

BOUT MANAGEMENT FEDERATION



**BOUT MANAGEMENT  
FEDERATION**

---

## Rules and Regulations

Michael Dreisbach

5/12/2010

An outline and description of all rules and regulations for the sanctioning body entitled Bout Management Federation.

# Bout Management Federation Sanctioning Rules and Regulations

---

## Table of Contents

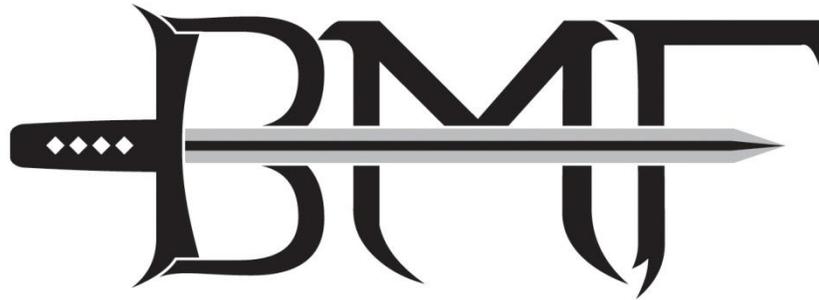
|   |    |
|---|----|
| Bout Management Federation Mission Statement..... | 7  |
| Bout Management Federation Objectives .....       | 7  |
| Definitions and Clarifications .....              | 9  |
| Authority to Govern .....                         | 12 |
| Governing Body .....                              | 14 |
| Event Regulations.....                            | 15 |
| Tickets .....                                     | 15 |
| Official Cage/Ring .....                          | 16 |
| Rules Meeting.....                                | 17 |
| Weigh-Ins .....                                   | 17 |
| Physicals .....                                   | 19 |
| Drug Testing and Blood work.....                  | 21 |
| Contestants .....                                 | 21 |
| Code of Conduct.....                              | 22 |
| Pro/Am Rule.....                                  | 23 |
| Travel Expenses .....                             | 23 |
| Minimum Age of Requirement .....                  | 24 |

|                                       |    |
|---------------------------------------|----|
| Pre-Fight Entrance/Music/Conduct..... | 24 |
| Trainers/Seconds/Coach.....           | 25 |
| Corners Conduct.....                  | 26 |
| Officials.....                        | 27 |
| Requirements for Certification.....   | 28 |
| Required Personnel for an Event.....  | 28 |
| Representative.....                   | 30 |
| Scorekeeper.....                      | 30 |
| Physician.....                        | 30 |
| EMT/Ambulance.....                    | 30 |
| Referee.....                          | 31 |
| Second Referee.....                   | 32 |
| Judges.....                           | 33 |
| Mandatory Scoring.....                | 35 |
| Decisions.....                        | 35 |
| Glove masters.....                    | 35 |
| Timekeeper.....                       | 36 |
| Matchmaker.....                       | 36 |
| Match Criteria.....                   | 38 |
| Championship Titles.....              | 39 |

|   |    |
|---|----|
| Promotional Titles.....                   | 39 |
| Sanctioning Titles .....                  | 39 |
| Mandatory Defenses and Title fights ..... | 39 |
| Promoters.....                            | 40 |
| Expectations of promoters .....           | 40 |
| Requirements of promoters.....            | 40 |
| Schedule Consideration .....              | 41 |
| Video Recording .....                     | 42 |
| Advertisement.....                        | 43 |
| Media Relations .....                     | 43 |
| Ring Girls/Hospitality Staff .....        | 43 |
| Conduct .....                             | 43 |
| Attire.....                               | 44 |
| Promotional Items.....                    | 44 |
| Photographs and Image/Logo Usage .....    | 45 |
| Equipment/Attire.....                     | 46 |
| Gloves .....                              | 46 |
| Hand Taping.....                          | 47 |
| Apparel.....                              | 48 |
| Protective Equipment.....                 | 48 |

|  |    |
|--|----|
| Female Contestants .....                             | 49 |
| Access for Officials and Staff .....                 | 49 |
| BMF staff .....                                      | 49 |
| State Officials .....                                | 49 |
| Media.....   | 50 |
| Weight Classes.....                                  | 50 |
| Ways to Win a Contest .....                          | 52 |
| Legal Techniques .....                               | 53 |
| Illegal Techniques.....                              | 54 |
| Penalties .....                                      | 57 |
| Suspensions.....                                     | 59 |
| Safety Suspensions are as follows:.....              | 59 |
| Disciplinary Suspension .....                        | 60 |
| Bout Protest.....                                    | 60 |
| Appendix.....  | 63 |
| Sanctioning Agreement .....                          | 63 |
| Fighter Registration Form and Physical Form .....    | 70 |
| Bout Management Federation Title Bouts Contract..... | 79 |
| Injury Report/Suspension Form .....                  | 80 |
| Concussion Handout.....                              | 82 |

|                                     |    |
|-------------------------------------|----|
| Fighter Registration Checklist..... | 83 |
| Score sheet.....                    | 84 |
| Results Report .....                | 85 |



## **BOUT MANAGEMENT FEDERATION**

### **Bout Management Federation Mission Statement**

Bout Management Federation (BMF) was formed to advance the state sport of Mixed Martial Arts for both the promoters of events and the competitors in said events. To ensure this advancement, a more complete merger of sport and science must occur. To facilitate this, Bout Management Federation has a board of directors composed of: medical professionals, fighters and trainers, promoters of events, media representatives, and one official from the state office of regulation. Our intention is to follow the highest standards with regard to the safety of the participants and the effective execution of events, while abiding by all applicable state laws.

### **Bout Management Federation Objectives**

1. Provide for the safety of all participants and spectators.
2. Provide guidance to promoters of events, in order to insure high quality mixed martial arts competitions.
3. Provide quality medical insurance coverage for mixed martial arts events and competitors.
4. Provide quality trained officials for all events.
5. Provide access to the resources needed to promote a mixed martial arts event (doctors, cage rentals, etc...)

6. To continuously review our policies and procedures on a yearly basis, including review of feedback from promoters, participants, and state officials.

## Definitions and Clarifications

- Bout Management Federation- the organization and sanctioning body responsible for the legal operations of Mixed Martial Arts competitions around the state as required and allowed by regulations set forth by the State.
- Announcer- the person responsible for announcing the names of the officials, contestants, the contestants' weights, and the decisions of the referee and judges during a bout.
- Bout- one (1) match involving (2) two amateur mixed martial arts contestants.
- Commissioner- The administrative head of BMF sanctioning, under the direct supervision of the Board of Directors. This person makes decisions based on sanctioning policies and rules and state laws, and presents any proposed changes to the Board. The commissioner also is the liaison to all governing bodies and other sanctioning bodies in the regions covered by BMF.
- Contest- a group of bouts involving qualified contestants competing in mixed martial arts.
- Contestant- any person who enters the fighting area to compete against another person during a mixed martial arts event.
- Event- the entirety of pre-production, announcements, introductions, bouts, and post production on a specified date for the purpose of displaying amateur mixed martial arts within the rules and regulations of Bout Management Federation and state licensing.

