

**MIXFIGHT RULES AND
REGULATIONS**

**Amateur, Semi-professional and
Professional**

Northern Mixfight Association

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Article 1 - RING/AREA

All Amateur, Semi-Professional and Professional matches will be held in a ring or an area approved by NMFA.

Article 2 - COMPULSORY EQUIPMENT

All competitors must wear a groin guard, gum shield, NMFA approved gloves, and suitable clothing.

2.1 Groin Guard: All brands of groin guard of a standard size are acceptable, including steel-cupped models. All groin guards must be worn under clothing.

2.2 Gum Shield: All brands of gum shields are acceptable.

2.3 Gloves: Only NMFA approved gloves can be worn. NMFA will provide gloves for all competitors.

2.4 Shin Pads: Only shin pads that have been approved by NMFA can be worn. NMFA will provide shin pads for all competitors.

*In amateur and semi-pro bouts shin pads are compulsory.
Pro bouts shin pads are optional.*

2.5 Clothing: Competitors can wear any of the following articles of clothing: Vale Tudo or wrestling shorts, GI, Kickboxing trousers, Thai Boxing Shorts or tight-fitting vest. Vale Tudo tops ('rash guards') may also be used if deemed suitable by the referee. No jewelry or other pieces of body adornment are allowed.

Article 3 - OPTIONAL EQUIPMENT

All equipment used will be checked by the referee. Competitors will be unable to wear any equipment which is deemed unsuitable by NMFA.

3.1 Supports: Neoprene or elastic-style Knee, elbow or ankle supports may also be worn, but they must not contain stabilizing bars or similar devices, which could potentially damage the other competitor. Taping of joints is allowed. Normal soft bandages that are taped around the wrist and the hand below the knuckles only will be allowed. Between the fingers and across the knuckles tape will, however, be forbidden. The bandages and tape of participants should be approved by a NMFA official. It will be forbidden to have any object on or in the hands or fingers, whereas the use of inner gloves is also forbidden. Only when the fighter's tapings are complete and signed off on by an NMFA official will the contestant be allowed to put their glove on.

Article 4 - FOOTWEAR

Competitors can choose to compete either barefoot or in suitable for mixed martial art wrestling boots. Boxing shoes, martial arts shoes and trainers are prohibited. The referee will check all wrestling boots for suitability.

4.1 Wrestling boots: Competitors who choose to wear wrestling boots cannot kick to their opponent's head.

Article 5 - WEIGHT CATEGORIES

5.1 Single fights: The following weight categories apply to single fights, super fights and title matches arranged by NMFA:

- - 55 kg Flyweight
 - - 60 kg Bantamweight
 - - 65 kg Featherweight
 - - 70 kg Lightweight
 - - 76 kg Welterweight
 - - 83 kg Middleweight
 - - 91 kg Light Heavyweight
 - - 110 kg Heavyweight
 - + 110 kg Super Heavyweight
-
- Open weight class + 83 kg

5.2 Tournament fights: The following weight categories apply to tournament fights arranged by NMFA:

- - 70 kg Lightweight
- - 83 kg Middleweight
- - 110 kg Heavyweight
- + 83 kg Open class

5.3 Over weight: Any competitor who weighs in over the agreed upon weight will be given a 30 minute grace period before being weighed a second time. If the competitor still cannot make the agreed upon weight, the competitor will automatically be disqualified unless their opponent accepts the weight discrepancy. All potential changes to matches will first be approved by NMFA.

5.4 Weigh in: All weigh ins will be conducted by NMFA the day of or the day before the fight.

Article 6 - SUBSTANCES

Competitors must not apply any substance to any part of their bodies, including oils, Vaseline, massage creams, muscle rubs, hair products etc. The use of performance enhancing products (including steroids) is prohibited. There may be random steroid testing before or after the competition. This will be up to the NMFA.

Article 7 - DURATION OF ROUNDS

Semi-pro and pro matches are held over five-minute rounds, with a one-minute break between rounds.

