

PETE SUAZO UTAH ATHLETIC COMMISSION (PSUAC)
AMATEUR MIXED MARTIAL ARTS RULES
(REVISED: NOVEMBER 1, 2011)

Weight Classes of Amateur Mixed Martial Arts

- 01- Flyweight (125 lbs and under)
- 02- Bantamweight (over 125 to 135 lbs)
- 03- Featherweight (over 135 lbs to 145 lbs)
- 04- Lightweight (over 145 lbs to 155 lbs)
- 05- Welterweight (over 155 lbs to 170 lbs)
- 06- Middleweight (over 170 lbs to 185 lbs)
- 07- Light Heavyweight (over 185 lbs to 205 lbs)
- 08- Heavyweight (over 205 lbs to 265 lbs)
- 09- Super Heavyweight (over 265 lbs)

Weighing of mixed martial artists

Weights must be determined by a representative of the Commission.

- (a) All weights are to be recorded when the contestant is stripped or in underwear only.
- (b) There will be a one pound allowance over the weight class permitted.
- (c) No contestant shall be permitted to lose more than one percent of his or her body weight after the initial weigh in for a second attempt to make weight.
- (d) Catch weight bouts are not permitted and both contestants must weigh in within their weight class (given the one pound allowance) in order to compete against each other.

Equipment

A stool of a type approved by the Commission shall be available for each contestant. An appropriate number of stools or chairs, of a type approved by the Commissioner, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

Specifications for bandages on mixed martial artist's hands

All mixed martial arts contestants shall be required to gauze and tape their hands prior to all contests.

In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.

Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. However, as opposed to boxing wraps, the tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.

The bandages shall be evenly distributed across the hand.

Bandages and tape shall be placed on the 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 commission inspector is received.

Substances other than surgeon's tape and soft gauze shall not be utilized. For example, pre-wraps shall not be used.

Mouth pieces

(a) All contestants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.

(b) The round cannot begin without the mouthpiece in place.

(c) If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece and have the contestant or corner reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.

(d) The referee may deduct points if it is judged the mouthpiece is being purposely spit out.

Protective equipment

(a) All mixed martial artists shall wear a groin protector of their own selection, of a type approved by the Commission.

(b) Female mixed martial artists shall wear a sports bra during competition.

Gloves

(a) The gloves shall be in good condition for all contests or they must be replaced.

(b) All contestants shall wear gloves weighing at least six ounces, supplied by the promoter and approved by the commission. No contestant shall supply their own gloves for participation.

Apparel

(a) Each contestant shall wear mixed martial arts shorts, biking shorts, or kick-boxing shorts. Shorts must be approved by the inspector or commission representative. Shorts with grip panels are not permitted. Shorts with metal parts are not permitted unless properly covered.

(b) Gi's, shirts, and biking pants are prohibited during competition for male contestants. Female competitors must wear rashguard shirts.

(c) Shoes are prohibited during competition.

Appearance

(a) A contestant may request that his opponent be cleanly shaven immediately prior to competition, except that a contestant may wear a closely cropped mustache or beard. The inspector or commission representative may also determine whether head or facial hair presents any hazard to the safety of the contestant or their opponent or will interfere with the supervision and conduct of the event.

(b) Hair shall be trimmed or tied back in such a manner as not to interfere with the vision of either contestant or cover any part of a contestant's face.

(c) Jewelry or piercing accessories are prohibited during competition.

(d) Fingernails and toenails should be neatly trimmed, and are subject to inspection.

Round length

All amateur bouts will consist of three 3-minute rounds with a one minute rest period in between rounds.

Stopping a contest

The referee and ringside physician are the sole arbiters of a bout and are the only individuals authorized to enter the fighting area at any time during competition and authorized to stop a contest.

Judging

(a) All bouts will be evaluated and scored by three judges.

(b) The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for an **extremely rare** even round, which is scored (10-10).

(c) Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness.

(d) Evaluations shall be made in the order in which the techniques appear, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness.

Effective striking is judged by determining the number of legal strikes landed by a contestant and the significance of such legal strikes.

Effective grappling is judged by considering the amount of successful executions of a legal takedown and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

Fighting area control is judged by determining who is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking; taking down an opponent to force a ground fight; creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

Effective aggressiveness means moving forward and landing a legal strike or takedown.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

1. A round is to be scored as a 10-10 Round (**an extremely rare occurrence**) only when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers;
3. A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

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 a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

(a) The following are fouls and will result in penalties such as warnings, point deductions or disqualification, if committed:

1. Holding or grabbing the fence;

A fighter may put their hands on the fence and push off of it at anytime. 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 the cage and grab hold of the fence and start to control either 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.

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 re-started 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 of any kind;

Eye gouging by means of fingers, chin, or elbow 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 bit during an exhibition of unarmed combat.

6. Hair pulling;

Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way.

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 "Fishhooking". Fishhooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

8. Groin attacks of any kind.

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal

9. Intentionally placing a finger into any orifice, or into 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, ears, mouth, or any body cavity.

10. Elbow strikes of any kind to any area.

No elbows or forearm strikes are allowed during amateur competition. You may not strike with the elbow, forearm or triceps area.

11. Small joint manipulation.

Fingers and Toes are small joints. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints.