- Event Rep- The person in charge of an actual sanctioned event. Answers to the commissioner when questions arise that are not expressly spelled out in the sanctioning body guidelines. His/her role is to help promoters run safe, organized amateur MMA fighting events. Takes care of registrations, weigh ins, rules meeting, etc...
- Fighting Area- the ring, cage, or physical area of the event site where the contestants compete during the mixed martial arts bout or contest.
- Judge- a person serving as a member of a judging panel for mixed martial arts. The panel is responsible for determining a decision in each bout.
- Manager- one who directs or controls the activities of any contestant.
- Mixed Martial Arts- any bout or contest in which any form of martial arts or self-defense is conducted on a full-contact basis. Where weapons are not used and where other combative techniques or tactics are allowed in competition including: chokeholds, boxing, wrestling, kickboxing, grappling, and/or joint manipulations. As defined by chapters 1100.00, 1200.00, and 1300.00 of Missouri State Regulations, and additional limitations set fourth within these rules and regulations.
- Matchmaker- the person responsible for matching the contestants for a bout(s) as to weight and experience as directed in Chapter 560.00 of the Missouri State Regulations and set fourth within these rules and regulations.
- Official- referee(s), judge(s), matchmaker(s), manager(s), second(s), announcer(s), timekeeper(s), and physician(s) certified and licensed by Bout Management Federation and/or the etic office in which the event being sanctioned is held, are allowed to conduct themselves in that capacity at a mixed martial arts contest.
- Physician- a person who is licensed as a doctor of medicine or doctor of osteopathy, and who has received a license as a physician by the State.

- Professional- an athlete that has received a monetary sum for competing in a mixed martial arts contest (Does not prohibit training and travel fees for amateurs as long as any said training or travel fees are not contingent upon the winning or losing of a bout).
- Promoter- a person, association, partnership, corporation, limited liability company, or any form of business entity which enters into an agreement with BMF, to arrange, advertise or conduct a mixed martial arts event, and is responsible for payment of any: production right taxes, expenses not covered by the sanctioning contract, and associated sanctioning fees.
- Purse- the financial guarantee or any other remuneration which contestants receive for participating in a bout. It includes the contestant's share of any payment received for radio broadcasting, television, or motion picture rights.
- Referee- the person in charge of enforcing the rules of the sanctioning body and/or rules placed by the State Office of Athletics during any mixed martial arts contest.
- Representative- the person employed by BMF to attend a sanctioned mixed martial arts events to ensure that all rules and regulations set forth are adhered to and all applicable state laws, as set forth in the license of the Office of Athletics.
- Scorekeeper- the individual that is responsible for calculating, deducting points if appropriate, and recording all the judges' score cards immediately following a contest which warrants a judge's decision, and reporting said scores to the representative.
- Second- an individual who attends to contestants between rounds.
- Timekeeper- a person responsible for keeping accurate time during each bout for a mixed martial arts bout.

## **Authority to Govern**

The rules and regulations within this document constitute the official rules of Bout Management Federation, hereinafter known as BMF or the sanctioning body and must govern all sanctioned events under the licenses of BMF.

Enforcement of these rules shall be by contractual agreement and the responsibility of the Promoter, Officials, Representative, Employees, and BMF.

These rules must be followed for all BMF amateur events. Use of these rules does not necessarily carry the sanctioning of BMF. To obtain a sanction, a properly signed sanction agreement must be submitted, which becomes a binding contract when signed by the promoter and designated staff representative of BMF.

All individuals associated with any sanctioned event must acquaint themselves with all applicable rules and regulations of BMF, as well as any regulations set forth by the State's Athletic Office in which the event is being held, the governing authority.

Any questions and interpretations should be referred to the event representative or chief official on site.

The authority of the officials and event representative will be respected. No one will interfere with the officials or event representative's duties, no use of foul language or threats of physical harm.

The promoter will be responsible for seeing that all regulations are strictly adhered to and the instructions of officials are carried out.

All officials, administrative personnel and participants of Bout Management Federation (BMF), must be available to appear before any state authority as requested and truthfully answer any appropriate questions which such personnel may have knowledge of including complaints, protests, intervention, or suspensions which if deemed necessary or requested, will be shared with such appropriate authority.

Notification of an event being sanctioned by Bout Management Federation will be sent to the State's Office of Athletics in which they are sanctioning an event. This notification will happen 20 days prior to weigh-ins of event. Results of all events will be forwarded to the State's Office of Athletics in which the sanctioned event occurred within 48 hours of the event's conclusion.

## **Governing Body**

A board of directors will be the sole governing body. Supported by industry standards, state laws, insurance regulations, and personal experiences, decisions for the successful operations and career advancement of the fighters will be determined by this board.

The Board of Directors will consist of nine (9) members. They are as follows: two (2) doctors, two (2) promoters, two (2) media representatives, two (2) fighter representatives, one (1) state official from each state that Bout Management Federation is approved to sanction within.

Board meetings will take place on the 1<sup>st</sup> Saturday of June, annually beginning at 12:00PM, at a location to be announced prior to December 15 of each year. Any special meetings may be called by no less than two (2) members and announced no later than thirty (30) days prior to the requested meeting date. No meeting shall take place without a quorum.

Board shall direct the actions of the commissioner and through this person the actions of the event representatives.

## Event Regulations

Any changes must be posted in a conspicuous location (i.e. Internet website) 14 days prior to the beginning of the first scheduled phase.

Venue Liability Insurance and Medical Liability Insurance CAN be provided as part of the sanctioning fee. Promoters must submit a copy of the policy to the BMF office fourteen (14) days prior to confirmation of the event if providing insurance coverage outside of sanctioning.

Participants are required to submit insurance information should they have private medical insurance.

## Tickets

It is the sole right of the promoter to establish ticket values and seating arrangements. All printed tickets must bear the identifying mark and title of Bout Management Federation.

**It is unlawful and unauthorized to present tickets to competitors for the purpose of resale. Each competitor is limited to two tickets. No other persons involved in the contest can be given tickets beyond their entrance. All competitors' corner men, trainers, or coaches must wear an arm band distributed by the promoter the night of the event.**

**Event officials will not be allowed any compensatory tickets at any time. They must present a valid BMF ID card, be in uniform or proper attire, and be on official business for entry into the event. Any tickets for officials must be bought through the BMF office in advance.**

## Official Cage/Ring

All sanctioned matches, administered by Bout Management Federation must take place in one of the following types of contest area: a boxing ring enclosed by ring ropes or an enclosed cage of any shape enclosed by a cage type structure. The fighting area will be inspected prior to the start of every event by the lead referee or his designee. Any repairs or corrections are to be handled without delay and is the responsibility of the promoter, cage rental representative, or designee.

Boxing type ring or enclosed cage must have a fully padded floor covered by canvas or vinyl. Boxing type rings must be at least a sixteen (16) foot by sixteen (16) foot square. An enclosed cage must have at least a sixteen (16) foot diameter, and must have at least a thirty-six (36) inch doorway width for emergency personnel.

If using a boxing ring, there must be at least four (4) ropes that surround the fighting area, all ropes must be connected with a vertical tie, centered on each of the four (4) sides. The ropes must maintain tension throughout the event. All corner posts, buckles, and any hard surface must have protective padding in place.

If using a cage structure, the top may not be enclosed and all corners, top rails, bottom rails, and door areas, must be padded and covered by canvas or vinyl. The covering and padding materials must be in good repair without any tears exposing the interior padding. The cage fencing material must have a protective vinyl coating and it must be intact with no impairments. All hard surfaces must have protective padding in place.

No banners, signs, or any other obstruction may be placed on any part of the enclosed cage area which may block the view from any perspective during competition.

## **Rules Meeting**

A pre-fight rules meeting will be hosted by the lead referee or representative for all fighters, corner men, coaches, and other representatives.

The rules meeting is required to be attended by all persons previously listed and is to be open to the public if the promoter so desires.

The pre-fight rules meeting will be held prior to weigh-ins and physicals.

## **Weigh-Ins**

All fighters are required to weigh-in prior to being permitted to participate in any contest, on an approved scale with a certified official of BMF officiating the weigh-ins.

