



**INTERNATIONAL SPORT KICKBOXING ASSOCIATION**



# **ISKA WA MMA RULES**



**PROMOTING SAFETY, INCLUSION, RESPECT,  
INTEGRITY, EXCELLENCE & FAIR PLAY IN  
THE COMBAT SPORTS INDUSTRY**



# **ISKA WA MIXED MARTIAL ARTS RULES**

## **PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN THE COMBAT SPORTS INDUSTRY**

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ISKA WA sanctioned events will be conducted in full compliance with state-based combat sport and mixed martial arts legislation and regulations. If the rules and regulations outlined in this document, conflict with Government Regulations, the ISKA WA will adopt and apply the Government requirements.

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# ISKA WA MMA RULES

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### 1.0 CONTEST AREA REQUIREMENTS

#### Enclosure Type Contest Area Specifications

In all competitions, the contest area shall be circular or have at least six (6) equal sides and shall be no less than 6m wide and no more than 9.8m wide.

The enclosure posts must be made of metal, not more than 15cm in diameter, extending from the floor of the building to a minimum height of 1.5m above the ring floor, and must be properly padded in a manner approved by the ISKA WA. The padding shall be completely covered by a non-slip canvas, duck or similar material tightly stretched and laced to the platform of the contest area. Material that tends to gather in lumps or ridges must not be used.

The floor height should be a minimum of 0.3m and a maximum of 1.2m above the floor of the building. The floor must be padded by a layer of rubber, soft cloth, rubber mat or other suitable material that is approved by the ISKA WA with a minimum thickness of 2.5cm and a maximum of 3.7cm.

The walls of the enclosure shall be made of a suitable chain link fence coated with vinyl or an appropriate substance (i.e. powder coat). There must not be any obstruction on any part of the walls surrounding the contest area.

There must not be any obstruction, without limitation on any part of the ring floor. Any logos or images painted onto the canvas/cloth must consist of a non-slip material/paint.

The contest area may have one or two entrances.

#### Ring Type Contest Area Specifications

In all contests, the size of the ring shall be no less than 5.18sqm and no more than 9.00sqm inside the line of ropes. The ring lighting must be appropriate and adequate for the conduct of combat sport contests.

All contest rings shall:

Have a minimum floor height of 0.3m with a maximum of 1.2m from the building floor.

Have all four posts must be properly cushioned.

Be padded with materials approved by ISKA WA.

There will be four (4) ropes and where possible five (5) ropes with a minimum diameter of 3cm and a maximum of 5cm, stretched and linked to the four corner posts.

The distance between the four (4) or five (5) ropes from the lower rope and to the top rope will be evenly spaced.

The top rope shall be between 1.2m and 1.4m above the ring platform. The bottom rope shall be between 0.3m and 0.6m above the ring platform.

The ropes will be covered by a soft or cushioned material and shall be joined on each of the four sides at equal intervals by rope stays hung vertically, that are not less than 3cm and not more than 4cm wide, and that do not slide along the ropes.

A minimum of four rope stays must be used on each side of the ring.

Turnbuckles shall be covered by suitable padding.

The floor must be padded by a layer of rubber, soft cloth, rubber mat or other suitable material that is approved by the Combat Sports ISKA WA with a minimum thickness of 2.5cm and a maximum of 3.7cm.

The padding shall be completely covered by a non-slip canvas cloth that is stretched & secured in place.

Any logos or images painted onto the canvas/cloth must consist of a non-slip material/paint.

#### All Contest Area Step Requirements

##### Safety Enclosure •

A set of steps is required for each entrance to the height of the enclosure platform. • The Medical Practitioner must be seated next to one set of steps.

##### Ring Type Enclosure •

At least 3 sets of steps are required to the height of the ring platform. • One set is to be located at each Contestant's corner and a third shall be positioned at the neutral corner closest to the Medical Practitioner and other Officials. All steps shall be kept clear of obstructions at all times.



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### Enclosure Contest Area Enclosure Contest Area Construction and Maintenance

Newly constructed enclosures must have a Certified Structural Engineer Report prior to being used. Enclosures must be checked for wear and tear every three years and an updated Certified Structural Engineer Report obtained.

### Ring Contest Area Construction and Maintenance

Newly constructed rings must have a Certified Structural Engineer Report prior to being used. Rings must be checked for wear and tear every three years and an updated Certified Structural Engineers Report obtained.

### A Certified Structural Engineer Report must include:

- Level of metal fatigue.
- Damage sustained to supporting boards.
- All wear and tear.
- The load capacity – load capacities must be greater than 850kg or equal to 12 people.

A contest area shall not be used by a Promoter for a contest or contests unless the area has been inspected & by a Certified Structural Engineer. A report detailing compliance with the specifications above must be provided to the commission.

### Compulsory Contest Area Requirements:

In all contests, the following is required ringside:

- Oxygen supply unit.
- Stretcher.
- Spare set of gloves for each contestant.
- A bell in good working order.
- Two stopwatches or timekeeping devices.
- Whistle & clacker.
- Judges Scorecards
- Stool in each corner.
- Tables and chairs for officials.
- Bin in Neutral/Doctors corner for swabs & gloves from Medical Practitioner & Referees.

### Other Permitted Contest Area Requirements:

- Drinking bottles, buckets, and spray bottles. No other type of bottle permitted ringside.
- Sponges & Towels
- One set of round indicators, signs or boards.
- Blunt edged scissors.
- Extra tape for taping gloves.
- Two (2) seats for the Seconds

## 2.0 DRESS CODE

### Hand Bandages and Tape

In all competitions the hand bandages and tape shall conform to the following specifications and Conditions:

#### Hand bandages must be:

- Crepe, gauze or a soft cloth type material
- Not be more than five (5) metres long and five (5) centimetres wide for each hand.
- Placed on both of the Contestant's hands.
- There is to be no hard build-up of any material over the knuckles.

#### Adhesive tape must be:

- Used to secure the bandages on each hand of the Contestant.
- Adhesive tape should be no more than two & a half 2.5m long & two & a half 2.5Ccm wide for each hand.



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Adhesive tape may be applied to the back of each of the Contestant's hands but shall not be applied to cover the Contestant's knuckles. Tape cannot reach beyond or cover the knuckles when the fist is closed.

Adhesive tape applied directly on the skin is permitted.

Thin strips of adhesive tape may be placed between the fingers to aid in keeping the bandage in place.

### **Bandaging and Taping of Contestant's Hands & Feet:**

In all competitions the bandaging and taping of Contestants hands shall conform to the following specifications and Conditions:

Shall be conducted in the dressing rooms. Contestants arriving at a contest venue with their hands already wrapped will be asked to remove the hand wraps and have them re-wrapped at the venue.

May if necessary be conducted under the supervision of a Commissioner and or the Referee.

Shall be inspected upon completion by the Commissioner or the Referee.

Shall be signed or stamped by the Commissioner or the Referee upon inspection.

Bandages or tape shall not be affixed in any way that the contest Referee or the ISKA WA consider detrimental to an opponent.

Taping and bandaging of the feet & ankles is not permitted. It provides an unnecessary reinforcement of the foot which may be detrimental to the Opponent. Normal elastic ankle wraps, and or soft shin/ instep type shin guards are more than adequate.

