Professional Mixed Martial Arts rules

**Rules for the conduct of professional MMA contests in Victoria**

To receive this form in an accessible format [email the Combat Sports Unit](mailto:combat.sports@sport.vic.gov.au) <combat.sports@sport.vic.gov.au>

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Department of Jobs, Skills, Industry and Regions September 2024

Scheduled for review 2026

Available at [Boxing and combat sports](https://djsir.vic.gov.au/combat-sports) <http://www.https://djsir.vic.gov.au/combat-sports>

Contents

[1. Purpose 4](#_Toc181091041)

[2. General 4](#_Toc181091042)

[3. Definitions 5](#_Toc181091043)

[4. Weight divisions 7](#_Toc181091044)

[Weight divisions – professional MMA contestants 7](#_Toc181091045)

[5. The weigh-in 8](#_Toc181091046)

[6. The promoter 9](#_Toc181091047)

[General requirements 9](#_Toc181091048)

[The safety enclosure 9](#_Toc181091049)

[The platform 10](#_Toc181091050)

[Contestants’ gloves 10](#_Toc181091051)

[Changes to the advertised main event or major supporting contest 10](#_Toc181091052)

[7. The contestant 11](#_Toc181091053)

[General requirements 11](#_Toc181091054)

[Contestant attire 11](#_Toc181091055)

[Jewellery 11](#_Toc181091056)

[Hand wraps 11](#_Toc181091057)

[Contestants’ gloves 12](#_Toc181091058)

[Ankle wraps 12](#_Toc181091059)

[Body taping 12](#_Toc181091060)

[Non-fight periods 13](#_Toc181091061)

[Concussed contestants 13](#_Toc181091062)

[Non-fight periods and return to contest requirements 14](#_Toc181091063)

[8. Concussion management guidelines 16](#_Toc181091064)

[Return to fight strategy 17](#_Toc181091065)

[9. The trainer 19](#_Toc181091066)

[General requirements 19](#_Toc181091067)

[Hand wraps 19](#_Toc181091068)

[Contestants’ gloves 19](#_Toc181091069)

[Ankle wraps 20](#_Toc181091070)

[Body taping 20](#_Toc181091071)

[10. The referee 21](#_Toc181091072)

[General requirements 21](#_Toc181091073)

[The referee’s attire 21](#_Toc181091074)

[Duties of the referee before a contest commences 21](#_Toc181091075)

[Duties of a referee during a contest 22](#_Toc181091076)

[Calling “Time” for medical examination 22](#_Toc181091077)

[Stopping the contest 23](#_Toc181091078)

[Warning 23](#_Toc181091079)

[Fouls 23](#_Toc181091080)

[Outcome after a contest is stopped 25](#_Toc181091081)

[Contestant not competing honestly 26](#_Toc181091082)

[11. The medical practitioner 27](#_Toc181091083)

[General requirements 27](#_Toc181091084)

[Medical equipment for use by the Medical Practitioner 27](#_Toc181091085)

[Before the commencement of a contest 27](#_Toc181091086)

[Pre-contest examination 27](#_Toc181091087)

[During the contest 28](#_Toc181091088)

[Authority to stop a contest 28](#_Toc181091089)

[Post-contest examination 29](#_Toc181091090)

[12. The judges 30](#_Toc181091091)

[General requirements 30](#_Toc181091092)

[The judge’s attire 30](#_Toc181091093)

[The role of a judge 30](#_Toc181091094)

[Judging criteria / scoring 30](#_Toc181091095)

[Effective striking / grappling 31](#_Toc181091096)

[Effective aggressiveness 31](#_Toc181091097)

[Fight area control 31](#_Toc181091098)

[Round scoring 31](#_Toc181091099)

[When to score a 10-10 round 31](#_Toc181091100)

[When to score a 10-9 round 32](#_Toc181091101)

[When to score a 10-8 round 32](#_Toc181091102)

[When to score a 10-7 round 33](#_Toc181091103)

[Definitions 33](#_Toc181091104)

[13. The timekeeper 36](#_Toc181091105)

[General requirements 36](#_Toc181091106)

[A timekeeper’s attire 36](#_Toc181091107)

[A timekeeper’s equipment 36](#_Toc181091108)

[The role of the timekeeper 36](#_Toc181091109)

[14. Code of conduct 37](#_Toc181091110)

[15. Contact information 38](#_Toc181091111)

# Purpose

* 1. Mixed Martial Arts (“MMA”) is a full contact combat sport which allows a wide range of fighting techniques.
  2. The purpose of these rules is to supplement the requirements of the Professional Boxing and Combat Sports Act 1985 (the Act) and the Professional Boxing and Combat Sports Regulations 2008 (the Regulations) that apply to professional MMA contests in Victoria.
  3. These rules are issued by the Professional Boxing and Combat Sports Board of Victoria (‘the Board’) in the interests of safety and integrity of professional MMA in Victoria.

# General

* 1. It is a condition of any licence, registration or permit issued by the Professional Boxing and Combat Sports Board that all licence, registration or permit holders comply with these rules.
  2. A breach of any such condition may result in a licence, registration or permit being cancelled or suspended or any licence, registration or permit conditions being varied.
  3. The Board may vary, revoke or waive these rules at any time.

# Definitions

**the Act** means the Professional Boxing and Combat Sports Act 1985 (Vic).

**approved shorts** means shorts approved by the Board.

**the Board** means the Professional Boxing and Combat Sports Board as defined in section 14 of the Act.

**a foul** means any of the following:

* 1. butting with the head;
  2. eye gouging of any kind;
  3. biting;
  4. hair pulling;
  5. fish hooking;
  6. spiking the opponent to the canvas onto the head or neck (pile-driving);
  7. strikes to the spine (including the tailbone) or back of the head;
  8. throat strikes of any kind and/or grabbing the trachea;
  9. fingers outstretched toward an opponent’s face/eyes;
  10. groin attacks of any kind;
  11. kneeing or kicking the head of a grounded opponent;
  12. stomping on any part of a grounded opponent;
  13. holding an opponent’s gloves or shorts;
  14. holding or grabbing the safety enclosure with limbs, fingers or toes;
  15. small joint (finger and toe) manipulation;
  16. throwing an opponent out of the safety enclosure;
  17. intentionally placing a finger into any orifice or into any cut or laceration of your opponent;
  18. clawing, pinching or twisting the flesh of the opponent;
  19. timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury);
  20. use of abusive language in the safety enclosure;
  21. flagrant disregard for the referee’s instructions;
  22. unsportsmanlike conduct that causes an injury to an opponent;
  23. attacking an opponent after the bell has sounded the end of the combat period;
  24. attacking an opponent on or during the break;
  25. attacking an opponent who is under the care of the referee; and
  26. interference from a contestant’s corner or seconds.

**grounded opponent** means where any part of a contestant’s body other than their hands or feet are touching the canvas.

**promoter** means any person who is licenced by the Board to promote a professional contest.

**promotion** means an event consisting of one or more professional contests and includes any preliminary arrangements in connection with such an event.

**recorder** means a member of the Combat Sports Unit or a delegate appointed by the unit who records the judges’ scores and provides final results to the announcer.

**judge** means a person appointed by the Board who determines the points scored by each contestant in a professional contest.

**referee** means a person appointed by the Board who controls, or exercises any form of control, over the conduct of professional contestants during a professional contest.