12. Strikes to the spine or the back of the head

Strikes are not permissible in the nape of the neck area up until the top of the ears. Above the ears, permissible strikes do not include the Mohawk area from the top of the ears up until the crown of the head. The crown of the head is found where the head begins to curve. In other words, strikes behind the crown of the head and above the ears are not permissible within the Mohawk area. Strikes below the top of the ear are not permissible within the nape of the neck area.

13. Heel kicks to the kidney

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

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. 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 afoul.

16. Kicking the head of an opponent (standing or grounded).

17. Kneeing the head of an opponent (standing or grounded).

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. (Note) Axe kicks are not stomps. Standing foot stomps are NOT afoul. As such, this foul does not include stomping the feet of a standing fighter.

19. The use of abusive language in the fighting area

20. Any unsportsmanlike conduct that causes an injury to opponent

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 (avoiding contact, or consistently dropping the mouthpiece, or faking an injury).
Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight

24. Interference from a mixed martial artists seconds

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 in any fashion.

25. Throwing an opponent out of the caged 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. Any deviation or non-compliance may result in the fighter's disqualification

27. Spiking the opponent to the canvas onto the head or neck (pile-driving)

A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the canvas or 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 canvas.

28. Attacking an opponent after the bell 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 attack, unless the contestant is in their guard and refuses to open their guard.

31. All twisting leg submissions

Heel hooks and toe holds are prohibited. Straight Kneebars and the Straight Ankle lock are allowed.

32. Spine attacks (strikes and locks)

Use of Vaseline[®], Water and other similar substances-

Absolutely "no" body grease, gels, balms, lotions oils, or other substances may be applied to the hair, face or body. This includes the use of excessive amounts of water "dumped" on a contestant to make him/her slippery. However, Vaseline[®] (or equivalent) may be applied solely to the facial area at cage side in the presence of a commission inspector or person designated by the commission. Any contestant applying anything other than Vaseline[®] (or equivalent) in an approved fashion at the appropriate time could be penalized a point or subject to loss by disqualification. After the application of Vaseline[®] (or equivalent), no other physical contact is permitted by the contestant's Second or Manager.

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 comer's seconds, judges and the official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to 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.

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 in the ringside doctor's opinion 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 as soon as practical 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 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. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, 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 re-started and the contest must end.

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.

(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 an 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.

Types of Bout Results

(a) The following are the types of bout results:

1. Submission by:

i. Tap Out: When a contestant physically uses his hand to indicate that he or she no longer wishes to continue; or

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.

2. Technical knockout by:

i. Referee stops bout;

ii. Ringside physician stops bout; or

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; or

iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw;

5. Draws:

i. Unanimous -When all three judges score the bout a draw;

ii. Majority -When two judges score the bout a draw; or

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 an 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; and

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.

Licensing

All amateur mixed martial art contestants shall have a current PSUAC-issued amateur contestant license or complete the license application and pay the applicable fee before competing.

All amateur mixed martial art contestants shall possess a valid issued National MMA ID card and a current PSUAC issued amateur contestant license.

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

Officials

All officials, such as event physicians, timekeepers, judges and referees will be approved by the commission. It will be the responsibility of the promoter to pay for the cost of these officials. Payment is due prior to the start of the event.

Medicals

Every contestant must present or have on file negative test results for,

- HIV
- Hepatitis B surface antigen
- Hepatitis C antibody

The communicable disease blood tests must be with 180 days of the scheduled contest for HIV and 365 days for Hepatitis B & C.

Female contestants must submit a negative pregnancy test.

A contestant who attains the age of 36 on the date of the contest must also submit the results of a 12-lead Electrocardiogram (ECG or EKG).

Insurance

The promoter must submit proof of medical insurance coverage in the amount of \$10,000 or more and accidental death and dismemberment insurance coverage in the amount of \$10,000 or more for each and every contestant IAW R359-1-501(10). No contestant may waive the insurance coverage. Further, contestants are not responsible for any deductible payments. The promoter must submit proof of such insurance no later than 24 hours prior to the day of the event.

Ambulance and Emergency Medical Technicians (EMTs)

All promoters must provide an ambulance to be present at all times, from the commencement of the first bout, throughout the duration of the event, and 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.

There shall be at least two Emergency Medical Technicians present at all times, from the commencement of the first bout, throughout the duration of the event, and 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.

Rules Meeting

Failure to attend the rules meeting will result in an automatic suspension of at least 90 days and may result in the denial to compete at that scheduled event.

Consumables Before and During the Contest

Only water in a clear bottle may be consumed during the bout. Contestants shall not consume energy drinks on the date of the contest. Commission approved electrolyte drinks that are in clear unopened container can be consumed prior to the bout in the dressing room.

Seconds

All seconds working in the corner will wear rubber gloves supplied by the promoter.

Each contestant may have up to two seconds in his or her corner

No person other than the contestants and referee shall enter the cage during a bout. The referee may, in their discretion, stop a contest if an unauthorized person enters the cage during a round.

Seconds may enter the cage to tend a fighter between rounds.

No second may enter the cage after the conclusion of the bout until granted entrance by the corner inspector.

Sanitary Equipment

The promoter is required to supply adequate cleaning solution used to clean blood and/or other debris in the cage. A solution of ten per cent bleach and ninety percent water is an acceptable solution. The promoter is responsible for providing personnel to clean the cage.

Security

It is responsibility of the promoter to provide adequate security at the event venue.