A normal elastic type ankle, knee, wrist or elbow support may be worn by a Contestant to prevent injury, however insertion of any sort of padding is prohibited. It must be worn on the specified joint and must not have any buckle, zip, clip or strap that may be detrimental to an Opponent. Any ankle, knee, wrist or elbow support to be worn is subject to inspection and approval of the ISKA WA.

The use of footwear is prohibited.

### **Gloves**

In all competitions, gloves shall conform to the following minimum standards and specifications:

Gloves must be the same type, weight, and be open finger style. All gloves must be approved in advance by the ISKA Representative. All gloves will be provided by the Promoter in red and blue (or distinguished with red and blue tape) and distributed to the fighters according to their assigned corner color. The promoter must ensure that there are adequate sizes for all Contestants. No contestant shall supply their own gloves for competition.

If the gloves have been used previously, they must be whole, without any misshapen or lumpy padding, worn or cracked leather or in any way imperfect and clean. If gloves are in any way imperfect, they shall be changed before the contest begins. Breaking, roughing or twisting of the gloves is not permitted.

A Contestant may if required be fitted with gloves prior to the contest under the supervision of a Referee or a Commissioner. Gloves shall not be put on until the Commissioner or Referee has stamped or initialled the bandages. The referee must inspect and approve the gloves including any tape used to cover Velcro and secure the gloves.

All Contestants shall wear gloves which are at least four (4) or seven (7) ounces in accordance with Commission padding requirements and are approved by ISKA WA.

Larger sized gloves, e.g. 2 XL – 4 XL will not weigh more than eight (8) ounces without the approval of ISKA WA.

If a glove becomes damaged during a contest. It shall be replaced during the interval between rounds, unless, at the discretion of the Referee, the contest is stopped during the round to have the glove replaced, in which case the Timekeeper shall stop the clock and restart it when the round is resumed.

Promoters shall provide (2) extra sets of gloves (two pairs) at ringside in case gloves are broken or damaged during a contest.

### **Protective Equipment**

In all competitions, the protective equipment shall conform to the following standards and practices.



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## Male Contestants:

Must wear a groin protector.

The groin protector must be approved by the ISKA WA Rep or the Referee.

If the groin protector is secured by ties, these must be tied only at the Contestant's back.

## Female Contestants:

The ISKA WA recommends that Female Contestants wear suitable groin & breast protection. Breast protectors must be:-

Of a personal size, made of a soft material, and have no hard clips or such that could harm the wearer or Opponent, and are firm enough not to shift during a contest.

To observe hygiene, all Contestants shall use their own personal groin & breast protectors.

## Mouthguards

In all competitions, Contestants mouthguards shall conform to the following standards and practices:

All Contestants shall wear a properly fitted mouthguard during a contest. The Contestant's mouthguard shall be examined by the Referee prior to the contest and shall be worn in the mouth by the Contestant at the start of each round.

Should a Contestant drop the mouthguard during a round, the Referee shall stop the contest & call time. Their Opponent will be directed to the neutral corner, whilst the Contestant is taken to their corner and the mouthguard is re-fitted under the supervision of the Referee. Both Contestants are not to receive any instructions from their corners during this time.

## Contest Attire - Contestants

In all competitions the following dress standards shall be adhered to by Contestants:

A contestant must be of clean & tidy in appearance. This includes not wearing any attire that displays any obscene language, offensive images or profanity.

A Contestant's hair shall not be allowed to interfere with the vision or safety of either Contestant. Facial hair must be neat and soft with no stubble. If the hair or facial hair of a Contestant presents a hazard or will interfere with the supervision & conduct of the contest, the Contestant may not compete, unless corrected to the satisfaction of the ISKA WA.

Only appropriate mixed martial arts shorts, board shorts, biking shorts, Kickboxing, Thai Boxing shorts or Full Contact pants are to be worn as approved by the ISKA WA Rep.

Male contestants can wear a tight lycra top or rash guard shirt or can be naked to the waist.

Female Contestants must wear a short-sleeved (above the elbow) or sleeveless form-fitting rash guard, sports top and/or sports bra approved by ISKA WA. No loose-fitting tops are allowed.

Single elastic bandages (ankle wraps) may be worn on the ankles to prevent sprains, however insertion of any sort of padding or shin guard etc. is not allowed. Toenails & fingernails must be clipped. Shoes and any type of padding on the feet are prohibited during competition

No metallic materials, decoration or jewellery is to be worn.

Mouthguard and Boxing gloves as specified above.

The use of white petroleum jelly or similar substance by the Contestant anywhere other than the face is not allowed.

Any infringement to the dress code may result in Contestant disqualification.

In the case of any problem with the gloves themselves, the Referee may temporarily halt the match until the problem is corrected.

## Contest Attire - Officials

In all competitions, the following dress standards shall be adhered to by the ISKA Combat Officials:

Referees shall be neatly dressed in black dress pants, official ISKA shirt and shoes without a heel.





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Black shoes shall be worn. The Referee shall not wear glasses, watch, necklace, rings or any other object which may injure a Contestant. Referees may wear surgical gloves & a black bow tie when officiating in the ring. Judges and Timekeepers shall be neatly dressed in black dress pants, official ISKA shirt, black dress shoes, and a blazer if applicable.

### **Other Dress Code Matters**

In any contest:

The Cornermen & Seconds shall be clean & tidy in appearance. This includes not wearing any attire that displays any obscene language, offensive images or profanity.

### **Foreign Substances**

Before the contest starts, the Referee shall inspect both Contestants, any protective equipment worn and the gloves. Ensuring that no foreign substances have been applied to either the body of the Contestants protective equipment or gloves, to the detriment of the Opponent, and must take steps to ensure that there are no foreign substances are held by the Seconds.

Excessive application of Vaseline is not permitted and its use is at the discretion of the Referee. Excessive external use of water is not permitted and its use is at the discretion of the Referee

## **3.0 CONDUCT OF THE CONTESTS**

### **Minimum age to participate in Contest**

Contestants are to be over the age of 18 years for all MMA contests.

### **Minimum experience to participate in a Professional MMA Contest**

A Contestant may not compete as a Professional under ISKA WA with less than 6 bouts of experience. Boxing, BJJ, K1 Kickboxing, Oriental, Muay Thai, Sanda, Submission Grappling & MMA, or similar legitimate forms of Combat Sports are acceptable forms of contest experience. Professional applications will be granted at the discretion of the ISKA WA Regional Director.

### **Minimum equipment for all MMA Contestants**

Minimum equipment for all MMA contestants is approved gloves, mouth guard & groin guard (depending on gender)

### **Minimum additional equipment for Amateur Modified MMA Contestants**

Minimum equipment for all Amateur Modified MMA contestants is gloves, mouth guard & groin guard (depending on gender) Approved shin guard with instep pads may be worn according to contestant class & Commission regulatory padding requirements.

### **DIVISION CLASSIFICATIONS (C CLASS, B CLASS AND OPEN CLASS MMA)**

Mixed Martial Arts bouts shall be contested using either "Novice Division Rules" (C Class), for Competitors with less than (3) bouts, "Experienced Division Rules" (B Class) for Competitors with (3 - 6) bouts or "Open Division Rules" for Contestants with more than six (6) bouts.

