

MODIFIED MIXED MARTIAL ARTS ASSOCIATION (MMMAA)

OFFICIAL SPORTS RULES

COMPETITION GUIDELINES

Modified Mixed Martial Arts Association (MMMAA) is a nationally recognized sport association developed in 2020. MMMA as a sport is designed to allow athletes who require adaptive or modified technique and training to participate in a competitive sport. The association board of directors is comprised of service providers, professional trainers and athletes to form a diversely supportive team.

Affiliated gyms and facilities are developing across the country to create an association of athletes with many diverse talents. MMMAA as an association provides training to the facilities and personal trainers who prepare the individuals for competition. MMMAA accredits the facility to provide the training to athletes and facilitates events throughout the year.

Athletes and teams will compete at local, state, and national events beginning 2021. The first National competition is slated for October 1st 2021.

Current Board of Directors

President / CEO – Karen Fisher

Vice President – Travis Clark

Director of Athletics – Matt Brown

Director of Public Relations – Shana Brooks

Director of Operations – Conor Flynn

Board Members – OPEN

The MMMA Discipline

As Athletes, Coaches or Association Members we must follow the discipline set-forth;

THERE SHALL BE “No Risk” involved in the Sport of MMMA

Together We Are Fighting TO BE NOTHING OTHER-THAN RESPECTFUL, INTEGRITY, SPORTSMAN-LIKE, & KIND

As a united association we agree to use each other as tools to reach our individual highest potential. With utmost Respect for other members and our communities, we always present ourselves with Integrity and remain a proper Sportsman, forever losing out to Kindness over risk of harm.

Athletes will learn the value and meaning of NO RISK and vow to each other before competition:

Respect the use of each other’s skills and bodies as our tools to success.

{Therefore, harming our opponent is never the intention within MMMA Sports.}

We will remain united through holding the highest level of Integrity for each other and the Sport.

{Athletes understand they are in competition with themselves and attempting to rank higher than an opponent, to improve upon their own personal best}

Following all safety and sport rules and being accepting of the outcome of a meet or event, by always displaying the best Sportsman like behavior.

{Athletes should learn the rules of the sport and understand that being sportsman like includes taking a loss.}

Remaining Kind under pressure can be difficult, however, all association members must be Kind in their actions and attempts to understand each competitor’s uniqueness.

{Having an involvement in MMMA Sports involves understanding our Athletes face special challenges at times with emotions. It is our belief within the Association that we can overcome all things thru Kindness}

Athletes have the option to fist / elbow / knee bump or bow to each other prior to the start of an event and simply state: “NO RISK” to each other as signification of understanding these principles.

Youth in Crisis athletes my take on a deeper need to understanding these principles when they themselves can feel as they are at risk or being a risk to someone else. Coaches need to understand the dynamics of working with this population and be a mentor for these athletes to assist them in growing in to productive, healthy adults.

NO RISK principles can be applied to all things, (replacing S with Supportive) athletes can be taught that if they apply these principles to others situations and they are respectful, do things with integrity and honor, are supportive of the situation and always bleed kindness, they will prevail.

FIGHTING TO BE NO RISK THERE’S NO HARM IN THE MMMAA

**MMMA Official Sport Rules**

**GOVERNING RULES**

The Official MMMA Sports Rules shall govern all MMMA competitions.

As a national sports program, MMMAA has created these rules based upon national competitive MMA Rules. National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official MMMAA Sports Rules for MMMA Sporting events. In such cases, the Official MMMA Sports Rules shall apply.

Refer to MMMA General Sports Rules for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Modified Sports.

Modified Instructional Techniques and Training Solutions (MITTS) shall be the official training certification for MMMA sports trainers, all facilities, trainers and coaches are required to obtain such certification prior to working with any MMMA Athlete or functional fitness client.

MMMAA Accredited Programs (AP) may offer training as competitive or non-competitive program options. Participants may opt to only access functional fitness support from the (AP), trainers are still required to use MITTS techniques to assure quality outcomes for every participant.

**OFFICIAL EVENTS**

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events.

Coaches are responsible for providing training and event selection appropriate to each competitor’s skill and interest. Individual contests for males and females must be provided.

