



## **MASSACHUSETTS MMA RULES SPEECH** **TO BE READ BY REFEREE AT PRE-FIGHT RULES MEETING**

### **PRO RULES:**

#### **STANDING:**

- ALL HAND, ELBOW, AND SHOULDER STRIKES LEGAL TO APPROVED TARGETS (NO 12/6 ELBOWS IN WHICH YOU STRIKE DOWN USING THE POINT OF YOUR ELBOW)
- KICKS ALLOWED TO HEAD, BODY, AND LEGS
- KNEES ALLOWED TO HEAD, BODY, AND LEGS
- FOOT STOMPS LEGAL
- ALL THROWS AND TAKEDOWNS LEGAL **EXCEPT** ANY TECHNIQUE WHICH SPIKES THEIR OPPONENT ONTO THEIR HEAD (I.E. NO PILEDIVING MANEUVERS)
- STANDING FIGHTER IS ALLOWED TO KICK A DOWNED OPPONENT IN THE BODY AND LEGS **IF AND ONLY IF** DOWNED FIGHTER IS FLAT ON HIS BACK OR SITTING IN THE OPEN GUARD POSITION (NO STOMPING)

#### **GROUND:**

- ALL SUBMISSIONS LEGAL (EXCEPT SMALL JOINT MANIPULATIONS I.E. ATTACKING LESS THAN 3 FINGERS)
- ALL HAND, SHOULDER, AND ELBOW STRIKES LEGAL TO APPROVED TARGETS (NO 12/6)
- KNEES ALLOWED TO BODY AND LEGS ONLY
- SLAMMING ALLOWED BUT MUST BE CONTROLLED AND FIGHTER **MUST NOT** SPIKE OPPONENT ONTO THEIR HEAD (I.E. PILEDRIVE).
- GROUNDED FIGHTER IS DETERMINED BY ANYTHING OTHER THAN SOLES OF FEET TOUCHING THE MAT
- GROUNDED FIGHTER CAN UP KICK STANDING FIGHTER TO BODY, LEGS, AND HEAD IF GROUNDED FIGHTER IS ON BACK OR IN OPEN GUARD
- NO HEEL TO KIDNEY KICKS FROM GUARD

#### **ILLEGAL TECHNIQUES**

- KNEES TO THE HEAD ON GROUND
- INTENTIONAL STRIKING TO GROIN, THROAT, SPINE, BACK OF THE HEAD, OR AGAINST JOINTS(BACK OF THE HEAD DEFINITION = PART OF GLOVE MUST TOUCH PART OF EAR TO BE LEGAL, NO TARGETING CENTERLINE BACK OF HEAD) *ELBOWS DIFFERENT, EXPLAIN*
- TWISTING OF THE FLESH, FISHOOKING, EYE GOUGING, I.E. "DIRTY FIGHTING"
- GRABBING ROPES OR FENCE
- NOT ADHERING TO REFEREE'S COMMANDS
- INSERTING FINGERS INTO **ANY** ORIFICE SUCH AS CUTS, MOUTH, SHORTS, GLOVES, ETC.
- GRABBING OPPONENTS SHORTS
- **ANY** UNSPORTSMANLIKE CONDUCT INCLUDING FOUL LANGUAGE, STRIKING AFTER THE BELL, NOT RELEASING A SUBMISSION, THROWING ITEMS
- USING ANY BODILY FLUIDS AS AN OFFENSIVE WEAPON(I.E. DRIPPING BLOOD INTO OPPONENTS FACE FROM GUARD)

#### **PENALTIES:**

- IF AN INFRACTION IS COMMITTED THE REFEREE SHALL, DEPENDING ON FLAGRANCY, ISSUE A WARNING. IF THE BEHAVIOR CONTINUES, THE WARNING WILL BE FOLLOWED BY A 1 POINT DEDUCTION, FOLLOWED BY A DISQUALIFICATION. 2 POINTS SHALL NOT BE DEDUCTED FOR THE SAME FOUL.
- IF THE REFEREE FEELS THE FOUL IS FLAGRANT, THE REFEREE MAY GO STRAIGHT TO A POINT DEDUCTION OR DISQUALIFICATION



#### **BLOOD/FOUL BLOW RULE:**

- IF REFEREE STOPS FIGHT DUE TO EXCESSIVE BLEEDING OR BLOOD INTERFERING WITH FIGHTER SAFETY (I.E. DRAINING INTO FIGHTER OR OPPONENTS EYES OR OPPONENT'S MOUTH OR NOSE), TIME WILL STOP, DOCTOR WILL DETERMINE IF FIGHT CAN CONTINUE AND, IF SO, FIGHT CONTINUES.
- **BLEEDING FIGHTER MUST KEEP HIS/HER BLOOD FROM DRAINING INTO OPPONENTS EYES, NOSE, MOUTH**
- IF FIGHTER CANNOT CONTINUE AND BLEEDING OR OTHER INJURY WAS CAUSED BY A LEGAL BLOW, TKO
- IF FIGHTER CANNOT CONTINUE AND BLEEDING OR OTHER INJURY WAS CAUSED BY AN **UNINTENTIONAL** (AS DEEMED BY THE REFEREE) FOUL BLOW, FIGHT GOES TO THE SCORECARDS
  - IF LESS THAN 2 ROUNDS OF A 3 ROUND FIGHT= NO CONTEST (3 OF 5 IN TITLE)
  - IF AFTER 2 ROUNDS COMPLETE IN 3 ROUND BOUT, FIGHT WILL BE SCORED
- IF FIGHTER CANNOT CONTINUE AND BLEEDING WAS CAUSED BY AN **INTENTIONAL** FOUL BLOW (AS DEEMED BY THE REFEREE), FIGHTER RECEIVING THE BLOW WINS VIA DQ
- IF AN UNINTENTIONAL FOUL BLOW IS THROWN (I.E LOW BLOW/EYE GOUGE) **AND THE REFEREE SEES IT**, THE FIGHTER RECEIVING BLOW MAY GET UP TO 5 MINUTES TO REGAIN COMPOSURE (REFEREE DISCRETION)

