



MIXED MARTIAL ARTS CONSULTING OFFICIAL AMATEUR MMA RULES AND REGULATIONS

Authority:

The rules and regulations within this document make up the official rules of Mixed Martial Arts Consulting, referred to in this document as MMAC. Regulations must be followed for all MMAC amateur sanctioned events in the state of Indiana. Use of these rules does not constitute an event sanctioned by MMAC until there is an officially signed contract between the promoter and an MMAC officer.

All individuals that are associated with any MMAC sanctioned event must be familiar with the rules, regulations, and state/local ordinances. Any questions or interpretations for an event should be referred to the event commissioner. Upon reaching a signed agreement, enforcement of these rules shall be the promoter, promoter representatives, officials, and the MMAC representatives' responsibility.

The promoter will be responsible to ensure that authority of the officials is respected and the rules and regulations of the MMAC and the instructions of the MMAC representative are strictly adhered to and carried out. Foul language and or physical threats against an official of MMAC will not be tolerated. No one shall interfere with the event representatives duties. It is the promoter's responsibility to have anyone that threatens, uses foul language or interferes with an official's duty, removed from the premises before the event can continue.

Upon request free admission and or tickets must be provided to the appropriate state authority which allows total access to the competitors, officials and dressing area without restraint. Any MMAC officer, representative, or official must appear before the Indiana Gaming Commission as requested. They must answer any question from an official of the IGC truthfully and to the best of their ability, including complaints, protests, and violations of the promoter, contestant, official, or MMAC itself.

Definitions:

- 1) MMAC- Mixed Martial Arts Consulting
- 2) MMAC officer- A designated person that is part owner or has been given the authority to sign legal documents such as contracts.
- 3) MMAC Official- Event commissioner, Inspector
- 4) Event Officials- means the judges, referees, and timekeepers serving in an official capacity during an event.
- 5) Amateur mixed martial artist- means an individual participating in mixed martial arts that:
 - a. has never received a purse or prize with a value greater than one hundred dollars (\$100) in any state, country, or tribal nation; and
 - b. Does not hold a license as a professional mixed martial artist or professional boxer issued by any state, country, or tribal nation.
- 6) Contestant- Amateur mixed martial artist
- 7) Bout- "Amateur mixed martial arts bout" means a bout in which only:
 - a. mixed martial arts is conducted; and
 - b. amateur mixed martial artists participate.
- 8) Event- "Amateur mixed martial arts event" means an event in which only a series of amateur mixed martial arts bouts occur.
- 9) Commission- refers to the Indiana Gaming Commission.
- 10) Commission representative- means any individual appointed by the executive director or the executive director's designee to attend an event for purposes of ensuring compliance with all requirements of IC 4-33-22 and 68 IAC 24.
- 11) Confirmed positive test result- means a result of a test, conducted in accordance with the procedures in this document, indicating the presence of a prohibited drug.
- 12) Prohibited drugs- means a chemical substance that has not been legally obtained with a prescription from a licensed physician and that falls under one (1) of the following categories:
 - a. Opiates
 - b. Barbiturates
 - c. Amphetamines
 - d. Benzodiazepines
 - e. Propoxyphene
 - f. Phencyclidine
 - g. A prohibited substance identified by the World Anti-Doping Agency.
- 13) Event physician- means an individual licensed as a physician under IC 25-22.5 who has been:
 - h. retained by a promoter; and
 - i. approved by the sanctioning body; to serve as the physician at an event.
- 14) Fighting area- means a:
 - j. roped area; or
 - k. caged area; in which amateur mixed martial arts bouts are conducted.
- 15) Laboratory- means a health care facility in the United States that possesses a certificate under the Clinical Laboratory Improvement Act of 1988 (42 U.S.C. 263a et seq.).
- 16) Novice- means a fighter that has had less than three sanctioned fights.
- 17) Advanced- means a fighter that has had three or more sanctioned fights.

Section I

Rules Governing Fighters

Definition of an Amateur MMA fighter:

An amateur:

- May have never received any pay or a fighter's purse exceeding \$100 USD in any combat sport (MMA, Muay Thai, Boxing, Kick Boxing, Grappling, etc) event or tournament.
- May not currently hold or previously held a professional license by any state, country, or tribal nation.

Any person that does not meet this criterion is considered a professional and may not compete in a MMAC amateur event.

A) Contestant Requirement (submitted at time of weigh-ins):

- 1) A fighter must be at least 18 years old at time of weigh-ins in order to compete in an amateur MMA event sanctioned by MMAC.
- 2) Fighter must show a valid photo ID with proof of age and name to a MMAC representative prior to weigh-ins. (State ID cards, State Drivers License, Military ID, National MMA ID card, and Valid Passports are acceptable. All other forms of ID are at the discretion of the MMAC Official)
- 3) Must possess a valid mixed martial arts national identification card
- 4) MMAC will run all contestant names through the professional and amateur database at mixedmartialarts.com and any website registry certified and operated by the Association of Boxing Commissions to ensure that the contestants have not:
 - a) Had a professional fight.
 - b) Been placed under medical suspension or suspension due to conduct with any other sanctioning body or commission.
 - c) Fought in the last 7 days.

B) Medical Testing- Each fighter must submit his or her blood test results and annual physical form to an MMAC representative prior to the start of the event. Fighter may email, fax, bring to weigh-ins, or bring the day of the fight. Fighter must give permission to the MMAC representative to view these documents in order to be allowed to fight.