Weigh-ins can begin at noon the day of the event or at any time preceding the event.

Any late arrivals will be placed at the end of the line-up for the remainder of the pre-fight evaluations.

Each contestant must be weighed in the presence of officials and his/her opponent, so long as his/her opponent is not a late arrival.

Contestants shall have all weights stripped from his/her body before he/she is weighed in. Male contestants may wear appropriate underwear and female contestants may wear a bikini or appropriate bra and underwear.

A catch weight of 1 lb. will be acceptable for all title fights, unless otherwise agreed upon in the fight agreements.

A contestant who fails to make weight for their designated weight class shall be given up to two (2) hours to make required weight. Any contestant who fails to make the weight on a second attempt will

be disqualified. A loss will be recorded for the offending contestant; however, a victory will not be awarded to the opponent.

Weigh-ins are open to the public. All participants are encouraged to interact with any fans that come to the weigh-ins.

If a contestant cannot or will not be present at the designated time established, a contestant shall waive his/her rights under this section. If the contestant cannot make weight on his/her initial weigh-in, the contestant will have 2 hours to make weight.

## Physicals

Physicals will take place immediately following the pre-fight rules meeting, and will maintain the same order as the weigh-ins.

If physicals are done the night before, a mandatory blood pressure check must be performed on the day of the fight.

All fighters are required to receive a physical from a licensed Medical doctor prior to their match. It is the sole discretion of the medical doctor performing the examination of the contestant's ability to compete. If the medical doctor rules that the fighter may not participate at the event, his ruling is final. The medical doctor will complete the form and explain his/her decision and turn the form into the event representative to be put on file.

The medical doctor must evaluate the fighter and witness him/her sign the pre-fight medical examination form.

If the competitor, coach, corner-man, trainer, or other representative has personal knowledge that a competitor has suffered a serious injury during training or previous fight, and has failed or refused to inform the medical doctor at the medical pre-fight physical about that injury, as well as the competitor, trainer, or corner-man will be held personally and financially responsible and liable for potential disciplinary action, up to and including, being permanently banned from all combat sports, as well as, any additional medical expenses that may arise due to the failure to disclose information.

All fighters must submit a complete background form that must be turned into the event representative so it may be found at any time during the event.

The physician must give a thorough physical examination to each contestant no later than one hundred-twenty (120) minutes prior to the start of the event.

Participants are forbidden from competing while under the influence of any illegal drug, or legal drug used illegally.

Fighters must report all medications that they are taking to the medical doctor during the examination.

If a fighter is under the influence of alcohol or any stimulant, or is taking any narcotic or other medication which the medical doctor feels would endanger the wellbeing of the fighter or his/her opponent, he/she will not be allowed to compete.

Referees shall also be given physical examinations immediately before officiating at any match.

The ringside doctor must always evaluate any fighter who was stopped due to blows immediately.

**All fighters must be examined after he/she exits the fighting area.**

**Any fighter who is stopped due to blows (i.e. KO, TKO, etc.) will be suspended medically for thirty (30) days.**

## **Drug Testing and Blood work**

In order to ensure the safety of fighters In any state where Bout Management Federation is approved, if there are state provisions supporting the testing of amateur athletes, BMF has the following policy:

- 1) All athletes should be tested (at a minimum) for HIV and Hepatitis B and C on a yearly basis.
- 2) Athletes who are competing for a BMF title belt shall be subjected to a mandatory 10 panel drug test.
- 3) BMF may do random testing at events throughout the year

All drug tests will be submitted post fight, with the test results submitted to Bout Management Federation, LLC within fourteen (14) days directly from the laboratory. An extension of seven (7) days will be granted to fighters pending an application for extension. Fighters may not refuse taking the drug test. In doing so, it will be considered an admission of substance abuse. Bout Management Federation, LLC has a proactive approach, rather than a reactive approach towards the drug testing process. Those that test positive for a substance will be placed on a 6 month suspension and referred to a rehabilitation clinic for first time offenders. Those that test positive a second time will be suspended for a year, and those that test positive a third time will be revoked from participating in event sanctioned by Bout Management Federation, LLC.

## **Contestants**

All contestants participating in BMF sanctioned events must register with the Bout Management Federation as an amateur.

All contestants participating in events sanctioned by BMF must be in amateur status and have a signed confirmation on file prior to the event.

Contestants that have private medical insurance are required to submit insurance information during registration.

### **Code of Conduct**

All fighters must obey all event officials, medical doctor, representative, promoter, and designee at all times.

Contestants must maintain respect for themselves and others at all times. Bear in mind that you are representing yourself, your family, your training partners, your gym, the promoters, BMF, and most of all, our sport. We expect you to act accordingly.

Contestants are expected to maintain appropriate hygiene and a professional appearance at all times.

The referees' instructions must be followed at all times. Any infractions of this will not be tolerated and will be dealt with swiftly.

Although our sport requires a certain mindset, unsportsmanlike conduct will not be tolerated. Contestants do not have to participate in the pre-fight handshake, however, they are expected to show their opponent respect and honor before, during, and after the contest.

Should the doctor be attending a down fighter, it is our wishes that the uninjured fighter go to a neutral corner and wait until they are directed by the referee or doctor to leave.

Upon conclusion of the bout, both contestants are required to stand with their referee for the official announcement. If one contestant is under the doctor's care or unable to meet in the middle for decision announcement; the victor must stay for the announcement.

At no time are contestants or corners to make inappropriate hand gestures, vulgar language, or verbal sparring with the opposition, officials, or spectators. Should a problem arise involving a spectator, all participants are expected to alert officials and allow them to handle the situation.

### **Pro/Am Rule**

If any contestants wishing to participate in an event sanctioned by Bout Management Federation has ever received any type of purse, received prize money, or received compensations above and beyond travel expenses, for participating in any type of striking sport, that contestant is considered a professional and cannot participate in any contest.

When a participant receives any compensation for participation in any striking sport, his/her status as a professional cannot be reversed.

Should a participant that is considered a professional participate in any event sanctioned by BMF without disclosure, a complaint will be forwarded to the State's Department of Athletics in which it is sanctioning for possible sanctions. A copy will also be forwarded to the Prosecuting Attorney with jurisdiction for possible criminal charges.

### **Travel Expenses**

Actual travel expenses may be paid or reimbursed to a contestant, and are limited to mileage payment not to exceed \$0.50 per mile, two (2) lodging rooms, and two (2) meals if applicable. Training fees are acceptable but cannot exceed \$100 and are expected to be used for fighting prep equipment, etc.

Should any of the reimbursable expenses be provided by the promoter or sanctioning body, the contestant will only be reimbursed for the remaining expenses.

All reimbursements must be made in writing and presented to the event representative no later than two (2) hours prior to the start of the event.

Any contestant, corner, supporter, or any other person relative to the fighter is not eligible to receive any form of compensation, reimbursement, or goods of value, from the promoter, sanctioning body, sponsor, or spectator.

Any violation of these standards will result in disciplinary actions and a copy will be forwarded to the State's Athletic Commission office for sanctions. Actions may result in a contestant being suspended from participating in any striking sport indefinitely.

### **Minimum Age of Requirement**

Contestants are required to be a minimum of eighteen (18) years of age to compete in a mixed martial arts contest.

### **Pre-Fight Entrance/Music/Conduct**

All entrance music must be no more than ninety (90) seconds.

Contestants will refrain from using profane language or hand gestures while participating in a sanctioned event. At no time is a contestant allowed to yell or signal to any spectator for any reason. Any contestant that feels a spectator is belligerent should be directed to an event official immediately.

