

A Class, B Class & C Class MMA RULES

The UK has no standard rules set so we follow the Nevada State Athletic Commission rules in our Pro (A Class) fights as they are tried and tested.

WEIGHT CLASSES

We currently have nine different weight classes in mixed martial arts.
Weight class name Upper limit in lbs Equivalent in kg

Flyweight 125 lb 56.7 kg

Bantamweight 135 lb 61.2 kg

Featherweight 145 lb 65.8 kg

Lightweight 155 lb 70.3 kg

Welterweight 170 lb 77.1 kg

Middleweight 185 lb 83.9 kg

Light Heavyweight 205 lb 93.0 kg

Heavyweight 265 lb 120.2kg

Lower weight categories are available for female fighters.

ROUNDS

A Class: Every round is 5 minutes in duration with a one minute rest period in-between rounds. Title matches can be sanctioned for five rounds but non-title matches must not exceed three rounds.

B Class: Every round is 4 minutes in duration with a one minute rest period in-between rounds.

C Class: Every round is 4 minutes in duration with a one minute rest period in-between rounds.

ATTIRE

All competitors must fight in approved shorts. No shoes. No Shirts or Giis or long pants are allowed. Fighters must use approved light gloves (4-6 ounces) that allow fingers to grab.

JUDGING CRITERIA

The ten-point must system is in effect for all fights. Three judges score each round and the winner of each receives ten points, the loser nine points or less. If the round is even, both fighters receive ten points.

LEGAL TECHNIQUES

The Unified Rules allows elbow strikes except those hitting downwards with the point of the elbow for A Class MMA fights.

FOULS

A Class

The following are fouls, as set out by the Nevada State Athletic Commission:

Gouging; putting a finger into any orifice or into any cut or laceration on an opponent.

Striking downward using the point of the elbow.

Clawing, pinching or twisting the flesh.

Grabbing the Clavicle.

Kicking the head of a grounded opponent.

Kneeing the head of a grounded opponent.

Stomping a grounded opponent.

Spiking an opponent to the canvas on his head or neck.

Holding the shorts or gloves of an opponent.

Spitting at an opponent.

Engaging in an unsportsmanlike conduct that causes an injury to an opponent.

Using abusive language in the ring or fenced area.

Attacking an opponent on or during the break.

Attacking an opponent who is under the care of the referee.

Attacking an opponent after the bell has sounded the end of the period of unarmed combat.

Flagrantly disregarding the instructions of the referee.

Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.

Interference by the corner.

Throwing in the towel during competition. (forfeit)

B Class

In addition - No Elbows are allowed to the head or body. No Heal hooks

C Class

In addition - No Striking to the head when the opponent is on the ground.
No

Heal Hooks, Neck Cranks or Spine Locks.

GENERAL CONDUCT

Fighters should not be using steroids and other illegal substances.

WAYS TO WIN

Knockout (KO): as soon as a fighter becomes unconscious due to strikes, his opponent is declared the winner. As MMA rules allow ground fighting, the fight is stopped to prevent further injury to an unconscious fighter.

Submission : a fighter may admit defeat during a match by:

A tap on the opponent's body.

A tap on the mat or floor.

Verbal announcement.

Technical Knockout (TKO)

Referee Stoppage: the referee may stop a match in progress if:

A fighter becomes dominant to the point where the opponent is unable to intelligently defend himself from attacks, which may occur as quickly as a few seconds.

A fighter appears to be unconscious from a grappling hold.

A fighter appears to have developed significant injuries in the referee's view, such as a broken bone.

In Semi Pro and Amateur Fights if in the referee's view a fighter may be near to being hurt from a submission, then the referee may stop the fight to protect the fighter from injury.

Doctor Stoppage: the referee will call for a time out if a fighter's ability to continue is in question as a result of apparent injuries, such as a large cut. The ring doctor will inspect the fighter and stop the match if the fighter is deemed unable to continue safely, rendering the opponent the winner. However, if the match is stopped as a result of an injury from illegal actions by the opponent, either a disqualification or no contest will be issued instead.

Corner stoppage: a fighter's corner men may announce defeat on the fighter's behalf by throwing in the towel during the match in progress or between rounds.

Decision: if the match goes the distance, then the outcome of the bout is determined by three judges. The judging criteria are organization-specific.

Forfeit: a fighter or his representative may forfeit a match prior to the beginning of the match, thereby losing the match.

ADDITIONAL

Disqualification: a "warning" will be given when a fighter commits a foul or illegal action or does not follow the referee's instruction. Three warnings will result in a disqualification. Moreover, if a fighter is injured and unable to continue due to a deliberate illegal technique from his opponent, the opponent will be disqualified.

No Contest: in the event that both fighters commit a violation of the rules, or a fighter is unable to continue due to an injury from an accidental illegal technique, the match will be declared a "No Contest".