**DIVISIONING**

Entry Form: All athletes entering a MMMA event will initially be divisioned by the details required on the event entry form:

Skill Level

Exact Weight

Age {Minimum competitor age is 8, there is no max age)

Placement average scores

I/DD, Youth, Adaptive

Each athlete shall then be placed in the appropriate division, together with other athletes of similar abilities and characteristics, following both the criteria of the MMMA and the one of safety. That will be the initial act of divisioning. See details below.

Individual Skills

A further divisioning process will take place based on individual skills, which will further enhance the process. Each athlete in his/her respective pools will have to undergo an individual skill test. This test shall be carried on during a training session. The results of the average scores will be the entry level for competition. The said training session shall have the form of an enjoyable time, in which the athletes shall share a feeling of recreation and enjoy competing with their fellow athletes.

FOR COMPETITIVE SPORTS TRAINING (Not Functional Fitness)

The training session should include the following techniques:

Games to test action-reaction, feeling, and fighting spirit.

Proper Stance and Foot movement to ground position to striking

Throwing Core Punches with Accuracy

Speed bag / Heavy bag work

The evaluation on the skills will be based on the following criteria:

Overall Accuracy

Concept of Contest Speed / Agility

Prediction of instructed movement

Sense of cause and effect

Technique

Performance of the athlete

Speed of the technique

Reaction of the athlete

Concept of strategy

The skill levels mentioned are formed upon the basis of comparison of each athlete to a mainstream athlete of noncompetitive orientation, of recreational or educational one, and they are as follows:

Skill Levels

Skill level 1

A level 1 can "compete" almost as an equal to a "recreational" striker, has a perfect MMMA feeling, he/she is fast and powerful in his/her movements, quickly reacting and able to develop a strategy during the game. Fulfills the above criteria to the maximum extent. An athlete of level 1 would need only a slight assistance and guidance by his/her coach or the referee in order to "compete".

Skill level 2

A level 2 can "compete" almost as an equal to a "recreational" striker, has a good MMMA feel, is somehow slow and not so powerful in his/her movements, reacting fairly quickly and fairly understanding the concept of strategy. He/she fulfills the above criteria also in a fair extent. An athlete of level 2 would need a moderate assistance and guidance by his/her coach or the referee to carry out the game.

Skill level 3

A level 3 can only share a playful attempt with "recreational" MMMA", has a fairly good feeling of MMMA, he/she is somehow fast and powerful in his/her movements, reacting reasonably quickly, but with no sense of strategy. He/she fulfills the above criteria all to a moderate extent. An athlete of level 3 would need a serious assistance and guidance by his coach or the referee to carry out the game.

Skill level 4

A level 4 can only share a playful attempt with a "recreational" MMMA but needs to somehow be helped from the latter. He/she has a little feeling of MMMA do and he/she is not fast in his/her movements and reactions. No sense of strategy. He/she fulfills the above criteria to a low extent. An athlete of level 4 would need a high assistance and guidance by his/her coach or the referee to carry out the game.

Skill level 5

A level 5 can only share a playful attempt with a "recreational" MMMA but he/she needs to be seriously helped from him/her. He/she has no MMMA feeling, he/she is very passive and he/she would need the assistance of his/her coach and the referee to a maximum extent to carry out the game.

Further criteria for the divisioning:

Skill Level

The Organizers, depending on the situation, are entitled to subdivide the range of age so as, in combination with the rest parameters of ability (levels, weight) to make appropriate pools, fair and safe for the athletes.

Athlete commitment must be a minimum of two training sessions a month and at least have had twelve training sessions and at least two timed / scored sessions before entering in competition.

Coaches must submit score averages at least two weeks prior to any event.

Weight

If there are enough athletes, it is possible to use the official weight categories as guidelines in all level

*Adult*

Flyweight 125 pounds and under

Bantamweight over 125 to 135 pounds

Featherweight over 135 to 145 pounds

Lightweight over 145 to 155 pounds

Welterweight over 155 to 170 pounds

Middleweight over 170 to 185 pounds

Light Heavyweight over 185 to 205 pounds

Heavyweight over 205 to 265 pounds

Super Heavyweight over 265 pounds

*Youth*

Flyweight 60 pounds and under

Bantamweight over 60 to 80 pounds

Featherweight over 80 to 100 pounds

Lightweight over 100 to 120 pounds

Welterweight over 120 to 140 pounds

Middleweight over 160 to 180 pounds

Light Heavyweight over 180 to 200 pounds

Heavyweight over 200 to 220 pounds

Super Heavyweight over 220 poundsThe organizer has the responsibility and therefore the liberty to build up the weight-categories in each event in such a way, that in combination with the rest parameters of ability (levels, age) he creates "good" pools, which means fair and safe for the contestants.