Amateur matches are held over three-minute rounds (male) or two-minute rounds (female), with a one-minute break between rounds.

7.1 Single fights: Single fight matches are fought over two or three five-minute rounds, with a one-minute break between rounds.

Exceptions:

Amateur single fights are fought over two three-minute rounds, with a one-minute break between rounds (male)

Amateur single fights are fought over two two-minute rounds, with a one-minute break between rounds (female)

7.2 Super fights: Super fight matches are fought over three to five five-minute rounds, with a one-minute break between rounds. Super fights that are judged a draw at the conclusion of the original fight time can be extended with an additional five-minute round. Competitors must be made aware of any possible time extension before the beginning of the match.

7.3 Title matches: Title matches are fought over three five-minute rounds, with a one-minute break between rounds.

7.4 Special matches: Special matches can be held over any agreed time limit.

7.5 Tournament matches: Tournament matches are fought over two three-minute rounds. Tournament final matches are fought over three five-minute rounds, with one-minute break between rounds. Preliminary matches that are judged a draw at the conclusion of the first two rounds will be given additional three minute rounds until one competitor is deemed victorious by ways stated in Article 8.

Article 8 - WAYS TO WIN

A match can be won in one of the following ways:

8.1 Knockdown/Knockout: During a bout, a competitor is considered down if, as a result of being hit, he touches the floor with any part of his body besides his feet. He also is down if he is even partly outside the ropes or hanging on them helplessly from being hit, or if he still is standing but is judged to be unable to continue.

When a competitor is down, the referee starts counting from one to 10 seconds. The referee is required to signal the count to the downed competitor by holding a hand in front of him and counting with his fingers. If the competitor is still down after the 10 seconds, the opponent wins on a knockout.

Even if a competitor gets back on his feet immediately, he is obliged to take a mandatory eight-count. After the eight seconds, the referee will give the command "Fight" if he feels the match should continue. (*Refer to article 8.2*)

8.2 Standing eight-counts: The referee may, at the referee's discretion, administer an eight-count to a competitor who is in trouble but who is still standing. The referee shall direct the opponent to a neutral corner, then begin counting from 1 to 8 seconds, examining the competitor in trouble while counting. If, after completing the standing eight-count, the referee determines that the competitor is not able to continue, the referee shall stop the contest and declare the opponent the winner by TKO. Otherwise the referee will give the command "Fight" if he feels that the match should continue.

8.3 Compulsory Count Limit: The contest will be terminated if a competitor receives too many eight-counts. The compulsory count limit is invoked when a competitor receives three counts in a single round or four in a complete bout.

8.4 Submission: A competitor will win the match if he is able to force his opponent to submit, either verbally, or by 'tapping out' at least 3 times distinctly on either his opponent or the mat. The referee will then instantly stop the match and declare the competitor (the dominator) winner by submission.

8.5 Referee stoppage: The referee can, at the referee's discretion, stop the fight at any time. He will stop the match if a competitor is being dominated and is not defending himself or is in a position which the referee feels the dominated competitor is likely to be seriously injured. In such a case, their opponent (the dominator) is declared victorious by RSC.

Also, the referee may stop the contest due to excessive bleeding. In such a case, if the stoppage occurs in the first round the fight will be declared a no contest. If the fight is stopped after the first round a decision will be rendered by the judges per the score sheets.

8.6 Doctor stoppage: In the event that either competitor is cut, or injured in any way (including partial knockout) the doctor may be called in to check the injured competitor. It is the ring doctor's decision whether or not the fight can continue. If a competitor is deemed by the doctor to be unfit to continue, their opponent will be deemed victorious by RSC - unless the injury was caused by illegal actions, whereby the injured party is declared victorious or the match is declared a no contest. The final decision will be made by NMFA.

8.7 Towel Throw: A competitors seconds (corner men) may throw in a towel at any stage of the match. This means an instant loss to the competitor represented by that corner (TKO).