All contestants will be announced prior to their walking to the ring/cage for their bout. Contestants have three (3) minutes from the time the announcement begins to make contact with the exterior referee located at the entrance of the competition area to be checked-in.

All championship bouts will announce the fighter after he has made his way to the competition area. Entrance music will be played and the contestant has no more than three (3) minutes to make contact with the exterior referee located at the entrance to the competition area to be checked-in. Contestants are to make their way to their color coded corner and wait for their official announcement.

Competitors are not allowed an escort inside the competition area prior to the contest.

## Trainers/Seconds/Coach

Failure to obey the following rules and regulations will result in a disqualification, a loss to their fighter, and a possible suspension. All suspensions will be forwarded to the State's Office of Athletics in which the event is sanctioning for sanctions.

Corner Passes- Two (2) passes will be rewarded to each fighter. Without this pass, people will not be allowed into the dressing room area.

For non-title fights, fighters are allowed a maximum of two (2) corner men or trainers at ringside.

For title fights, three (3) corner men are allowed.

Corner men are required to stay in their fighter's corner, outside the ring or cage, while the match is in progress. Corners must be in contact with the assigned corner post (so that the trainer must be able to reach the post at all times).

Corner men working on a sanctioned event must conduct themselves with appropriate and proper respect to all officials.

Corner men must conduct themselves with appropriate and proper sportsmanship in all ways connected with the match.

During the round breaks, one (1) corner man is allowed in the ring while the others can stand outside the ring ropes or on the outside edge of the ring or on the floor. If the bout takes place in a cage, one (1) corner man is allowed on the cage area designated for such coaches to attend to their fighter.

No corners are allowed inside the competition area prior to the start of the contest.

One (1) corner man is allowed in the cage/ring at the conclusion of a match; however, no other persons are allowed in the cage or ring until after the official announcement is made. For titles, additional persons are allowed in the cage/ring after the official announcement.

Corner men must obey the referee at all times during the match.

Corner men may spray (nor pour) water and apply bagged ice to a fighter between rounds. No other substance may be applied between rounds. The corner men are responsible for drying the area prior to exiting.

### **Corners Conduct**

At no time is it acceptable for a fighter or corner to make comments to the opposition during the bout. The corners are not permitted to communicate between themselves while the bout is in progress.

No corner person should speak to the referee, judges, or representative for any reason while the bout is in progress.

If a fighter's corner leaves his/her corner area and goes directly ringside or cage side where the two fighters are grappling, and it is not their corner area (within arm's reach of the properly colored corner pad), to coach their fighter, the referee shall stop the bout and make one of the following determinations: give a verbal warning for being out of the corner, deduct one (1) point from offending corner's fighter, end the round awarding the round to the opposite fighter, or end the bout awarding the bout to the opposite fighter.

Corner men must be approved by Bout Management Federation.

Corner men must stay off the ring floor/canvas etc., while the bout is in progress. At no time is he/she permitted to lean on, grab, climb, shake, or hit the ring, cage, or fighting area. All corners are

required to stay with shoulders no higher than the floor of the ring or cage. Seats should be provided if possible.

Violation of these rules by any corner personnel can result in warnings, point deductions, and/or immediate disqualification of that corner's fighter.

Other fighters are not allowed to coach other fighters during a bout unless they are functioning as a corner.

Any unacceptable, inappropriate, rude, or disrespectful behavior of any kind by a corner man or trainer working an event will result in immediate corrective action and forwarded to State's Office of Athletics of which the event is being sanctioned in for sanctions. Corrective action may result in suspensions, fines, or legal actions as warranted by the authority having jurisdiction for the offending party. In addition, the offending party and/or the fighter may be suspended from any future events permanently.

## **Officials**

It is the official ring referee's duty to determine and announce all submissions, knockouts, technical knockouts, or other bout stoppages. If there is no submission, knockout, technical knockout, or stoppage by a referee, corner man, fighter, etc., by the conclusion of the bout time limit, then the three (3) ringside judges shall determine the bout winner.

Under no circumstances may a certified official fraternize, cheer on, congratulate, or discuss the potential outcome, on actual outcome of any match in a manner that may indicate potential favoritism. If it is determined that an official has violated this rule, the official in question will be brought up for review and subsequently may lose the privilege of officiating at any events in the future.

All officials are assigned by the BMF office for each event. Considerations are relative to location of the venue, experience level, ability to participate at any event.

No officials are allowed to consume alcohol during the event; smoking is also prohibited cage side during the matches.

### **Requirements for Certification**

All officials working any event sanctioned by BMF are required to attend a training session and pass a written examination prior to any scheduled event in which they are to work in that capacity.

Each potential official must complete an application, supply three personal references: three (3) sports related references, and two (2) 2x2 eight (8) hour training and testing classes.

A certified identification card will be issued to those listed on our eligibility roster.

Any official that violates the code of conduct or rules of BMF will be brought before the review board immediately for disciplinary actions and possible expulsion.

### **Required Personnel for an Event**

All events must have the following personnel present at all times.

All officials are directly certified, trained, approved and/or appointed by the sanctioning body.

One (1) Representative

One (1) Lead Referee

One (1) Second Referee (optional depending on card length)

Three (3) Judges

One (1) Timekeeper/Scorekeeper

One (1) Medical Doctor

Two (2) EMT's

One (1) Ambulance

Security, fight coordinators, production assistance, media relations, announcers, logistical support, concessions, or other specialties are available and must be pre-scheduled for attendance.

Otherwise, these areas are to be covered by the promotional staff on-site.

## **Representative**

It is the responsibility of the event representative to record all historically relevant events, statistics, and to assist the promoter with concerns regarding the event.

All administrative duties, filings, insurance information, and forms are completed and coordinated through the representative.

## **Scorekeeper**

The scorekeeper has the responsibility of calculating and recording the judges' scores from each contest, subtracting any point deduction, recording the official time and reporting the results to the event representative. The timekeeper is assigned to this duty.

## **Physician**

All physicians must be a MD or a DO in order to work as a physician.

Physician is to be at cage side for all active matches and cannot leave until the completion of the final match and its participants cleared.

## **EMT/Ambulance**

Ambulance equipped with ALS (Advanced Life Saving) equipment and also with two (2) paramedics must be on scene during all matches.

## Referee

A registered, trained, and certified referee will be appointed for all events.

The referee will oversee the entire match from within the ring/cage in order to insure the safety of the fighters. If a fighter looks helpless 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 the referee feels it is necessary for the safety of the fighter in question.

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.

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.

If the fighter drops his mouthpiece, the referee shall allow the fighter to replace the mouthpiece during a moment of non-contact between the two fighters. At that time, the referee shall return each fighter to his corner in a standing position and restart the match.

Should a fighter in a non-dominated position, in the opinion of the referee, “spit out” his/her mouthpiece to circumvent his position, the referee has the authority to restart the match from the same position, after replacing the mouthpiece.

If a fighter drops his mouthpiece three (3) times during the entire contest, he/she will be disqualified from the match and the victory awarded to his opponent.

If the referee wishes to examine a fighter with a doctor's assistance for any concern, the referee will stop action and separate 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.

In the event that any equipment problems that threaten 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.

It is the official ring referee's duty to determine and announce all submissions, knockouts, bout stoppages, warnings, point deductions, and/or disqualifications.

Except as otherwise set forth herein, the referee shall alone determine whether and what warnings and/or point deductions are necessary, or whether disqualification is appropriate, for all rule infractions and violations. In the event of a warning or point deduction, the referee shall stop time and separate the fighters, send each to his/her corner, indicate the penalty to each judge and scorekeeper, and then restart the bout with both fighters standing.