Bouts between competitors who have had three (3) or more bouts may be contested using C Class rules. Bouts between competitors with less than three (3) bouts may NOT be contested using B Class or Open Class rules.

Bouts between competitors who have more than six (6) fights may be contested using B Class rules. Bouts between competitors with less than (6) fights may NOT be contested using Open Class rules.

*Note: Division qualification exemption from these requirements can only be granted by the ISKA WA Regional Director and must be based on relevant and comparable experience in martial arts or combat sports competition.*



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## EXPERIENCE LIMIT REQUIREMENTS

### Experience Limit Padding, Rules & Round Limitations

CLASS	PADDING:	RULES	ROUNDS
C = NOVICE 1 – 2 contests required to:	<b>PADDING:</b> <b>STANDING:</b> <b>GROUND:</b>	Shin guards 7oz Gloves No knees to head or elbow Submissions. Permitted strikes to the body only	3 x 3 Min
B = EXPERIENCED 3 - 6 contests required to:	<b>PADDING:</b> <b>STANDING:</b> <b>GROUND:</b>	7oz Gloves Knees to head on agreement. No elbows Submissions. Permitted strikes to the head & body	3 x 5 Min
A = OPEN CLASS More than 6 contests required to:	<b>PADDING:</b> <b>STANDING:</b> <b>GROUND</b>	4 oz Gloves Knees to the head & elbows on agreement Submissions. Permitted strikes to the head & body	5 x 5 Min

#Note# Contestants must adhere to the minimum protective equipment requirements. Contestants may wear additional protective equipment on agreement.

## Weight Divisions

The following weight classifications will apply to all ISKA WA MMA Contests:

<b>Atomweight</b>	No Min Limit - .47.6kg	<b>Super Welterweight</b>	77.1 – 79.4kg
<b>Strawweight</b>	47.6 - 52.2kg	<b>Middleweight</b>	79.4 - 83.9kg
<b>Flyweight</b>	52.2 - 56.7kg	<b>Super Middleweight</b>	83.9 - 88.5kg
<b>Bantamweight</b>	56.7 - 61.2kg	<b>Light Heavyweight</b>	88.5 - 93.0kg
<b>Featherweight</b>	61.2 - 65.8kg	<b>Cruiserweight</b>	93.0 -102.1kg
<b>Lightweight</b>	65.8 - 70.3kg	<b>Heavyweight</b>	102.1 -120.2kg
<b>Super Lightweight</b>	70.3 – 74.8kg	<b>Super Heavyweight</b>	120.2kg - No upper limit
<b>Welterweight</b>	74.8 - 77.1kg	<i>(ABC Unified Rules of MMA Weight Divisions 2017)</i>	

In all non-championship and championship contests, there can be no weight allowances. The participants must compete within the same weight class. The ISKA WA may not approve catch weight bouts. Competitors must compete within weight divisions without any other associated limitations.

## Weigh-in

The weigh-in should take place no earlier than 24 hours prior to the promotion taking place, and no later than three hours prior to the contest. The Contestant shall be weighed with minimum clothes.

Competitors must weigh in within two (2) hours of the official weigh in start time Prior to the contest, all Contestants must be examined and certified fit to compete in a contest by a licensed Medical Practitioner.

Contestants must present their Contestant Record Book or an equivalent acceptable record of contests to both the Medical Practitioner and ISKA WA Rep for authentication.

## Title Bouts

If a Fighter cannot make weight at the official weigh-in and that Fighter is the Champion, the title will be declared vacant and the bout will ensue. Should the Challenger win the bout, they will become Champion. In the event the former Champion wins the bout, the title will be declared vacant, and a run off for the title will be established, according to the rules of the ISKA. If the Fighter who cannot make weight is the Challenger, the bout will proceed as scheduled; however, should the Challenger win the bout, the title will be declared vacant, and a run off will be established, according to the rules of the ISKA. In either case, the Fighter who cannot make weight will also be subject to the purse penalties as specified in the contract and by the ISKA.



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## Round Definition

### C class MMA contest shall consist of:

- No more than three (3) rounds.
- Each round of no more than three (3) minutes duration.

### B class MMA contest shall consist of:

- No more than three (3) rounds.
- Each round of no more than five (5) minutes duration.

### Open Class MMA non-championship contest shall consist of:

- No more than three (3) rounds.
- Each round of no more than five (5) minutes duration.

### Open Class MMA championship contest shall consist of:

- No more than five (5) rounds.
- Each round no more than three (5) minutes in duration

There will be a one minute rest period between each round.

B class State Title Championship bouts may be contested over 3x5 min rounds.

Open class State, National & International Title Championship bouts will be contested over 5x5 min rounds.

## PERMITTED TECHNIQUES

Techniques considered legal or permitted under ISKA WA Open Class MMA Rules are defined below;

NOTE; *variations for C and B Class Modified MMA are also covered.*

Legal techniques can be considered to fall in 3 categories

1. Standing Striking Techniques
2. Submissions, Grappling and Wrestling
3. Ground Based Striking Techniques

By definition a Competitor becomes 'grounded' when any part of the body, other than a single hand and their feet are in contact with the contest area floor. To be grounded, both hands and feet, palm/fist down, **and/or** any other body part must be touching the fighting area floor. At this time, kicks or knees to the head are prohibited.

ISKA WA will apply the following definitions:

**Both Competitors Standing:** When both Competitors are standing, the full range of allowable strikes (punches/kicks/knees/elbows), are permitted to all legal areas depending on Class limitations.

**Both Competitors Grounded:** When both Competitors are grounded, a range of allowable strikes are permitted to all legal areas depending on Class limitations. Kicks and knees to the head are illegal.

**One Competitor Standing, One Grounded:** In the case of one Competitor being grounded and the other standing, punches and knees are permitted by either Competitor to all legal targets depending on Class limitations. However, in this situation kicks are only permitted to the body and legs of the opponent. Head kicks, knees to the head or stomping on a grounded Opponent is strictly illegal.

## STANDING STRIKING TECHNIQUES

### A = OPEN CLASS

Standing strike techniques (both Competitors standing) permitted under Open Class MMA Rules include:

Standing Strikes with hand, elbows, feet, legs and knees, to the legs, arms, body and head.

Knees to the head and Elbow strikes permitted but remain optional. Both Competitors must agree.

Grappling, Wrestling, Throws, Takedowns and Leg Sweeps are permitted.



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## **B = EXPERIENCED CLASS**

As per A Class with the following additional limitations:

- Standing Strikes with hand, feet, legs and knees, to the legs, arms, body and head only
- Elbow Strikes are not permitted.
- Knee strikes to the head remain optional. Both Competitors must agree.
- Grappling, Wrestling, Throws, Takedowns and Leg Sweeps are permitted.

## **C = NOVICE CLASS**

As per B Class with the following additional limitations:

- All illegal techniques as identified above for B Class Rules, in addition to the following:
- Ground Based Strikes to the head are prohibited.
- Standing Knees Strikes to the head are prohibited.

- Standing Strikes with hand, feet, legs and knees, to the legs, arms, body and head only.
- Knee strikes to the head not permitted.
- Elbow Strikes are not permitted.
- Grappling, Wrestling, Throws, Takedowns and Leg Sweeps permitted.

## **STRIKING LIMITATIONS**

Striking limitations based on class.