**match-maker** means a person who acts on behalf of a promoter to arrange professional contests between professional contestants.

**seconds** means a licenced trainer or the corner of the contestant.

**timekeeper** means a person appointed by the Board who measures time with the assistance of a clock or stopwatch for the purposes of signalling the beginning and end of a round of a professional contest.

**trainer** means a person who supervises the training or instruction of a professional contestant or who accompanies a professional contestant in the ring to give advice or assistance during a professional contest.

# Weight divisions

* 1. Weight divisions are the currently recognised weight divisions for professional MMA contestants in Victoria as set by the Board.
  2. Weight classes are defined in maximum allowable kilograms.
  3. The current weight divisions for professional MMA contestants in Victoria are as follows:

## Weight divisions – professional MMA contestants

|  |  |  |  |
| --- | --- | --- | --- |
| Weight class | Maximum (kgs) | | |
| Atomweight | | 47.6 |
| Straw weight | | 52.2 |
| Flyweight | | 56.7 |
| Bantamweight | | 61.2 |
| Featherweight | | 65.8 |
| Lightweight | | 70.3 |
| Super Lightweight | | 74.8 |
| Welterweight | | 77.1 |
| Super Welterweight | | 79.4 |
| Middleweight | | 83.9 |
| Super Middleweight | | 88.5 |
| Light Heavyweight | | 93.0 |
| Cruiserweight | | 102.1 |
| Heavyweight | | 120.2 |
| Super Heavyweight | | Over 120.2 |

* 1. The Board may also approve catch weight bouts if the Board reasonably believes the contest would be fair, safe and competitive.

# The weigh-in

* 1. There will be one official weigh-in unless otherwise approved by the Board.
  2. All contestants must be at the official weigh-in unless otherwise approved by the Board.
  3. Contestants who do not attend the weigh-in at the commencement time, without prior notice and approval from the supervising Board member may be unable to weigh in and compete.
  4. The weigh-in will be held no more than 24 hours before the scheduled start time of the promotion unless otherwise approved by the Board.
  5. If any bout of a promotion is postponed for more than 24 hours after the original scheduled date, all contestants for those bouts postponed must weigh in again.
  6. The scales used for weigh-ins shall be provided by the Combat Sports Unit and approved by the Board.
  7. Contestants are to weigh in wearing only underwear (including a sports bra or like for female contestants) and/or shorts or attire as otherwise approved by the Board. For the avoidance of doubt no shoes will be permitted to be worn on the scales when a contestant is being weighed in on the scales.
  8. A contest will only be permitted to proceed if the contestant falls within the following weight restrictions:
  9. If the lighter contestant’s weight is less than 57.15 kilograms then the difference in weight between the two contestants must be no more than two kilograms;
  10. If the lighter contestant’s weight is between 57.15 and 72.57 kilograms then the difference in weight between the two contestants must be no more than five kilograms;
  11. If the lighter contestant’s weight is between 72.57 and 79.38 kilograms then the difference in weight between the two contestants must be no more than six kilograms; or
  12. If the lighter contestant’s weight is between 79.38 and 90.72 kilograms then the difference in weight between the two contestants must be no more than eight kilograms.
  13. Contestants are allowed two hours after the official weigh-in commencement time to make the required weight and are allowed any number of times on the scales during that time.
  14. If a contestant is unable to make the agreed weight, the trainer of that contestant’s opponent may accept or refuse the bout at their sole discretion.
  15. For the avoidance of doubt, a contestant who does not satisfy the weight restrictions above shall not be permitted to compete.
  16. For a title contest, if either contestant fails to make weight the Board should follow the approved protocols of the relevant title sanctioning organisation.

# The promoter

## General requirements

* 1. The promoter must comply with all of the conditions of their promotion permit, including the Code of Conduct.
  2. The promoter must also ensure that:
  3. the ring complies with the specifications outlined herein;
  4. the contestants’ gloves comply with the rules outlined herein;
  5. all contestants are registered;
  6. all trainers hold a current trainer’s licence;
  7. the contestant’s corners are marked red or blue or as otherwise approved by the Board;
  8. that there are no more than four seconds in a contestant’s corner at any one time;
  9. ringside security is maintained;
  10. the lighting is adequate for the conduct of the contest;
  11. a bucket is placed in each contestant’s corner;
  12. petroleum jelly is made available for application to the head of contestants;
  13. a sufficient number of clean buckets are available for the use of the contestants;
  14. any water, ice, or liquid spilt is wiped up between rounds;
  15. stools are available for contestants between rounds;
  16. a spinal board is kept beside the ring; and
  17. that paramedics have a clear, unobstructed route to access the ring and evacuate an injured contestant (the evacuation route). The promoter is to inspect this route with the medical practitioner and Board members prior to the commencement of the contest.
  18. Each round shall consist of five (5) minute duration with a one (1) minute rest period between rounds.
  19. All professional MMA contests in Victoria may consist of three (3), four (4) or five (5) rounds.

## The safety enclosure

* 1. All professional MMA contests in Victoria must be conducted in a safety enclosure.
  2. The safety enclosure must:
  3. have six, eight or ten equal sides; and
  4. be between 6.01 metres and 9.75 metres wide.
  5. Fence posts must:
  6. be made of metal;
  7. be no more than 15.24 centimetres in diameter;
  8. extend from the floor of the building to a minimum height of 1.47 metres above the floor of the fenced area; and
  9. be properly padded in a manner approved by the Board.
  10. The fencing used to enclose the area must be made of a material and affixed in such a manner that will prevent a contestant from falling out of or breaking through the fenced area.
  11. The fenced area must have two entrances, positioned on opposite sides of the safety enclosure.
  12. There must not be any obstruction on any part of the fenced area.
  13. Proper steps must be provided for contestants to enter and exit the safety enclosure

## The platform

* 1. The platform where the contest takes place must:
  2. be padded with a closed cell foam; and
  3. have a layer of padding at least 2.54 centimetres thick.
  4. The padding must be covered with a non-slip canvas or similar material tightly stretched and laced to the platform.

## Contestants’ gloves

* 1. Contestants must use approved light gloves (4oz) that allows the fingers to grab.
  2. All gloves must be new or in as new condition.
  3. All gloves are to be sufficiently clean to the satisfaction of the Board prior to being supplied to the contestants.
  4. All gloves and external taping must be approved by the Board prior to each bout.
  5. No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant’s gloves.
  6. Red and blue coloured tape must be made available to be applied to the lower part of each contestant’s gloves to correspond to the colour of their respective corner.

## Changes to the advertised main event or major supporting contest

* 1. If a change to the advertised main event or major supporting contest of a promotion is made, the Promoter must give notice by displaying a notice at the box office and making an announcement of the change from the ring before the opening contest.
  2. If there is a change to the advertised main event or major supporting contest and any of the patrons decide that they wants their tickets refunded, the promoter must refund the price of the tickets if the tickets and the ticket stubs are presented at the box office within 30 minutes after the (first) announcement is made.

