

ULTIMATE BEATDOWN RULES

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INTRODUCTION

Ultimate Beatdown (UB) rules will be based on Mixed Martial Arts (MMA) Unified Rules of Conduct except for a few changes for the safety of the athletes taking part in the UB events.

The changes made to the MMA Unified Rules for UB events are the following:

1. **No elbows allowed during all Standup positions. (except for Cage Muay)**
2. **No elbows allowed during all Ground positions.**

All other rules shall adhere to the MMA Unified Rules of Conduct.

For the MMA Unified Rules of Conduct as used by the Ultimate Fighting Championship a.k.a. UFC, please refer to the articles below:

1. Association of Boxing Commissions (ABC)¹
2. NJ State Athletic Control Board ²
3. IMMAF MMA Unified Rules for Amateur Competition³

For the Muay Thai Unified Rules of Conduct, please refer to the articles below:

1. WBC Muay Thai Rules and Regulations

For the Kickboxing Unified Rules of Conduct, please refer to the articles below:

1. WAKO K1-Rules

For the Boxing Unified Rules of Conduct, please refer to the articles below:

1. WBC Amateur Rules

General Rules

The following rules are to ensure that the participants are aware of Do's and Don'ts before, during and after the event.

1. **Be PUNCTUAL** to the venue for weigh-in sessions and during the event day. Failure to comply will result in penalty such as disqualification. If the athletes unable to attend the event, prior notice to the matchmaker is required.
2. **Be aware of changes on the fight card.** For any inquiries of the fight card, please contact the official Ultimate Beatdown Facebook page for more information.
3. **Be Respectful** to the UB officials and staffs. Compliances from the athletes, coaches, and the participants are compulsory to ensure smooth event flows.
4. **Trim the fingernails & toenails** before the fight.
5. **Do not wear shorts/pants with pockets** for the fight. **Compression shorts or fight shorts** are recommended.
6. **No loose shirts/singles as fight wear.** Upper wear is optional for male athletes, the excess must be tucked into the shorts/pants. **Rash guards** are recommended.
7. **Mouthpiece and groin guard are compulsory** for all athletes. The athletes must be responsible for their own safety. Inform the backstage staffs or the officials if mouthguards and groin guards are not available.
8. **Do not modify the protective equipment provided.** UB will provide protective equipment such as gloves, shin guards, and elbow guards. The athlete must not use his/her own equipment.
9. **Do not apply massage oil, hair wax or any foreign objects** to the athletes. Only UB staffs or officials can apply authorized foreign substances to the athletes, e.g. Vaseline.
10. **Do not pour excessive water/ice in the arena.** If it happens, wipe off the excess water/ice on the canvas. Intentionally pouring water on the canvas will result in point deduction to the athlete.
11. **Do not overcrowd the corners of the arena.** Only dedicated cornermen are allowed at the arena corners.
12. **Disqualification/Point Deductions** will be given to the athletes who fails to comply with the rules.

Weight Class

The weight class is categorized according to ONE Championship weight classes.

WEIGHT CATEGORY	OVER		TO	
	LBS	KG	LBS	KG
HEAVYWEIGHT	225	102.0	265	120.2
LIGHT HEAVYWEIGHT	205	93.0	225	102.0
MIDDLEWEIGHT	185	83.9	205	93.0
WELTERWEIGHT	170	77.1	185	83.9
LIGHTWEIGHT	155	70.3	170	77.1
FEATHERWEIGHT	145	65.8	155	70.3
BANTAMWEIGHT	135	61.2	145	65.8
FLYWEIGHT	125	56.7	135	61.2
STRAWWEIGHT	115	52.2	125	56.7
ATOMWEIGHT	105	47.6	115	52.2

Penalty for Overweight

For each weight class, there is an allowance of 500 gram/1.10 lbs. Penalty will be imposed if the athlete is unable to meet within the weight class limit. The penalty will be point deduction as follows:

First 500 gram/1.10 lbs	No point deduction
Next 500 gram/1.10 lbs	1 point deduction per bout
Maximum point deduction	3 points deduction per bout

Examples:

- The athlete is registered under BANTAMWEIGHT and weighing at 66.1 kg/145.7 lbs. The athlete is still within the weight allowance of 500 gram/ 1.10 lbs.
- The athlete is registered under FEATHERWEIGHT and weighing at 75.3 kg/166.0 lbs. **3 points will be deducted** for the overweight penalty.
- The athlete is registered under FEATHERWEIGHT ad weighing at 71.0 kg/156.5 lbs. **1 point will be deducted** for the overweight penalty.