Other factors

If an athlete cannot be included in a pool on the first or second divisioning process, a further divisioning process will be determined at the discretion of the respective coaches and competition organizers.

Criteria shall then be: Safety before age, weight and ability from all the athletes in the pool who are to be considered. If not all levels can be offered in a tournament, levels can be merged. It should be noted that the registration of athlete with disability levels that were not invited according to the call, there is no reason to redistribute correct registered athletes.

**RULES OF COMPETITION**

Referee Decisions

In all situations in which the rule book does not specifically determine, but where the referee is of the opinion that the safety of one or both of the athletes is at stake, the referee will stop/suspend the contest immediately and take those measures he/she deems necessary.

Hereby he/she is entitled to take punitive action by taking into account the intention of the action.

**RING AREA REQUIREMENTS AND EQUIPMENT**

A) Modified mixed martial arts contest will be held in a ring and matted area.

B) A ring used for a contest or exhibition of modified mixed martial arts must meet the following requirements:

(i) The ring must be no smaller than 20 feet square and no larger than 20 feet square within the ropes. One corner shall have a blue designation and the corner directly opposite must have a red designation.

(ii) The ring floor must extend at least 18 inches beyond the ropes. The ring floor must be padded with ensolite or similar closed-cell foam, with at least a 1-inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the 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 or ridges must not be used.

(iii) The ring platform must be level to the floor of the building

(iv) Ring posts must be made of metal, not more than 3 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the ring floor, and must be properly padded in a manner approved by the Commission. Ring posts must be at least 18 inches away from the ring ropes.

(v) There must be five ring ropes, not less than 1 inch in diameter and wrapped in soft material. The lowest ring rope must be 12 inches above the ring floor.

(vi) There must not be any obstruction or object, including, without limitation, a triangular border, on any part of the ring floor.

C) A matted area used in a contest or exhibition of mixed martial arts must meet the following requirements:

(i) The matted area must be no smaller than 10 by 10 feet

(ii) The floor of the matted area must be padded with ensolite or another similar closed-cell foam, with at least a 1-inch layer of foam padding, with a top covering of canvas, duck or similar material tightly stretched and laced to the platform of the fenced area. Material that tends to gather in lumps or ridges must not be used.

(iii) The platform of the matted area must not be more than 1 inch above the floor of the building and must have suitable steps for the use of the unarmed combatants.

**STOOLS:**

A) A stool of a type approved by the MMMA shall be available for each contestant.

B) An appropriate number of stools or chairs, of a type approved by the MMMA, shall be available for each contestant’s seconds. Such stools or chairs shall be located near each contestant’s corner for use outside of the fighting area.

C) All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

**EQUIPMENT:**

For each bout, the promoter shall provide a clean plastic water bottle, and any other supplies as directed by the Commission, in each corner.

**SPECIFICATIONS FOR HANDWRAPPING:**

A) In all weight classes, the bandages on each contestant’s hand shall be restricted to soft gauze cloth of 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 and is optional

B) Surgeon’s adhesive tape shall be placed directly on each hand for protection near the wrist. 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.

C) The bandages shall be evenly distributed across the hand.

D) Bandages and tape shall be placed on the contestant’s hands in the dressing room in the presence of the Commission and in the presence of the manager or chief second of his or her opponent.

**MOUTHPIECES:**

A) All contestants have the option to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.

B) If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

**PROTECTIVE EQUIPMENT:**

A) Modified mixed martial artists shall wear a groin protector of their own selection

B) Female modified mixed martial artists are allowed to wear groin protectors.

C) Modified mixed martial artists shall wear a chest protector during bag boxing and kick boxing competition. The chest protector shall be subject to approval of the MMMAA

**GLOVES:**

A) All contestants shall wear glove which are at least 4 ounces and are approved by the MMMAA. Generally, gloves should not weigh more than 6 ounces without the approval of the MMMAA. Certain larger sized gloves, e.g. 2 XL – 4 XL, may be allowed even though they may slightly exceed 6 ounces.