# The contestant

## General requirements

* 1. Contestants must ensure compliance with all conditions of their registration, including the Code of Conduct.
  2. Contestants must be over the age of 18 to compete in any professional MMA contest.
  3. A contestant must not be under the influence of alcohol or prohibited drugs.
  4. A contestant must comply with any drug testing requirement required by the Board from time to time.
  5. At all times during a bout, a contestant must wear a mouth piece as fitted by a dentist or an advanced dental technician.
  6. All male contestants must wear an approved groin protector.
  7. Long hair shall be secured with soft and non-abrasive materials.
  8. All toenails and fingernails must be clipped short.
  9. Contestants must not commit a foul during a bout.
  10. Contestants must not leave the ring during the rest period between rounds. If this occurs the contestant will be disqualified and the contest will be deemed to be over.
  11. Contestants will not be permitted to start their bout until such time as the Board has approved of their bandages, and their gloves.
  12. No excessive grease or any other foreign substance is to be used on the face or body of a contestant.

## Contestant attire

* 1. The following items of clothing are prohibited during competition:
  2. gi;
  3. gi pants;
  4. shirts; and
  5. long pants.
  6. All female contestants must compete in a sports bra, fitted lycra rash guard or equivalent or other attire as approved by the Board.
  7. No clothing can be comprised of any solid or hard material of any kind.

## Jewellery

* 1. A contestant is not permitted to wear any jewellery or other piercing accessories while competing in a contest.

## Hand wraps

* 1. A soft surgical bandage or similar material not exceeding 5 centimetres in width may be worn on each hand of the contestant.
  2. One layer of adhesive tape no more than 2.5 centimetres in width may be placed on the back of each hand to protect that part of the hand near the wrist but must not extend past the base of the knuckles when the hand is clenched to make a fist.
  3. Adhesive tape up to 1.5 metres in length and 2.5 centimetres in width may be used to secure the bandage between the wrist and the knuckles but must not extend past the base of the knuckles when the hand is clenched to make a fist.
  4. A thin strip of adhesive tape may be placed between the fingers to help keep the bandages in place.
  5. No liquid, powder or any other substance is to be applied to the hands before or after they are bandaged.
  6. All bandaging and taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

## Contestants’ gloves

* 1. Gloves are to be supplied by the promoter.
  2. All gloves used for any bout of a promotion must be approved by the Board.
  3. Contestants must use approved light gloves (4 Oz) that allows the fingers to grab.
  4. All gloves must be new or in as new condition
  5. All gloves are to be sufficiently clean to the satisfaction of the Board prior to being supplied to the contestants.
  6. All gloves and external taping must be approved by the Board prior to each bout.
  7. No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant’s gloves.
  8. No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant’s gloves.

## Ankle wraps

* 1. Ankle wrapping is not mandatory.
  2. If used, ankle wrappings must be totally concealed by ankle supports or a fitted neoprene sleeve.
  3. For each ankle, no more than 5 metres of soft surgical bandage no more than 5 centimetres wide is to be used.
  4. No more than one metre of adhesive tape with a maximum width of 3 centimetres is to be used to complete the wrappings for each ankle.
  5. Instep padding can be used but must be approved by a Board member prior to the contest.
  6. All bandaging and taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

## Body taping

* 1. Knees may be taped if the contestant has a medical certificate from an Australian registered medical practitioner stating that the taping is needed for a medical reason. The certificate must identify the medical condition and state the reason for which the taping is required.
  2. Elbows may be taped only when the skin is broken.
  3. All knee and elbow taping must be covered by a fitted neoprene sleeve
  4. Earlobes may be taped down using soft, adhesive medical tape.
  5. All taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

## Non-fight periods

* 1. Contestants must comply with all non-fight periods imposed by a medical practitioner or the Board.
  2. Any non-fight period imposed by the Board will supersede any shorter non-fight period imposed by a medical practitioner.
  3. A non-fight period will begin from the day after the date of the relevant promotion unless otherwise specified.
  4. The applicable non-fight periods are set out in the table below titled Non-Fight Periods and Return To Contest Requirements.
  5. For the purposes of calculating a non-fight period following a knockout, technical knockout or concussion, ‘successive’ means a knockout, technical knockout or concussion (or any combination of each) occurring within a period as designated by the Board i.e. 1 or 2 years of any preceding knockout, technical knockout or concussion.
  6. The Board may suspend a contestant’s registration when the Board considers this to be in the interests of the contestant’s health or safety.
  7. Contestants must comply with any direction given by a medical practitioner or the Board to obtain a medical clearance or undertake medical testing.

## Concussed contestants

* 1. The ringside medical practitioner’s finding that a contestant is concussed is final. Any reference to a ‘concussed contestant’ in these rules includes contestants who are found to be concussed by the ringside medical practitioner.
  2. A concussed contestant must follow the concussion management guidelines set out below or as otherwise prescribed, in writing, by a health care professional who has experience in treating brain injuries (e.g. ringside medical practitioner or concussion specialist).
  3. Where a concussed contestant is required to obtain a medical clearance before the contestant’s return to contact training or next contest, the medical clearance shall be completed in accordance with any guidelines or direction made by the Board.

## Non-fight periods and return to contest requirements

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Outcomes | Result | Concussion status (as diagnosed by the ringside medical practitioner) | Minimum non-fight period | Medical clearance required before next contest? | Is an additional post-contest medical consultation required? |
| KO/TKO\*/Other\*\* | Win/Loss | Concussed without loss of consciousness | 37 days | Required | General practitioner medical evaluation required |
| KO | Loss | Concussed with loss of consciousness < 1 minute | 60 days | Required | General practitioner medical evaluation required |
| KO | Loss | Concussed with loss of consciousness > 1 minute | 90 days | Required | Specialist medical evaluation required\*\*\* |
| KO/TKO\* | Win | Not concussed | 15 days  (or as advised by ringside medical practitioner or the Board) | As advised by the ringside medical practitioner or the Board | As advised by the ringside medical practitioner or the Board |
| KO/TKO\* | Loss | Not concussed | 30 days | As advised by the ringside medical practitioner or the Board | As advised by the ringside medical practitioner or the Board |
| Other\*\* | Win or loss | Not concussed | 15 days  (or as advised by ringside medical practitioner or the Board) | As advised by the ringside medical practitioner or the Board | As advised by the ringside medical practitioner or the Board |

\*Includes stoppages caused by strikes to the body.

\*\*Includes all other outcomes (including but not limited to points decision, draw, submission, technical decision, retirement, no contest, etc.).

\*\*\*Specialist medical evaluation includes consultation with a neurologist, neurosurgeon, primary care sports medicine physician, or other medical specialist appointed by the Board.

Note that all non-fight periods are **extended for each additional KO stoppage or concussion** suffered in a **single 24-month period**. The first concussion or KO stoppage will result in a 37-day non-fight period. A second KO or concussion will result in a 60-day non-fight period, and a third KO or concussion will result in a 90-day non-fight period.

Any contestant that suffers **four concussions or KO stoppages** (whether individually or in combination) **within a single 24-month period** will be subject to a **mandatory non-fight period of 12 months** or as otherwise advised by the Professional Boxing and Combat Sports Board of Victoria. Further specialist medical review by a neurologist, neurosurgeon, primary care sports medicine physician, or other medical specialist appointed by the board is required for return to fight.

Note that all non-fight periods are **extended by 30 days for each additional stoppage by TKO** suffered in a single 12-month period. For example, if a contestant suffers a TKO without concussion on 1 June 2024, they will be issued a 30-day non-fight period. An additional TKO suffered on 1 October 2024 will extend the non-fight period to 60 days.