## **Second Referee**

Also known as an exterior referee, areas of responsibility are primarily on the exterior and entrance area of the fighting area.

All fighters must be inspected by the second referee prior to entering the fighting area.

All equipment is to be checked for safety. Gloves, hand tape, shorts, mouthpiece, protective cup, and braces, and the body will be checked for foreign substances.

Any violations must be corrected immediately or the fighter will not be allowed to proceed.

Prior to entering the fighting area, the second referee will witness the application of petroleum jelly to the brow and eye orbits of each fighter, if they so choose. These are the only areas allowed to have any substance on them.

When the round is set to begin, the second referee is to secure the door, and open it between rounds to allow seconds inside to tend to their fighter.

Between rounds, the second referee is to watch one corner to insure that no foreign substances are applied to the fighter between rounds.

During the round, the second referee is to watch the corners to make sure they are within standards and make contact when they are not. A point deduction is possible if warranted and will be deducted at the start of the next round, or prior to the final scoring of the bout.

## Judges

Judging- based on a round by round scoring

1<sup>st</sup> Criteria- Effective Striking and Grappling- This is the judge's first consideration in determining the score of the round, in the event a conclusive victor cannot be determined based on this criteria, the judges will move to the 2<sup>nd</sup> criteria.

2<sup>nd</sup> Criteria-Effective Control of the fighting area- This is the judge's second consideration in determining the score of the round, in the event that a conclusive victor cannot be determined based on the 1<sup>st</sup> criteria of effective striking and grappling. If after the 2<sup>nd</sup> criteria, you cannot come down to a decision on who has won the round, you will move to the 3<sup>rd</sup> criteria.

3<sup>rd</sup> Criteria- Effective Aggressiveness- This is the third consideration in determining the score of the round, in the event that a conclusive victor could not be determined on the preceding criteria, 1<sup>st</sup> – effective striking and grappling and 2<sup>nd</sup>-effective control of fighting area. If after the 3<sup>rd</sup> criteria, you

cannot come down to a decision on who has won the round, the 4<sup>th</sup> and final criteria will be drawn into consideration.

4<sup>th</sup> Criteria- Effective Defense- This is the fourth and final consideration in determining the score of the round, in the event that the first 3 criteria did not render a decision in the opinion of the judge.

Scoring the rounds: a 10 point must system for Mixed Martial Arts events.

Winning fight must receive 10 points- If no penalty points are deducted during the round, there are only three possible scores: 10-10, 10-9, and 10-8. Unless compounded with penalty points, a fighter cannot receive less than 8 points.

First, always score the round based on the action of the round before accounting for penalty point deductions.

## **Mandatory Scoring**

Each judge is to use the “ten point must” system. The fighter deemed to have effectively met the judges criteria for the victor of each round receives ten (10) points, the opponent receives nine (9) or less.

## **Decisions**

If there is no submission, stoppage by the referee, corner men, fighter, etc., by the conclusion of the scheduled time bout, the three (3) ringside judges must determine the winner of the contest.

This will be determined after the judge’s scorecards have been counted by the on-site representative or scorekeeper which will determine the winner of the contest.

The types of judges’ decisions are as follows:

- **Unanimous Decision:** Indicates that all three (3) judges awarded the same fighter the winner on points.
- **Split Decision:** Indicates that two (2) judges scored the fight for one fighter and the other judge scored the fight for the other fighter.
- **Majority Decision:** Indicates that two (2) judges scored the fight for one fighter and the other judge scored the bout a draw.
- **Technical Decision:** Indicates that two (2) of the three (3) judges scored it a draw and the other judge scored for one of the fighters.
- **Draw:** Indicates that one judge had the fight for one fighter, one judge had the fight for the other fighter, and the third judge had the fight even, or that all three (3) judges scored the bout even.

## **Glove masters**

Glove masters, along with other event officials, are in charge of watching hand wrapping, inspecting hand wraps, and also placing gloves on fighters for their bouts.

## **Timekeeper**

The primary responsibility of the timekeeper is to begin the clock for the start of each round, as initiated by the referee, including overtime rounds.

Start and stop the match clock for time stoppages as called by the referee.

To begin the contest, the referee will announce for the contest to begin, start the clock at that time.

The clock should only be stopped as directed by the referee after the initiation of the contest.

At ten (10) seconds prior to the end of each round, a signal should be given. Using a hammer striking the table, or a whistle blast will be acceptable.

Signal the end of each round by the use of a bell, buzzer, or other available signal.

Again, at ten (10) seconds prior to the beginning of the next round, signal by striking the hammer on the table or a whistle blast.

As indicated by the official clock, start the next round using the appropriate signal device; do not wait to start the round. If the timekeeper must delay the start of a round due to the referee's instructions, do so, until a point that the referee calls for the action to begin.

Repeat these steps until the completion of the bout.

In the event of any stoppage by the referee, corner man, doctor, the official time should be recorded on the timekeeper's official time sheet and given to the on-site representative.

## **Matchmaker**

It is the responsibility of the matchmaker to insure that all contestants are in fact in amateur status and provide documentation.

If a fighter is not registered, the matchmaker must complete the registration documentation.

In order to maintain consistency within the amateur sanctioning bodies, BMF will accept qualifying information from other licensed sanctioning bodies registered in the state in which they are sanctioning an event.

## Match Criteria

Every consideration must be given by the matchmaker to insure that each contest is appropriately matched.

We recommend that no fighter be allowed to compete for a title with less than four (4) points.

To assist in calculating a proper match between contestants and in order to maintain our levels of competition we will begin using a “point” SYSTEM.

Each win will count as one (1) point; each loss will be .5 or half of a point (1/2).

No more than a four (4) point difference may occur, unless both fighters have over 8 points.

When a contest is proposed to contestants, a response is required within 48 hours of the contestant’s decline or acceptance. A signed agreement must accompany the fighter’s decision and is a binding agreement with the promoter and BMF. Using our form found online, each fighter or fighter’s trainer must return this form to the matchmaker within 48 hours of the proposal, via email. Conditions of acceptance are included on the form and will be strictly adhered to.

All bouts sanctioned by BMF will follow the time schedule established within these rules and regulations. Any requests to alter any portion of this rule must be made in writing at least 15 days prior to the scheduled event.

All non-title bouts will be three (3) rounds of three (3) minutes with a one (1) minute rest period between rounds.

All promotional title bouts will be three (3) rounds of four (4) minutes with a one (1) minute rest period between rounds.

All sanctioned title bouts will be three (3) rounds of five (5) minutes with a one (1) minute rest period between rounds.

### **Championship Titles**

All title holders must defend their title. If a champion fails to defend his belt or accept a fight for more than a single fight, the title will be vacated. Should a fight agreement not be reached by a championship and viable challenger on an initial attempt, the second attempt will be made by the offices of BMF and will be final or the title will be vacated and up for a new holder.

### **Promotional Titles**

Promotional titles are to be hosted by the promotion in which they represent and may not be defended at any other venue without approval of the promotion company.

Contestants competing for a promotional title are required to have completed at least four (4) match-making points prior to competing for a title.

Promotional title belts are awarded and supplied by the promotional company in which they represent.

The promotional company reserves the right to impose additional conduct requirements as they see fit.

### **Sanctioning Titles**

Contests competing for a Sanctioning Title belt are required to have completes at least seven (7) match-making points prior to competing for a title.

This belt will be provided by BMF.

### **Mandatory Defenses and Title fights**

The Bout Management Federation will approve all title defenses before they are to happen.