- It is a foul to strike the head of a grounded Opponent in a C class division bout.
- It is a foul to strike an Opponent with an elbow in a C class division bout.
- It is a foul to strike with a knee to the head or face of an opponent in a C class division bout.
- It is a foul to strike an Opponent with an elbow in a B class division bout.

*NOTE: There is to be zero flexibility for any technique outside of those indicated in this section. Fouls and disqualification to be applied at the Referee or Chief Official's discretion.*

## **SUBMISSIONS, GRAPPLING AND WRESTLING**

### **LEGAL TECHNIQUES ALL CLASSES**

Submissions, Grappling and Wrestling techniques (both standing and ground) permitted under all ISKA WA MMA Rules (regardless of Class), include:

Standing & ground based Grappling, Wrestling, Submission & large joint manipulation techniques permitted  
Submission techniques (ground & standing) can only include large joint manipulation, muscle stretch submission & choke type holds (by use of arm or leg around the neck) but exclude without limitation all throat holds or choke holds with hands including grabbing the trachea.

All Small joint or small muscles group manipulation are prohibited as a submission techniques – small joints include but not limited to fingers, neck & spinal vertebra, jaw and toe joints. Submission “stretch” type techniques aimed at large muscle groups (such as abdominal, leg & arm) are permitted. Legal joints include ankle, knee, hip, shoulder, elbow, wrist & limited throat and neck (in the form of “head-lock” type techniques). Head-lock techniques only to be use in submissions techniques – NOT as a throw of any kind.

It is the intent of the rules that the only Grappling, Wrestling & Submission Techniques that can be applied be limited to, and must be categorised as: : Aikido, Chin Na, Glima, Jiu-Jitsu, Judo, Sambo, Sanda, Sumo, Wrestling or another legitimate and internationally recognised “Traditional Martial Art”, as determined & recognised by ISKA WA.

## **ACTIVITY REQUIREMENT**

All Grappling (standing or grounded) must be deemed “active” which includes executing or working toward effective offense or defence. Grappling will only be permitted whilst deemed active or effective by the Referee.



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Effective grappling is deemed as actively working toward: control, successful executions of a legal Strike, takedown, reversal or submission.

If competitors are deemed in “nullified” or “inactive” defensive positions or if the fight has stalled on the ground or in standing grapple, the grappling will be stopped by the referee. Once the referee has determined that grappling is inactive, stalled or in stalemate – the bout will be stopped, then restarted in a standing position.

### GROUND BASED STRIKING TECHNIQUES

Ground based strike techniques permitted under ISKA WA MMA Rules include:

#### A = OPEN CLASS

Strikes with hands, elbows, feet, legs and knees, to legs, arms, body and head.

Hand strikes to include fist and hammer but exclude knife strikes.

Elbow strikes permitted: Note *Downward Pointed Elbow Strikes, Ceiling to floor or 12 to 6 elbow strikes are PROHIBITED MANOEUVRES.*

Knee strikes to the body (only) permitted. Note: *Knees strikes or kicks to the head of a grounded opponent are PROHIBITED*

#### B = EXPERIENCED CLASS

Strikes with hands, feet, legs and knees, to legs, arms, body and head are permitted.

Hand strikes to include fist and hammer but exclude knife strikes.

Elbow strikes are not permitted.

Knees strikes to the body (only) permitted. Note: *Knees strikes or kicks to the head of a grounded opponent are PROHIBITED*

#### C = NOVICE CLASS

No striking to the head of a grounded Opponent.

Strikes with hands, feet, legs and knees, to the legs, arms and body are permitted.

Hand strikes to include fist and hammer but exclude knife strikes.

Elbow strikes are not permitted.

Knees strikes to the body (only) permitted. Note: *Knees strikes or kicks to the head of a grounded opponent are PROHIBITED*

### Scoring Criteria

The following objective scoring criteria shall be utilized by the Judges when scoring a round.

**10-10** When both Contestants appear to be fighting evenly and neither Contestant shows clear dominance.

**10-9** When a Contestant wins by a close margin, landing the greater number of effective strikes, or superior groundwork and other manoeuvres.

**10-8** When a Contestant overwhelmingly dominates with striking or groundwork in a round.

**10-7** When a Contestant totally dominates with striking or groundwork in a round.

Judges shall use a sliding scale and recognise the length of time the fighters are either standing or on the ground, as follows:-

- If the Contestants spent the majority of a round on the canvas, then:
  - Effective groundwork is weighed first; and
  - Effective striking is then weighed second.
- If the Contestants spent a majority of a round standing, then:
  - Effective striking is weighed first: and
  - Effective groundwork is then weighed second.
- If a round ends with a relatively even amount of standing and canvas fighting, striking and groundwork are weighed equally.



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## **SCORECARDS**

At the end of the contest, the Referee shall collect the scorecards from the Judges. The Referee shall check then deliver the scorecards to the Official Scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the ISKA Recorder assigned to verify them. The majority opinion of the three Judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

Drawn rounds should be avoided whenever possible unless, after all elements are taken into account, a Judge cannot separate the Contestants. Whenever a Judge deducts a point for fouls or illegalities when directed by the Referee, they shall mark the scorecard accordingly to testify such. Those deductions will be taken from the Contestants total score at the completion of the contest.

All scorecards and sheets shall be handed to the Official ISKA WA Recorder on completion of the contest. A record of the scorecards and recorder sheets, duly signed and witnessed will be kept by the ISKA WA Rep for a minimum of 2 years. The Commission will be given access to the scorecards after each bout for the purpose of recording the scores and results.

When a points decision is awarded, the individual scores may be announced. A Judge must not keep Secondary cards or tallies of points.

Only official ISKA WA Commission scorecards and tally sheets shall be used.

## **No Extension Round in case of Draw**

If at the end of the contest the decision is a draw, the Judges must make a decision by reference to the ISKA WA Scoring criteria & guidelines on the scorecards. Extension rounds will not be allowed. Drawn rounds must be avoided whenever possible.

## **JUDGING CRITERIA**

Three Judges shall use the "ten point must system" to score the contest. The Winner of a round must be awarded ten (10) points while the Loser receives anywhere from nine (9) to seven (7) points, depending on the decisiveness by which the round was won. In the rare instance that there is an even round, a score of 10-10 is given.

The Judges shall evaluate mixed martial arts techniques in the order they appear below, giving most weight in scoring to effective striking, effective grappling, effective takedowns, effective aggression, control of the contest area, and defence.

## **EFFECTIVE STRIKING**

Effective Striking is determined by assessing the impact, effectiveness and number of legal strikes landed by a Contestant.

Heavier impact strikes that have visible impact and effect on the Opponent will be given more weight than the number of strikes landed. These assessments include;-

Causing an Opponent to appear stunned from a legal blow.

Causing the opponent to stagger from a legal blow or favour a leg that has been kicked.

Appearance of a cut or bruise from a legal strike & causing the Opponent to show discomfort.

Ceasing forward movement, becoming defensive or hastily retreating after being struck.

Debilitation (or fatigue) caused by the accumulative impact of strikes on a fighter will also be weighed.

Legal strikes that have immediate or cumulative impact with the potential to contribute towards the end of the match are effective. The immediate impact weighs more heavily than the cumulative impact. If neither Contestant shows an advantage in impact of the strikes, the number of strikes will determine the most effective striker.