# Concussion management guidelines

* 1. Concussed contestant must:
  2. seek and adhere to all medical advice. It is recommended that you seek medical attention within 72 hours of the injury.
  3. not drink alcohol while symptoms persist, particularly not after a contest;
  4. get as much rest as possible (physical and cognitive) – avoid physically demanding activities (e.g. training, heavy physical work) or those that require a lot of thinking or concentration (e.g. computer work or video games) while symptoms persist;
  5. not return to training/sparring for at least 30 days and only once medical clearance has been obtained from a medical practitioner;
  6. immediately attend a hospital emergency department if the following symptoms are experienced:
* repeated vomiting
* increasing and persistent headache
* loss of consciousness
* inability to stay awake during times when usually awake
* confusion
* restlessness
* agitation
* convulsions
* seizures
* difficulty walking
* difficulty balancing
* weakness or numbness
* blurring or difficulty with vision
* slurred speech
  1. see a health care professional who has experience in treating brain injuries (e.g. primary care sports medicine physician or other concussion specialist) if symptoms persist for more than 10 days; and
  2. observe the Return To Fight Strategy set out below or as otherwise prescribed by a health care professional who has experience in treating brain injuries (e.g. ringside doctor or concussion specialist).

## Return to fight strategy[[1]](#footnote-2)

These steps are designed to ensure that contestants are adequately recover and will be competition ready, from a confirmed or suspected Mild Traumatic Brain Injury (mTBI) or concussion. Contestants must move through each step carefully and ensure that they can complete a step without the presence of mTBI or concussion symptoms. Allow at least 24-48 hours of no symptoms before moving to the next step but wait until the end of stated week to move to the next phase. **Contestants must not start contact training until they have obtained medical clearance and no less than 30 days post injury**.

**Week 1: Limited Activity**

An initial period of **48 hours** of both relative **physical and cognitive rest** is recommended before beginning step 2 of this graduated strategy.

There should be at least **48 hours (or longer) for each step of the progression**. If any symptoms worsen during exercise, contestants should go back to the previous step.

|  |  |  |
| --- | --- | --- |
| Step | Activity type | Description |
| 1. | First 48 hours | Complete rest with plenty of sleep and hydration  Do not drive |
| 2. | Return to limited daily activities | Listen to radio, podcasts and audiobooks  Limit reading and screen time  Adequate intake of food and liquids  Slow walks  Light repetitive activity such as balance exercises and stretching |

**Week 2-3: General fitness**

A contestant may only advance to this stage once concussion symptoms have resolved. It is recommended that Stage 2 not be commenced for **at least one week.**

|  |  |  |
| --- | --- | --- |
| Step | Activity type | Description |
| 3 | Light physical activity | Walking, elliptical, stationary cycling at slow to medium pace. No resistance training. |
| 4 | Moderate physical activity | Jogging, swimming, skipping and other aerobic activities.  No head impact activities. |
| 5 | Sport-specific activity | Supervised light bag and footwork  Walk-through grappling  No partner work  May start progressive resistance training |
| 6 | Discuss starting non-contact training with contestant’s trainer | Recommended to also discuss non-contact training with a medical professional |

**Week 4: Non-contact training**

|  |  |  |
| --- | --- | --- |
| Step | Activity type | Description |
| 7 | Bag/mitt work | Punching and/or kicking using bags and/or mitts  Start slow, then gradually increase speed |
| 8 | Shadow boxing and drills | Punching and/or kicking drills at normal intensity  Footwork established through movement drills |
| 9 | One-sided sparring and grappling | Sparring without contact  Sparring partner should be aware of recovery status |
| 10 | At 30 days obtain medical clearance | Speak to a medical professional about return to contact training and competition  Medical clearance to be submitted to the Combat Sports Unit |

**Week 5: Contact training and competition**

A contestant may only advance to this stage when **medical clearance has been obtained** from a medical practitioner. Clearance will only be granted if the Concussion Referral and Clearance Form is competed in full (sections 3 and 4 to be completed by a medical practitioner) and submitted to the Combat Sports Unit.

|  |  |  |
| --- | --- | --- |
| Stage | Activity type | Description |
| 11 | Sparring – short sessions | First return to live sparring.  Use short durations and lower number of rounds.  Take long breaks  Sparring partner should be aware of recovery status |
| 12 | Sparring – longer sessions | Increase duration of sparring  Increase number of rounds |
| 13 | Full contact practice | Full return to normal training and training for next bout  Normal duration and number of rounds  Provide additional monitoring for any return of symptoms  Alert the Combat Sports Unit of any sparring incidents |
| 14 | Return to fight/contest | Minimum 37 days post bMTBI or concussion |

# The trainer

## General requirements

* 1. A trainer must comply with all of the conditions of their trainer’s licence, including the Code of Conduct.
  2. A trainer must display their licence at all times during a promotion.
  3. Only one licenced trainer can accompany the contestant to the centre of the safety enclosure during the referee’s instructions.
  4. During each round all trainers must be seated or crouched down.
  5. Before the round begins one trainer must remove any towels, buckets, stools, etc. from the platform of the safety enclosure and wipe away all excess water and/or ice from the platform.
  6. Between rounds two licenced trainers can enter the safety enclosure and communicate directly to the contestant.
  7. Trainers must remain out of the safety enclosure during rounds.
  8. A trainer may seek to terminate a bout by throwing a towel into safety enclosure. The referee or medical practitioner will be the final arbiter of the termination of the bout.
  9. Trainers must ensure that no excessive use of grease or any other foreign substance is to be used on the face or body of a contestant.

## Hand wraps

* 1. A soft surgical bandage or similar material not exceeding 5 centimetres in width may be worn on each hand of the contestant.
  2. One layer of adhesive tape no more than 2.5 centimetres in width may be placed on the back of each hand to protect that part of the hand near the wrist but must not extend past the base of the knuckles when the hand is clenched to make a fist.
  3. Adhesive tape up to 1.5 metres in length and 2.5 centimetres in width may be used to secure the bandage between the wrist and the knuckles but must not extend past the base of the knuckles when the hand is clenched to make a fist.
  4. A thin strip of adhesive tape may be placed between the fingers to help keep the bandages in place.
  5. No liquid, powder or any other substance is to be applied to the hands before or after they are bandaged.
  6. All bandaging and taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

## Contestants’ gloves

* 1. Gloves are to be supplied by the promoter.
  2. All gloves used for any bout of a promotion must be approved by the Board.
  3. Contestants must use approved light gloves (4 Oz) that allows the fingers to grab.
  4. All gloves must be new or in as new condition.
  5. All gloves are to be sufficiently clean to the satisfaction of the Board prior to being supplied to the contestants.
  6. All gloves and external taping must be approved by the Board prior to each bout.
  7. No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant’s gloves.
  8. No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant’s gloves.