Sanctioning Title Holders failing to defend said title when it is mandatory to do so, will call for an immediate loss of said title.

If a title holder is injured or sick at the time they are to defend their title, they will need to defend as soon as they are available to do so. They will also need to show confirmation of said injury or illness in writing from a medical doctor.

Titles can be stripped due to non-competing athlete status.

## **Promoters**

As a sanctioning body, our duties are to assist the promoter by establishing an acceptable set of standards and guidelines to insure that the event will be successful. Our entire staff can assist you with all aspects of your productions. Listed below is what is expected and required by you, the promoter, as well as, guidelines to help your staff be successful

### **Expectations of promoters**

Promoters are expected to conduct business in a professional manner with the highest of ethics. The primary concern of promoter must be the safety of the competitors and the willingness to help them succeed in their career, by proper matchmaking, fair and just treatment and respect.

A second expectation is the spectators must enjoy their experience. By following high standards of professionalism, courtesy by all staff members.

### **Requirements of promoters**

Promoters are required to secure a venue for a scheduled event.

Promoters are required to provide venue liability insurance, when it is called for, for their event venue.

Promoters are required to provide the minimum acceptable fighter's health insurance with an accidental medical expense and accidental death and dismemberment required by that State's Athletic Commission. The promoter must use Bout Management Federation insurance provider, the promoter must provide all information necessary for the insurance provider.

A request for sanctioning must be received for a specified date, no later than thirty (30) days prior to the requested date. Should two (2) promoters request the same date in a relative close proximity, preference will be given to the first written request received. A secondary date will be offered to the other, preferably 7-14 days before or after the other promoter's event.

On-site staff such as ticket takers, ushers, security, vendors, fight coordinators, and any staff not agreed on in the sanctioning agreement, must be supplied by the promoter at his/her expense. Security for the spectators is of the essence, and must be in place at all events

An agreement form must be on file prior to any event under the sanction of BMF being allowed to begin.

### **Schedule Consideration**

In order to help create an orderly alignment of events throughout, BMF would like for promoters and production staff to consider using these timelines.

15 minutes prior to starting the event- make an announcement of starting time.

5 minutes prior to starting the event- announce "all officials to ringside."

Start the event as scheduled. Allow ten (10) minutes for playing of the National Anthem, introduction of officials, staff, and sponsors and any other announcements.

After each set of four (4) bouts and prior to the main event, take a five (5) minute intermission to allow staff and spectators to use the restroom and patronize concessions. This will also allow the next set of fighters the time to get ready and the finished fighters to clear the area.

## **Video Recording**

Unless otherwise arranged, it is the responsibilities of the promoter to video record all bouts throughout the entire event.

A copy of the raw footage of the entire event must be forwarded to the BMF office and received no later than fourteen (14) days after the event.

The promoter is required to keep on file, a copy of each event he has promoted for a period of one (1) year.

Upon written request by the State's Office of Athletics in which the event is being sanctioned, the promoter is required to turn over the requested video recording of the specific event immediately.

## **Advertisement**

All advertisement, programs and/or handbills printed or otherwise created, are required by the State's Office of Athletics in which the event is being sanctioned to include the sanctioning body's name and/or logo in the advertisement.

## **Media Relations**

If requested, a media relations staff member may be assigned to your event. All expenses incurred will be the responsibility of the promoter, unless specified in the event agreement.

## **Ring Girls/Hospitality Staff**

We highly encourage the use of ring girls and hospitality staff for your event; however, we must insist these guidelines be adhered to at all times.

## **Conduct**

All staff persons are required to act in a manner that is conducive to a casual business environment. Profanity, rudeness, disrespect, hostile, or lewd behaviors will not be tolerated at any time. Should a problem arise, appropriate personnel should be contacted to handle the situation.

All staff should be reminded that they are representing the promoter, fighters, and BMF at all times when working the event and should conduct themselves accordingly.

## Attire

All staff members working an event are required to wear attire that is business casual.

Ring girls are allowed to wear attire that is more revealing, if they so choose, but must maintain the highest standard of quality and class.

It is recommended that other staff members be dressed for the task at hand and maintain a clean positive appearance at all times.

## Promotional Items

Promotional items that are to be given away must be given in a way that is impartial to all. Throwing shirts to the crowd, drawing random seat numbers, or any other way the promoter uses, so long as no favoritism is shown. The exception is a prize that is the result of a contest that is participated in by only spectators that paid full entry price. Promoters may not give items or prizes to any fighter involved in any amateur event sanctioned by a state approved amateur sanctioning body.

## Photographs and Image/Logo Usage

By entering into a sanctioning agreement with BMF, all images and photographs during sanctioned events may be reproduced and copied for official use by BMF for reasons to promote the fighters and sport.

By entering into a sanction agreement with BMF, the promoter has the right to limited usage of Bout Management Federation's name, logo, slogan, or other materials that identify BMF as the sanctioning body.

Any royalties, commissions, or payments created by a sanctioned event must share a 15% margin with our media relations department for future development.

The Bout Management Federation reserves the right to print, publish, and record all sanctioned events in order to maintain and produce records or knowledge of the work that the BMF does as a whole. This includes stories for distribution and all photos taken at BMF sanctioned events by the BMF official reporting staff.

## Equipment/Attire

Shoes of any type are prohibited.

The use of knee and ankle supports will be allowed, inspection of these items must be thorough, being without rigid parts!

Fighters may not place oil on any part of their body.

Prior to the start of the fight, Petroleum Jelly may only be applied to the “mask” area of the face. To include forehead, brows, cheekbones, nose, and lips.

No substance will be allowed to be applied between rounds, unless, when working on a cut. Substance may only be applied to the cut to slow the bleeding.

Fingernails and toenails must be cut and trimmed.

Jewelry and/or piercing accessories are prohibited.

Usage of cup protector and mouthpiece is mandatory.

## Gloves

Fighters are required to wear only approved mixed martial arts style gloves which must be provided by the sanctioning body or the promoter. Fighters may not use their own equipment.

All gloves must be no less than 6 ounces in weight and no more than 6.5 ounces in weight.

All fighters must use the same style and brand of glove worn by their opponents.

All gloves are required to be taped to the fighter, using colored tape that corresponds with the fighter's corner color.

## Hand Taping

Fighters may elect to not have their hands wrapped. If a fighter wishes to do so, they must sign a release.

All hand wraps shall be in compliance with the following:

The bandages/hand wraps shall consist of a soft gauze type cloth that is no more than ten (10) yards in length and two (2) inches in width held in place by no more than ten (10) feet of surgeon's/athletic tape and the tape shall be no more than two (2) inches in width for each hand.

The surgeon's/athletic tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand and will not be over the knuckles of the fighter.

Bandages shall be evenly distributed across the hand, while leaving the palm area open for inspection. The thumb may also be wrapped if the fighters wish.

Training hand wraps, quick wraps, or any other type of "wraps" are not acceptable for use in competition.

Bandages and tape shall be placed on the contestant's hand in the dressing room prior to the bout and in the presence of the fight coordinator. This may be done in a private or secluded area of the dressing area.

The lead referee or representative must approve all bandages and taping prior to gloves being placed on any contestant and must bear the initials of that official.

Under no circumstances are gloves to be applied to the hands of a contestant before approval.

All participants must remove their gloves at the exit of the fighting area and present the wraps for post-fight inspection by the ringside representative.

## Apparel

All traditional martial arts uniforms, wrestling singlet's, boxing or kickboxing shorts/pants, spandex bike style shorts, "Speedos" are acceptable apparel.

Any combination of the foregoing, and/or any other clothing approved by the referee who may require such apparel to be taped or otherwise secured to ensure its stability during the match.