## **EFFECTIVE GRAPPLING**

Effective grappling may be defined in the most general sense as the execution of any legal non-striking skill that even temporarily diminishes the opponent's ability to function successfully as an MMA Competitor.



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Effective grappling is judged by considering the amount of successful executions of takedowns, submission attempts, reversals, and the amount of control a Competitor demonstrates on the ground by achieving advantageous positions that produce immediate or cumulative impact with the potential to end the match. The immediate weighs more heavily than the cumulative impact.

Examples are takedowns from standing position to mount position, passing the guard to a more dominant position, and bottom position Competitors using an active threatening guard to create submission attempts. A Competitor's ability to keep their Opponent in a dominated position from which they can land effective strikes or threaten with submissions. Submission attempts which cause an Opponent to weaken or tire from the effort required to defend the technique or come close to ending a fight.

Judges must:-

Evaluate whether the grappling was used merely to reduce or stall their Opponent's effectiveness. Or, is the grappling being used to initiate and advance a transitional positioning strategy in an effort to acquire a submission or full mount position for inflicting damaging strikes. Recognize who is being the more offensive or controlling Competitor when on the ground; it will not always be the Competitor on top.

Understand that the relative physical position of each Competitor is not as important as how much each Competitor takes advantage of that position to gain success in the match. Similar to the distinction between using strikes to "force the opponent to defend" and using strikes that result in a "damaging attack", far more value is placed on how a Competitor capitalizes on their "hold position" (whether using it to strike effectively, to advance to a further superior position or to attempt a submission) than only by merely gaining or maintaining what may be generally recognized as a "superior" position.

Submission attempts which come close to ending a fight will be weighted more highly than attempts which are easily defended. Submission attempts which cause an opponent to weaken or tire from the effort required to defend the technique will also be weighted highly in scoring.

When evaluating ground striking the impact & damage determine the effectiveness.

### **EFFECTIVE TAKEDOWNS**

Effective Takedowns are judged by determining the degree of force of the take down and the position it nets the Competitor as a result of the takedown.

Judges must be able to:-

Recognise that high amplitude takedowns and throws which have great impact will be scored more heavily than a takedown which does not have great impact.

Understand that a Competitor who gets an Opponent to the ground but without force and ends up being controlled in their Opponent's guard will get little credit for that take down. Solid takedowns should put the Opponent on the ground hard and reap a positional advantage like side control or mount.

### **EFFECTIVE AGGRESSION**

Effective Aggression is determined by the extent to which a Contestant forces the action & attempts to finish the fight. The aggressive action must be an effective attempt to land legal strikes that force the Opponent to protect or defend, or an effective attempt to takedown or submit the Opponent.

This includes moving towards the Opponent and attempting to land effective legal strikes.

Attempting takedowns that cause the Opponent to lose balance or force a defensive action.

Attacking from the guard with threatening submissions that force a defensive response from the Opponent.

Attempting to create striking opportunities and submission attempts that cause the Opponent to defend.

Aggressive takedown attempts that cause the Opponent to become off balance or exert energy by resisting the attempt to defend. Effective aggression must at least cause the Opponent to defend.



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### CONTEST AREA CONTROL

Contest area control is judged by determining who is dictating the pace, place and position of the bout. Judges must consider:-

Moving towards an Opponent landing legal strikes or drawing an Opponent into effective legal strikes.  
Taking down an Opponent to force a ground fight or countering a takedown attempts by remaining standing and landing effective strikes. Creating threatening submission attempts, or passing the guard to achieve mount, and creating striking or potential submission opportunities. Avoiding being struck, taken down, submitted or reversed while countering with offensive legal attacks.

### DEFENCE

Effective defense is determined by the extent to which a Competitor avoids being struck, taken down or reversed while countering with offensive attacks. Defense is its own reward. A Contestant who chooses to avoid using defensive actions will invariably suffer the consequences. For example if a Contestant decides that they do not want to block or avoid a strike, protect themselves from a submission, or avoid a throw or takedown then they will suffer the results of those offensive actions being used against them.

The only role defensive action plays is to keep a Contestant in the contest longer so that they can attempt to score using offensive actions. Having two Competitors avoid offensive actions and rely solely on defence goes against the basic primary consideration of any combative sport: That is to score using offensive techniques & manoeuvres.

Effective defence should only be used to split extremely close bouts, where differences in the other criteria above are insufficient to split the Competitors.

### JUDGING NOTE

The Judges scoring evaluations shall be made in the order in which the techniques appear above, giving most weight in scoring to effective striking, effective grappling, effective takedowns, effective aggression, control of the contest area and defence. Judges must consider initiation and aggression. Who made the greatest successful efforts to attempt takedowns and sweeps. Who had dominant positional control and most importantly who attempted submissions.

In the event of a draw the Judges must consider who skillfully controlled the Pace, Place, and Position of the contest.

- Pace is which Contestant determined the tempo of the match.
- Place is which Contestant dictated where in the contest area the match took place. This is commonly seen when one competitor moves forward while the other circles or backs away.
- Position is which Contestant successfully controlled dominant grappling positions such as Side Control, Mount, Knee on Belly and Back Grab variations.

If the competitors are still considered equal on Points, Pace, Place and Position, the Judges will give the decision to the Competitor with less Warnings or Penalties.

## 4.0 OFFICIAL REQUIREMENTS AND DUTIES

### Ringside Officials

Every MMA contest shall have the following registered officials:

Two Referees, one who shall be the Head Referee of the contest. This Referee shall maintain supervision and control over the contest while it is in progress as a non-scoring Referee. A Sub Referee is required to assist and provide advice to the Referee as needed.

Three Judges who will evaluate and score each round and be seated on different sides of the ring in a central position.

A Timekeeper, but preferably two Timekeepers, who will keep the time of the rounds and rest periods.

The mandatory Medical Practitioner who as per Part VII, Section 49 of the Combat Sports Act 1987, shall be present at ringside. It is the aforementioned Medical Practitioner's duty to inform the Referee officiating to terminate the





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contest if they are of the opinion that the Contestant should not participate in the contest because of the Contestant's medical condition.

### **Conduct of Industry Representatives**

An Official must not wager on the result of a contest in which they officiate or publicly predict the result of a contest in which they will officiate. An Official must not align themselves with any Contestant and must always be totally impartial. Confidence in their ability and judgment is a most important factor in the make-up of a first class Official. The audience must not sway the Officials and when a decision is given, must display strength of character irrespective of the audience. Under no circumstances should names, reputations, creed, nationality or colour have any influence whatsoever on any Official's Judgement.

Upon arrival at the promotion venue and prior to commencing official duties, Officials shall report to the Medical Practitioner at the promotion for a medical examination to determine whether they are fit to officiate in the contest, if they feel it is required. Officials and registered participating Contestants must not consume illicit drugs or alcohol on the day of a promotion, until their duties are completed.

### **Duties and Responsibilities of the Promoter**

The responsibilities of the Promoter include, but are not limited to, the following:

The Promoter must ensure they are currently registered and be aware of all conditions attached to this registration. A promotion permit has been issued in relation to the scheduled contests and all conditions placed on this permit are adhered to.