## Ankle wraps

* 1. Ankle wrapping is not mandatory.
  2. If used, ankle wrappings must be totally concealed by ankle supports or a fitted neoprene sleeve.
  3. For each ankle, no more than 5 metres of soft surgical bandage no more than 5 centimetres wide is to be used.
  4. No more than one metre of adhesive tape with a maximum width of 3 centimetres is to be used to complete the wrappings for each ankle.
  5. Instep padding can be used but must be approved by a Board member prior to the contest.
  6. All bandaging and taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

## Body taping

* 1. Knees may be taped if the contestant has a medical certificate from an Australian registered medical practitioner stating that the taping is needed for a medical reason. The certificate must identify the medical condition and state the reason for which the taping is required.
  2. Elbows may be taped only when the skin is broken.
  3. All knee and elbow taping must be covered by a fitted neoprene sleeve
  4. Earlobes may be taped down using soft, adhesive medical tape.
  5. All taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

# The referee

## General requirements

* 1. The referee must comply with all of the conditions of their referee licence, including the Code of Conduct.
  2. A referee must not be under the influence of alcohol or prohibited drugs whilst officiating.
  3. A referee must not consume alcohol or take prohibited drugs while officiating.
  4. A referee must be in possession of their licence during a promotion.

## The referee’s attire

* 1. A referee must wear the following clothing during a promotion:
  2. long, black trousers;
  3. a long or short sleeved, black or white collared shirt; and
  4. closed toe, non-slip shoes.
  5. A referee’s attire should not feature any distinguishing badges, pockets, names, logos, trademarks, or distinctive signs of any kind, except where prior approval of the Board has been granted.
  6. A referee must not wear spectacles during a bout.
  7. Contact lenses may be worn.

## Duties of the referee before a contest commences

* 1. Prior to the start of a contest the referee must:
  2. give instructions to all contestants in the dressing room;
  3. inspect the contestants and the contestants’ gloves to make sure that no foreign substance or substances have been applied to either the bodies or the gloves of the contestants to the possible detriment of their opponent;
  4. examine each contestant to ensure they are wearing a groin guard (if applicable) and a mouth piece;
  5. not allow a bout to commence until the contestant is wearing a groin guard (if applicable) and mouth piece;
  6. ascertain where the timekeeper, judges and medical practitioner are seated;
  7. call the contestants together before each bout for final instructions;
  8. not allow a contest to commence without a medical practitioner being seated at the ring side;
  9. agree with the medical practitioner on a clear, pre-determined means, whether by bell, hammer, prescribed hand signal or another method, by which:

(i) the medical practitioner can indicate the need for or desirability of a medical examination of a contestant during the contest;

(ii) the medical practitioner can stop the contest; and

(iii) the referee can indicate to the medical practitioner the need for or desirability of a medical examination of a contestant during the contest.

## Duties of a referee during a contest

* 1. During a contest, a referee must:
  2. observe and assess at all times the contestants’ ability to defend him or herself;
  3. see that the rules are strictly observed by contestants;
  4. maintain control of the contest at all times;
  5. in the event that a contestant’s gloves or dress become undone or displaced during the contest, stop the contest and have it attended to;
  6. when the referee has disqualified a contestant or stopped a contest, inform the recorder which contestant they have disqualified or the reason they have stopped the contest to enable the recorder to correctly instruct the announcer;
  7. call ‘Time’ at the first opportune moment without interfering with the immediate action if a mouthpiece is involuntarily dislodged during competition. The referee shall reinsert the mouthpiece and restart the contest. The referee may instruct the corner to clean the mouthpiece if the referee deems necessary.
  8. only assist a knocked down contestant if the referee has signalled the termination of the contest; and
  9. call “Time” for a medical examination of a contestant by the medical practitioner or stop the fight as set out below.
  10. The referee may stand up or break the contestants when neither contestant is able to or fails to demonstrate real, significant and/or sustained effort to advance towards finishing the fight by any method. Simply maintaining what may be perceived as a superior position will not be considered effort to advance towards finishing the fight nor grounds for a guaranteed opportunity to maintain that position.

## Calling “Time” for medical examination

* 1. The referee must call “Time” for a medical examination of a contestant if the medical practitioner indicates to the referee the desirability of a medical examination of a contestant during the contest.
  2. The referee must, at any time, request the medical practitioner to examine a contestant during the contest if, in the view of the referee:
  3. there may be a serious impairment of a contestant’s ability to defend him or herself;
  4. there may be a likelihood of serious injury to a contestant’s health; or
  5. it may be desirable to do so in the interests of the safety or welfare of a contestant.
  6. To call “Time” for a medical examination, the referee must:
  7. order “Stop”, and instruct the time keeper to call “Time”; and
  8. communicate to the medical practitioner using the pre-determined, agreed method that he or she is to examine a contestant.
  9. Should a medical examination prompted by a foul occur during the course of a round, the clock will be stopped in accordance with paragraphs 10.24, 10.25 and 10.26 below.
  10. Where a medical examination of a contestant is not promoted by a foul, the clock will be stopped until the referee resumes or stops the contest. If the contest cannot be resumed, the outcome will be as set out in paragraph 10.34 below.
  11. The referee must confer with the medical practitioner about the need for a medical examination following any round in which a contestant receives a significant number of heavy blows to the head or appears to be suffering from signs and symptoms consistent with a concussion.

## Stopping the contest

* 1. The referee must stop a contest if:
  2. In the view of the referee:

1. there is a serious impairment of a contestant’s ability to defend him or herself;
2. there is a likelihood of serious injury to a contestant’s health if the contest were to continue;
3. it is desirable to do so in the interests of the safety or welfare of a contestant;
   1. so instructed by the medical practitioner; or
   2. so instructed by a member of the Board.
   3. To stop the contest, the referee must:
   4. order ‘Stop’;
   5. take effective steps to prevent physical contact between the contestants if required; and
   6. then wave both arms in the air to indicate that the contest is stopped.

## Warning

* 1. referee may issue an official warning to a contestant if that contestant commits one or more fouls but whose conduct does not merit disqualification.
  2. A referee may disqualify a contestant upon the third official warning being given.