Under no circumstances shall apparel or equipment which includes metallic and/or hard plastic and/or any edge or surface which could cause injury be allowed.

## Protective Equipment

All male contestants are required to wear a protective groin cup during all matches.

All contestants are required to wear a fitted mouthpiece at all times while the bout is in progress.

Knee pads, elbow pads, breast protectors, footwear, shoes, or shin guards shall not be allowed.

## Female Contestants

Female contestants shall wear an appropriate athletic garment that covers the breasts.

Female contestants may wear a pelvic protector at the option of the contestant.

All other rules and standards apply to the female contestant regarding protective equipment and apparel.

## Access for Officials and Staff

It is the right of each promoter to restrict the admission of any person(s) to an event hosted by them. With the following exceptions and these would be at no charge:

### BMF staff

All BMF officials, staff, and representatives must show proof of affiliation to gain access. At no time is a BMF staff member allowed to use their issued credentials to gain entrance to an event in which they are not working. If any questions of affiliation should arise, contact the representative on-site for clarification.

### State Officials

Any official representing the State's Office of Athletics in which the event is being sanctioned, while on official business and presenting credentials of their affiliation, will be allowed unlimited access to the event. In no way does this allow for access of persons accompanying the official unless they too have credentials. If any violations of this occur, report the event to the on-site representative.

## Media

At the discretion of the promoter, a person representing the media may be allowed to enter the event without a fee, so long as, the person has appropriate identification. Access to media personnel should be limited to the public areas of the venue and not allowed access to dressing room, locker rooms, or ticket booth areas. Prior to admission, media personnel should be directed to the on-site production staff to assist them with access and standards to follow.

## Weight Classes

Contestants are allowed a one (1) pound margin. No contest will be allowed when a margin of ten (10) pounds separate the combatants within the same weight class. The exceptions are flyweight 125.1 pounds or less, and super heavyweight 265.1 or more. These classes allow for the contestants to have a larger margin due to the vastness of the weight variables. There will be no catch weight for titles, all weight classes will be strictly enforced and weight allowances will be no more than one (1) pound unless otherwise discussed and agreed to in the BMF bout agreement.

**Flyweight:** 125 pounds/56.81 kilograms and below

**Bantamweight:** 125.1-135 pounds/56.82-61.36 kilograms

**Featherweight:** 135.1-145 pounds/61.37-65.90 kilograms

**Lightweight:** 145.1-155 pounds/65.91-70.45 kilograms

**Welterweight:** 155.1-170 pounds/ 70.45-77.27 kilograms

**Middleweight:** 170.1-185 pounds/ 77.28-84.09 kilograms

**Light Heavyweight:** 185.1-205 pounds/ 84.10-93.18 kilograms

**Heavyweight:** 205.1-265 pounds/ 93.19-120.45 kilograms

**Super Heavyweight:** 265.1 pounds/120.46 kilograms and above

Converting pounds to kilograms and kilograms to pounds

For those looking to convert pound to kilograms- take the fighters weight in pounds and divide by 2.2. (Lbs./2.2=kg).

For those looking to convert kilograms to pounds- take the fighters weight in kilograms and multiply by 2.2. (Kg×2.2=lbs.).

## Ways to Win a Contest

Fighter safety is the number one concern. All decisions by any officials will first and foremost take into consideration, the best interest of the fighter's health and welfare.

**Knockout:** A fighter is unable to intelligently defend him/herself following a legal strike(s) or kick(s).

**TKO:** If the ringside medical doctor or Referee decides the fight cannot continue due to a cut or other injury received during a legal technique.

**Submissions:** When a fighter submits by tapping on the opponent, the mat, themselves, or the referee as a result of: a choke, lock, or any other reason. If a fighter is not in a position to tap, he/she may yell "STOP, STOP, STOP", "MATTE", "QUIT", or "GIVE UP." If a fighter cannot tap and cannot verbally tap, the referee shall stop the bout from his own personal determination with the fighter's safety being the paramount concern.

**Referee Stoppage:** When a fighter is taking excessive punishment but cannot or will not submit or quit, either due to striking, failing to show a willingness to continue, a refusal to submit in the face of grave injury, or any other reason the referee believes is necessary to preserve the fighter's safety.

**Throwing in the Towel:** When in the opinion of the fighter's corner, their fighter has received enough and decides to end the bout for the health and safety of the fighter. This shall count as a TKO.

**Quit:** When a fighter simply cannot or refuses to continue. This will count as a TKO.

**Disqualification:** A fighter is disqualified by the referee due to a rules infraction or the fighter, for whatever reason, does not meet the criteria for the pre-fight screening and is not allowed to participate in the event. Should a fighter be disqualified more than one (1) time in a twelve (12) month period, the fighter will be reviewed by the Board of Directors.

**Forfeit:** When a scheduled fighter, after qualifying, fails to answer the initial bell of the first round in their respective bout.

**Decision:** When the bout has ended after the scheduled numbered of rounds and the specified time period, without a winner, the bout decision will be determined by the three (3) judges, based on the rules as designated.

## Legal Techniques

**Hand Strikes:** (Boxing/Punching Style) Fighters may strike with a closed fist or open hand/palm of their hand.

**Arm Strikes:** Forearm and elbow strikes are illegal.

**Legs:** Fighters may legally strike with shins and feet to all legal parts of the body when the fight is standing. Knees only to the legs and body when standing.

A fighter is down when three (3) points are on the ground or any supporting parts are not the feet only.

**Throws and Takedowns:** Any wrestling, judo, or ju jitsu throws or takedowns are permitted.

**Chokes:** Any choke using the arms or legs or any combination thereof are legal. Single or double hand or fingertip chokes are illegal.

**Locks:** Any lock using or effecting the elbow, shoulder, wrist, ankle, knee are legal.

## Illegal Techniques

If a competitor flagrantly violates any rule, the ring referee may immediately disqualify him/her. If the foul is not severe or intentional, the ring referee will issue a warning or point deduction(s) from the offending fighter.

The following are considered fouls in all amateur matches:

No elbow striking at all, at any time. No downward elbow striking will be allowed- striking with the point of the elbows will result in immediate disqualification.

No forearm strikes. This helps to eliminate the “accidental” elbow strike

No knee strikes to the head from any position, except when in a Bout Management Federation Sanctioned Title Fight and both contestants have given consent to do so, in writing.

No stomping the top of the foot.

No spiking an opponent on his head.

Down kicking and up kicking to the body is allowed.

Knees to the body are allowed everywhere but must avoid the spinal/vertebral column.

Biting.

Eye-gouging (including with the chin or forehead).

Pulling, pushing, poking, or twisting the opponent’s face.

Fish hooking to the eyes, nose, ear, mouth, or lacerations.

Hair Pulling.

Single digit manipulation, no finger or toe locks. Must have 3 digits.

Head butting to any part of an opponent's head or body.

No fingertip, thumb, or knuckle gouging, rakes, or strikes, including to the throat or mandible region.

No acrobatics or rebounding off the cage or using the cage in any manner.

No pushing an opponent out of, or off the fighting area.

No strikes to the: throat, groin, spine, or the back of the head ( the area about the size of a balled up fist on the back of a fighters head, crown of the head to the vertebral process of C-7 on the spinal column). The main consideration is to watch the downward and direct shots more than the glancing shots to the back of the head. If a fighter keeps turning into the shots as they are thrown, the offending fighter will still be warned, but the receiving fighter will be told about the turning into the shots.

