallo, David Ross, Mike Reilly, Bas Rutten, Candy Schacter, Kerry Schall, Danny Schulmann, Matt Serra, Frank Shamrock, Jared Shaw, Dr. Steven Shogun, Joe Silva, Marcus Silveira, Greg Sirb, Dr. Robert Smick, Jerry Spiegel, Georges St. Pierre, Dan Stupp, Tony Tamburrino, Jeff Thaler, Dan Theodore, Luke Thomas, Shawn Tompkins, Ivan Trembow, Cardo Urso, Mike Varner, Steve Ventura, Chris Wagner, David Weinberg, Dana White, Tony Williamson, Kim Winslow, Brian Wright, Dr. Sherry Wulkan, Ben Zeidler, and Carmine Zocchi among others.

Comments were received from:

Ricardo Almeida is from New Jersey. Ricardo is a well known veteran of the UFC as well as Pride and Pancrase, both of Japan. He has won numerous submission grappling and jiu-jitsu tournaments. He is a Brazilian jiu-jitsu black belt and has his own academy and affiliate schools. He has trained and cornered many professional and amateur competitors.

Brendan Barrett is from New Jersey and has fought professionally for the IFL, Ring of Combat, Reality Fighting and Extreme Challenge.

Dr. Mark Belafsky, now of California, recently retired as the longtime Chairman of New Jersey's Medical Advisory Council.

Katrina Belcher, of Tennessee, is the editor of The Ultimate Female Fighter. Com, the founder of National Association for MMA Fight Professionals, and is a student of krav maga, grappling, agedo and kendo.

Eugene Bellida is a fan from New York.

Dr. Johnny Benjamin, of Florida, is the Chairman of the Department of Orthopedics, Director of the Joint Implant Center and Director of Medical Specialty Procedures Surgery Center in Vero Beach.

Jeff Blatnick is from New York and is an Olympic gold medalist in wrestling. Jeff was the head of the Mixed Martial Arts Council from 1997-2000 for the UFC, under its prior ownership. Jeff developed fight rules, medical policy, scoring criteria. Jeff authored the Mixed Martial Arts Council Manual. Jeff is licensed as a referee and judges with the New Jersey commission.

Jordan Breen is a journalist and radio show host for Sherdog.

Donnie Carolei, of New York, is a licensed mixed martial arts and kickboxing referee in New Jersey and several other jurisdictions. Donnie earned his 7th Dan from Grand Master Peter Urban in USA Goju. Donnie was a point karate, New York State Kumite Champion, Kata Champion and holder of several martial arts Hall of Fame awards.

Joseph T. Catlett, Jr, of Virginia, is the head instructor of the Catlett School of Karate/Self-Defense. He is a former U.S. Army karate and stickfighting champion and a former W.P.K.O. karate number one contender and a Pennsylvania state kickboxing champion.

Edward Chung is a fan from British Columbia.

Brian Cimins, from New Jersey, is the founder of Grapplers Quest and promoter of Sportfighting.

Scott Coker, of California, is a longtime combat sports promoter and promoter of Strikeforce mixed martial arts which airs on NBC. Coker promoted a mixed martial arts event which drew over 18,000 fans in San Jose.

Dr. Domenic Coletta practices in Atlantic City, New Jersey, where he has been a licensed ringside physician since 1988. His medical specialty is in the field of Emergency Medicine and he is on the medical executive board of the American Association of Professional Ringside Physicians.

Eric Colon, from New Jersey, is the owner of Tong Dragon Martial Arts, a professional mma judge licensed in New Jersey and at the Mohegan Sun. He has fought as a professional mixed martial artist.

Mike Constantino of New Jersey is the owner of AMA Fight Club and manager of the school's fight team which has had fighters compete at every level, including the UFC.

Andrew Correa, from Virginia, has refereed professional mixed martial arts in Virginia and New Jersey as well as at the ADCC's, Grapplers Quest, CBJJ and Gracie Nationals. He is the head instructor at a Brazilian Jiu Jitsu academy.