- 1) **Blood Test**
 - a) HIV-1: A blood test that verifies the applicant is HIV negative. (*Annually*)
 - b) HEPATITIS B: A blood test that verifies the applicant is Hepatitis B (HBsAg) negative. (*Annually*)
 - c) HEPATITIS C: A blood test that verifies the applicant is Hepatitis C (HCVAb) negative. (*Annually*)
- 2) **FEMALE CONTESTANTS**-All female participants must submit to 2 pregnancy tests taken within 48 hours of the start of the bout. (Usually during pre fight medical exam). Tests must be negative in order for the competitor to be allowed to compete.
- 3) **PHYSICAL**-All contestants must submit proof of completion and approval of a complete and thorough physical examination by a licensed physician (MD or DO). The examining physician shall conduct examinations and tests necessary to attest

- to the fitness of the applicant to engage in contests. Within 1 year from the date of the event. If a contestant does not have this document, the contestant shall be prohibited from competing during that specific contest.
- 4) Prior to engaging in a contest, all contestants must submit to a physical examination by a physician within 2 hours prior to the start of the event.
 - a) The physical examination given to contestants shall include, at a minimum, the following: weight, pulse, blood pressure, examination of the lungs and heart, and general physical condition.
 - b) Contestants shall disclose all medical history and conditions to the physician during the physical examination.
 - c) The physician shall conduct examinations and tests necessary to attest to the fitness of the contestants engaged in the contest. The physician shall certify in writing on a form prescribed by MMAC those contestants who are in good physical condition to compete.
 - d) If, upon physical examination, a contestant is determined by the physician to be unfit for competition, the contestant shall be prohibited from competing during that specific contest.
 - 5) A competitor that is under medical suspension with any state, country, tribal nation, or another sanctioning body will not be allowed to compete in an MMAC sanctioned event unless the suspension is eliminated prior to the weigh ins.
 - a) MMAC commissioners are mandated to check recent results of all event competitors in the database approved by the Association of Boxing Commissioners to ensure they are not listed on any medical suspension lists.
- C) Physical Appearance**
- 1) Fingernails and toenails shall be sufficiently trimmed to avoid the risk of cutting or scratching an opponent.
 - 2) Hair shall be trimmed or tied back so that the hair does not interfere with the vision of the contestant or cover the contestant's eyes. MMAC's representative shall determine whether a contestant's head and facial hair presents any safety hazard to the contestant or his or her opponent or would interfere with the supervision and conduct of the bout.
 - 3) Body grease, gels, balms or lotions applied to any part of a contestant is prohibited. Petroleum jelly or other similar petroleum based product may be applied to the mask area of the face at cage side in the presence of an inspector, referee or person designated by the MMAC. The referee or MMAC representative shall cause any excessive petroleum jelly or other permitted substance or any foreign substance to be removed to his or her satisfaction. Any contestant applying anything to any part of his or her body outside the presence of an inspector, referee or person designated by the MMAC may be penalized a point or disqualified. (This also applies to medical creams such as Icy Hot, Ben Gay, or any other substance)
 - 4) No cosmetics shall be worn during a bout;
 - 5) Jewelry or piercing accessories are prohibited.
 - 6) Any cosmetic procedures that have resulted in an orifice that can fit a digit must be covered by tape to ensure they this does not interfere with the fight.
- D) Attire and Equipment for Contestants**
- 1) All:

- a) A contestant may not wear shoes or any type of footwear during a bout.
 - b) Shall wear an individually fitted mouthpiece, which shall be subject to examination and approval of the referee or MMAC representative:
 - (i) A round will not begin until both contestants have their respective mouthpieces in place.
 - c) Shorts- Contestants shall wear athletic shorts that do not extend below the knee, such as mixed martial arts shorts, grappling or fighting shorts, boxing shorts or kickboxing shorts, as specified in the bout agreement.
 - (i) Shorts may not have belt loops or pockets.
 - (ii) Shorts with an inside thigh friction material are not allowed.
 - (iii) No padding whatsoever is allowed in the shorts or under the shorts during competition.
 - d) Support Braces are allowed for knee, elbow, or ankle. These braces must be tight fitting and have no hard plastic, metal, or Velcro straps. Braces must be approved by the referee or the MMAC representative.
- 2) Male Contestants:
 - a) Must wear a protective cup or a foul proof groin protector.
 - 3) Female contestants:
 - a) May wear a pelvic protector with not rigid material at the option of the contestant.
 - b) Must wear a tight fitting top. This includes a spandex top, rash guard, or sports bra.
 - 4) All equipment and attire are subject to approval by the MMAC. A referee or other MMAC representative may direct a contestant to change any attire or equipment that he or she determines gives unfair advantage or is a threat to the health, safety or welfare of the other contestant or the public.
- E) Bandages/Hand wraps**
 In all weight classes, fighters and seconds must adhere to the following for wrapping hands:
- 1) The bandages/hand wraps shall consist of soft gauze type cloth that is no more than 15 yards in length and 2 inches in width and held in place by no more than 10 feet of surgeon's tape, provided that the tape shall be no more than 1 inch in width for each hand.
 - 2) The surgeon's tape shall be placed directly on each hand for protection near the wrist but may not extend past the padding of the gloves.
 - 3) The binding of surgeon's tape must not be applied within one half inch of the knuckles of the contestant's hand with the exception of 1 strip across the knuckles to hold gauze in place and strips of tape that are placed between the fingers of a competitor.
 - 4) The MMAC official, inspector, or referee shall approve all bandages and taping prior to gloves being placed on any contestant. Under no circumstances are gloves to be placed on the hands of a contestant before approval by the inspector, referee, or MMAC representative.
- F) Gloves for Contestants**

- 1) Gloves used in an amateur fight must be provided by the promoter. If the contestant wants to wear his/her own gloves, they must be approved by the event commissioner.
- 2) Gloves shall be appropriate in size for the contestant and shall be 6 ounces in weight.
- 3) Gloves shall be whole, clean and in good condition. Broken gloves are prohibited during any bout or contest.
- 4) Gloves that are padded in the palm or fingertip area are prohibited.
- 5) All gloves shall be inspected and approved by the inspector prior to each bout. The inspector, referee, or a designee of the MMAC may inspect gloves at any time.

