



RULES IN BRIEF – MMA - FULL

SCORING:

1, 10-9 MUST SYSTEM FOR POINTS DECISION- WIN BY POINTS DECISION, TKO, KO, and SUBMISSION

2, NO ELBOWS ALLOWED

3, NO KNEE TO HEAD ALLOWED – BODY AND LEGS ONLY

4, NO STRIKING TO HEAD ON THE GROUND – BODY ONLY!

5, FIGHTERS MUST BE ACTIVE ON THE GROUND OR REFEREE WILL STAND THEM UP!

6, NO SPIKING OF OPPONENTS – DROPPING THEM ON THEIR HEAD! LEGAL THROWS AND TAKEDOWNS ONLY

7, NO HEEL HOOKS!

8, 3 KNOCK DOWNS IN 1 ROUND = FIGHT IS OVER AND 4 KNOCKDOWNS IN WHOLE FIGHT = FIGHT IS OVER

WARNINGS:

1ST = VERBAL

2ND = VERBAL

3RD = MINUS POINT

4TH = DISQUALIFICATION

NOTE: REFEREE CAN JUMP LEVELS IF HE DEEMS IT NECESSARY.

REFEREE/ JUDGE DECISION IS FINAL.