Monte Cox, from Iowa, is a longtime and well-established fight promoter and manager. He started Extreme Challenge and has promoted over 100 events.

Brian Crenshaw, from Virginia, is the mixed martial arts representative of the WKA, an entity that sanctions combat sports, including mixed martial arts.

Mick Doyle of Nebraska, is a former Irish kickboxing champion, International Kickboxing Organization champion, fighter and head coach of the United States Muay Thai team, competitor in various martial arts tournaments and corner man for several fighters.

Paul Freitas is a fan from California.

Mark Gentry is a fan from North Carolina.

Renzo Gracie of New Jersey, is a lifelong practitioner of Brazilian jiu-jitsu and member of the legendary Gracie family from Brazil. He has fought in Pride, Rings, IFL, EliteXC, MARS, K-1 and the WCC. He coached the New York Pitbulls in the IFL and has a school in Manhattan.

John Hackleman is the founder of The Pit in California. He is a practitioner of Hawaiian Kempo who was an amateur boxing champion and professional boxer. He has trained popular UFC champion Chuck Liddell and other professional fighters.

Stephen Haigh of Pennsylvania, is a multiple time and multiple event grappling champion for organizations such as NAGA and has fought about a dozen professional mixed martial arts contests in Bodog, Reality Fighting, Mass Destruction, Mixed Fighting Championships, BAMA Fight Night and other events. He is an instructor at Philadelphia Fight Factory and has trained and cornered professional fighters throughout the world.

Nelson Hamilton is from California and has been a licensed mma referee and/or judge in California, Nevada and New Jersey. He is the founder of Ring Experienced Fight Specialists (www.mmarefs.com) and has worked at UFC, Pride, Strikeforce, WEC, Elite XC and KOTC shows.

John Hankel is a fan from New York.

Matt Hughes, of Illinois, is a former UFC champion and a founder of the H.I.T. Squad, a training center. He was an NCAA Division One All American in wrestling.

Miguel Iturrate of Pennsylvania has worked as a matchmaker for several organizations, including Bodog, MFC, and Euphoria, both in the United States and abroad.

Kirik Jenness, from Massachusetts, is the ABC's MMA record keeper, founder of MMA.TV and author of The Fighter's Notebook. Kirik has also refereed numerous mma and grappling matches.

Eric Joza of New York is a mma reporter for NYCFIGHT.com and previously worked for several years at FreeFightingIllustrated.com.

Dr. Michael Kelly, of New Jersey, is a licensed ringside physician in New Jersey who has worked hundreds of professional and amateur mixed martial arts events. Dr. Kelly is a trained martial artist who has published books and articles on martial arts and fight medicine.

Kipp Kollar, from Connecticut, is the founder of NAGA and the promoter of Reality Fighting and Mass Destruction. He has also refereed many events, including for the UFC.

Chad Kurle is with the North Dakota athletic commission.

Tara LaRosa, of New Jersey, is widely considered to be the top professional female mixed martial artist in the world. . Tara has fought for Bodog, HooknShoot, MFC, and XFO. Tara has 15 wins as a pro mma fighter.

Rich and Karen Latta, of Pennsylvania, own and operate Renzo Gracie Brazilian Jiu-Jitsu Pennsylvania Academy in Hatfield, PA. Rich is the school's head instructor, has

fought in mma, trained mma fighters, managed mma fighters and is a USA Boxing certified coach and trainer.

Dr. David Mayeda of Hawaii is the author of Fighting for Acceptance-Mixed Martial Arts and Violence in American Society. (his letter and book excerpts have already been forwarded to the Committee)

Pat Miletich is the founder of Miletich Fighting Systems and trainer of many world class fighters at his school in Iowa.. Pat was also a coach of an IFL team. Pat was a UFC lightweight tournament champion and a UFC welterweight champion.

Keith Mills of Maryland has been a reporter or photographer for mma promotions throughout the world for many years.