#### **GENERAL REGULATIONS:**

- ALL FIGHTS ARE 3 – 5 MINUTE ROUNDS UNLESS TITLE FIGHT THEN 5 – 5 MINUTE ROUNDS
- ALL FIGHTS SCORED ON 10 POINT MUST SYSTEM WITH 1 FIGHTER GETTING 10 POINTS AND OTHER GETTING 9 OR LESS.
- NO OVERTIME ROUNDS
- FIGHTER IS RESPONSIBLE FOR CORNER BEHAVIOR AND VICE/VERSA (FIGHTER MAY BE DISQUALIFIED FOR UNSPORTSMANLIKE BEHAVIOR)
- TAPED HANDS MUST BE SIGNED BY AN OFFICIAL FROM MSAC IN THE MANNER JUST DESCRIBED BY THE DEPUTY COMMISSIONER
- FIGHTERS MUST HAVE 1 WRAP OF TAPE AROUND GLOVE CLOSURE (SIGNED)
- IF USING OWN GLOVES, MUST BE APPROVED BY THE COMMISSION
- NO SHIRTS WORN DURING FIGHT UNLESS FEMALE
- FINGERNAILS AND TOENAILS MUST BE NEATLY TRIMMED
- ANY KNEE OR ANKLE SUPPORTS MUST BE SOFT AND ACCEPTABLE TO COMMISSION
- COMBATANTS MUST ADHERE TO PROPER HYGIENE PRACTICES
- LONG HAIR MUST BE TIED BACK AS TO NOT OBSTRUCT VISION
- NO SHOES ALLOWED DURING FIGHT
- NO EXCESSIVE GREASING (LIGHT COVERING OVER AND UNDER THE EYES ACCEPTABLE)
- AT CAGE SIDE PRIOR TO ENTERING, HUGS FIRST, THEN GREASE, THEN TURN TO BE INSPECTED BY REFEREE
- NO TAPING OF TOES OR FINGERS TOGETHER
- GROIN AND MOUTH PROTECTION IS MANDATORY (IF MOUTHGUARD DISLODGED, ACTION WILL NOT BE STOPPED TO REPLACE)
- IF THE REFEREE DECIDES THERE IS A LACK OF ACTION ON THE GROUND, FIGHT WILL BE STOPPED BY REFEREE AND BOTH FIGHTERS WILL BE STOOD UP TO CONTINUE
- IF FIGHTERS ARE IN DANGER OF SLIDING UNDER THE ROPES, THE REFEREE WILL STOP THE ACTION AND DECIDE WHETHER TO START THE FIGHTERS IN THE SAME POSITION IN THE CENTER OF THE RING, OR STAND THEM BACK ON THERE FEET.
- IF THE REFEREE STOPS THE FIGHT, THE FIGHT IS OVER. REASONS FOR STOPPING THE FIGHT INCLUDE:
  - FIGHTER IS NOT INTELLIGENTLY DEFENDING HIMSELF
  - FIGHTER IS TAKING EXCESSIVE UNANSWERED EFFECTIVE STRIKES
  - FIGHTER TAPS/PASSES OUT
  - KNOCKDOWN WHERE REFEREE CANNOT TELL IF FIGHTER IS OKAY (I.E. FIGHTER TURTLES UP AND IS MOTIONLESS)
  - A SCREAM FROM A FIGHTER INDICATES A VERBAL SUBMISSION



### AMATEUR SPECIFIC RULES:

THE AMATEUR RULES ARE THE SAME AS THE PRO RULES DISCUSSED ABOVE WITH THE FOLLOWING EXCEPTIONS:

- FIGHTS ARE 3 – 3 MINUTE ROUNDS
  - NO UPKICKING TO STANDING OPPONENTS KNEECAPS OR HEAD
  - NO KNEES TO THE HEAD (STANDING OR GROUNDED)
  - NO ELBOWS
  - NO HEEL HOOKS
  - IF A COMBATANT IS CAUGHT IN A SUBMISSION ATTEMPT WHICH COULD CAUSE INJURY AND DOES NOT SHOW ACTIVE ESCAPE, BOUT WILL BE STOPPED TO PREVENT INJURY
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- ❖ A COPY OF THE PROHIBITED ACTS FOR BOTH PROS AND AMATEURS I HAVE JUST DISCUSSED HAS BEEN POSTED IN BOTH DRESSING ROOMS.
  
  - ❖ ANY QUESTIONS?