B) Gloves should be supplied by the athlete or program and approved by the MMMAA. All contestants shall supply their own gloves for participation.

**APPAREL:**

A) Each contestant shall wear MMMA arts shorts (board shorts), biking shorts (vale tudo shorts), kick-boxing shorts

B) Gi’s or shirts are prohibited during competition except that female contestant’s musts wear shirts approved by the MMMA.

C) Shoes are optional for competition

**APPEARANCE:**

A) Each unarmed combatant must be clean and present a tidy appearance.

B) The excessive use of grease or any other foreign substance may not be used on the face or body of an unarmed combatant. The referees or the Commission shall cause any excessive grease or foreign substance to be removed.

C) The MMMAA shall determine whether head or facial hair presents any hazard to the safety of the unarmed combatant or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of an unarmed combatant presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the unarmed combatant may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the Commission.

D) An unarmed combatant may not wear any jewelry or other piercing accessories while competing in the contest or exhibition.

**ROUND LENGTH:**

A) Body Boxing is 2 rounds at 2 minutes a round with 1 minute in between rounds

B) Bag Boxing is 3 rounds at 1 minute in each round with 1 minute between each round

C) Crossbar Boxing is 2 rounds at 2 minutes in each round with 1 minute in between rounds

D) Arm Wrestling is one round and double elimination

E) Kickboxing is 2 rounds at 2 minutes in each round with 1 minute in between rounds

F) Slapping -Adaptive Kicking is 2 rounds at 1 minute in each round with 1 minute in between rounds

**STOPPING CONTEST:**

A) The referee is the sole arbiter of a contest and is the only individual authorized to stop a contest. The referee may take advice from the ringside physician and/or the Commission with respect to the decision to stop a contest.

B) The referee and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition other than the rest periods and subsequent to the contest ending.

**JUDGING: {See Officials Guidelines}**

A) All rounds will be evaluated and scored by statisticians who shall evaluate the contest from different location around the ring area. The referee may not be the statistician.

B) A point system has been developed for statisticians to effectively keep score, referees will call out or jester the notation of points to be added and calculated for a combined round and bout score

C) Statisticians shall evaluate mixed martial arts techniques, such as effective striking to point areas

D) Evaluations shall be made in the order in which the techniques appear in (c) above, giving the most weight in scoring to effective striking

E) Effective striking is determining the total number of legal strikes landed to the appropriate area by an athlete.

**FOULS:**

A) The following acts constitute fouls in a contest or exhibition of mixed martial arts and may result in penalties, at the discretion of the referee, if committed:

1. Butting with the head: The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

2. Eye gouging of any kind: Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the athlete’s eye socket are not eye gouging and shall be considered legal attacks.

3. Biting or spitting at an opponent: Biting in any form is illegal. An athlete 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.

4. Fish Hooking: Any attempt by a athlete 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 “Fish hooking”. Fish hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

5. Hair pulling: Pulling of the hair in any fashion is an illegal action. A athlete may not grab a hold of his opponent's hair to control their opponent in any way. If a athlete has long hair, they may not use their hair as a tool for holding or choking in any fashion

6. 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 towards the sky with his head straight down and then forcibly drive your opponents’ head into the canvas or flooring material. It should be noted when a athlete is placed into a submission hold by their opponent, if that athlete 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 opponent’s body. The athlete who is attempting the submission can either adjust their position or let go of their hold before being slammed to the canvas.

7. Strikes to the spine or the back of the head. The spine includes the tailbone. The back of the head is defined as the area starting at the crown of the head and running directly down the centerline of the head with a one inch variance to each side. The entire rear portion of the neck is also illegal to attack starting at the occipital junction and stopping at the top of the trapezius. From the trapezius muscle down the spine is protected to the tailbone

8. Throat strikes of any kind and/or grabbing the trachea: No directed throat strikes are allowed. A directed attack would include a athlete pulling his opponents head in a way to open the neck area for a striking attack. A athlete may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand up action of a fight a punch is thrown and the punch lands in the throat area of the athlete, this shall be viewed as a clean and legal blow.

9. \*\* Fingers outstretched toward an opponent’s face/eyes: In the standing position, a athlete that moves their arm(s) toward their opponent with an open hand, fingers pointing at the opponent’s face/eyes, will be a foul. Referees are to prevent this dangerous behavior by communicating clearly to athletes. Athletes are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

10. Downward pointing elbow strike (12 to 6): The use of a linear “straight up straight down” elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.

