

## Freestyle

Freestyle-fights are fights between all styles. You can mix animal styles with wrestling or even judo and boxing for that matter. It is all up to each participant which style is to be used in the fight.

### Freestyle rules

- Two five-minute rounds, with one two-minute rest period
- No elbow strikes
- No knees
- No heelhooks
- No punches or kicks while on the ground
- No shoes
- Vaseline may only be applied to a fighter's face, and only by supervisor
- Mouth guard obligatory
- MMA gloves provided by promoter
- No strikes or kicks to the groin
- No eye gouging
- No draws
- Fights may be prematurely ended for medical reasons, knockout, tap out or disqualification
- Step-in shin guards are mandatory

### Grounded fighter

The fighter shall be deemed to be in the "grounded" position when:

- The fighter is lying on his back
- The fighter is seated on his buttocks
- The fighter is lying on his stomach
- When his hand is touching the mat
- When one or both of his knees are in contact with the mat

### Violations/ rule breaches

In the event of a breach of the rules, the referee has the authority to:

- Warn the fighter
- Foul the fighter (1 point lost from round score)
- Disqualify the fighter

The referee shall consider the circumstances of the breach such as intent and the severity of the breach. A general guideline would be that the referee will progressively discipline the fighter breaching the rules; however, depending on the seriousness of the breach, the referee may act within the extent of the above

guidelines and to the extent of the above. The referee may call a time-out to allow a fighter to recover after being fouled or to be inspected by a doctor. In the event of such a time-out the violating fighter shall immediately sit down as directed by the referee and remain there until otherwise instructed

## **Fouls**

Butting with the head.

Eye gouging of any kind.

Biting.

Hair pulling.

Using knees.

Heel hooks during grappling.

Groin attacks of any kind.

Putting a finger into any orifice or into any cut or laceration on an opponent.

Small joint manipulation, no pressure points.

Striking to the back of the head.

Throat strikes of any kind, including, without limitation, grabbing the trachea.

Clawing, pinching or twisting the flesh.

Kicking the head or any others part of the body of a grounded opponent.

Kneeing the head of a grounded opponent.

Stomping a grounded opponent.

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

Throwing an opponent out of the cage or ring.

Holding the shorts, gloves or strapping of an opponent.

Spitting at an opponent.

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

Holding the wire or ropes or intentionally exiting the cage or ring.

Using abusive language in the cage or ring.

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.

Elbows, knees & Forearms are NOT permitted, neither on the ground nor from a standing position.

Stagnate fighting

Stagnate fighting will not be tolerated. The referee may restart the round if the fighters reach a stalemate and do not work to improve position or finish. This is not limited to when fighters are on the ground, it encompasses all aspects of the bout. The referee shall first warn the fighters to work prior to this. Fights shall be restarted in the centre of the cage.

### **Referees instructions**

During the bout the referee shall make all instructions to the fighters clear. He will use the following instructions:

Fight - Instructing the fighters to fight.

Stop - Telling the fighters to stop and remain stopped until further instruction.

Break - To break the fighters.

The referee may also call a time-out for a doctor's examination or the cleaning of the cage or fighter. In the event of a time-out for the attendance of a fighter, the other fighter shall go to the nearest neutral corner and remain there awaiting further instruction. In the event of a time-out, the official time clock shall be paused.

### **Corner men etiquette**

The fighter shall be allowed no more than 2 people in his corner. Any additional persons will be asked to leave the corner before the fight begins. All corner men shall act in a professional manner during the event.

Corner men shall:

Remain in the fighter corner/area during the rounds in a crouched & kneeling position, including during time-out periods, unless otherwise instructed by the referee.

Refrain from using obscene language.

Refrain from touching the cage/ropes or pounding on the mat.

Refrain from touching the fighters during the round.

Ensure the fighter is wiped of excess fluid between rounds.

Ensure the floor area is not wet after a round break.

### **Fighter attire**

All fighters must wear approved mouth guard and groin protector. Fighters must wear approved fight shorts, such as board shorts, bike pants, boxing style, Thai style, or preferably MMA.

No t-shirts allowed during fights.

Fighters may not wear footwear of any kind. The event holder shall supply MMA-style gloves.

Minimal supportive strapping is to be used to the hands and any injured areas.

Prior to the fight, an official will inspect all taping and gloves.

Hand taping shall be inspected and signed off by an official.

Only 6-ounce gloves.

No helmet.

Vaseline: Minimal Vaseline to the eyebrow area and facial cuts ONLY.

Balm: Fighters shall not apply any foreign substance to their body, including lubricating substances or heat balm.

### **Ways to win**

Physical knockout.

Physical tap out.

Verbal submission.

Corner man throws in the towel.

Technical knockout by the referee stopping the contest.

Technical knockout based on a doctor's decision.