Types of Contest Results

Submissions (applicable to Subzero Grappling and MMA):

- 1) Physical Tap out
- 2) Verbal Tap out

Technical Knockout (TKO):

- 1) Referee stopping the contest
- 2) Referee stopping the contest on the advice of the Ringside Physician/Corner

Decision via the scorecards:

- 1) Unanimous Decision – When all three judges score the contest for the same contestant.
- 2) Split Decision – When two judges score the contest for one contestant and one judge scores for the opponent.
- 3) Majority Decision – When two judges score the contest for the same contestant and one judge scores a draw.
- 4) Draw, including*
 - a. Unanimous Draw – When all three judges score the contest a draw
 - b. Majority Draw – When two judges score the contest a draw
 - c. Split Draw – When all three judges score differently
- 5) Disqualification
- 6) Forfeit
- 7) Technical Draw*
- 8) Technical Decision
- 9) No contest

***Additional information:**

In a tournament format where fighter progression and medal placing are needed, no contests and draws cannot be applied. In such instances if the three rounds of competition have resulted in a draw, then a fourth period/over time round shall be contested.

In the event of a point deduction that results in a score draw in the overtime round then the fighter who committed the foul and had the point deduction shall be eliminated from the tournament, the opponent who did not commit the foul advances.

This rule can only be applied to the fourth overtime round. Only in a tournament format should overtime rounds be contested. At all other times, the judge's evaluation and score remain final.

Boxing

Overview

- Each **Amateur** match is **THREE (3)** rounds in duration, with each round lasting **TWO (2) minutes**, and 1 minute rest in-between rounds.
- Each **Professional/Championship** match is **FIVE (5)** rounds in duration, with each round lasting **TWO (2) minutes**, and 1 minute rest in-between rounds.
- Each **Youth Fight** match (**12 years old and below**) is **THREE (3)** rounds in duration, with each round lasting **ONE (1) minute**, and 1 minute rest in-between rounds.
- The match can end by Knockout, Technical Knockout, Decision, Disqualification, Draw or No Contest.
- Both the referee and the ring doctor have full authority to stop the fight.
- The three-knockdown rule is in effect (three knockdowns in a round result in a technical knockout).
- The mandatory eight count is in effect (the referee must count to at least "eight" on all knockdowns).
- The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).
- A fighter can be saved by the bell only in the last round.

Judging

Each Judge will independently judge the merits of the two (2) Boxers using the Scoring System based on the following criteria:

1. Number of **Quality Punches** in the allowed area of the opponent's body
2. Domination by technical and tactical superiority.
3. Competitiveness.
4. Infringement of the rules.

The Judges must apply the following criteria to score round:

1. 10 vs. 9 – Close round
2. 10 vs. 8 – Clear winner
3. 10 vs. 7 – Total dominance

Permissible Target area refers to:

- a) Front and Sides of the head.
- b) Front and Sides of the torso above the belt.

Permissible Strike refer to:

- a) All boxing strikes to **Permissible Target Areas**. (Jab, Straight, Hook, Uppercut, Cross, Swing)

Fouls

1. Hitting below the belt, holding, tripping, kicking, and butting with foot or knee
2. Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, and pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
3. Hitting with open glove, the inside of the glove, wrist, or side of the hand
4. Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch
5. Pivot blows – Back hands/fists, spinning back hands/fist, Spinning elbows
6. Attack whilst holding the ropes or making any unfair use of the ropes
7. Lying on, wrestling, and throwing in the clinch
8. An attack on an opponent who is down or who is in the act of rising
9. Holding and hitting or pulling and hitting
10. Holding or locking, on the opponent's arm or head, or pushing an arm underneath the arm of the opponent
11. Ducking below the belt of the opponent
12. Completely passive defence by means of double cover and intentionally falling, running, or turning the back to avoid a blow
13. Speaking
14. Not stepping back when ordered to break
15. Attempting to strike opponent immediately after the Referee has ordered "break" and before taking a step back
16. Assaulting or behaving in an aggressive manner towards a Referee at any time
17. Spitting out the gum shield (teeth protector) intentionally without receiving a correct punch will cause the Boxer to receive a mandatory warning; If the gum shield falls out after the Boxer has received a correct punch, and if this happens for the third time, the Boxer will receive a mandatory warning
18. Keeping the advanced hand straight to obstruct the opponent's vision
19. Biting an opponent
20. Faking / simulating.