11. Groin attacks of any kind: Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.

12. \*Kneeing and/or Kicking the head of a grounded opponent: A grounded athlete is defined as:

Any part of the body, other sole of the feet touching the fighting area floor. To be grounded, the palm of one hand (a flat palm) must be down, and/or any other body part must be touching the fighting area floor. A single knee, arm, (not fingers) makes the athlete grounded without having to have any other body part in touch with the fighting area floor. At this time, kicks or knees to the head will not be allowed.

13. \*Stomping of a grounded athlete: Stomping is considered any type of striking action with the feet where the athlete 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 athlete. \*” A grounded athlete is defined as: Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. It needs to be clear to all athletes that once an opponent has become grounded, Stomps of any kind are not permitted, even to the feet.

14. Holding opponent's gloves or shorts: A athlete may not control their opponent's movement by holding onto their opponent's shorts or gloves. A athlete 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

15. Holding or grabbing the fence or ropes with fingers or toes: A athlete may put their hands or feet on the fence and push off of it at anytime. A athlete may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a athlete’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 athlete may not grab the ropes or wrap their arms over or under the ring ropes at any time. The athlete may not purposely step through the ropes. If a athlete is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending athletes scorecard if the foul caused a substantial effect in the fight. If a athlete grabs hold of the cage and because of the infraction, the fouling athlete ends up in a superior position due to the foul, the athletes should be re-started by the referee, standing in a neutral position after determining if a point deduction is appropriate

16. Small joint manipulation: Athletes must grab the majority of fingers or toes for use as defense or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints.

17. Throwing an opponent out of the ring or caged area: A athlete shall not throw their opponent out of the ring or cage.

18. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent: A athlete may not place their fingers into an open laceration in an attempt to enlarge the cut. A athlete may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity

19. Clawing, pinching, twisting the flesh: Any attack that targets the athlete’s skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

20. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury: Timidity is defined as any athlete 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 athlete to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight

21. Use of abusive language in the fighting area. The use of abusive language is not allowed during MMA competition. It is the sole responsibility of the referee to determine when language crosses over the line to abusive. It should be clear that athletes can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (Racially motivated or Derogatory language)

22. Flagrant disregard of the referee's instructions: A athlete MUST follow the instructions of the referee at all times. Any deviation or noncompliance may result in points being deducted from the athlete’s scorecard, or the athlete being disqualified from the match.

23. Unsportsmanlike conduct that causes an injury to opponent. Every athlete competing in the sport of MMA is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.

24. Attacking an opponent after the bell has sounded the end of the period of unarmed combat. The end of a round is signified by the sound of the bell and the call of time by the referee. Once the referee has made the call of time, any offensive actions initiated by the athlete shall be considered after the bell and illegal

25. Attacking an opponent on or during the break: A athlete shall not engage their opponent in any fashion during a time-out or break of action in competition

26. Attacking an opponent who is under the care of the referee. Once the referee has called for a stop of the action to protect a athlete who has been incapacitated or is unable to continue to compete in the fight, athletes shall cease all offensive actions against their opponent.

27. Interference from a mixed martial artist’s corner or 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.B) Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the referee.

C) Forbidden Actions

In Levels 1, 2, and 3 the referee can penalize the repeated use of prohibited techniques by issuing “fouls.” In case of a forbidden action, the referee will give a warning and explain to the athlete the nature of the forbidden action. When the same error is repeated, the referee can take punitive action.

Guidelines:

For level 1 – after 1 warning.

For level 2 – after 2 warnings.

For level 3 – after 3 warnings.

In levels 4 and 5, the referee shall request that the coach be present for the explanation, in order that the errors be explained to the athlete in their simple language. At these levels, “foul” is only announced after providing repeated explanations. In levels 1 and 2, it is recommended highly that the coach be involved in the explanations.

D) Only a referee can assess a foul. If the referee does not call the foul, statisticians must not make that assessment on their own and should not factor such into their scoring calculations.

E) If a foul is committed:

i) The referee shall call timeout.

ii) The referee shall order the offending contestant to a neutral location.

iii) The referee shall check the fouled contestant’s condition and safety.

iv) The referee shall then assess the foul to the offending contestant and deduct points if the referee deems it appropriate, and notify the commission, the corners, the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.