Disqualification of opposing fighter.

Decision win via the scorecards:

Unanimous decision.

Majority decision.

Split decision.

No Draw

3 - 5 judges must award the fighter the bout for him to be declared the winner. Each judge shall render a decision; win or loss.

### **No contest**

If a fighter cannot continue after a blatant, malicious or reckless foul he will be deemed the winner. The referee shall consider such a circumstance upon merit if it occurs.

### **Judges scoring**

Judges shall use the 10 point must system as below. Fighters shall be awarded 10 points at the start of each round. A judge will return a round score:

10-10 Even round.

10-9 Advantage round (10 points awarded to the superior fighter).

10-8 Dominant round (10 points awarded to the clearly dominant fighter).

Judges shall score the rounds under the following criteria:

Grappling: Effective grappling shall encompass all aspects of grappling, both offense and defence, standing and on the ground. A fighter that is sprawling and avoiding or negating the takedown attempts of the other would be viewed to be effectively grappling. Effective submission attempts, clean takedowns, reversals and sweeps would also be considered effective grappling. Striking: Effective striking shall encompass all aspects of striking, both standing and on the ground. Judges shall view the efficiency and effectiveness of the strikes. In a grounded position, strikes from the top position shall be deemed more effective than from the bottom. Cage control: Basically who is dictating the pace of the fight and where the fight is taking place. Aggression: Effective aggression is measured by which fighter is more aggressive. The key to the criteria is the word 'effective'; swinging and constantly missing is not considered effective aggression. Judges cards shall be collected after each round by an event official and retained for tallying. Protests and complaints: All official protests or complaints are to be made and lodged formally in writing to the event holder within 24 hours of the event, to be considered by the committee. ALL RULES AND CONDITIONS CAN BE ALTERED ONLY BY THE DISCRETION OF THE TOURNAMENT REPRESENTATIVE.

## Freestyle ring

A freestyle ring consists of a canvas with a soft circular ring in which the fight takes place. If the fight takes place at a tournament where there is only a cage, a ring or an otami, the fight will take place there instead.

## Scorecard

Judges will count the number of attacks by the participants in this scorecard:

<b>Name of participant:</b>																	
																	<b>Points</b>
<b>Punches</b>																	
<b>Kicks (low and high)</b>																	
<b>Take downs</b>																	
<b>Throws</b>																	
<b>Total points</b>																	

## X = 1 point

Punches, kicks, knees and throws count as 1 point. A take down counts as 3 points. The judges will add up the number of points at the end of the fight.

## Weight Categories

Freestyle fighters are divided into weight classes as follows:

MALE SENIORS AGE 19+ 57, -60, -62, -65, -67, -70, -72, -75, -80, -85, -90, +90 kg.

MALE JUNIORS AGE 16-18 -47, -50, 52, -55, 57, -60, -62, -65, -67, -70, -72, -75, -80, -85, -90, +90 kg.

MALE CADETS AGE 15 -42, -47, -52, -57, -63, -69, 69+ kg.

FEMALE SENIORS AGE 19+ -47, -50, 52, -55, 57, -60, -62, -65, -67, -70, -72, -75, -80, -85, -90, +90 kg.

FEMALE JUNIORS AGE 16-18 -47, -50, 52, -55, 57, -60, -62, -65, -67, -70, -72, -75, -80, -85, -90, +90 kg.

FEMALE CADETS AGE 15 -42, -46, -50, -55, -60, -65, 65+

## Weigh-in

1. The object of the weigh-in is to state the correspondence of competitors' weight to the limits of one of the weight categories. A competitor has the right to compete at the given competition only in the weight category stated for him at the weigh-in.

2. The order and time of the weigh-in shall be stated in the Regulations. A competitor who is late to the weigh-in or misses it is not admitted to the competitions.

During 1 hour before the start of the weigh-in contestants are allowed to get on the scales used for the official weigh-in as many times as they wish.

The weigh-in shall be held one time on the first day of competitions or a day before and shall last 1 hour. If the weigh-in is held on the day of the competitions it shall begin not less than 2 hours before the beginning of

the competitions.

It is allowed to use several scales but competitors of a certain weight category shall be weighed on the same scales.

3. The weigh-in shall be held by officials' team appointed by the Chief official including a Chief official deputy (one of Mat chairmen), a representative of the competition secretariat, a doctor and two or three officials.

4. Before the weigh-in all the competitors shall undergo appearance medical control held by the competition doctor. Competitors shall be weighed in a special room or behind the screen, half-naked: men wearing athletic supporters, women-low-necked swimsuits.

5. At the weigh-in a competitor shall submit the document with a photo certifying his or her identity, competitor's license, insurance, medical control card and the filled in form.

6. Results of the weigh-in are entered in the score sheet (appendix 8) that shall be signed by all the members of the officials' team.