G) Corner Men and Seconds

- 1) No more than 3 Corner Men in a fighters corner at any time.
 - a) Only 1 second may enter the ring/cage in between rounds.
 - (i) If the promoter hires a neutral “cut-man” he does not count as the corner and that fighter may still have one corner man in the cage between rounds.
 - b) Corner Men may not enter ring/cage prior to the start of the fight.
- 2) Corner Men must wear disposable latex gloves during the fight.
- 3) Corner Men may not pour water on the fighter before the fight or between rounds.
- 4) A fighter may only drink water or an electrolyte drink from the time they see the Doctor for their pre-fight physical until they have their post fight check up by the EMTs.
- 5) Corner Men are not to leave their fighters corner while the fight is in progress.
 - a) If they leave to give instructions to their fighter, the referee will determine what action to take. These actions include but are not limited to:
 - (i) Verbal Warning
 - (ii) Point Deduction
 - (iii) Disqualification
 - b) Corner Men must stay on the ground and off of ring/cage apron while the fight is in progress. They may not touch cage or ropes while fight is in progress.
- 6) No verbal or physical abuse towards any officials will be tolerated. Corner men must follow instructions from the referee and must conduct themselves in a sportsmanlike manner. Failure to do so can result in point deductions, forfeiture of their fighter, and/or a suspension. If they have a complaint they can file it to MMAC after the fight has been completed. MMAC will then forward ALL complaints to the Indiana Gaming Commission.

H) Drug Testing An amateur contestant is not permitted to participate at an event if the amateur contestant has a prohibited drug in his or her possession or control.

- 1) The promoter must ensure that all costs of obtaining a drug test laboratory result ordered by MMAC are paid.
- 2) Each fighter participating in a championship bout must submit to a test for prohibited drugs.
- 3) The head MMAC commissioner representative may, upon random selection or reasonable cause, order a fighter scheduled to participate in a bout to submit to a test for the detection of a prohibited drug.
- 4) Reasonable cause will be deemed to exist if one (1) or more of the following exists:

- a) A fighter has previously tested positive for a prohibited drug.
 - b) MMAC obtains information from a reliable source that a fighter is under the influence of a drug.
 - c) The fighter is observed to be acting under the influence of a drug.
 - 5) At each event, a random selection of fighters for random testing for prohibited drugs may be conducted, using the following lottery system.
 - a) Each bout occurring at the event will be numbered.
 - b) The number of each bout will be written on separate pieces of paper supplied by MMAC.
 - 6) Both fighters who compete in the selected bout must submit to a test.
 - a) On the day of the event, a representative of MMAC will inform a fighter that he or she has been selected for a test. The fighter must submit to a test at the conclusion of the fighter's bout.
 - 7) A fighter may not refuse to submit to a test ordered. A fighter will be found to have failed the test if he or she refuses to submit to the testing procedures.
 - 8) A fighter participating in the event or fighter's representative may witness the selection of the bout that will be tested.
- I) MMAC will administer the drug test within a half hour after the fight ends.**
- 1) MMAC will use a 10 panel instant drug test and the physician or event commissioner will read the results.
 - 2) If the test is negative the test will be considered passing and the test is done.
 - 3) If the test is positive the fighter has the option to accept the positive result or take another test that will be sent to an offsite lab.
 - a) If the fighter decides that he or she would like the off-site test, he or she will be responsible for the expense incurred. If the test comes back negative the promoter will reimburse the contestant.
 - b) The sample for the off site test will be collected at the event by an MMAC official or doctor and sent to an independent lab.
 - c) The results of the test must be sent directly to MMAC within 14 days of the event.
 - d) The results of the offsite test will be the official results.
- J) Positive drug test**
- 1) If a winning fighter has a confirmed positive drug test result from a sample taken immediately following the fighter's bout or refuses to submit to a test, the official bout result shall be changed to a no contest.
 - 2) If a losing fighter has a confirmed positive drug test result from a sample taken immediately following the fighter's bout or refuses to submit to a test, the bout result will remain unchanged.
 - 3) MMAC will suspend any fighter that fails the drug test or refuses to take a test.
 - a) First offense – 90 days
 - b) Second offense – 180 days
 - c) Third offense – 365 days
 - 4) All failed or refused drug tests will be reported to the Indiana Gaming Commission.

SECTION II

RULES GOVERNING PROMOTERS

- A) A promoter in the state of Indiana must have a valid promoter license from the commission under IC 4-33-22, in order to utilize MMAC sanctioning services.
- B) Promoters and organizations associated with the contests shall be deemed to have knowledge of the applicable laws and rules of the State of Indiana and MMAC. MMAC will enforce these rules and ensure that the promoter is in compliance.
- C) A promoter may not be a contestant, second, corner person, or any official in a contest he or she is promoting.
- D) Responsibilities of promoters shall include:
 - 1) Full responsibility for all aspects of the contest and for meeting all deadlines for submission of contest permit and promoter licensure applications to the Indiana Gaming Commission and MMAC.
 - 2) Supervision of their agents, employees, and representatives, the conduct of those agents, employees and representatives, and any violation of the Act or this Part related to the contest. Any violation by an agent, employee or representative of a promoter is a violation by the promoter.
- E) A promoter who wishes to promote an event must provide to the commission the following information not fewer than fourteen (14) days before the proposed event:
 - 1) The proposed date and starting time of the event.
 - 2) The name of the venue, including the address, where the event will take place.
 - 3) The name of the sanctioning body that will be providing regulatory oversight at the event, including the:
 - a) Name, telephone number, and email address of the primary contact person for that event.
- F) Fighting Facility
 - 1) Public Safety

Promoters shall be responsible for ensuring the maintenance of adequate public safety and security for all contests, event staff, and spectators. Failure to ensure adequate public safety may result in cancellation of a contest, discipline against a promoter's license, denial of future contest permits, or any combination thereof.