Low Blow Foul

A competitor 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 athlete may possibly continue on in the contest. If the athlete 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 athlete 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.

Competitor 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 competitor 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 athlete to the ringside doctor and have the ringside doctor examine the athlete 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 athlete can continue in the contest, the referee shall as soon as practical restart the fight.

However, unlike the low blow foul rule, the athlete does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, the fouled athlete 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 athlete is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the athlete 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.

H) Athlete Fouled by other than low blow:

i) If a contest 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.

ii) If a athlete 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 athlete to the ringside doctor and have the ringside doctor examine the athlete 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 athlete can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the athlete does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.

iii) For a foul other than a low blow, if the injured athlete is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the athlete is deemed not fit to continue, by the referee, even though some of the 5 minute foul time is still remaining, the athlete cannot avail himself of the remaining time and the fight must be stopped.

iv) If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

**INJURIES SUSTAINED BY FAIR BLOWS AND FOULS:**

A) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout.

B) If an injury sustained during competition as a result of an intentional foul, as determined by the referee

C) If an injury is sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

D) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

E) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

F) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

G) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed.

H) Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

**CONTEST RESULTS:**

Announced by referee

**Assistance by a Coach**

If an athlete needs assistance entering onto the mat area of the competition, the coach is allowed to give assistance with the help of an (assistant) referee. (Note: No person shall be allowed onto the matted area without the referee’s permission.)

Coaching is an important element in the sport of MMMA. Direction given by a coach throughout a match, appropriate to the level of the athletes, assures the safety of both participants. For athletes at Level 1 and 2 coaching can only be offered during ”Rest”. For athletes at level 3 coaches may offer encouragement to their athletes throughout the match but may only offer technical advice during ”Rest”. For athletes at level 4 and 5 technical advice as well as encouragement may be offered by coaches throughout the entire match.

**Starting Positions**

1)On applying to enter a competition, it must be made known on the registration form whether the athlete will compete in which sport.

2)There are three positions in from which the athlete can start a contest.

a)From a kneeling on one knee position

b)From a standing grounded position

c)From a seated grounded position (Adaptive)

d)If an athlete, because of his/her disability, must start the contest in an adapted position, the other athlete has to adjust from his/her normal standing position and start the contest in the same position.

e)If the referee, for safety reasons, does not agree to start the contest with “Adapted Position”, he/she can at any time decide to Continue after “Modification” and safety is reassessed.

f)It is illegal at any time, to make points with a throwing technique and results in disqualification.

When the athletes are competing, they are not allowed to push the opponent straight backwards or in such a way that poses a risk of injury. Embracing the neck of an opponent is further cause for disqualification.

**Medical Restrictions**

a)An athlete with Down syndrome who has been diagnosed with Atlanto–axial instability may not participate in the sport of MMMA.

b)No Athlete will compete without a medical release form completed by a licensed physician.

**SCORING**:

*a)Body Boxing, Kickboxing, Slapping*

Scoring it based on completed strikes to the bodyguard in designated point areas during rounds

Effective Striking shall be considered the only priority of round assessments.

MMMA STRIKING POINT SYSTEM FOR GUARDS

BOTTOM CENTER – 1 Point

SIDE HOOKS – 2 Points

TOP CENTER – 3 Points

LEGS – 2 Points

*b)Bag Boxing*

Points accrued by striking specific points on heavy bags during rounds one and two will be added together for a combined score and; Scoring of speed will be measured by a speed device in mph, with the fastest speed being added to the striking points total, to create a combined overall score for the competition.

*c)CrossBar Boxing*

Scoring marks are placed within the competition circle as a representation of a point achievement in round one. In round two or the tug of war, the bar will need to be pulled at least eight inches, so the flag crosses the line on the floor. For round one and the battle war there are marks on the outer edge of the circle that denote 20 degree progressions, each mark crossed with the flag earns one point.

*D)Arm Wresting*

Match win when opponents arm touches the line / Double elimination from the best two out of three

*e)Gauntlet*

Contestants will work through the course to develop an average time. From the first run athletes will be placed in a course division based on times. Participants will run the course with other competitors and have similar time based on being first thru third to cross the finish line. All top three finishers will be placed in final divisions until the ultimate champion is obtained as the first finisher in the last heat.

