
Saskatchewan Martial Arts Association

Amateur Mixed Martial Arts Rulebook

2009

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1.0

Event Registration:

Mixed Martial Artists who want to compete in an event shall fulfill the following conditions:

- a) Fill out SMAA approved fighter's contract for the SMAA event;
- b) Fill out and sign SMAA Medical and Suspension agreement;
- c) Have no medical or any other reasons preventing them from participating in the event;
- d) Submit to a Pre-Event Medical;
- e) Fighters must submit, within 48 hours of weigh-ins, ECG results and HIV and Hepatitis A, B & C test results that have been done within the previous 6 months;
- f) A complete ophthalmologic examination performed by an optometrist or ophthalmologist which has been completed within the previous 12 months;
- g) All competitors must present a valid picture ID at the event weigh-ins.

1.1

Promoters Follow-up:

Promoters of SMAA sanctioned events are required to submit the following information to the SMAA Office within 15 days of the event:

- a) Place, Date and Name of the event;
- b) List of competitors that took part in the event;
- c) Fight Results – place (1st or 2nd) of the competitors;
- d) The fact (information) of any head knockout;
- e) The fact (information) of any serious injury
- f) Copy of all Medical Reports.
- g) In the case of head knockout or serious injury the head referee, a SMAA representative, and the doctor must also submit comments.

1.2

SMAA Follow-up - Banning periods after a head knockout:

- a) 45 days after the first head knockout within 12 months;
- b) 135 days after the second head knockout within 12 months; and
- c) 365 days after the third head knockout within 12 months (EEG required).
After being banned for 365 days due to three head knockouts within 12 months, the competitor has to submit a medical attest with a negative EEG examination result before he/she can compete in any SMAA Event again;
- d) All fight results will be forwarded to the Alberta and Manitoba Fight Commissions.

2.0

Weight classes of amateur mixed martial artists:

Amateur mixed martial artist shall be divided into the following classes:

- Flyweight (125 and under) with not more than a 10 pound spread
- Bantamweight (126 - 135)
- Featherweight (136- 145)
- Lightweight (146- 155)
- Welterweight (156- 170)
- Middleweight (171- 185)
- Light Heavyweight (186- 205)
- Cruiser Heavyweight (206 - 230)

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Heavy Weight (231- 265)

Super Heavyweight (over 265)

2.1

Weighing of mixed martial artists: Weigh in will be determined at the discretion of the SMAA.

3.0

Cage: All amateur contests will take place in a cage or ring left at the discretion of the SMAA. All rings must adhere to a minimum of 4 ropes as a standard safety precaution. If possible, 5 ropes would be preferred.

3.1

Equipment: The appropriate equipment shall be approved at the discretion of the SMAA.

3.2

Specifications for bandages on mixed martial artists' hands: All amateur mixed martial arts contestants shall be required to gauze and tape their hands prior to all contests. Bandages and tape shall be placed on a contestant's hands in the dressing room in the presence of the inspector and, if desired, in the presence of the chief second of his or her opponent. Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the inspector is received. Substances other than supplied surgeon's tape and soft gauze shall not be utilized.

3.3

Mouthguards: All contestants are required to wear a mouthguard during competition. The mouthguard shall be subject to examination and approval by the attending physician. The round cannot begin without the mouthguard in place.

3.4

Protective equipment: Male mixed martial artists must wear a foul-proof guard of a type that provides sufficient protection to withstand a low blow. Female mixed martial artists may wear a chest protector or other properly fitted sports bra during competition. Chest protectors shall be subject to the approval of the SMAA.

3.5

Gloves: The gloves shall be in good condition for all contests or they must be replaced. All contestants shall be provided with a pair of gloves weighing at least six ounces supplied by the promoter and approved by the SMAA. No contestant shall supply his or her own gloves for participation unless approved by the SMAA.

3.6

Apparel: Each contestant shall wear mixed martial arts shorts, biking shorts, or kickboxing shorts. Shorts must be approved by the inspector or SMAA representative. Shorts with metal parts are not permitted unless properly covered. Gi's, shirts, and biking pants with a grip panel are prohibited during competition. Female competitors must wear rashguard shirts or approved competition top. Shoes are prohibited during competition.

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3.7

Appearance: The SMAA may prevent any contestant from competing in any match or event due to the contestant's personal hygiene, length of head hair, length of facial hair, or any other aspects of personal appearance that may present a hazard to the safety of the contestant or their opponent, or that may interfere with the supervision or conduct of the event.

4.0

Round length: All amateur bouts will consist of no more than three(3);three(3) minute rounds with a one (1) minute rest period in between rounds.