8.8 Disqualification: The referee can disqualify either opponent at any stage of the match for disobeying the rules. Minor offences may result in a yellow card being issued to the offending competitor. Competitors will be instantly disqualified if they continue to commit offences after their third yellow card (or after their second yellow card if the offences committed were of the same nature). Major or intentional offences will result in instant disqualification, at the referee's discretion. In such a case, the opponent of the disqualified competitor is automatically declared victorious. *(Refer to Article 18 for more information regarding the issuance of yellow cards.)*

8.9 Judges decision: In the event that there has been no winner at the end of the match, the decision will be passed to a panel of three judges. All judge decisions are final. *(Refer to Article 17.)*

Article 9 - NO CONTEST (INVALID MATCH)

A match can be declared as a 'no contest' at any time. This can be done during the match (by the referee) or after the match by NMFA, for any reason. Reasons may, for example, include suspicion of a fixed match, both competitors being injured and unable to continue, a competitor being injured due to an accidental injury caused by their opponent, both competitors violating the rules etc.

Article 10 - LEGAL TARGETS

The following areas of the body are deemed as legal targets for striking:

- A. The head
- B. The body

- C. The arms
- D. The legs

Article 11 - ILLEGAL TARGETS

The following areas of the body are deemed as illegal targets for striking:

- A. The eyes
- B. The back of the head
- C. The whole back area (torso)
- D. The back of the neck and throat
- E. The groin
- F. Knee's and elbow's (joint strikes)

Article 12 - LEGAL TECHNIQUES

The following are descriptions of legal techniques.

12.1 Punches: Punching is permitted to all legal target areas. Punches are permitted both standing and on the floor.

12.2 Kicks: Kicking is permitted to all legal target areas.

Exceptions:

See Article 14 – Concerning grounded competitors.

See Article 4 – Concerning one competitor wearing shoes.

12.3 Knees: Knee strikes are permitted to all legal target areas.

Exceptions:

No knee strikes to the head when competitors are on the floor (amateur, semi-pro and pro).

No knee strikes to the head in amateur and semi-pro bouts.

Knee strikes to the head are permitted during pro bouts while standing.

12.4 Elbows: Elbow strikes are permitted to all legal target areas.

Exceptions:

No elbows are allowed to the head, neck, shoulder, collarbone and or the whole back area (torso).

Elbows are not permitted in amateur bouts.

12.5 Throws and Takedowns: NMFA recognizes all throws and takedowns as legal.

Exceptions:

Techniques which result in, or are likely to result in, a competitor being dropped directly onto his head.

In the case of a “headlock” situation where both competitors are facing the same direction, the competitor who is holding his opponent’s head without an arm in said position, will be forbidden to throw, attempt to throw, drag, or attempt to drag his opponent to the ground.

Use of the ‘belly to back’ suplex or techniques like the ‘pile-driver’ is strictly forbidden. Execution of this kind of techniques will result in instant disqualification.

(Also see article 13.15)

12.6 Submission Holds: NMFA recognizes all submission holds as legal, including heel hooks.

Exceptions:

See Article 13.10 in regards to small joint submissions.

See Article 13.12 in regards to pressure point manipulation.

Article 13 - ILLEGAL TECHNIQUES

The following is a description of illegal techniques:

- A. Biting, pinching or scratching.
- B. Eye-gouging/manipulation.
- C. Head-butts.
- D. Ear pulling or poking.
- E. Fish-hooking of mouth, nose or other orifice.
- F. Hair pulling.
- G. Striking to any target area deemed as illegal by NMFA (see legal and illegal targets).
- H. Stomping on competitors' hands or feet.
- I. Throwing/pushing your opponent out of the ring.
- J. Manipulation of small joints (i.e. finger and toe locks etc).
- K. Striking directly to your opponent's joints.
- L. Pressure-point manipulation.
- M. Pulling of clothing (unless your opponent is wearing a GI).
- N. Pulling of safety equipment (gloves, shin pads etc).
- O. Any technique which results in, or is likely to result in, a competitor being dropped directly on to his head.
- P. Holding onto the ropes.
- Q. Direct attacks to the front of the throat (Adam's apple).
- R. Any twisting technique applied to the neck or head.