**TIE BREAKING FOR EACH SPORT WILL RESULT IN AN ADDITIONAL ROUND OF COMPETITION, TO ESTABLISH THE TOP RANKING POSITION FOR PROGRESSING THROUGH FUTURE COMPETITIONS**

**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 coach per competitor in the contest be conducted backstage in the locker room or another appropriate location. Athletes may meet with the referee as 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 athlete, such as an odd speech pattern, nervous ticks, or different eye colors. This does not supersede the ability of the MMMAA to have a general rules meeting about the requirements and also discuss items such as a athlete's time to report, the location, interaction with the inspectors, available liquids and foods, taping requirements and so on, with all the athletes gathered in mass.

**Use of Vaseline and other similar substances**

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.

**Athlete 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.

SEE INDIVIDUAL SPORT SPECIFIC RULES AND REGUALTIONS

**Awards System**

A) USA Tournament

i)Belts given for first, second, and third place

ii) Glove trophies for fourth and fifth place

iii) Pins for all other competitors

B) State Tournaments

i) Belts for first, second and third place

ii) Glove Trophies for fourth and fifth place

iii) Pins for all other competitors

C) Regional/ Local Tournaments

i) Trophies for first, second and third places

i) Pins for Fourth- Fifth places

ii) Ribbons for all other competitors

TITLE HOLDER / RANKING: Titles are held by belt holders within the State and US Competition levels. The top belt holder in each sport at the State and US level will hold their title for the year the competition takes place and be listed on the ranking page of the MMMA website.

**USA Tournament**

US Tournaments will be held once a year. Location will be determined via an application process of potential sites. Participation in US Tournaments will be by qualification at State meets.

**OFFICIAL MMMA – UPPER BODY COMPETITIVE SPORTS**

**BODY BOXING**

Definition:

Competitors will strike each other’s bodyguards and compete in 2, two-minute rounds wherein competitors will achieve points for striking marks on the guards.

Divisioning:

Competitors skill levels 1 or 2 meet the criteria for competition in Body Boxing

Criteria distinction of: Intellectual Disability (ID) or Youth (Y)

Required Equipment:

Officially approved Body Shield, head gear (optional) and gloves with or without wraps

Technique:

Competitors will strike with gloved hands only, the opponents bodyguard in the scoring marks to obtain points. Referee will call out points assigned for proper contact to the scoring zones. Competitors will stand face to face to begin the competition. When the contest needs to be restarted of the period ends, the referee will direct athletes back to starting position.

Any strikes to the head or/ and headbutts, strikes with elbow, or legs will be cause for immediate disqualification along with any other disqualifying techniques within the general rule

Coaching:

Coach stands in appropriate corner and able to give encouragement during rest periods only

Competition Area:

Competitors compete in an official modified boxing ring

Scoring:

Scoring it based on completed strikes to the bodyguard in designated point areas during the 2/ 2-minute rounds

MMMA STRIKING POINT SYSTEM FOR GUARDS

BOTTOM CENTER – 1 Point

SIDE HOOKS – 2 Points

TOP CENTER – 3 Points

LEGS – 2 Points

**BAG BOXING**

Definition:

Competitors will strike heavy bags to achieve points in 3/ 1-minute rounds. Competitors will compete in the areas of: Speed, Accuracy and Intensity.

Round One is speed and measures number of strikes the competitor can throw to a heavy bag

Round Two is accuracy and a referee will call out specific strikes for the competitor to accurately complete

Round Three is intensity and measures the intensity of the strikes

Divisioning:

Competitors skill levels 3-5 perform Bag Boxing

General division criteria will be used to division competitors outside of skill level

Required Equipment:

Gloves

Technique:

Competitors will with proper stance and within their own style to striking perform on heavy bags to display their abilities in speed, accuracy and intensity

Coaching:

The coach can give encouragement but must stand off matted competition area

Competition Area:

The competition area must be matted and contain appropriate heavy bags

Scoring:

Points accrued by striking specific points on heavy bags during rounds one and two will be added together for a combined score and;

Scoring of speed will be measured by a speed device in mph, with the fastest speed being added to the striking points total, to create a combined overall score for the competition.