4.1

Maximum number of bouts per card: The maximum recommended number of bouts on one fight card is fourteen (14).

4.2

Stopping a contest: The referee and ringside physician are the sole arbiters of a bout. They are the only individuals authorized to stop a contest.

4.3

Judging: All bouts will be evaluated and scored by three judges. An approved 10-point system of scoring shall be the standard for bouts. Judges shall evaluate mixed martial art techniques, such as effective striking, effective grappling, effective aggressiveness and effective defense, and control of the fighting area. Judges shall consider the amount of successful executions of legal takedowns and reversals in evaluating effective grappling.

4.4

Scoring the foul to be performed by the Scorekeeper: Fouls may result in a point being deducted by the official Scorekeeper from the offending mixed martial artist's score. The Scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction. Only the referee may assess fouls.

4.5

Fouls for Amateur MMA:

The following are fouls and will result in penalties such as warning, point deduction or disqualification, if committed:

1. Holding or grabbing the fence or ropes:

- A fighter may put their hands on the fence and push off of it at any time. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through a cage and grab hold of the fence and start to control their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time.
- If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one point deduction from the offending fighter's scorecard if the foul caused a substantial change in position such as the avoidance of a takedown.

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- If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be restarted by the referee, standing in a neutral position.
- 2. Holding opponent's shorts or gloves:**

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.
 - 3. Butting with the head:**

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.
 - 4. Eye gouging:**

Eye gouging of any kind by means of fingers, chin, or elbows is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.
 - 5. Biting or spitting at an opponent:**

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bitten during an exhibition of unarmed combat.
 - 6. Hair pulling:**

Pulling of hair is an illegal action.
 - 7. Fish Hooking:**

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish-Hooking" and is illegal.
 - 8. Groin attacks of any kind:**

Any attack to the groin area including striking, grabbing, pinching or twisting is illegal.
 - 9. Intentional placing finger into any orifice or any cut or laceration of your opponent:**

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.
 - 10. Striking downward (sky to ground) with the point of the elbow. No elbow strikes of any kind to the head.** Elbow strikes to the body of an opponent, whether standing or on the ground are allowed.
 - 11. Small joint Manipulation:**

Fingers and Toes are small joints. Wrist, Ankles, Knees, Shoulders and Elbows are all large joints.
 - 12. Strikes to the spine or the back of the head:**

Strikes are not permissible on the nape of the neck area. Permissible strikes do not include the area from the crown of the head, in an approximately 2 inch width, down to the base of the spine.
 - 13. Heel kicks to the Kidney.**
 - 14. No throat strikes of any kind are allowed:**

A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.
 - 15. Clawing, Pinching, Twisting the flesh or grabbing the clavicle:**

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.
 - 16. Kicking the head of a downed opponent.**
 - 17. Kneeing the head of an opponent.**

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18. Stomping of a grounded fighter:

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. Axe Kicks are not stomps.

19. The use of abusive language in the fighting area.

20. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.

21. Attacking an opponent on or during the break:

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

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

23. Timidity:

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Falsely claiming a foul, injury, or purposely dropping or spitting out their mouthguard or other action designed to stall the fight is also considered timidity.

24. Interference from a corner:

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee or any other official.

25. Throwing an opponent out of the cage or ring fighting area:

A fighter shall not throw their opponent out of the cage.

26. Flagrant disregard of the referee's instructions:

A fighter MUST follow the instructions of the referee at all times or face disqualification.

27. Spiking the opponent to the floor onto the head or neck:

Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponents head or neck into the flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent, they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the floor.

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

29. Linear kicks to the knee joint.

30. Neck Cranks:

Any hold that places the fighter's neck in jeopardy from a crank is illegal. Neck cranks such as the "Can Opener" or "Bulldog" are examples of an illegal neck attacks.

31. All twisting leg submissions:

Heel hooks and toe holds are prohibited. Straight knee bars and the straight ankle locks are allowed.

32. Spine locks.

4.6

Use of Vaseline, Water and other similar substances:

The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face, or body. This includes excessive amounts of water being discarded in a manner at the designated time could be penalized or subject to disqualification.

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4.7

Foul Procedures

If a foul is committed, the referee shall:

1. Call time;
2. Check the fouled mixed martial artist's condition and safety; and
3. Assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the fight will continue, so to not jeopardize the top contestant's superior positioning at the time.

1. The referee shall verbally notify the bottom contestant of the foul.
2. When the round is over, the referee shall assess the foul and notify both comers' seconds, the judges and the official scorekeeper.
3. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification

4.8

Time Considerations for Fouls

Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as the fighter may possibly 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 restart the fight. If the fighter goes over the five 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.