## Fouls

* 1. Except as set out in the paragraph below, if a contestant has committed a foul, the referee may:
  2. call “Time”;
  3. order the offending contestant to a neutral location;
  4. assess the fouled contestant's condition and request the medical practitioner to examine the contestant if necessary;
  5. if the fouled contestant is injured, allow the contestant time to recover as set out in paragraphs 10.24, 10.25 and 10.26 below;
  6. determine whether the foul was accidental or deliberate and notify the judges and recorder of this determination;
  7. direct the judges and recorder to deduct one point or two points if appropriate; and
  8. restart the bout with the contestants in a neutral position or stop the contest as set out in paragraph 10.18 above as applicable.
  9. If a bottom contestant commits a foul not resulting in an injury to the fouled contestant, the contest will continue, and the referee will verbally notify the bottom contestant of the foul. When the round is over, the referee will:
  10. determine whether the foul was accidental or deliberate and notify the judges and recorder of this determination; and
  11. direct the judges to deduct one point if appropriate.
  12. Where a foul is a low blow:
  13. the fouled contestant is allowed up to five minutes to recover from the foul (this includes any time taken by the medical practitioner to examine the contestant);
  14. if the foul is deliberate, the referee may notify the judges and recorder to deduct two points from the contestant who committed the foul; and
  15. if the contestant states that he or she can continue before the five minute recovery period has passed, the referee shall restart the fight as soon as practicable; or
  16. if the contestant cannot continue within the five minute recovery period, the contest will be stopped and the outcome will be determined as set out below.
  17. Where an accidental foul, not being a low blow, results in an injury to the fouled contestant and as long as in the medical practitioner's opinion the contestant may continue on in the contest:
  18. the referee may allow the fouled contestant time to recover from the foul (this includes any time taken by the medical practitioner to examine the contestant); and
  19. the referee shall restart the fight when he or she is of the view that the contestant has sufficiently recovered; or
  20. if the referee is of the view that the contestant cannot continue, the contest will be stopped and the outcome will be determined as set out below.
  21. Where a deliberate foul, not being a low blow, results in an injury to the fouled contestant and as long as in the medical practitioner's opinion the contestant may continue on in the contest:
  22. the referee may allow the fouled contestant time to recover from the foul (this includes any time taken by the medical practitioner to examine the contestant); and
  23. the referee may notify the judges and recorder to deduct two points from the contestant who committed the foul; and
  24. restart the fight when he or she is of the view that the contestant has sufficiently recovered; or
  25. if the contestant cannot continue, the contest will be stopped and the outcome will be determined as set out below.
  26. Where a contestant is fouled by an eye poke:
      1. The fouled contestant is permitted the use of a cold compress or wet towel on the injured eye.
      2. Unless the contestant requires immediate medical attention, the referee and medical practitioner shall allow the contestant time to compose themselves to the contestant can then give a verbal ‘yes’ or ‘no’ that they can see.
      3. If the contestant is able to continue, they may have up to five (5) minutes to recover.
  27. If a contestant commits a flagrant foul, the referee may terminate the contest with the contestant who committed the foul losing by disqualification.
  28. If the referee decides to apply a penalty point or points, they must:
  29. order “Stop” and instruct the time keeper to call “Time”;
  30. point to the offending contestant and demonstrate the nature of the offence; and
  31. take hold of the offending contestant and point vertically to each judge in turn to indicate that they are to deduct a penalty point or points.
  32. Only one penalty point can be deducted for any one incident unless the foul is deliberate and causes an injury, where two points may be deducted.
  33. A contestant who receives a laceration as the result of an accidental or deliberate foul, the referee may call upon a licensed trainer in the injured contestant’s corner to enter the safety enclosure during a five (5) minute break and administer aid to the cut to help stop the bleeding. When cleared by the medical practitioner the contest may resume with no more than the five-minute time elapsed. The licensed trainer may only work on the cut(s) associated with the foul.
  34. If a contestant, during the course of a round, visibly loses control of bodily function (vomit, urine, faeces), the fight shall be stopped by the referee and the contestant shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.

1. In the event a loss of bodily function occurs in the rest period between rounds, the medical practitioner shall be called in to evaluate if the combatant can continue. If the combatant is not cleared by the medical practitioner to continue, that combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.
2. If faecal matter becomes apparent at any time, the contest shall be halted by the referee, and the offending combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage

## Outcome after a contest is stopped

* 1. If the contest is stopped due to injuries caused to a contestant by the opponent, the outcome will be as follows:
  2. if the injury is a result of a legal action by the opponent, the opponent will be the winner by technical knockout (TKO);
  3. if the injury is a result of a deliberate foul by the opponent, the opponent will lose by disqualification;
  4. if the injury is a result of a deliberate foul by the opponent and the contestant is able to continue but later is unable to continue due to the injury:

1. the injured contestant will win by technical decision if he or she is ahead on points; or
2. if the contestant is even or behind on points, the contest shall be declared a technical draw;
   1. if the injury is a result of an accidental foul and the contest is stopped before half of the scheduled rounds have been completed the result shall be a “no contest”.
   2. if the injury is a result of an accidental foul and the contest is stopped after half of the scheduled rounds have been completed the result shall be a technical decision awarded to the contestant who is ahead on points.
   3. If incomplete, rounds should be scored utilising the same criteria as the scoring of other rounds up to the point that the contest was stopped.
   4. If a contestant injures him or herself while attempting to foul an opponent, the referee shall not take any action in the contestant’s favour and the injury shall be treated in the same manner as an injury produced by a legal action of the opponent.
   5. Should the contest be stopped because of impairment or injury to both contestants, the referee will declare the contest a technical draw.

## Contestant not competing honestly

* 1. If the referee is of the view that one or both of the contestants are not honestly competing through collusion, stalling or faking, the referee must stop the contest at the end of the round and render “no decision”.
  2. The referee must report in writing to the Board on the above matters or if there has been a dispute involving a disregard of the Act, Regulations or rules.

# The medical practitioner

## General requirements

* 1. The medical practitioner is required to show proof of medical registration if requested by the Board.
  2. The medical practitioner must not be under the influence of alcohol or prohibited drugs.

## Medical equipment for use by the Medical Practitioner

* 1. The medical practitioner is responsible for supplying all necessary medical equipment (except where indicated below). The list below sets out minimum equipment requirements – it is the responsibility of the attending medical practitioner to supplement this as he or she sees fit.
  2. basic doctor’s bag kits, including disposal gloves and gauze swabs;
  3. auriscope and ophthalmoscope;
  4. airway support equipment;
  5. oxy-viva mask; and
  6. oxygen.
  7. The spinal board is provided by the Promoter. The medical practitioner must consult with the Promoter to determine the location of the spinal board before the first contest begins.
  8. Pre and post contest examination forms are provided by the Combat Sports Unit.

## Before the commencement of a contest

* 1. The medical practitioner and the referee must agree on a clear, pre-determined means, whether by bell, hammer, prescribed hand signal or another method, by which:
  2. the medical practitioner can indicate the need for or desirability of a medical examination of a contestant during the contest; and
  3. the medical practitioner can stop the fight.
  4. The medical practitioner is to inspect the evacuation route with the promoter and Board members prior to the commencement of the contest.
  5. The medical practitioner must nominate a person who will contact emergency services if required. The medical practitioner and the nominated person must agree on a clear, pre-determined means, whether by prescribed hand signal or another method, by which the medical practitioner will instruct the person to call emergency services. The nominated person must know the name and street address of the venue.

## Pre-contest examination

* 1. The medical practitioner is required to undertake a pre-contest examination of each contestant using Form 6, Part A (as found in the Schedule of the Regulations). The form must be completed prior to each contestant’s bout.
  2. To allow time to complete pre-contest contestant examinations, the medical practitioner should arrive at the venue of the promotion at least one hour before the first bout.
  3. The pre-contest contestant examination may be completed at the weigh-in if the medical practitioner is in attendance.
  4. The relevant form (Form 6) will be provided to the medical practitioner by the Combat Sports Unit at the promotion or weigh in.

## During the contest

* 1. A contest can only start or continue when a medical practitioner is at ringside.
  2. The medical practitioner must sit ringside in a position:
  3. adjacent to the stairs to allow prompt access to the safety enclosure;
  4. that allows effective communication with the referee; and
  5. that ensures that they have an unobstructed view of the combatants at all time during a contest, including between rounds.
  6. Injuries may not be treated by the medical practitioner during the contest without stopping the contest; however, treatment of injuries requiring the stopping of the contest should begin immediately upon being identified.
  7. The medical practitioner may examine a contestant at any time during the contest in order to determine if:
  8. there is a serious impairment of the contestant’s ability to defend him or herself;
  9. there is a likelihood of serious injury to the contestant’s health if the contest were to continue; or
  10. it is desirable to do so in the interests of the safety or welfare of the contestant.
  11. The medical practitioner will indicate the need to examine a contestant to the referee using the predetermined agreed method.
  12. If the medical practitioner wishes to examine a contestant at the end of a round or during the break, the medical practitioner must wait until the bell for the next round has sounded before conducting the examination.
  13. Epistaxis or lacerations may be evaluated with gentle pressure to determine the severity of bleeding and extent of injury without disqualifying the contestant unless specific treatment is necessary.
  14. The referee must confer with the medical practitioner about the need for a medical examination following any round in which a contestant:
  15. heavy punishment;
  16. a significant number of heavy blows to the head; and/or
  17. appears to be suffering from signs and symptoms consistent with a concussion.