**CROSS-BAR BOXING**

Definition: Cross bar consists of 2/ 2-minute rounds to determine strength in resistance and pulling

Round 1 - Competitors stand on opposing sides of the crossbar facing each other and push the crossbar, against each other’s resistance, over specific point markers on the mat to score points. After each scored point, the referee will reset the bar to the center point.

Round 2 - Competitors stand on opposing ends of the crossbar and pull the crossbar over a line against your opponent when the crossbar flag crosses the line the competitor scores a point and the bar is reset after each point.

Divisioning:

There are no specific divisioning requirements for this sport.

Required Equipment:

Wrapped hands

Technique:

Competitors will use upper body and core strength to stand and place hands on the crossbar to counter resist the opponents pressure in the battle and to maneuver the cross in a pulling motion in the tug of war in order to score points. Contestants must face the bar or opponent at all times, no turning to pull is allowed.

Coaching:

Coaches may give encouragement during competition from the sides of the mat area.

Competition Area:

The roped space houses a 10 x 10 mat with the scoring circle and cross bar mount centered.

Scoring:

Scoring marks are placed within the competition circle as a representation of a point achievement. For the tug of war the bar will need to be pulled at least eight inches so the flag crosses the line on the floor. For the battle war there are marks on the outer edge of the circle that denote 20 degree progressions, each mark crossed with the flag earns one point.

**ARM WRESTLING**

Definition:

Competitors will compete opposite of each other to determine strength by pushing the opponents arm down to the table.

Divisioning:

Adaptive competitors

Required Equipment: Hand wraps

Technique: Competitors will compete in a double elimination arm combat of strength. Each competitors elbow will be on the table and competitors hands will be clasp together and competitors will attempted to push the others arm to the table

Coaching:

Coaching is encouraged from the side lines. Coaches can assist the athlete in getting set in proper form.

Competition Area:

Adjustable arm wrestling table

Scoring:

Match win when opponents arm touches the line

Double elimination from the best two out of three

**MMMA – LOWER BODY COMETITIVE SPORTS**

**KICKBOXING**

Definition:

Competitors will kick the opponents leg guards and chest guards in order to obtain points competing in 2 – 2 minute rounds

Divisioning:

Skill level 1-2 compete against an opponent

Skill level 3-5 and Adaptive follow Slapping rules if applicable for athlete to participate

Required Equipment:

Shin, thigh/groin guards and chest guard

Technique:

Strikes will count only when landing on opponent’s guards in scoring zones and on the heavy bags for non-opposed bouts

Coaching:

Coaches may stand in ring corner but only give encouragement during rest or as outlined in general rule

Competition Area:

Competition will be in an official modified boxing ring

Scoring:

**See Scoring chart for guard scoring – combined scores are the overall score of all rounds**

**SLAPPING - Adaptive Kicking**

Definition: Competitors will use paddles to strike various areas on the heavy bag. During 2 one minute rounds an official will call out punches and the athlete will make as many accurate contacts with the heavy bag as possible.

Divisioning

Adaptive Competitors will perform heavy bag work from an adaptive device

Skill level 3-5,

Required Equipment:

Paddles, wheel chair or other adaptive device

Technique:

Athletes will use paddles to land Slaps on heavy bag markers as the target zone is called out

Coaching:

Coaching at the athlete level is required for this sport. Follow general rules for further guidance

Competition Area: Modified Boxing ring or roped area

Scoring:

An overall combined score is a result of the two rounds total points averaged

**GAUNTLET COURSE – US Tournaments ONLY**

Definition:

Competitors work through the gauntlet course, maneuvering a MMA dummy, medicine balls and course content to achieve the best score.

Course overview: Contestants drag the 50 or 100 pound MMA dummy thru the course, stepping threw and over objects such as tires and hurdles. The course is designed to requiring all functional movements to be applied; push, pull, lunge, squat, reach and remain balanced. Walking on a beam with a medicine ball of 10-20 pounds held over head. Pulling a sled with an average of 50 pounds and reaching to cross the ropes to complete the course. Course content is determined by divisioning and participant abilities.

Scoring: Participants will work through the course to develop an average time. From the first run athletes will be placed in a course division based on times. Participants will run the course with other competitors and have similar time based on being first thru third to cross the finish line. All top three finishers will be placed in final divisions until the ultimate champion is obtained as the first finisher in the last heat.