Ensure that all weigh-in conditions are adhered to.

Promotion personnel – Officials, Trainers, Managers Etc – are present at the weigh-in and/or contests and are registered with the Commission as required.

The contest area has been set-up and approved by ISKA WA prior to the contest, including the provision of a Certified Structural Engineer's Certificate as requested.

Contestants are reasonably matched, are registered with the Commission or another approved authority, and have current serology and fitness certificates.

The nearest hospital is notified of the date, time & location of the event, no less than five days prior to the event. A stretcher and oxygen delivery system are present ringside for all contests.

Ensure that all promotion personnel follow the instructions of the Promoter and Commissioners.

The Promoter must also ensure that sufficient security staff are provided for the event.

### **Referee's Commands**

The calls & commands of a Referee are "stop", "fight", "break", "time" & "don't move". These commands should be expressed clearly and with authority on all occasions. A Referee should avoid whenever possible physically "breaking" Contestants and should express their authority in their commands.

### **Duties and Responsibilities of the Referee**

The duties of the Referee are as follows:

The Referee's prime concern is the safety & welfare of the Contestants, and the enforcement of all rules.

Understand and be familiar with the rules of a mixed martial arts contest.

Evaluate both Contestants' techniques neutrally and fairly during the contest.

Maintain control of the contest at all stages of the contest.

Prevent a weak Contestant from receiving undue and unnecessary punishment.

ISKA WA Referees shall ensure that the taping and bandaging of Contestant's hands comply with the rules by inspection. They must stamp, sign or initial the bandages before a Competitor is fitted with gloves.

The Referee must ensure that the gloves are securely fitted to the hands and that the Velcro is securely covered by suitable tape. If during a contest the tape or Velcro come loose, the Referee must call "stop" and "time", then order



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the Velcro or tape to be secured. They must signal the Timekeeper that the clock is to stop and signal to restart it when the contest resumes.

The Referee shall ensure the contest area equipment is correctly set up and officials are in place prior to the start of a contest. Ensure that the canvas and apron are free of any equipment, foreign matter, excess water or blood. They shall ensure the ropes are properly taut and the tapes between the ropes, corner buckles and padding are secure.

Preferably at the weigh-in, but prior to the start of a contest the Referee must ensure that both of the Contestants understand the rules, give each Contestant specific instructions to obey the rules & follow their instructions. The Referee must ensure that both Contestants are wearing the correct protective equipment & attire. The Referee shall give Contestants final instructions in the centre of the contest area, prior to the start of the contest. At this time the Referee shall seek confirmation from each Judge and the Medical Practitioner to ensure they are ready and then signal to the Timekeeper to sound the bell.

The Referee shall move about the contest area during the contests so as not to obstruct the Contestants but to observe their offence and defence clearly. Indicate to a Contestant by a suitable brief explanation, signs or gesture any infringements of the rules.

When a Referee considers a Contestant should be warned or lose points for a foul, they must call "stop" & "time", then demonstrate their decision by:

- Sending the other Contestant to a neutral corner.
- Indicating clearly to the Judges the Contestant who is being penalised & demonstrating the foul committed
- Indicating clearly the number of points to be deducted if any before ordering the bout to continue.

The round will resume when the Referee orders "fight".

The Referee must always ensure that no other persons are in or on the ring/enclosure or on the apron while the round is in progress; They must immediately stop the contest until they are removed. The Referee shall not permit Seconds to slap on the canvas or distract Contestants.

At the end of the contest, collect & check all scorecards, then hand them to the Official Recorder  
Indicate the winner by raising the Contestant's hand after the announcement has been made.  
Inform the Official Recorder if they have disqualified a Contestant or stopped the bout and inform them of their decision.

If any incident occurs, be it covered by the rules or is unusual or irregular, and such incident warrants the stoppage of the contest & the Referee's view of the incident is unsighted or partly obscured. They may order time out by signalling "time" to the Timekeeper. After sending both Contestants to opposing neutral corners they may confer with the Judges and Supervisor before making a decision.

When a Contestant has been knocked down or submitted and appears to have lost consciousness, the Referee should immediately remove the Contestant's mouth piece. The Referee shall wave both arms above their head to signal the contest is terminated and call the doctor to the contest area to attend the "down" Contestant.

A Referee should terminate a contest at any stage if they believe the Contestants are not competing in earnest. The Referee may disqualify one or both Contestants or declare a "no-contest". They must report this to ISKA WA as soon as possible.

If during a round a Referee or Judge is injured, becomes ill or is unable to continue, the Timekeeper shall sound the bell and stop the round. The supervisor shall appoint another Referee or Judge to officiate. If the Referee has been replaced the time will resume from when it was stopped. If a Judge is replaced, then the replacement Judge will use the incapacitated Judge's scorecard for the remainder of the contest. The interrupted round must be re-started from the beginning.

In a round in which a Contestant receives a cut, the Referee must advise the Judges and Recorder as to whether the cut was caused by a legitimate blow or by accidental means or a deliberate foul.

When the result is known the Referee must raise the winner's hand in a determined and unhesitating manner.

A Referee may perform the duties of a Judge and a Timekeeper.



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If people outside the ring continually harass a Contestant, Referee, Judges or any other Officials, the Referee may seek the Security in attendance to deal with and/or remove such people. The Promoter must ensure that sufficient security is provided to handle this situation.

### **The Powers of the Referee include the right to:**

Terminate a contest at any stage if they consider it too one-sided.

Terminate a contest at any stage if one of the Contestants has received an injury on account of which the Referee decides the Contestant should not continue.

Terminate the contest at any stage if they consider the Contestants are not fighting in earnest, in which case the Referee may disqualify one or both Contestants.

Caution a Contestant, or stop the contest and administer a warning to a Contestant, against fouls or for any other reason in the interest of fair play, or to ensure compliance with the rules.

Disqualify a Contestant who fails to comply immediately with the Referee's orders, or behaves towards them in an offensive or aggressive manner at any time.

Disqualify a Contestant's Second who has infringed the rules and the Contestant himself if the Second does not comply with the Referee's orders.

With or without previous warning, disqualify a Contestant for committing a foul.

Make a decision arising from any circumstances or conditions not mentioned in the rules in so far as they are applicable or relevant to the actual contest, or to decide and take action on any circumstance of the contest which is not covered by a rule, but may be overridden by the Medical Practitioner when the considerations of health or safety are involved.

### **The Referee shall declare a contest terminated when:**

A Contestant is knocked out or is unable to properly provide a defence and there may be a danger of serious injury to the Contestant.

A Contestant has received a serious injury, and after consultation with the Medical Practitioner, the Referee considers serious consequences may result to the health of the Contestant if the bout is allowed to Continue.

The Medical Practitioner instructs the Referee to stop a contest because the Medical Practitioner is of the opinion that a Contestant is exhausted or injured to such an extent as to be unable to provide a defence or to continue that contest.

When the Chief Second or Trainer "throws in the towel" or otherwise indicates that they want the bout stopped.

### **Referee's Signals**

When the Referee orders "stop" to the Contestants must stop attacking and & await further instruction from the Referee. If ground fighting is brought to a standstill, the referee shall call "break" before separating the Contestants immediately and have them resume the contest from a standing position.