Article 14 - GROUNDED FIGHTERS

The following is a description of a grounded fighter:

- A fighter is classified as "grounded" if he has either a hand or a knee on the ground.
- A standing fighter is not permitted to kick or knee a grounded opponent in the head, but he will be allowed to kick or knee the body, arms and legs of the grounded opponent.
- A grounded fighter will be allowed to kick the standing fighter in the head and body.
- Punches are allowed to the head of a grounded fighter. Punches, kicks and knees are permitted to the legal body areas of a grounded fighter. (*Refer to Articles 12.1-12.4.*)
- If both competitors are grounded kicks to the head are allowed.

Article 15 - RULES & REGULATIONS

The following rules and regulations apply to all matches.

15.1 Medical Certificate: All competitors must provide a NMFA Medical Certificate (or equivalent) in order to participate in the event. The certificate must be issued by a doctor

within one year prior to the start of the event. The competitors are required to bring the certificate to the weigh in for approval by an NMFA doctor before being allowed to compete. If a competitor fails to bring a certificate, the NMFA doctor will be required to issue one at the expense of the competitor.

15.2 Duration of match: All matches will be fought over the regulation period. Except for 'Special Matches' - at the discretion of NMFA. (*Refer to Article 7*)

15.3 Full contact: All matches are full contact.

15.4 Time on floor: There is no time limit on the floor, but the referee can stand grounded competitors if there is a prolonged lack of action on the ground. The referee will give the competitors a verbal warning that he intends to stand them, after which, if the competitors make no attempt to increase the level of action, they will be instructed to break and will be restarted from a standing position.

15.5 Re-starts: The referee can re-start the action from standing when one competitor is standing and the other is grounded if there is a lack of action or a distinct stalemate situation.

The referee can stop the competitors if they are grounded and are too close to the ropes (i.e. preventing the competitors from falling out of the match area) and move them back in the center of the match area. The competitors will be restarted in the same position on the ground. If the referee can't determine for sure the exact position (i.e. a scramble position close to the ropes) he has the option to restart the competitors standing. Competitors close to the ropes will not be stood up during a potentially fight ending situation (i.e. a series of punches or a submission attempt).

15.6 Disobeying the rules: The referee can warn or disqualify competitors for disobeying the rules. The referees may, at the referee's discretion, disqualify a competitor, with or without warning, wherever a competitor acts aggressively toward them or delays in obeying a command.

15.7 Time-out: The referee can stop the match at any time (including 'time-outs' to pause the action).

15.8 Referee's instructions: The referee is the sole authority in the ring and the referee's instructions must be adhered to at all times. During the match the referee will use three commands in order to maintain control of the match:

- "Stop" - immediately stop fighting and walk towards a neutral corner
- "Fight" - begin fighting
- "Break" - stop fighting and step back (used to break up clinches or stallmate ground situations)

Any competitor who does not obey immediately may be disqualified.

Before the match begins, the referee checks each competitor's equipment and attire for suitability.

15.9 Decisions: Decisions of the referee, ring doctor, judges and NMFA are final.

15.10 Gum shields: Gum shields must remain in the mouth at all times. The referee may pause the action to replace gum shields that have fallen from competitors mouths.

Competitors can be warned or disqualified if the referee or NMFA feels that a competitor is purposefully spitting their gum shield out to gain a pause in the action.

15.11 Holding the ropes: Holding onto the ropes is not permitted and offences of this nature will result in warnings or possible disqualification for the offending competitor.

15.12 Fleeing the ring area: Competitors who continuously attempt to escape from their opponent by pushing themselves out of the ring area may receive a warning from the referee. Repeated occurrences will result in disqualification.

15.13 Falls from the ring: In the case that a competitor falls from the ring, he is expected to immediately return to the center of the ring and resume a fighting position, ready for the bout to continue.