 - a) For adequate public safety, the promoter is responsible for ensuring that no liquid refreshments or bottled or canned drinks, unless poured into disposable cups by vendors at the time of sale, are permitted in any hall or facility where any contest is being held. If the contest is staged out-of-doors, disposable cups also must be used on the site of the contest.
 - b) Spectator seats shall be at least 6 feet from the apron of the fighting area platform. An approved physical barrier shall be placed 6 feet from the fighting area platform and shall have 2 entrances. Security shall be placed at each of these 2 entrances. The space immediately within 6 feet of the fighting area platform shall be under the jurisdiction of the sanctioning body for use by designated working officials, contestants, their seconds, timekeepers, judges, referees, physicians, announcers, medical representatives. Promoters are

responsible for seeing that the working area is controlled and free of non-essential personnel.

- c) Promoters shall provide notification to contestants of the weigh-in time and location. The promoter shall also be responsible for notifying contestants when to report to their dressing room on the day of the contest; that time shall be determined by the sanctioning body.
- 2) Facility must be located no further than 25 miles from the nearest hospital with 24 hour emergency staff. Hospital must be identified and confirmed with the EMTs prior to the event.

G) Medical Staff

- 1) Promoters shall arrange for at least one advanced life support ambulance to be on-site, at all times, at each bout, along with 2 licensed paramedics, a stretcher, oxygen and proper resuscitation equipment as provided for in the Emergency Medical Services and Trauma Center Code.
 - a) Medical personnel must be certified under IC 16-31-3.
 - b) Ambulance must meet requirements described in 836 IAC 2.
 - c) No bout shall continue without the presence of the 2 paramedics and the required equipment as provided for in area.
 - d) 72 hours prior to the event the promoter must give MMAC a completed ambulance agreement letter.
- 2) There must be 1 physician present at cage-side during each fight and prior to the fight to conduct pre-fight physicals.
 - a) Physician must be selected and hired by the promoter and approved by MMAC.
 - b) Physician must be licensed under IC 25-22.5.
 - c) During the event the physician must be positioned immediately outside the fighting area to provide emergency medical care, while the bouts are in progress.
 - d) Immediately after a bout, the physician must enter the fighting area to examine each competitor and recommend any further medical attention or medical suspensions for the competitors.
 - e) 72 hours prior to the event the promoter must give MMAC a completed physician agreement letter.

H) Ring/Cage

- 1) Contests shall be held in a ring, cage, or a fenced area that must be circular or have up to eight equal sides for a contest. The fighting area shall be no smaller than 16 feet wide and no larger than 32 feet wide within the ropes, cage or fenced area.
- 2) Shall have a corner with a blue designation and the corner directly across shall have a red designation.
- 3) The floor must be made of vinyl (similar material accepted) or canvas (recommended for outdoor events). Mat must be padded with at least a 1 inch layer of foam padding that shall extend over the edge of the platform of the fighting area. Materials that may gather in lumps or ridges during the bout or contest are prohibited.
- 4) Platform shall be no more than 4 feet above the floor on which it is standing and must have suitable steps or ramps for use by officials and the contestants.

- 5) The enclosure shall not obstruct or limit the supervision and regulation of the bout by officials, Commission or MMAC representatives.
- 6) Ring Specifications
 - a) Shall have 5 fighting area ropes, when fighting area ropes are used, not less than 1 inch in diameter and wrapped in soft material. The lowest rope must be no higher than 12 inches from the fighting area floor.
 - b) Must not be obstructed by any object, including, without limitation, a triangular border, on any part of the fighting area floor.
 - c) The posts must be made of metal no less 3 inches and not more than 6 inches in diameter, and must be properly padded.
 - d) The posts must be 18 inches away from the fighting area ropes.
- 7) Cage Specifications
 - a) The fence or cage shall be made of material that will prevent a contestant from falling out or breaking through the fighting area onto the floor beneath the fighting area or onto spectators. The enclosure may be composed of vinyl-coated chain link fencing or other similar material.
 - b) Any exposed metal on the interior of the fenced or caged area must be covered and padded. The covering shall not be abrasive to the contestants.
 - c) Any metal parts used to reinforce the fenced or caged area enclosure shall not interfere with the safety of the contestants.
 - d) The enclosure shall provide 2 separate entries onto the fighting area that are sufficient to allow easy access to the fighting area by officials and emergency personnel. The entrances must be padded or covered so that there is no exposed metal on the interior of the fence or caged area.
- I) Insurance
 - 1) The promoter must provide insurance for the competitors in each event should an injury occur during a bout:
 - a) Each contestant's primary death and dismemberment insurance for not less than \$10,000 paid to the estate of the contestant. Any deductible is to be paid by the promoter.
 - b) Each contestant's primary medical insurance for not less than \$10,000 with any deductible paid by the promoter.
 - 2) Promoter must show proof of insurance 72 hours before the event.
- J) Promoter Must Supply And Provide
 - 1) Promoters shall provide all materials necessary to conduct the contest, including but not limited to such items as:
 - a) The fighting area.
 - b) An adequate number of tables and chairs for fighting area apron seating.
 - c) Stools, buzzer or whistle, bell or gong, timer, gloves, gauze, tape for hand wraps, red and blue tape for gloves, and properly calibrated scales.
 - d) Clean dressing room facilities, including washroom for contestants and officials. Separate facilities shall be provided for male and female contestants.
 - e) Appropriate cleaning solution and personnel for cleaning the fighting area between rounds and bouts.
 - f) An adequate supply of disposable hygienic gloves to be worn by the referees, the physician and the corner men.
 - g) An acceptable means of disposing of items containing blood-borne pathogens.

- h) An adequate supply of bottled water and ice for use by all contestants at the event.
- K) Compensation
 - 1) Promoters shall provide compensation to referees, announcers, physician, timekeepers, paramedics, and judges prior to the start of the event.
 - a) The promoter shall provide the compensation in cash, certified checks, money orders, or other form of approved payment to the MMAC at or before the weigh-in.
- L) Event payment scale for MMAC
 - 1) Sanctioning Fees will be determined on a per event basis with MMAC. The Sanctioning Rate will be determined by MMAC and will be between \$250 and \$500. MMAC does reserve the right to discount for charity or not for profit events.
 - 2) Pay for event officials will be determined in the signed contract.
 - Price for commissioner will not exceed \$225.
 - Prices for referee, judges, and timekeeper will not exceed the current average pay for a professional official.