A five (5) minute recovery period may be issued to the injured fighter, time keeper will stop time and the offending fighter must go to a neutral corner farthest away from his corner, during this time the referee will need to check with other judges about the offense. If after five (5) minutes, the injured fighter cannot continue the fight can be stopped and the bout will be considered a "no contest", if it has not gone past the first round. If the fight has gone past the first round, the round in which the foul occurred will be judged at that point and a decision rendered upon that and previously scored rounds.

No disrespect towards your opponent at any time.

Fighters may not grab the ring ropes or cage at any time the two fighters are in contact with each other, in an attempt to stall action, trap his opponent, escape a technique, or otherwise gain an advantage. If a fighter grabs or secures any ring rope or cage fencing or pole with a hand, arm, foot, or leg during the bout to avoid a possible submission, the referee will stop the bout and deduct one (1) point from the

offending fighter. A warning will be issued to the offending fighter that he/she will be disqualified if another offense of holding the cage or ropes occurs.

If a fighter continually holds the ring ropes to rest, or pull him/herself from the action, avoid the bout's action, a warning for timidity will be issued to the fighter and his corner. Should the violation continue the fighter who has violated the warning shall be disqualified for timidity. A report of this action will be forwarded for review by the Board of Directors for follow-up action, if warranted.

Excessive grabbing or other use of the ring ropes is a violation of these rules and may result, at the referee's sole discretion, in a fighter's disqualification and an award of the bout to that fighter's opponent.

The lead referee will instruct fighters during the rules meeting about the fouls and consequences of violating those rules. At the conclusion of the rules meeting, no contestant has the right to receive any additional warnings by the officials about any rules violation. It is at the discretion of the ring referee to impose a warning, point deduction, or disqualification.

## Penalties

All penalties during a bout are at the sole discretion of the ring referee and the infraction is not reviewable under protest.

Non-intentional fouls do not constitute an immediate warning and/or point deduction. The referee will determine each case individually.

Depending on the severity of the foul, the referee can forego a warning and deduct one (1) point or more at any time.

WARNING- A stop in the action that requires the ring referee to point out a rules violation that if goes uncorrected, will result in a point deduction or disqualification.

A warning is to have no impact to any judges' score.

The offending fighter must acknowledge the correction and communicate to the referee he/she understands.

One (1) point deduction- After a warning has been issued, or the severity warrants, the referee will impose a penalty of a one (1) point deduction from the offending fighter that has intentionally violated any rule.

The referee will stop the action, send the offending fighter to a neutral corner, and the offending fighter will be taken to each judge and the infraction identified and the amount of the deduction.

The referee will then take the offending fighter to his corner and announce to the corner man, the infraction and penalty.

The offending fighter will be instructed to go to the opposing neutral corner and prepare to re-start the bout.

Two (2) point deduction- On a second violation or if severity warrants, the referee will impose a two (2) point deduction from the offending fighter.

Actions are the same as a one point deduction.

Disqualification- If no other means are effective or the severity of the violation is of such a nature that the contest must be stopped; the referee may disqualify the offending fighter.

The disqualified fighter will be placed on administrative suspension until the review is complete.

A notification will be sent to all sanctioning bodies in the state of the administrative suspension, as well as, a suspension releases when applicable.

A disqualification warrants a mandatory review by the complete Board of Directors within fourteen (14) days of the event.

The ring referee must complete an incident report and file it with the BMF office within three (3) days of the event.

The Board of Directors will forward a copy of the report to the State's Office of Athletics in which it is sanctioning upon completion.

Should an illegal technique be used resulting in the offending contestant not able to continue, the ring referee can enforce one of two penalties. The first penalty is to announce the bout a "no-contest". In this case, neither fighter receives a win or loss on their record. The second and most severe penalty, the referee will announce the offending fighter is disqualified (e.g. offending fighters loses, other fighter wins).

## Suspensions

In an effort to maintain consistency in amateur MMA, BMF will honor the medical/safety suspensions levied by other sanctioning bodies within the State of which the event is being held. However, disciplinary suspensions levied by other sanctioning bodies will be handled case by case.

All persons receiving a suspension have the right to an appeal. The appeal must be made in writing within seven (7) 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. Any mandated suspensions by the State will be adhered to.

### Safety Suspensions are as follows:

Utilizing the doctor's recommendation and coordinating with the event representative the following parameters may be instituted as a suspension and reported to all sanctioning bodies. If any fighter is discovered to have fought during a suspension period and failed to report the incident on his/her confirmation form, or physical form to BMF, or any other sanctioning body, or participated in an unsanctioned event, a disciplinary suspension will be imposed along with a minimum fine of \$250.00 or more, up to complete expulsion.

A fighter, whether they win or lose, must have seven (7) days between fight (Fighters that fight on Saturday, may return to competition the following Saturday, as long as they were cleared by ringside physicians).

All suspensions are determined by ringside physician and/or state law or mandate

**TKO- 30 days**

**Submission, with no injury- 7 days**

**Submission, with injury- Determined by ringside physician**

**Facial Cut-** 15-90 days- a doctors clearance is required to lift suspension

**Choked unconscious-** 30 days

**Referee stoppage due to strikes-** 30 days

Should a fighter receive a K.O. loss as determined by the ringside doctor, a safety suspension of between thirty (30) and ninety (90) days will be implemented per the ringside physician.

**Flash KO but unconscious for less than one (1) minute- 30 days**

**KO with no response for 1-2 minutes -60 days**

**KO with no response for more than 2 minutes- 90 days**

If a fighter receives a second KO within six (6) months, an automatic safety suspension will be implemented until a written full medical release is permitted by a licensed physician and the allotted time has expired from the fight doctor's initial suspension.

### **Disciplinary Suspension**

If a second disciplinary suspension occurs within twelve (12) months, the review board will consider the permanent expulsion of the offending fighter. Should the offenses warrant, a fighter may be expelled and have no future fights. A forwarded report will go to the State's Athletics Office in which the event was held, and an announcement will go to all licensed sanctioning bodies in the state of which the event was held.

### **Bout Protest**

A bout protest will only be accepted when a legitimate, justified reason exists. Some of the issues may include, but are not limited to:

Personal issues with a certain judge such as favoritism or a personal bond to a fighter that can be proved that either negative or positive towards one or both of the fighters involved.

A questionable stoppage of the bout, in regards to a flagrant rules violation or disqualification.

Problem with the round times, too long or too short.

Failure of equipment that caused an issue with the fight (i.e. light malfunction, cage/ring failure, etc.) In this case, a winner will not be decided; instead a draw or no contest may be the outcome. Should this occur, a fight should not continue without each fighter being in agreement. A bout protest is not in order after an agreement to fight has been reached.

If a fighter takes repeated blows and cannot escape or intelligently defend him/herself, it is irrelevant if the fighter says they are not hurt, this is not reviewable.

No protest will be considered without the below required information and fees.

All protest must be received by the BMF office in writing, with all pertinent evidence, within ten (10) days from the date of the event in which the protest took place.

Protest must include a VHS or DVD of raw footage of the bout. No protest will be reviewed without video evidence.

Any additional evidence should accompany the written protest such as statements, pictures, etc. Be sure to include the grounds for which the protest is being levied, the potential outcome you are seeking and why.

A final decision of the protests will be determined within thirty (30) days by the National Director or his designee. The results of the review will be in written form, recorded in BMF files, forwarded to the State's Office of Athletics in which the event was sanctioned and the contestant.

All bout protests require a \$100.00 deposit. Should the ruling be in favor of the contestant who levied the protest, a refund will be included in the findings report.

**Mail all required information and fees to:**

Bout Management Federation  
824 Park Entrance PL, Apt 2  
O'Fallon, IL 62269