Thomas Molloy is the Executive Director of the Florida Athletic Commission.

Scott Morgan from New Jersey is the promoter of amateur mma's, New Breed Fighters.

Kevin Mulhall, from New Jersey, is a licensed referee in New Jersey and the Mohegan Sun. He has refereed at UFC, IFL, ProElite, Bodog, Ring of Combat, Yamma, Extreme Challenge and other events.

Louis Neglia from New York is the promoter of Ring of Combat which had the first contest allowed under mma rules in New Jersey, is a former world kickboxing champion and is the promoter of Combat at the Capitale's muay thai and kickboxing shows.

Cory Nye is a fan from Colorado.

Chris Onzuka from Hawaii is the head instructor of the Academia Casca Grossa de Jiu-Jitsu (Relson Gracie Aiea Academy), jiu jitsu competitor and official, and editor and writer for mma publications and websites. (See onzuka.com)

Kurt Pellegrino, of New Jersey, operates a mixed martial arts school in Belmar and has had fought 7 times in the UFC.

BJ Penn, of Hawaii, is a UFC champion in two different weight classes and was the first non-Brazilian to win the black belt division of the World Jiu-Jitsu Championships. He has also competed in K-1 and Rumble on the Rock.

JD Penn, of Hawaii has worked with several promotions, such as Rumble on the Rock and ProEliteXC in many capacities.

Mike Popp has worked as a matchmaker, manager, trainer and corner man for mma fighters. Mike is also an mma instructor. Mike is from California.

Bernie Profato is the Executive Director of the Ohio Athletic Commission

John Rallo of Maryland has competed in Grapplers Quest, NAGA, ADCC trials and fought in the WEC. John trains professional and amateur fighters and owns Ground Control Academy in Baltimore. Rallo is a brasilian jiu jitsu black belt under Renzo Gracie. John was instrumental in getting mma legalized in Maryland.

Mike Reilly of Minnesota has trained, cornered and managed several mma fighters and developed a hand wrapping video for the ABC in Montreal.

Paul Rosner, of New Jersey, is the President of USKBA Action sports, a sanctioning organization for combat sports.

Jon Sanderson is a fan from Winnipeg.

Danny Schulmann, of New Jersey, has been a multiple-time full contact karate champion and is the involved with over 40 Tiger Schulman martial arts academies in several states. He has trained several amateur and professional mixed martial arts competitors.

Jared Shaw works with EliteXC and ProElite XC as a promoter and matchmaker.

Joe Silva is the Vice President of VP Talent Relations UFC/Zuffa.

Greg Sirb is the Executive Director of the Pennsylvania Athletic Commission.

Kyle Tromblee is a fan from California

Eric Van Tassel is a fan from New York.

Christopher Wagner, of New York, is a former ISKA World Middleweight Kickboxing Champion and is a New Jersey licensed kickboxing and mixed martial arts referee. Chris has also refereed kickboxing, muay thai, sans shou, san da and mixed martial arts contests in several other states and Indian territories.

Tony Williamson is from British Columbia is a licensed mma referee and judge for seven Canadian commissions and is a purple belt and certified brasilian jiu jitsu instructor under Carlson Gracie.

Kim Winslow is from Nevada and is the sport's first female professional referee. She has refereed for several organizations in several states.

Brian Wright is from New Jersey and is the founder of Real Martial Arts. He has fought throughout the world in kickboxing, judo, karate and mma and has trained professional and amateur fighters. He has promoted mma, muay thai and kickboxing events.

Sheryl Wulkan, M.D., of New York, is a licensed ringside physician with the New Jersey commission who has worked hundreds of pro and amateur mma events, as well as pro boxing shows.. Her specialty is emergency medicine as she was the co-director of the emergency room for Montefiore Hospital in New York City. She has been the primary care physician for many professional mixed martial artists and has worked as a medical advisor to numerous organizations such as the U.S. Tennis Open, US Swimming and Diving championships, Golden Gloves and the United Nations I.F. She is a trained martial artist.