SECTION III

EVENT RULES

A) Weigh-Ins

- 1) The weigh-in shall be conducted by an inspector or MMAC representative at a time and place approved by MMAC.
- 2) The scale used for the weigh-in shall be provided by the promoter and approved by MMAC. MMAC may, in its discretion, use the scales furnished by the promoter or use its own scales. All scales furnished by the promoter shall be thoroughly tested and approved by the representative of MMAC prior to being used in connection with any contest.
- 3) Each contestant shall be weighed in the presence of his or her opponent if their opponent is present at appointed weigh in time, a representative of MMAC, and an official representing the promoter. Weigh-ins shall be open to the public.
- 4) Contestants shall have all weights stripped from their bodies before weigh-in. Male contestants may wear shorts and socks. Female contestants may wear shorts, a sports bra and socks.
- 5) Contestants who fail to make the weight for their designated weight class shall be given up to 2 hours to make required weight. Any contestant who fails to make the weight shall not be allowed to compete unless both contestants consent to participate in the scheduled bout.

B) Weight Classes

- 1) MMAC will follow the accepted weight classes listed below

Weight classes in pounds

1. Flyweight:	125 and Under
2. Bantamweight	125.1 to 135
3. Featherweight	135.1 to 145
4. Lightweight	145.1 to 155
5. Welterweight	155.1 to 170
6. Middleweight	170.1 to 185
7. Light Heavyweight	185.1 to 205
8. Cruiser Heavyweight	205.1 to 230
9. Heavyweight	230.1 to 265
10. Super Heavyweight	265.1 and Over

*Weights will be rounded to the nearest half pound.

C) Weight Allowances

- 1) Each non-title fight will give a 1 pound weight allowance.
- 2) For a title fight there is no weight allowance.
- 3) Fighters in the flyweight division may only have a weight difference of 10 pounds.
- 4) For safety reasons if fighters 125.1 pounds and up are in different weight classes there is a maximum difference in the weights of fights. Please consult the chart below.
 1. 135 and under - Maximum 3 pounds
 2. 135-170 - Maximum 5 pounds

3. 171-205 - Maximum 7 pounds
4. 205-265 - Maximum 15 pounds
5. 265 and up - No Maximum

D) Match Approval

- 1) Bout list must be sent to MMAC 7 days prior to the event. Bout list must include the name and the national ID number of every participant.
 - a) Upon receipt MMAC will ensure that bouts are between two competitors of comparable experience and records. If the fighters do not have comparable records and experience, the fight will not be permitted.
- 2) MMAC will not approve:
 - a) Bouts that are not MMA fights.
 - b) Bouts in which a professional fighter competes.
 - c) Bouts between members of the opposite sex.
 - d) Bouts between professional and amateur contestants.
 - e) Bouts between human contestants and nonhumans.
 - f) Contests with more than 2 contestants competing in the same bout.

E) Amateurs will be broken up into 2 divisions:

- 1) The Novice Division - Fighters with fewer than 3 sanctioned fights.
- 2) The Advanced Division - Fighters with 3 or more sanctioned fights or a fighter that has been given clearance from the commission to compete as an advanced fighter.
- 3) Bouts between 2 Advanced Division fighters may be contested under Novice Division rules.

F) Fight Rules

- 1) Permitted Strikes
 - a) Punching with a closed fist (except to the head of a grounded opponent in the novice division).
 - b) Knees are allowed to the body only.
 - c) Kicks are allowed anywhere to an opponent except to the head of a grounded opponent.
*A grounded opponent is defined as one who has a body part touching the mat other than his or her feet.
- 2) Takedowns and Throws: All wrestling, judo, and jujitsu throws and takedowns are permitted.
 - a) Spiking your opponent is not allowed. (Spiking is slamming your opponent in a controlled way where his head or neck is positioned to hit the mat first)
- 3) Submissions and Chokes
 - a) Locks- Elbow, shoulder, wrist, knee, and ankle locks are allowed. Small joint manipulation (less than 3 fingers/toes) is not allowed.
 - b) Chokes: All chokes are legal that can be done with the arms and legs.
- 4) Fouls
 - a) Holding the ropes or the fence
 - b) Holding the shorts or gloves of an opponent
 - c) Head butts to any part of the body
 - d) Eye gouging of any kind
 - e) Biting or spitting at an opponent or official

- f) Pulling of the hair
- g) Fish hooking
- h) Groin attacks of any kind
- i) Putting a finger into any orifice or into any cut or laceration on an opponent
- j) Elbow or forearm strikes
- k) Small joint manipulation fingers or toes
- l) Striking to the spine or the back of the head
- m) Kicking to the kidney with the heel
- n) Throat strikes of any kind, including, without limitation, grabbing the trachea
- o) Clawing, pinching or twisting the flesh, or grabbing the clavicle
- p) Kicking the head of a grounded opponent
- q) Kneeing the head of an opponent
- r) Stomping a grounded opponent
- s) Using abusive language in the ring or fenced area
- t) Engaging in an unsportsmanlike conduct that causes an injury to an opponent
- u) Attacking an opponent on or during the break
- v) Attacking an opponent who is under the care of the referee
- w) Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
- x) Interference by the corner
- y) Attempting to throw an opponent out of the ring or fenced area
- z) Flagrantly disregarding the instructions of the referee
- aa) Spiking an opponent to the canvas on his head or neck
- bb) Attacking an opponent after the bell has signaled the end of the round or bout
- cc) Linear kicks to the knee joint
- dd) Neck Cranks
- ee) Twisting leg submissions
- ff) Spine locks
- gg) Striking the head of a grounded opponent (*Novice Division Only)
- 5) Disqualification occurs after any combination of three of the fouls listed in (4) above or after a referee determines that a foul was intentional and flagrant.
- 6) Fouls will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.
- 7) 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.
- 8) A fouled fighter has up to five minutes to recuperate from a groin strike.
- 9) The referee will determine how much time to recuperate from any other illegal act.