Penalization

A fighter is penalized as follows:

- Caution – verbal reprimand by the referee
- Warning – fighter is shown a yellow card.
- Point Deduction – fighter is shown a red card.

Two cautions result in one warning. Two warnings result in a point deduction, and three-point deductions in one round can result in a disqualification.

A red card is shown automatically if a fighter commits a foul with malicious intention.

Compulsory Count Limits

A maximum of three (3) eight counts will be given in one (1) round, the third will be consider TKO; total four (4) eight counts in one (1) bout.

If there is a draw after three rounds, the judges' scores are thrown out and one or two extra 2-minute rounds are contested. The judges' decision will then come from the scoring of each extra round only. If, after the extra round(s), there is still a draw, the judges will decide a winner based on the flow of the entire match, considering even the slightest difference. A fight can only end in a draw if both fighters go down at the same time and cannot get up, or in the case of accidental injury in the late stages of the contest.

Knocked Down Definition

A boxer is considered fallen or knocked down when due to a blow or series of blunt blows:

1. Touch the floor of the ring with any part of the body other than the soles of the feet.
2. It vanishes on the ropes without reflexes.
3. The body is partially or totally out of the strings.
4. If after one or more forceful blows he does not fall or hold on to the ropes but is in a semi-conscious state and at the discretion of the referee should not continue the fight.

Kickboxing

Overview

- Each **Amateur** match is **THREE (3)** rounds in duration, with each round lasting **TWO (2) minutes**, and 1 minute rest in-between rounds.
- Each **Professional/Championship** match is **FIVE (5)** rounds in duration, with each round lasting **TWO (2) minutes**, and 1 minute rest in-between rounds.
- Each **Youth Fight** match (**12 years old and below**) is **THREE (3)** rounds in duration, with each round lasting **ONE (1) minute**, and 1 minute rest in-between rounds.
- The match can end by Knockout, Technical Knockout, Decision, Disqualification, Draw or No Contest.
- Both the referee and the ring doctor have full authority to stop the fight.
- The three-knockdown rule is in effect (three knockdowns in a round result in a technical knockout).
- The mandatory eight count is in effect (the referee must count to at least "eight" on all knockdowns).
- The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).
- A fighter can be saved by the bell only in the last round.

Judging

Each Judge will independently judge the merits of the two (2) Fighters using the Scoring System based on the following criteria:

1. Number of **Knockdowns**
2. Cumulative effective impact on the Opponent
3. Number of Clean Scoring Strikes on **Permissible Target Areas**
4. Ring Generalship/Aggressiveness
5. Infringement of the rules.

The Judges must apply the following criteria to score round:

1. 10 vs. 9 – Close round;
2. 10 vs. 8 – Clear winner;
3. 10 vs. 7 – Total dominance;

Knockdowns is defined as:

- a) when a fighter touches the mat with anything other than the soles of their feet as the result of a legal, damaging strike – or is in a defenceless position grabbing the opponent or hanging on or over the ropes. The referee will have sole discretion in determining a knockdown versus a slip.

- b) If a fighter goes down from what the referee indicates is a “slip” but fails to rise after the referee’s repeated commands, the referee will initiate a count and follow the procedures of a knockdown. If the fighter does not rise at the count of 10, it will be considered a TKO.

If a fighter injures him/herself and then fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown or terminate the bout and declare the opponent winner by TKO.

Permissible Target area refers to:

- a) Front and Sides of the head
- b) Front and Sides of the torso above the belt.
- c) Entire leg (except knee joint by thrusting/linear kicks)

Permissible Strike refer to:

- a) All boxing strikes to **Permissible Target Areas**.
- b) Spinning backhands/fists to **Permissible Target Areas**.
- c) Knee strikes to **Permissible Target Areas**.
- d) All kicking strikes to **Permissible Target Areas** above belt line.
- e) All kicking strikes by foot or shin directed to the legs (except linear/thrusting kicks to the knee joint)

Fouls

The following actions are considered fouls:

1. Using the head or elbow to deliver a strike
2. Attacking the opponent in the groin
3. Thrusting/Linear kicks to the knee joint
4. Attacking the back of the head/spine
5. Attacking the throat
6. Delivering wrestling or judo throwing or sweeping or submission techniques
7. Thumbing, choking, or biting the opponent
8. Attacking the opponent while he is down or in the process of getting up
9. Attacking the opponent after the referee calls a break
10. Holding the cage/rope while striking/clinching
11. Using offensive language to the referee
12. Attempting to cause the opponent to fall out of the cage/ring
13. Voluntarily exiting the ring during the course of a match
14. Attacking an opponent who turns around and shows his back (if the opponent loses his will to fight)

15. Delivering a backspin blow in an unauthorized area
16. Charging inside the opponent's arms with the head held low (inducing a head-butt)
17. Striking with elbow, arm, wrist, or any other part of the glove that is not padded part of the glove
18. Fighting in a passive manner (without attacking), including continuous **holding and clinching***
19. Attacking more than once while holding the opponent's kicking leg, or while holding the opponent's neck with both hands*

*Additional information:

Holding, which is defined as repeatedly grabbing, grasping, or tying up an opponent in order to prevent the opponent from striking. **Clinching** is allowed in order to immediately launch a credible knee attack. If in the referee's estimation the attack and/or counter knee attack is consistent and effective, he may allow it to continue for up to five seconds at which point he will separate the fighters. If within the five seconds, the knee attack or counterattack wanes or appears ineffective the referee will immediately separate the fighters.

Penalization

A fighter is penalized as follows:

- Caution – verbal reprimand by the referee
- Warning – fighter is shown a yellow card
- Point Deduction – fighter is shown a red card

Two cautions result in one warning. Two warnings result in a point deduction, and three-point deductions in one round can result in a disqualification.

Compulsory Count Limits

A maximum of three (3) eight counts will be given in one (1) round, the third will be consider TKO; total four (4) eight counts in one (1) bout.

A red card is shown automatically if a fighter commits a foul with malicious intention.

- **If there is a draw after three rounds, the judges' scores are thrown out and one or two extra 2-minute rounds are contested.** The judges' decision will then come from the scoring of each extra round only. If, after the extra round(s), there is still a draw, the judges will decide a winner based on the flow of the entire match, considering even the slightest difference. A fight can only end in a draw if both fighters go down at the same time and cannot get up, or in the case of accidental injury in the late stages of the contest.
- A fighter who has been struck with a low blow is allowed up to **five (5) minutes** to recover from the foul as long as in the referee and/or ringside doctor's opinion the fighter may continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five (5) minute time allotment, the fight cannot be restarted, and the

contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

Cage Muay

Overview

- Each **Amateur** match is **THREE (3)** rounds in duration, with each round lasting **TWO (2) minutes**, and 1 minute rest in-between rounds.
- Each **Professional/Championship** match is **FIVE (5)** rounds in duration, with each round lasting **TWO (2) minutes**, and 1 minute rest in-between rounds.
- Each **Youth Fight** match (**12 years old and below**) is **THREE (3)** rounds in duration, with each round lasting **ONE (1) minute**, and 1 minute rest in-between rounds.
- The match can end by Knockout, Technical Knockout, Decision, Disqualification, Draw or No Contest.
- Both the referee and the ring doctor have full authority to stop the fight. The three-knockdown rule is in effect (three knockdowns in a round result in a technical knockout).
- The mandatory eight count is in effect (the referee must count to at least "eight" on all knockdowns).
- The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).
- A fighter can be saved by the bell only in the last round.

Judging

Each Judge will independently judge the merits of the two (2) Fighters using the Scoring System based on the following criteria:

1. Effective Striking: The total number of legal strikes on **Permissible Target Areas** landed by the fighter;
2. Effective Aggressiveness: Moving forward and landing a legal strike on **Permissible Target Areas**;
3. Effective Defence: Avoiding strikes while countering with offensive attacks on **Permissible Target Areas**;
4. Infringement of the rules.

The Judges must apply the following criteria to score round:

1. 10 vs. 9 – Close round;
2. 10 vs. 8 – Clear winner;
3. 10 vs. 7 – Total dominance;

Knockdowns is defined as:

- a) when a fighter touches the mat with anything other than the soles of their feet as the result of a legal, damaging strike – or is in a defenceless position grabbing the opponent or hanging on or over the ropes. The referee will have sole discretion in determining a knockdown versus a slip.
- b) If a fighter goes down from what the referee indicates is a “slip” but fails to rise after the referee’s repeated commands, the referee will initiate a count, and follow the procedures of a knockdown. If the fighter does not rise at the count of 10, it will be considered a TKO.