## Authority to stop a contest

* 1. The medical practitioner has the authority to stop a contest at any time if, in the view of the medical practitioner:
  2. there is a serious impairment of a contestant’s ability to defend him or herself;
  3. there is a likelihood of serious injury to a contestant’s health if the contest were to continue; or
  4. it is desirable to do so in the interests of the safety or welfare of a contestant.
  5. The medical practitioner will stop a contest by communicating to the referee using the predetermined agreed method.

## Post-contest examination

* 1. The medical practitioner is required to undertake a post-contest examination for each Contestant using Form 6, Part B at the completion of each bout, and return the form to the Board or its representative.
  2. If a concussion is diagnosed or suspected, the medical practitioner will complete **Sections 1 and 2** of the Concussion Referral and Medical Clearance Form and provide it to the contestant to present to a treating medical practitioner for further assessment and clearance.

# The judges

## General requirements

* 1. A judge must comply with all of the conditions of their judge’s licence, including the Code of Conduct.
  2. The Board will appoint three licenced judges for each bout of a promotion.
  3. A judge must not be under the influence of alcohol or prohibited drugs whilst officiating.
  4. A judge must not consume alcohol or take prohibited drugs while officiating.
  5. A judge must display their licence at all times during a promotion.

## The judge’s attire

* 1. A judge must wear the following clothing:
  2. long black trousers; and
  3. long or short sleeved, black or white collared shirt.
  4. A judge’s clothing should not feature any distinguishing badges, pockets, names, logos, trademarks, distinctive signs etc. of any kind, except where prior approval of the Board has been granted.

## The role of a judge

* 1. Each judge must independently judge the merits of the two contestants and shall decide the winner according to the rules of the bout.
  2. Judges must not communicate with any contestant, trainers or corners before, during, or after a promotion.
  3. The judge must not speak to a contestant, nor to another judge/or other persons seated around the safety enclosure during the bout.
  4. The number of points awarded to each contestant must be entered by the judge on their score card immediately after the end of each round.
  5. The judge must sign the scorecard at the end of the bout.
  6. The referee will collect the scorecards from each judge and hand them to the recorder for official scores and final results.

## Judging criteria / scoring

* 1. The focus is on the result of an action, rather than the action itself.
  2. The criteria is to be applied in the specific order set out below. Judges must not move from one criteria to the next without the prior criteria being assessed as being 100% even between the contestants.
  3. Judges shall evaluate mixed martial arts techniques in the following order of priority:
  4. effective striking / grappling;
  5. effective aggressiveness; and
  6. control of the fighting area.

### Effective striking / grappling

* 1. Effective striking are legal blows that have immediate or cumulative impact with the potential to contribute towards the end of the bout with the immediate weighing more heavily than the cumulative impact.
  2. Effective grappling is the successful execution of takedowns, submissions 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, with the immediate weighing more heavily than the cumulative impact.
  3. A successful take down is not merely a changing of position but the establishment of an attack from the use of the takedown.
  4. Top and bottom position contestants are assessed more on the impact/effective result of their actions, more so than their position.
  5. This first criteria will be the deciding factor in most decisions when scoring a round. The next two criteria must be treated as secondary and used ONLY when effective striking / grappling is assessed as being 100% even for a round.

### Effective aggressiveness

* 1. Effective striking are legal blows that have immediate or cumulative impact with the potential to contribute towards the end of the bout with the immediate weighing more heavily than the cumulative impact.
  2. Effective grappling is the successful execution of takedowns, submissions 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, with the immediate weighing more heavily than the cumulative impact.

### Fight area control

* 1. Fight area control shall only be assessed if effective striking / grappling and effective aggressiveness is 100% equal for both contestants. This will very rarely occur.
  2. Fight area control is assessed by determining who is dictating the pace, place and position of the bout.

### Round scoring

* 1. The judges must score all contests and determine the winner through the application of the 10-point must system.
  2. Guidance on the applications of the 10 point system is set out below:

### When to score a 10-10 round

* 1. A 10-10 round in MMA is when both contestants have competed for whatever duration of time in the round and there is no difference or advantage between either contestant.
  2. A 10-10 round in MMA should be extremely rare and is not a score to be used as an excuse by a judge that cannot assess the differences in the round.
  3. A 10-10 round in MMA is a necessity to have for the judge's possible score, mainly due to scoring incomplete rounds. It is possible to have a round where both contestants engage for five minutes and at the end of the five minute time period the output, impact, effectiveness and overall competition between the two contestants is exactly the same. It is possible, but highly unlikely. If there is any discernible difference between the two contestants during the round the judge shall not give the score of 10-10. Again, this score will be extremely rare.

### When to score a 10-9 round

* 1. A 10-9 round in MMA is where one combatant wins the round by a close margin.
  2. A 10-9 round in MMA is the most common score. If during the round, the judge sees a contestant land the better strikes, or utilises effective grappling during the competition, even if by just one technique over their opponent, the judge shall give the winning contestant a score of 10 while assessing the losing contestants score of 9 or less.
  3. It is imperative that judges understand that a score of 9 is not an automatic numerical score given to the losing contestant of the round. The judge must consider:
  4. Was the contestant engaged in offensive actions during the round?
  5. Did the losing contestant compete with an attitude of attempting to win the fight, or just to survive the offensive actions of their opponent?
  6. A score of 10-9 can reflect an extremely close round or a round of marginal domination and/or impact.

### When to score a 10-8 round

* 1. A 10-8 Round in MMA should be scored where one competitor wins the round by a large margin.
  2. A score of 10-8 does not require a competitor to dominate their opponent for five minutes of a round. The score of 10-8 is utilised by the judge when the judge sees verifiable actions on the part of either competitor. Judges shall ALWAYS give a score of 10-8 when the judge has established that one competitor has dominated the action of the round and also impacted their opponent with either effective strikes or effective grappling manoeuvres that have diminished the abilities of their opponent.
  3. Judges must consider giving the score of 10-8 when a competitor shows dominance in the round even though no impactful scoring against the opponent was achieved. MMA is an offensive-based sport. No scoring is given for defensive manoeuvres. Using smart, tactically-sound defensive manoeuvres allows the competitor to stay in the fight and to be competitive.
  4. Dominance of a round can be seen in striking when the losing competitor continually attempts to defend, with no counters or reaction taken when openings present themselves. Dominance in the grappling phase can be seen by competitors taking dominant positions in the fight and utilizing those positions to attempt fight ending submissions or attacks. If a competitor has little to no offensive output during a 5 minute round, it should be normal for the judge to consider awarding the losing competitor 8 points instead of 9.
  5. Judges must consider giving the score of 10-8 when a competitor IMPACTS their opponent significantly in a round even though they do not dominate the action. Effectiveness in striking or grappling which leads to a diminishing of a competitor’s energy, confidence, abilities and spirit should be awarded with a 10-8 score. When a competitor is hurt with strikes, showing a lack of control or ability, these can be defining moments in the fight. If a judge sees that a competitor has been significantly damaged in the round the judge should CONSIDER the score of 10-8.