G) Injuries sustained during competition

- 1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.
- 2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

- 3) If an injury is sustained during competition as a result of an intentional foul 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.
- 4) If an injury sustained during competition as a result of intentional foul 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.
- 5) 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.
- 6) If an injury sustained during competition as a result of an accidental foul 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.
- 7) If an injury sustained during competition as a result of an accidental foul 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.
- 8) 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) Length of Fight

- 1) All bouts shall be 3 rounds of 3 minutes each.
- 2) A one-minute rest period will occur between each round.

I) How to win

- 1) Submission via:
 - a) Tap Out: When a contestant physically uses his hand to indicate that he or she no longer wishes to continue.
 - b) Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.
 - c) Technical Submission: Referee intervenes after a submission has been completed and causes to lose consciousness or a joint lock causes a fracture.
- 2) Technical knockout by:
 - a) Referee stops bout. (Referee may stop bout if participant is not able to intelligently defend him/herself or cannot make a rational decision to stop bout on their own. Referee can also stop bout due to excessive damage taken by a competitor)
 - b) Ringside physician stops bout due to injury or excessive damage to an opponent.
 - c) When an injury as a result of a legal maneuver is severe enough to terminate a bout.
 - d) A second may terminate the bout by waving a towel to indicate his fighter cannot continue.
- 3) Knockout by failure to rise from the canvas.
- 4) Decision via score cards:
 - a) Unanimous: When all three judges score the bout for the same contestant.

- b) Split: When two judges score the bout for one contestant and one judge scores for the opponent.
 - c) Majority: When two judges score the bout for the same contestant and one judge scores a draw.
- 5) Draws:
- a) Unanimous: When all three judges score the bout a draw.
 - b) Majority: When two judges score the bout a draw.
 - c) Split: When all three judges score differently and the score total results in a draw.
- 6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.
- 7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.
- 8) Technical Draw: When an injury sustained during competition as a result of an intentional foul cause the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.
- 9) Technical Decision: When the bout is prematurely stopped due to an accidental injury and a contestant is leading on the score cards.
- 10) No Contest: When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.
- J) Appeals and Changing an official decision
- 1) The decision rendered at the end of any bout will not be changed by MMAC unless:
 - a) MMAC determines that a fraudulent act or corruption took place during the bout; or
 - b) Compilation of the score cards of the judges discloses clerical error which shows that the decision was given to the wrong fighter;
 - 2) A petition to change a bout result may only be filed by the:
 - a) Fighter participating in the bout; or
 - b) Fighter's manager.

SECTION IV

OFFICIALS

A) Officials

- 1) Officials and Inspectors must have attended training for judging and or referee training approved by MMAC.
- 2) MMAC referees must have attended an ABC training seminar or be licensed as a professional MMA referee in any state, province, or tribal nation.
- 3) Officials with a conflict of interest will not be allowed to work an event.
 - a) Conflict of interests include:
 - (i) Association with the promoter of the event.
 - (ii) Association with a fighter or a gym represented at the event.
- 4) Officials will be assigned by:
 - a) Performance
 - b) Availability
 - c) Location
- 5) There must be at least two officials from MMAC present at all MMAC sanctioned events. One official will serve as commissioner and will ensure that the rules and regulations of MMAC, IC 4-33-22-18, and the rules of the Indiana Gaming Commission are strictly adhered to. The second representative may act as an inspector but may not act as a timekeeper, judge, or referee for any bout.
- 6) The MMAC commissioner has the ability to cancel or delay an event, if the rules and regulations are not being met at an event.
- 7) In all contests, contestants, promoters, managers, matchmakers, judges, referees, timekeepers, seconds, announcers and physicians at all times shall be under direction of MMAC through its designated representatives and inspectors.
- 8) Employees, officials, and inspectors of MMAC shall not have, either directly or indirectly, any interest in, or connection with, any promotion of any professional or amateur contests in the State of Indiana.
- 9) Before the start of a contest, an MMAC official must check that all contestants, promoters, managers, matchmakers, seconds, timekeepers, referees and physicians are MMAC approved. Any of those persons without MMAC approval shall not participate in the contest.
- 10) An MMAC official shall be present in the dressing rooms at the designated time for observing contestants and inspecting all equipment.
- 11) The head MMAC official is responsible for warning the seconds of violations of any rules relating to seconds. If, after a warning, the second does not conduct himself or herself in accordance with the rules, the referee shall warn the second that further violations may result in disqualification of his or her contestant or his or her removal from the corner
- 12) An MMAC official or referee must inspect a fighter for any foreign substance (oil, Vaseline, etc) immediately before the fighter enters the ring/cage prior to fight.

13) MMAC will promptly investigate any complaint that is made by any participating party and will report all complaints that are not resolved to the Indiana Gaming Commission.