If a fighter injures him/herself and then fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown or terminate the bout and declare the opponent winner by TKO.

Permissible Target area refers to:

- a) Front and Sides of the head
- b) Front and Sides of the torso above the belt.
- c) Entire leg

Permissible Strike refer to:

- a) All boxing strikes to **Permissible Target Areas**.
- b) Spinning backhands/fists to **Permissible Target Areas**.
- c) Knee strikes to **Permissible Target Areas**.
- d) All kicking strikes to **Permissible Target Areas** above belt line.
- e) All kicking strikes by foot or shin directed to the legs.
- f) Elbow strikes to **Permissible Target Areas**.

Fouls

The following actions are considered fouls:

- 1. Using the head to deliver a blow.
- 2. Attacking the opponent in the groin
- 3. Delivering wrestling or judo throwing or submission techniques
- 4. Thumbing, choking, or biting the opponent
- 5. Punching the opponent in the throat
- 6. Attacking the opponent while he is down or in the process of getting up
- 7. Attacking the opponent after the referee calls a break
- 8. Holding the cage/rope
- 9. Using offensive language to the referee
- 10. Striking to the back of the head, neck, and spine
- 11. Attempting to cause the opponent to fall out of the cage/ring

12. Voluntarily exiting the ring during a match
13. Attacking an opponent who turns around and shows his back (if the opponent loses his will to fight)
14. Charging inside the opponent's arms with the head held low (inducing a head-butt)
15. Fighting in a passive manner (without attacking), including continuous holding and clinching
16. Holding the opponent's leg and pushing forward more than two (2) steps in any direction without striking with any one of the Muaythai skills*

*Additional information:

Holding, which is defined as repeatedly grabbing, grasping, or tying up an opponent in order to prevent the opponent from striking. **Clinching** is allowed. If in the referee's estimation the attack and/or counter attack is consistent and effective, he may allow it to continue for up to two (2) steps at which point he will separate the fighters. If more than the two (2) steps, the clinching/holding attack wanes or appears ineffective, the referee will immediately separate the fighters.

Penalization

A fighter is penalized as follows:

1. Caution – verbal reprimand by the referee
2. Warning – fighter is shown a yellow card
3. Point Deduction – fighter is shown a red card

Two cautions result in one warning. Two warnings result in a point deduction, and three-point deductions in one round can result in a disqualification.

A red card is shown automatically if a fighter commits a foul with malicious intention.

Compulsory Count Limits

A maximum of three (3) eight counts will be given in one (1) round, the third will be consider TKO; total four (4) eight counts in one (1) bout.

A red card is shown automatically if a fighter commits a foul with malicious intention.

- **If there is a draw after three rounds, the judges' scores are thrown out and one or two extra 2-minute rounds are contested.** The judges' decision will then come from the scoring of each extra round only. If, after the extra round(s), there is still a draw, the judges will decide a winner based on the flow of the entire match, considering even the slightest difference. A fight can only end in a draw if both fighters go down at the same time and cannot get up, or in the case of accidental injury in the late stages of the contest.
- A fighter who has been struck with a low blow is allowed up to **five (5) minutes** to recover from the foul as long as in the referee and/or ringside doctor's opinion the fighter may continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five (5) minute time allotment, the fight cannot be restarted, and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

Ultimate Beatdown SUBZERO Grappling Rules

Fight Format

1 ROUND, 5 MINUTES. *White Belts only*

1 ROUND, 7 MINUTES. *Blue Belts and above*

The time limit will be in favour of lower belt. For example, if a white belt competitor is matched with a blue belt competitor, the time limit will be in favour of the white belt competitor, thus the time limit is **5 minutes**.

Match will take place in the cage or on a matted arena at the same time at quarter final till semi-final, **ALL FINALS will be taken place in cage.**

Timeout Criteria

Match clock will stop if:

- Shot to groin occurs.
- Competitor is poked in the eye.
- Competitor is bleeding or Doctor's examination is required.

Clock will begin again when both competitors can continue.

Positions will be reset to “standing position” in the event of a competitor stalling to run down the time of the fight.

If more than 5 minutes is required to stop a competitor's bleeding / recover from groin shot or poke in the eye, the match will be stop and a win will be awarded to the fighter who are more offensive/Aggressive based on the position/submission attempt(s).

However, if the referee determines that the illegal action was intentional, the competitor who commits the action will be disqualified and a victory decision will be given to the opponent of that fight.