Fighter who is not fouled by low blow but another foul

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. **If** the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

If a fighter is fouled by a blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight.

The fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the fighter cannot avail himself of the remaining time.

If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be restarted and the contest must end.

4.9

Injuries sustained during competition

- a) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

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- b) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.
- c) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.
- d) If an injury sustained during competition as a result of intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.
- e) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- f) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout.
- g) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout.
- h) There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

5.0

Types of Bout Results

The following are the types of bout results:

- 1. Submission by:**
 - i. Tap Out: When a contestant physically indicates that he or she no longer wishes to continue;
 - ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue; or makes audible sounds such as screams indicating pain or discomfort.
 - iii. Technical Submission: When a submission is executed to its completion which causes the referee to intervene and stop the contest.
- 2. Technical knockout by:**
 - i. Referee stops bout;
 - ii. Ringside physician stops bout;
 - iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout;
- 3. Knockout by failure to rise from the canvas;**
- 4. Decision via score cards:**
 - i. Unanimous: When all three judges score the bout for the same contestant;
 - ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent;
 - iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw;

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5. Draws:

- i. Unanimous - When all three judges score the bout a draw;
- ii. Majority - When two judges score the bout a draw;
- iii. Split - When all three judges score differently and the score total results in a draw;

6. Disqualification:

When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest;

7. Forfeit:

When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out;

8. Technical Draw:

When an injury sustained during competition as a result of intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage; or; in Double Knockout Situations, the referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury;

9. Technical Decision:

When the bout is prematurely stopped due to injury and a contestant is leading on the score cards;

10. No Contest:

When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

6.0

Licensing

Licensing will be determined at the discretion of the SMAA.

6.1

Officials

Officials will be determined at the discretion of the SMAA.

6.2

Medicals

Medical requirements will be determined at the discretion of the SMAA.

6.3

Insurance

Insurance requirements will be determined at the discretion of the SMAA.

6.4

Ambulance, EMT's, and qualified Ringside Physician

A qualified ringside physician shall be present at all events. A qualified ringside physician must be at ringside or cage side during each bout.

All promoters must provide an ambulance to be present at all times, from the commencement of the first bout until the last fighter leaves the arena. No contest shall be allowed to continue or commence if an ambulance is utilized to transport a previous contestant to a medical facility, until another ambulance is available and present at the event.

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There shall be at least two Emergency Medical Technicians present at all times, from the commencement of the first bout until the last fighter leaves the arena. No contest shall be allowed to continue or commence if an ambulance is utilized to transport a previous contestant to a medical facility, until another replacement technician crew is available and present at the event.

6.5

Permits

Permits will be determined at the discretion of the SMAA.

6.6

Promoters License

Promoters licensing will be determined at the discretion of the SMAA.

6.7

Matchmaker License

Matchmaker licensing will be determined at the discretion of the SMAA.

6.8

Show Date Request

Show date request will be determined at the discretion of the SMAA.

6.9

Age

An amateur contestant must attain the age of 18 years on or before the date of the contest.

6.10

Rules Meeting

Rules meetings will be determined at the discretion of the SMAA.

6.11

Consumables Before and During the Contest

Only water or an approved electrolyte drink by the SMAA may be consumed during the bout. Contestants should not consume energy drinks on the date of the contest.

6.12

Seconds

All seconds regulating will be determined at the discretion of the SMAA.

6.13

Sanitary Equipment

Sanitary requirements will be determined at the discretion of the SMAA.

6.14

Security

The responsibility of security at the event venue will be determined at the discretion of the SMAA.

6.15

Beverage and Liquor Sales

If the chosen venue has a liquor license, and liquor is intended to be sold at the event, the SMAA must be advised in writing in advance of the show and give its approval. Beverages cannot be sold in bottles.

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7.0

Protests and Alterations of Decisions

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and the SMAA Representative deem that one of the following circumstances has occurred:

1. A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
2. The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
3. There has been clear violation of the rules and regulations of the SMAA, directly affecting the outcome of the match.

Protests shall be directed to the SMAA Representative and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The protest must be accompanied by a processing fee of \$500. Should the protest be validated the \$500 will be returned, if it is not validated the SMAA will keep the processing fee.

After hearing evidence from the protesting side, the referees and judges concerned, the SMAA Representative will forward all information to the SCAA Executive for review. The SMAA Executive's decision is final. Note: Video recordings can and will be used to justify a protest.