B) Referees

- 1) Responsibilities: The referee shall oversee and supervise the entire fight from within the ring. The referee will enforce all of the MMAC rules which apply to the fighters and seconds to promote a safe and fair competition for the contestants.
- 2) It is the official ring referee's duty to determine and announce all submissions, knockouts, bout stoppages, warnings, point deductions, and/or disqualifications.
 - a) If a fighter looks helpless and cannot or refuses to intelligently defend himself following a strike(s) and receives repeated blows but does not tap out or call out a signal to quit or end the bout, he may be called "out" by the referee and the bout stopped if referee feels it is necessary and awarded to that fighter's opponent.
 - (i) "Intelligently Defend Himself" - When a fighter has been hit so many times, that he/she simply is unable to make a "Rational" and or "SAFE" decision for his/her own safety, as to whether he/she should tap out, verbally or physically, at this time, it is the RESPONSIBILITY of the Referee to make that "Intelligent Decision" for the fighter, with the fighter's safety in mind. IN ADDITION, A fighter could very well be open eyed and of sound mind as they are taking blow after blow or as they are being choked, but still refuse to tap due to, as an example, pride and ego, AGAIN, this is why we have QUALIFIED Referees. It is their RESPONSIBILITY to make that "Intelligent Decision" for the fighter, with the fighter's safety in mind.
 - b) If a fighter is knocked down to the ring floor by a strike, the bout may continue on the floor. If the downed fighter is unconscious upon contact to the ring floor, the official ring referee shall step between the fighters for the safety of the downed fighter and stop the bout.
 - c) If fighters are in jeopardy of falling out or off the designated fighting ring (boxing Ring), the official ring referee may give the command of "STOP" or "FREEZE" and has the authority for the fighters' safety to stop the bout and:
 - (i) Re-start the fighters standing in their corners OR
 - (ii) Have the action continue from the exact position he froze the fighters in.
 - d) If the action of the bout has stalled and neither competitor is working aggressively to gain an advantage, the referee shall warn the competitors to accelerate the action or face a restart. If, after the warning, the action remains stalled, the referee shall stop action and separate the competitors to their respective corners.
 - e) If a fighter drops his mouthpiece, the referee shall have the following 3 choices:
 - (i) If both fighters are STANDING, and making NO CONTACT, the referee may call "Time-Out" to allow the fighter to replace the mouthpiece. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
 - (ii) If both fighters are GROUNDED, and making CONTACT, the referee may give the command of "STOP" or "FREEZE", and at that time, the

Referee may hand the mouthpiece to the fighter and the fighter must put the mouthpiece back in the fighter's mouth. After which, the referee may allow the action to continue from the exact position he froze the fighters in.

- (iii) If both fighters are GROUNDED, and making CONTACT, the referee may ALSO choose to simply WAIT until both are standing and separated from each other to then, call "Time-Out" to allow the fighter to replace the mouthpiece. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
- f) If a fighter drops his mouthpiece 3 times during a round, he/she will be disqualified from the match and the victory awarded to his/her opponent.
- g) If the referee wishes to examine a fighter with the doctor's assistance for any concern, the referee will stop action and separate the competitors to their respective corners. At that time, the referee shall signal the timekeeper to stop the time. The referee will then signal the doctor to come into the fighting area to examine the athlete in question, and restart the match, if necessary. If so, the bout shall be restarted with both fighters standing in their respective corners.
- h) In the event that any equipment problems that threatens the safety of the fighters exists, the referee will have the action stopped for repair and the bout restarted, with both fighters standing in their respective corners.
- i) In the event of a Foul that the referee chooses only to announce a warning:
 - (i) IF BOTH FIGHTERS ARE STANDING:
 - (a) The referee will call "STOP and Time-Out", separate the fighters, and give his/her verbal warning to the fouling fighter. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
 - (ii) IF BOTH FIGHTERS ARE GROUNDED:
 - (a) The referee will give the command of "STOP" or "FREEZE". At this time, the Referee will give his/her verbal warning to the fouling fighter and allow the action to continue from that exact position he froze the fighters in.
- j) In the event of a Foul that results in a Point Deduction:
 - (i) IF BOTH FIGHTERS ARE STANDING:
 - (a) The referee will call "STOP" and a "Time-Out", separate the fighters, send each to a NEUTRAL corner, indicate the foul and point deduction to each judge and scorekeeper. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
 - (ii) IF BOTH FIGHTERS ARE GROUNDED:
 - (a) The referee will give the command of "STOP" or "FREEZE". At this time, the Referee will make the determination as to if the fouled fighter needs any recovery time or not and if so, will separate the fighters to allow for such recovery time of the fouled fighter. Also at this time, the Referee will indicate the foul and point deduction to each judge and scorekeeper. Once the recovery time is complete and the Referee has indicated the point deduction(s), the referee will re-position the fighters into the exact same position they were in when the

foul occurred and allow the action to continue from that exact position he froze the fighters in.

- k) Except as otherwise set forth herein, the referee shall alone determine whether or not and what warnings and/or point deductions are necessary, or whether disqualification is appropriate, for all rule infractions and violations.
 - l) The Ring Referee and the Ringside Medical Doctor are the only Ring Officials allowed to stop a bout.
- C) Judges-All amateur bouts will be evaluated and scored by three (3) judges in accordance with the Ten (10) Point Must Scoring System outlined in this SECTION.
- 1) Each judge must evaluate mixed martial arts techniques in the following order of importance:
 - a) Effective striking and grappling
 - (i) Effective striking is judged by determining the:
 - (a) number of legal strikes landed by a mixed martial artist; and
 - significance of such legal strikes
 - (ii) Effective grappling is judged by considering the amount of successful executions of:
 - (a) legal takedowns
 - (b) reversals
 - (c) solid submission attempts
 - (d) near catches
 - b) Control of the fighting area
 - (i) Fighting area control is judged by determining which mixed martial artist is dictating the pace, location and position of the bout, such as:
 - (a) countering a mixed martial artist's attempt at takedown by remaining standing and legally striking
 - (b) taking down an opponent to force a ground fight
 - (c) creating threatening submission attempts
 - (d) passing the guard to achieve mount
 - (e) creating striking opportunities
 - c) Effective aggressiveness
 - (i) Effective aggressiveness means moving forward and landing a legal strike or takedown
 - d) Effective defense
 - (i) Effective defense means avoiding being struck, taken down, or reversed while countering with offensive attacks
 - 2) Each judge must use the following objective scoring criteria when scoring a round:
 - a) A round is to be scored as a 10-10 round when:
 - (i) both mixed martial artists appear to be fighting evenly; and
 - (ii) neither mixed martial artists shows clear dominance in a round
 - b) A round is to be scored as a 10-9 round when a mixed martial artist wins the round by a close margin.
 - c) A round is to be scored as a 10-8 round when a mixed martial artist wins by having overwhelmingly dominated the round.
 - d) A round is to be scored as a 10-7 round when a mixed martial artist wins by having totally dominated the round.
 - 3) There shall be scoring of an incomplete round.