If one or both Contestants are in danger of coming out of the ring, or either Contestants effectiveness is hindered by the ropes or the fighting enclosure, or when the clothes or protectors of a Competitor come off or are nearly coming off; The Referee shall call "Stop Don't Move". Once a "Don't Move" call is announced, both Contestants shall stop moving immediately and stay as they are till the referee instructs them to continue. In this case a Sub Referee may assist the Referee to reposition the Contestants in exactly the same position that they were in prior to the call.

When a contest is terminated by Submission, KO or TKO, the Referee shall indicate that the match is over by crossing their hands above their head.

A Referee may perform the duties of a Judge or Timekeeper.

### **Duties and Responsibilities of the Judges**

To sit ringside in their appointed positions & remain seated until the decision is announced.

Each Judge shall independently and impartially Judge the merits of the Contestants and score according to the rules.

Keep score throughout each round to determine how many more effective strikes one Contestant has landed over the other Contestant to determine the score. Award to each competitor the appropriate number of points,



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documenting the score on the official scorecard immediately after the end of each round and before signing the card and handing it to the Referee.

Apply the scoring system for a contest as is declared by the Referee, such as points deducted.

The Judges shall not speak to a Contestant, or to another Judge, or to anyone else except the Referee or Commission Representative during a contest. A Judge may if necessary at the end of a round bring to the notice of the Referee any incident which the Referee may appear to have missed, such as misconduct of a Second, loose ropes etc.

A Judge shall not allow anyone to see their scorecards.

A Judge shall not leave their seat until the verdict has been announced to the public.

Judges are required to follow the instructions of the Referee in control of the contest.

Judges must not keep Secondary cards or tallies of points during a contest.

A Judge may perform the duties of a Timekeeper.

### **Duties and Responsibilities of the Timekeeper**

The duties of the Timekeepers are as follows:

Timekeepers shall use two stopwatches or digital time keeping devices, one for the general time and the other for the rest periods.

The intervals between rounds shall be one minute's duration for all MMA contests. The Timekeeper will announce "Seconds out" in a loud clear voice ten (10) Seconds before the interval is up and sound a warning buzzer or whistle, indicating the Seconds must leave the ring and all foreign objects must be removed from the ring & apron.

When a Referee orders Contestants to "stop" and calls "time", the Timekeeper shall stop the watch and only restart it when the Referee orders to "fight".

If a Referee or Judge is injured or becomes ill during a contest and is unable to continue, the Timekeeper shall ring the bell to terminate the round. On the replacement of that Official, that round shall recommence as a full round. If there are no other registered officials available to fulfil the position of the Referee or Judge, the Timekeeper must sound the bell to signal the end of the contest. The contest will be declared a 'No Contest.'

The Timekeeper shall sound the clacker ten (10) seconds before the end of each round to notify the Referee that the end of the round is near. They must also sound the bell at the precise moment & shall not lengthen or shorten the periods of contest time or intervals. The Timekeeper shall at all times ensure the Referee has heard the bell.

A Referee or Judge may perform the duties of a Timekeeper.

### **Duties and Responsibilities of the Medical Practitioner**

The duties of a Medical Practitioner at any contest shall be to:

Sit at the immediate ringside during a contest.

Provide all necessary medical equipment other than that provided by the Promoter i.e. oxygen supply unit and stretcher.

Terminate any contest where, in his or her opinion, a Contestant is exhausted or injured to such an extent as to be unable to defend themselves or avoid further injury. The Medical Practitioner will then blow a foghorn to obtain the Referee's attention, indicating that they wish to have the contest stopped. In this case the Referee must abide by the Medical Practitioners' decision to terminate the contest.

### **Duties and Responsibilities of the Trainer**

The prime objective of Trainers is the safety, health and welfare of their Contestants and shall:

Do all possible to properly prepare them for any contest. Ensure they do their best not to overmatch them.



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Ensure the Contestant is examined by the Medical Practitioner post-contest if the Contestant has sustained a knockout, heavy punishment or injury. Ensure that any injuries are properly attended to & any instructions from the Medical Practitioner are strictly followed.

During the round, Trainers must be seated at least half a metre away from the contest area. During a bout Trainers shall not slap the canvas or use any tactics to distract the Referee, or distract the opponent. At the call of "Seconds out" or the sounding of the whistle, Trainers must immediately vacate the contest area & ensure the stool & all other objects are removed from the contest area & apron before the bell sounds to start the round.

All Trainers should be clean, neatly dressed & act in a sportsman like manner. All Trainers must be registered with the Commission & may act as a Second.

### **Duties and Responsibilities of the Seconds**

Every Contestant is permitted no more than three (3) Seconds including the Trainer in their corner. Only one (1) Second and one (1) Trainer may enter the contest area during rest periods between rounds. Seconds must be registered with the Commission.

### **A Second shall:**

Assist the Contestant as advised by the Trainer.

Assist the Trainer in the preparation of the Contestants.

During the round, Seconds must be seated at least half a metre away from the contest area.

At the call of 'Seconds out' or the sounding of the whistle, immediately vacate the contest area and remove the stool and all other objects from the contest area and apron before the bell sounds to start the round.

### **The Seconds shall only use the following equipment:**

White petroleum jelly.

Sterile cotton wool or cotton wads.

Sterile gauze.

Cotton bud sticks.

Blunt-edged surgical scissors.

Icebag.

Adhesive tape.

Water buckets and drinking receptacles.

Solution of adrenalin 1/1000.

Surgical Spirits.

No stimulant shall be used other than cold water sprinkled on the body or used as a mouthwash.

Seconds shall not apply petroleum jelly to any part of the Contestant's body other than the face.

### **Seconds are not to use on a Contestant:**

Iron chloride solution.

Monsol solution.

Ammoniated liniment.

Smelling salts.

Where the Trainer or Chief Second considers the Contestant is in danger of being seriously injured, a towel may be thrown into the contest area, or other similar action taken to indicate a desire to terminate the fight, whereupon the Referee shall terminate the contest.

**A Second shall not:** Act as a Manager or Trainer unless that second holds an appropriate registration. A Second must not attempt in any way to procure a contest for the Contestant.

A Contestant's Second(s) must not slap the canvas during the contest or act in an unseemly manner. Any inappropriate behavior (e.g. abusive language or gestures) may lead to their Competitor losing points or being disqualified. They may also be relieved of their duties for the match and/or the remainder of the tournament in progress, at the discretion of the Chief Referee



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## 5.0 RULES OF THE CONTEST

### Cut-Eye Rules

These rules apply if a contest is stopped because of a cut or cuts to the surrounds of the Contestant's eyes.

#### Cut eye – legitimate

The Referee shall declare a 'legitimate cut eye' where:

A laceration to the eye or its surrounds occurs and the laceration is caused by a legitimate blow.

As a consequence of the legitimate laceration, the Contestant sustaining the injury is unable to continue the fight, the Referee shall declare the Contestant who delivered the blow to be the winner TKO (cut eye).

#### Cut eye – deliberate Foul

The Referee shall immediately stop the contest & notify the Judges of a foul where a Contestant has sustained a laceration to an eye or its surrounds due to a deliberate:

Head clash.

Use of palm heel.

Any other foul.