### When to score a 10-7 round

* 1. A 10 – 7 Round in MMA is when a contestant completely overwhelms their opponent in effective striking and/or grappling and stoppage is warranted. A 10 – 7 round in MMA is a score that judges will rarely give. It takes both overwhelming DOMINANCE of a round, but also significant IMPACT that, at times, cause the judge to consider that the fight could be stopped. Judges shall look for multiple IMPACTFUL blows or knockdowns and/or grappling manoeuvres that diminish the contestant.

### Definitions

* 1. **Impact** - a judge shall assess if a competitor significantly impacts their opponent in the round, even though they may not have dominated the action. Impact shall also be assessed when a competitor’s actions, using striking and/or grappling, lead to a diminishing of their opponents’ energy, confidence, abilities and spirit. If a competitor’s impact creates a defining moment in the round this shall be assessed with great value.
  2. **Dominance** - as MMA is an offensive-based sport, dominance of a round can be seen in striking when the losing competitor is forced to continually defend, with no counters or reaction taken when openings present themselves. Dominance in the grappling phase can be seen by competitors taking dominant positions in the fight and utilising those positions to attempt fight-ending submissions or attacks. Merely holding a dominant position shall not be a primary factor in assessing dominance. What the competitor does with those positions is what must be assessed.
  3. **Duration** - duration is defined by the time spent by one competitor effectively attacking, controlling and impacting their opponent, while the opponent offers little to no offensive output. A judge shall assess duration by recognising the relative time in a round when one competitor takes and maintains full control of the effective offense. This can be assessed both standing and grounded.

**Official outcomes**

* 1. The official outcome of a contest is determined by the combination of judges’ scores or if the contest is stopped by the referee or the medical practitioner due to the condition of a contestant. The judges will deduct points for any foul as directed by the referee.
  2. The possible outcomes are set out in the below table:

|  |  |
| --- | --- |
| Outcome | Circumstances |
| **Submission** | Physical tap out: when a contestant physically uses their body to indicate that he or she no longer wishes to continue.  Verbal tap out: when a contestant verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue.  Technical submission: when a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s). |
| **Unanimous points** | Three judges scoring the same contestant the win |
| **Majority points** | Two judges score the same contestant a win and one judge scores a draw |
| **Split points** | Two judges score the same contestant a win and one judge scores for the opponent |
| **Unanimous Draw** | All three judges score the contest a draw |
| **Majority Draw[[2]](#footnote-3)** | Two judges score the contest a draw and one judge awards the decision to either contestant on a points decision |
| **Split draw**2 | Two judges score opposite contestants as the winner, and the third judge scores the contest a draw |
| **TKO** | Referee stoppage: The referee stops the contest because the contestant is not intelligently defending themself:   1. Strikes 2. Laceration 3. Corner stoppage (towel thrown in)   Medical stoppage:   1. Laceration 2. Doctor stoppage 3. Loss of control of bodily function. |
| **KO** | A contestant is knocked down and is unable to intelligently defend themself |
| **Technical decision** | A contest is prematurely stopped due to injury from an accidental or deliberate foul and a contestant is leading on the score cards |
| **Technical draw** | An injury is sustained as a result of a deliberate foul and the contestant is able to continue, but later is unable to continue due to the injury and the contest is stopped after half of the scheduled rounds has been completed, if the injured contestant is even or behind on the score card at the time of the stoppage |
| **Disqualification** | The referee disqualifies a contestant after three warnings or if a contestant is injured and unable to continue due to a deliberate illegal technique from their opponent. |
| **No contest**2 | Both contestants commit a violation of the rules, or a contestant is unable to continue due to an injury from an accidental illegal technique or accidental head clash |

**The decision is final**

* 1. A decision rendered at the end of any contest is final and cannot be changed unless the Board, on written application from the promoter, contestant or trainer or sanctioning body under whose rules the contest was conducted, determines that any one of the following occurred:
  2. there was collusion by persons affecting the result of any contest;
  3. the completion of the scorecard of the judges’ shows an error which would mean that the decision was given to the wrong contestant; and/or
  4. there was a clear violation of the Act, Regulations or Rules governing the contest which affected the result.
  5. If the Board determines that any of the above occurred with regard to any contest then any rendering will be at the sole discretion of the Board and any decision rendered will be final, the decision rendered can be changed at the Board’s discretion.

# The timekeeper

## General requirements

* 1. A timekeeper must comply with all of the conditions of their timekeeper’s licence, including the Code of Conduct.
  2. The timekeeper must not be under the influence of alcohol or prohibited drugs whilst officiating.
  3. The timekeeper must not consume alcohol or take prohibited drugs while officiating.
  4. The timekeeper must display their licence at all times during a promotion.

## A timekeeper’s attire

* 1. The timekeeper must wear the following clothing:
  2. long black trousers;
  3. collared shirt, long or short sleeved, black or white in colour.
  4. The timekeeper’s attire should not feature any distinguishing badges, pockets, names, logos, trademarks, distinctive signs etc. of any kind, except where prior approval of the Board has been granted.

## A timekeeper’s equipment

* 1. The timekeeper is responsible for providing their own equipment for a contest which comprises:
  2. A clapper;
  3. A horn
  4. A stopwatch; and
  5. A whistle

## The role of the timekeeper

* 1. During a contest, the timekeeper is required to:
  2. sound the bell at the end of each round;
  3. stop the time if a contest has been stopped by the referee by calling ‘stop’;
  4. restart the time when the referee calls ‘fight’ to restart the contest;
  5. sound the whistle ten seconds before the end of the rest period between rounds; and
  6. advise the announcer to call ‘Seconds out’ and announce the number of the ensuing round before sounding the whistle.
  7. In the event a contestant loses consciousness, the timekeeper will record the duration of unconsciousness and provide the information to the ringside medical practitioner.

# Code of conduct

* 1. You must not, at a professional contest or at any event, including training settings related to a professional contest, engage in:
  2. Violent, threatening, obscene, indecent, or abusive language or behaviour.
  3. Vilification of any kind towards another person.
  4. Discrimination against another person based on their age, gender or sexual orientation.
  5. Discrimination against another person based on their race, culture, religion or any other irrelevant personal characteristic (protected or otherwise).
  6. Sexual harassment, intimidation or victimisation of another person.
  7. Competition manipulation and gambling on any activity that you are directly or indirectly connected to.
  8. Improper use of drugs and medicines.
  9. Conduct that is detrimental to the reputation or interests of the boxing and combat sports industry.

# Contact information

The Combat Sports Unit can be contacted during business hours on:

(03) 9623 1183 or [email the Combat Sports Unit](mailto:combat.sports@sport.vic.gov.au) <combat.sports@sport.vic.gov.au>

Any written correspondence regarding these Rules and information should be addressed to:

Professional Boxing and Combat Sports Board of Victoria

GPO BOX 4509, Melbourne VICTORIA 3001

1. Adapted from Nalepa B, Alexander A, Pardini J, et al. ‘Fighting to keep a sport safe: Toward a structured and sport-specific return to play protocol’, The Physician and Sports Medicine. February 2017. [↑](#footnote-ref-2)
2. In the case of a majority draw, split draw or no contest occurring in a title contest the champion will retain the title. [↑](#footnote-ref-3)