- 4) If the referee penalizes either mixed martial artist, then the appropriate points shall be deducted when the official scorekeeper calculates the final score for the partial round.
 - 5) MMAC will read the names and scores of the judges during the decision for any split decisions.
- D) Timekeepers
- 1) Timekeeper's equipment. All necessary equipment will be provided to the timekeeper by the promoter including a stopwatch or timer, a bell and whistle or air horn.
 - 2) Timekeeper's duties.
 - a) The timekeeper will give the appropriate signal for the starting and ending of each round. Only a bell or an air horn is permissible.
 - b) He will keep the time during each round starting and stopping the official clock for time-outs designated to him by the referee.
 - c) He will keep time during the rest period of each according to the schedule set forth.
 - d) Ten seconds before the beginning of each round, the timekeeper will give warning with a whistle or clapper, to the handlers of the contestants by suitable signal.
 - e) Ten seconds before the end of each round, the timekeeper will give warning with gavel, clap, or another suitable signal easily recognized by the officials and fighters.
- E) Score Keepers
- 1) Record the scores of each of the judges after each and every round. Scores will be placed on a master scorecard for the official results.
 - 2) If the fight ends in a stoppage (submission, knockout, etc) the timekeeper will give the official time to the scorekeeper to add to the master scorecard.
- F) Ring Announcer
- 1) Ring announcer will be provided by the promoter (it is the promoter's responsibility to make sure that the ring announcer understands the rules and regulations of MMAC).
 - 2) To begin the event must announce:
 - a) Promoter
 - b) Matchmaker
 - c) Sponsors
 - d) Event is sanctioned by MMAC with event commissioner (name) in attendance
 - e) Judges
 - f) Referee
 - g) Timekeeper
 - 3) At the beginning of each bout must announce the name, record, and official weight of each fighter.
 - 4) At the end of each bout, must announce the winner, time, and official decision.
 - 5) Ring announcer must appear in a professional manner.
 - 6) NO PROFANITY over the microphone.
 - 7) No Talking on microphone while event is in progress unless it is to inform the fighters/officials/fans how much time is left in the round (i.e. 10 sec warning, or after a timeout).

- 8) Must read introductions in a professional manner.
- G) DJ
 - 1) DJ's can be provided by the promoter (it is the promoter's responsibility to make sure that the DJ understands the rules and regulations).
 - 2) No music or speaking over the microphone while a fight is in progress.
- H) Ring Card Personnel
 - 1) If there is a ring/cage apron wide enough for someone to safely walk around, the ring card personnel will not enter the cage/ring.
 - 2) Must immediately step down from the ring once the timekeeper signals 10 seconds before the start of the round.
- I) Suspensions
 - 1) Medical Suspensions -In an effort to ensure safety and maintain consistency in amateur MMA, MMAC will honor the medical suspensions levied by other the sanctioning bodies and state commissions.
 - a) Medical Suspensions are determined by the ringside physician.
 - (i) The following parameters may be instituted as a suspension and reported to ALL Indiana sanctioning bodies.
 - (a) RSC-H/TKO - Automatic 30 days
 - (b) Submission, with no injury - 7 Days
 - (c) Choked unconscious – 7 Days
 - (d) Submission, with injury - Determined by Ringside Physician
 - (e) KO - 30, 45, 60 or 90 days - A doctors clearance is required to lift suspension
 - (i) Doctor determines suspension but is encouraged to follow these guidelines
 - 1. Flash KO but, unconscious for less than 1(one) minute- 30 days
 - 2. KO with no response for 1-2 minutes- 60 Days
 - 3. KO with no response for more than 2 minutes- 90 Days
 - (f) Facial Cut - 14 to 90 days - A doctors clearance is required to lift suspension
 - (ii) If a fighter receives a second K.O. within 6 (six)months, an automatic safety suspension of 90 Days will be implemented until a written full medical release is permitted by a licensed physician, and the allotted time has expired from the fight doctors initial suspension.
- 2) Disciplinary Suspensions
 - a) Every disciplinary suspensions levied by any sanctioning body in the state of Indiana will be enforced by MMAC.
 - (i) MMAC has the right to suspend any persons (fighter, cornermen, officials, etc.) that should flagrantly break the rules, attempt to deceive MMAC or the Indiana Gaming Commission, or act in a manner that should warrant a suspension.
 - (ii) Should the offense(s) warrant a fighter may be expelled and have no future fights in MMAC sanctioned events. A forwarded report will go to the Indiana Gaming Commission, and an announcement will go to all licensed sanctioning bodies in the State of Indiana.

- b) All contestants receiving a suspension have the right to an appeal. The appeal must be made in writing or electronically within 5 business days of the announced suspension. The fighter has the right to appear and state a case at a review panel with the Board of Directors.
- 3) MMAC reserves the right to suspend any contestant for failure to show if that contestant has signed a contract to compete at that event. Suspension will not allow that competitor from competing in a MMAC sanctioned event.
 - a) Exceptions to this rule include but are not limited to:
 - (i) Injury to a fighter
 - (ii) Change of an opponent
 - (iii) Illness to the fighter
 - b) Fighters must notify the promoter of any of these situations immediately.
 - c) All decisions for disciplinary action for failure to show will be decided by MMAC officers.
- 4) MMAC will report all suspensions to the commission and enter suspension information to the website registry certified or operated by the Association of Boxing Commissions.
- J) MMAC will
 - 1) Provide advance notification to the commission of any events in Indiana.
 - 2) Admit anyone working on behalf of the Indiana Gaming Commission free of charge with seats directly next to the fighting area.
 - 3) Report to the division any violations of IC 4-33-22-18 and the rules and regulations of the IGC by the promoter, fighter, or official (including MMAC itself).
 - 4) Notify the Indiana Gaming Commission of any changes to its policy.
 - 5) MMAC will appear before the Indiana Gaming Commission if requested and will share any complaints or dispositions that MMAC may receive.
 - 6) MMAC will provide a complete event report to the Indiana Gaming Commission within 5 days of the conclusion of the event.