15.14 Hair and nails: All competitors must ensure that finger and toenails are kept short and that long hair is securely tied back. Repeated stoppages caused by the need to readjust or tie hair could result in disqualification to that competitor.

15.15 Competitors conduct: All competitors are expected to behave in a 'sportsman-like' manner at all times.

Article 16 - SECONDS (CORNERMEN)

Each competitor may be accompanied by a maximum of two seconds. The seconds must stay in their corner at all times during the match. They are not allowed to touch fighters during the match or to move along the edges of the ring. Seconds, like the competitors, are expected to behave in a 'sportsman-like' manner at all times. In the case of seconds not following these rules, the referee may issue a warning to the represented competitor. Continued offences within the same match will incur a disqualification of the represented competitor. It is the responsibility of the competitors to ensure that their seconds understand and adhere to these rules. All decisions made by NMFA in regards to a second's offence are final.

Article 17 - JUDGES SCORING

17.1 Scoring criteria: Judges will score competitors performance on the following criteria:

- A. Striking offence and defense
- B. Grappling offence and defense
- C. Control and dominance
- D. Reversal of bad positions or situations
- E. Determination
- F. Skill in technique
- G. Consistency
- H. Strength and stamina

17.2 System of scoring: Each round of the fight will be judged on the universally recognized 10-Point Must system of scoring.

If a round is considered a draw a score of 10-10 will be accessed.

If one competitor is deemed to have a slight edge in a round the round will be scored 10-9.

If one competitor had a convincingly dominate performance over his opponent in a round the round will be scored 10-8.

17.3 Score sheets: At the conclusion of the bout a representative of NMFA will collect the written scores from the judges.

17.4 Judge's decision: In the case of a judge's decision, scores will be added from all rounds for a total score to determine the victor.

Article 18 - USE OF YELLOW CARDS

Yellow cards will be used by the referee to indicate a warning to a competitor who commits a foul (illegal technique) or fails to obey the rules. All yellow cards issued by the referee will be final.

When a competitor receives a warning, one (1) point will be deducted from the offending competitor's score sheet.

18.1 Committing different offences: A competitor can receive up to 3 yellow cards during a match for committing different offences before being disqualified. This is determined by the referee.

18.2 Repeatedly committing the same offence: Once a yellow card has been issued for an offence, committal of the same offence will result in an immediate disqualification, not a second yellow card.

18.3 Reasons for issuance: Yellow cards may be issued for any offence outlined in Articles 13 and 14. Once again, this is at the referee's discretion.

Article 19 - DEFINITION OF PRO, SEMI-PRO AND AMATEUR

19.1 Professional: Competitors may use knees to the head while both competitors are standing. Use of shin pads is optional.

19.2 Semi-professional: Competitors may not use knees to the head. Use of shin pads is compulsory.

19.3 Amateur: Competitors may not use knees to the head. Use of shin pads is compulsory. Elbow strikes are not allowed. All bouts are fought over two three-minute rounds (male) or two two-minute rounds (female).

Article 20 - AGE REQUIRMENT

All competitors must be at least 18 years of age (pro, semi-pro) or 15 years of age (amateur), and show proof either by a passport, driver's license, birth certificate, etc.

Article 21 - CONTRACTS AND WAIVERS

All fighters will sign an approved NMFA contract and waiver for each event. This is required for all events. All fighters must complete and sign contract before travel arrangements can be made.

Article 22 - WEIGH IN AND RULES MEETING

The weigh in and rules meeting will be held the day before or the day of the event. Present at the meeting will be the judge's, referees and ring doctors appointed by NMFA and the organizers.

22.1 Attendance: All fighters and seconds must attend the weigh in and rules meeting. Failure to attend will result in disqualification. Each competitor is allowed to bring two seconds to the meeting.

22.3 Weight: The competitor must weigh in at the agreed upon weight. Failure to do so may result in disqualification. (*Refer to Article 5.*)

22.4 Medical Certificate: All competitors must bring a NMFA Medical Certificate (or equivalent) to the meeting. The certificate will be validated by a doctor appointed by NMFA.