Winning Criteria

- Submissions
- Physical tap out with hand or foot. (own / opponent's body, on the mat)

- Verbal tap out. (scream or noise expressing pain while in submission)
- Competitor's loss of consciousness / inability to defend himself or herself.
- Significant risk of damage or injury.
- Member from the corner throwing in towel on behalf of the competitor.

The criteria for submissions are to be solely determined by the Referee at his/her sole discrimination. Any form of contention or discrimination from any of the competing party to the Referee's decision may result in a warning or penalty.

Overtime Rules

In the event of "No Submission" after the main round, match will continue into "Overtime".

1 ROUND with no time limit.

Competitors get a shot at either their opponent's BACK or the SPIDER WEB position.

The competitor shall start on the offensive position in Overtime round based on the Aggression and Offensive decided by the referee. However, if the referee deems the match is even, a coin toss will decide which competitor start in offensive position.

Competitor on the offensive has the choice of position and will work toward a submission while their opponent works to escape or to counter with a submission.

Each half of round will end in ESCAPE or SUBMISSION.

The winner is the competitor with the fastest submission.

E.g.: If Competitor A submits Competitor B in 1 minute, Competitor A is judged to be the winner if Competitor B is unable to submit Competitor A in less than 1 minute. However, if Competitor B can submit Competitor A in a same time (same minutes and same SECOND ONLY, no millisecond) then another round of Overtime shall take place.

If only one competitor gets the submission in the 1st round, then that competitor who gets the submission wins.

If both competitors escape, then a 2nd round is implemented.

If after 3 rounds it is still tied up, then all the Overtime escape times are added up.

The competitor with the quickest overall time wins the match.

Illegal Actions

- Any sort of striking to opponent.
- Slamming (while opponent guarding you)
- Biting.
- Eye gouging.
- Clawing, twisting, scratching, or pinching the skin.
- Finger or toe bending.
- Spitting to the opponent.
- Fishhook.
- Sticking finger into an open wound of the opponent.
- Trachea pinching.
- Grabbing / twisting / pinching of ear(s).
- Hair pull.
- Direct takedown on the head or anything close to a vertical angle.
- Slippery foreign substances applied to a competitor's body or clothing.

**** The match Referee has the ultimate rights to call for timeout to dry up the competitor's body.**

Warnings

The match Referee may issue a first warning to a competitor in the event of inaction of the competitor that may results in disqualification.

In the situation where a competitor repeats an actionable offense after receiving a first warning from the Referee, the Referee may, in his / her sole discernment, disqualify the competitor and award a victory to the competitor's opponent.

Actionable offenses shall include:

- Competitor purposely running away from opponent during the match.

- Competitor using foul language to any party concerning in the event.
- Competitor displaying obscene behaviour.
- Competitor using an illegal action.

** In the case of "competitor using illegal action", the Referee may determine, in his / her sole discernment, to issue an immediate disqualification to a competitor using an illegal action during the match.

Competitors' Equipment

No-Gi Attire:

- Fight / sport shorts must be fit tightly around the competitor's waist.
- Rash-guard or dry-fit sport shirts must be fit to the competitor's upper body.
- Mouthpiece and groin guard are optional.
- Female competitors cannot wear groin guard.

** With reference to No-Gi Attire, take note that all submissions which utilise competitor's attire are regarded as an illegal action and will result in an immediate disqualification.

Mixed Martial Art (MMA)

Overview

- Each **Amateur** match is **THREE (3)** rounds in duration, with each round lasting **THREE (3) minutes**, and 1 minute rest in-between rounds.
- Each **Professional/Championship** match is **FIVE (5)** rounds in duration, with each round lasting **THREE (3) minutes**, and 1 minute rest in-between rounds.
- Each **Youth Fight** match (**12 years old and below**) is **THREE (3)** rounds in duration, with each round lasting **ONE (1) minute**, and 1 minute rest in-between rounds.
- The match can end by Knockout, Technical Knockout, Decision, Disqualification, Draw or No Contest.
- Both the referee and the ring doctor have full authority to stop the fight.
- A fighter can be saved by the bell only in the last round.
- No elbows in all Ground/Standing Positions.
- No knee to the head (except Championship bout, knee to the head is allowed in **Standing Position only**)

Judging

Each Judge will independently judge the merits of the two (2) Fighters using the Scoring System based on the following criteria:

1. Effective Striking/Grappling
2. Effective Aggressiveness
3. Fight Area Control

The criteria will be further explained in the later section.

The Judges must apply the 10-Point Must System to score round:

1. 10 vs. 9 – Close round;
2. 10 vs. 8 – Clear winner;
3. 10 vs. 7 – Total dominance

Effective Striking/Grappling shall be considered the priority of round assessments.

Effective Aggressiveness should not be considered unless the judge does not see ANY advantage in the Effective Striking/Grappling realm.

Cage/Ring Control should only be needed when all other criteria are 100% even for both competitors.

FOULS

1. Elbow strikes of any kind during any position
2. Use of heel hooks in other than a professional bout
3. Holding or grabbing the fence
4. Holding opponent's shorts or gloves
5. Butting with the head
6. Eye gouging of any kind
7. Biting or spitting at an opponent
8. Hair pulling
9. Fish hooking
10. Groin attacks of any kind
11. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent
12. Downward pointing of elbow strikes (12 to 6 elbows)
13. Small joint manipulation (Grabbing majority of the fingers/toes is allowed)
14. Strikes to the spine or back of the head
15. Heel kicks to the kidney
16. Throat strikes of any kind, including, without limitation, grabbing the trachea
17. Clawing, pinching, twisting the flesh or grabbing the clavicle
18. Kneeing the head of opponent in any position (apply only to amateur bout)
19. Kicking the head of a grounded opponent
20. Kneeing the head of a grounded opponent
21. Stomping of a grounded fighter
22. The use of abusive language in fighting area
23. Any unsportsmanlike conduct that causes an injury to opponent
24. Attacking an opponent on or during the break
25. Attacking an opponent who is under the care of the referee
26. Timidity (avoiding contact, or consistent dropping of mouthpiece, or faking an injury)
27. Interference from a mixed martial artist's seconds
28. Throwing an opponent out of the ring or caged area
29. Flagrant disregard of the referee's instructions
30. Spiking an opponent to the canvas on his or her head or neck
31. Attacking an opponent after the bell has sounded the end of the period of unarmed combat
32. Water dumping. UB will be providing an ice bag. No water/liquid shall be poured by the corner onto the fighter/cage floor.
33. Applying any foreign substance to the head or body to gain an advantage

Definition

1) Effective Striking/Grappling

Legal blows that have immediate or cumulative impact with the potential to contribute towards the end of the match with the IMMEDIATE weighing in more heavily than the cumulative impact.

Successful execution of takedowns, submission attempts, reversals and the achievement of advantageous positions that produce immediate or cumulative impact with the potential to contribute to the end of the match weigh more heavily than the cumulative impact. It shall be noted that a successful takedown is not merely a changing of position, but the establishment of an attack from the use of the takedown.

Submission attempts that cause an opponent to tire and weaken, taking considerable effort to escape shall be given greater weight when scoring than those attempt that are easily defended and escaped without effort.

High amplitude and impactful throws and takedowns are weighed more heavily than athletes who are tripped or bundled to the mat. This will be the deciding factor in a high majority of decisions when scoring a round.

The next two criteria must be treated as a backup and used only when Effective Striking/Grappling is 100% equal for the round.

2) Effective Aggressiveness

Aggressively making attempts to finish the fight. The key term is '*effective*'. Chasing after an opponent with no effective result or impact should not render in the judges' assessments.

Effective Aggressiveness is only to be assessed if Effective Striking/Grappling is 100% equal for both competitors.

3) Fighting Area Control

Fighting area control is assessed by determining who is dictating the pace, place and position of the match.

Fighting Area Control shall only to be assessed if Effective Striking/Grappling and Effective Aggressiveness is 100% equal for both competitors. This will be assessed very rarely.

4) Grounded fighter

A grounded fighter is defined as: Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands. Palms/fist down, and/or any other body

part must be touching the fighting area floor. It needs to be clear to all fighters that once an opponent has become grounded, Stomps of any kind are not permitted, even to the feet.

References

1. NJ State Athletic Control Board - <http://www.state.nj.us/lps/sacb/docs/martial.html>
2. Association of Boxing Commissions (ABC)
- http://www.abcboxing.com/unified_mma_rules.html
3. Muay Thai Rules: <https://www.wbcmuaythai.com/rules-regulations>
4. Muay Thai Rules: <https://muaythai.sport/wp-content/uploads/2023/04/IFMA-Rules-and-Regulations-v2.04-1.pdf>

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