In the event of a cut eye from a deliberate foul the Referee may disqualify the offending Contestant if the injured Contestant is unable to continue. If the injured Contestant is deemed fit to continue after consultation with the Medical Practitioner, the Referee shall continue the contest, but may deduct point/s from the offending Contestant.

If a contest is later stopped due to the deterioration of a laceration to an eye or its surrounds then:

If the cut Contestant is ahead on points, the Referee shall declare that Contestant the winner of the contest.

If the cut Contestant is behind on points, the Referee shall declare the contest a technical draw.

In the event that the offending Contestant of a deliberate cut eye ruling is also lacerated and the contest is terminated either immediately or within the first third of the scheduled contest, then the Referee may at their discretion disqualify the Contestant who inflicted the deliberate cut eye, or declare the contest to be a technical draw.

In the event that the offending Contestant of a deliberate cut eye ruling is also lacerated and more than the first third of the scheduled contest is completed and the contest is not terminated immediately, then the Referee shall at the end of the contest tally the points and where the offending Contestant is ahead on points the Referee shall declare the contest a technical draw. If the offending Contestant is behind on points, then the Referee shall declare the Contestant who received the deliberate cut eye the winner.

#### Cut eye – accidental

Where, in the Referee's opinion, a laceration to an eye or its surrounds is caused by an accident, it shall be declared an accidental cut eye.

In the event of an accidental cut eye causing the contest to be terminated prior to completion of the first third of the scheduled contest rounds, the Referee shall declare the contest to be a technical draw.

If the contest is terminated due to an accidental cut eye after the first third of the scheduled contest rounds are complete. The Referee shall declare the Contestant ahead on points at the end of the previous round to be the winner.

If a Contestant's corner stop a contest due to a cut, irrespective of the cause shall not direct a Referee, if in his or her opinion it does not warrant a stoppage. If the corner demands a stoppage under these conditions and the Referee agrees, the Referee shall declare the other Contestant the winner by TKO.

#### Accidental Injury

If a Contestant cannot continue because of an injury not attributable to legal strikes, a Win by TKO Injury shall be awarded to the Contestant who can continue. However, this shall not apply in the case of the cut-eye or low blow foul rule.

If an accidental clash of heads or fall renders one or both Contestants temporarily unable to continue. The Referee may consult with the Medical Practitioner to assess the Competitors condition.



# ISKA WA MMA RULES

## PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS

### Medical Examinations

If the Referee stops the contest & employs the use of the Medical Practitioner, the examinations shall not exceed five (5) minutes. If five (5) minutes is exceeded, the fight cannot be re-started & the contest must end.

### Accidental Foul

If a bout is stopped because of an accidental foul, the referee shall determine whether or not the contestant who has been fouled can continue. The Referee shall inform the Judges of the determination that the foul was accidental.

The referee may consult with the attending Medical Practitioner.

If the Contestant's chances have not been seriously jeopardised as a result of the foul, the Referee may order the bout continued after an interval of not more than five (5) minutes.

Should an accidental foul terminate a bout during the first third of a scheduled contest, the Referee shall declare the contest to be a technical draw.

If an accidental foul causes the receiving Contestant to be unfit to continue, after the first third of the scheduled contest rounds are complete. The bout shall be terminated. The Scorekeeper shall tally all scores, subtracting all penalties. If the injured Contestant is behind on points in the majority opinion of the Judges, then the Referee shall declare the contest to be a technical draw. If the injured Contestant has a lead in points, then the Referee shall declare him or her to be the winner by technical decision.

### Low Blow Foul

A Contestant who has been struck with a low blow is allowed up to five (5) minutes to recover from the foul as long as in the Medical Practitioner's opinion the Competitor may possibly continue on in the contest.

If the Contestant states that they can continue on or before the five (5) minutes of time have expired, the Referee shall, as soon as practical, restart the contest. If the recipient of the low blow is unable to continue the contest, or goes over the 5 minute time allotment the termination procedures of the accidental foul rule above shall apply.

### Failure to Leave Corner

If the Chief Second advises the referee his contestant cannot continue, the contestant will lose by TKO. If there is no such advice and the contestant refuses to leave the corner the referee will apply a count and, on reaching ten, declare the Opponent to be the winner by KO.

If the Contestant leaves the corner before the count ends, the Referee may order a point deduction, if they consider the Opponent has been significantly inconvenienced, before ordering the contest to continue.

### Inspection during Rest Period

Unless it is beyond doubt that an injured or distressed Contestant is not in a fit condition to continue the Referee will allow him or her the full minute's rest between rounds before checking his or her condition.

The Timekeeper shall sound the bell at the appropriate time for the next round but shall not start his/her clock until the Referee orders 'fight'.

The Referee may order the contest to be terminated on his own discretion or at the discretion of the Doctor and then give the Judges his ruling on what type of decision relates to the specific circumstances.

### Stalling

A Contestant who intentionally refuses to engage an Opponent or who deliberately clinches or holds onto an opponent without attempting to score, shall receive an immediate caution or warning from the Referee. If the Contestant continues to utilize such passive tactics they may have point/s deducted from their score as determined by the Referee.

### Loss of Mouthguard

Should a Contestant lose their mouthguard the round will be stopped until the mouthguard has been cleaned and replaced. Should the mouthguard be lost in an exchange the Referee shall wait until the cessation of the exchange to order its replacement. In the event that the mouthguard is intentionally expelled, the Referee may at his discretion penalise the offending Contestant with point's deduction, or for continual occurrences deduct further points or disqualify the offending Contestant.



# ISKA WA MMA RULES

## PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS

### Double Knockdown

If both fighters are knocked down, the Referee will terminate the contest. The result will be a “no contest”..

### Out of the Ring

If a Contestant is knocked out of the ring or falls out of the ring and the apron, they must return inside the ropes, unaided, within ten seconds. Failure to do so shall result in the Contestant being counted out.

Should a Contestant be knocked out of the ring or fall off the apron to the floor outside the ring base, they must return inside the ropes, unaided, within 20 seconds or the same decision shall be given.

### Stopping a Contest

The Referee shall put the safety of Contestants above all else in making a decision to stop a contest.

ISKA WA's principle of “**Safety First**” applies to all MMA contests.

The Referee is the only person empowered to stop a contest. However, must accept the direction from the Medical Practitioner to end a contest.

The Referee & Medical Practitioner are the only individuals authorized to enter the fighting area at any time during a contest. The Referee, Chief Official or Medical Practitioner can call a stop to the action while the timer is running if it is in the interests of Contestant or public safety.

### The Referee must stop a contest when:

A Contestant verbally submits or submits by tapping the mat or Opponent's body with the hand or foot more than two (2) times.

A Contestant is unable to properly provide a defence and there may be danger of serious injury by not submitting.

A Contestant has received a serious injury, and after consultation with the Medical Practitioner, the Referee considers serious consequences may result to the health of the Contestant if the bout is allowed to continue.

A Contestant is exhausted or injured to such an extent as to be unable to defend themselves or unable to continue.

When the Chief Second or Trainer “throws in the towel” or otherwise indicates that they want the bout stopped.

The Medical Practitioner instructs the Referee to stop a contest because the Medical Practitioner is of the opinion that a Contestant is exhausted or injured to such an extent as to be unable to provide a defence or to continue that contest.

### Decisions

At the end of a contest, after the scorecards have been assessed or a decision is made by the Referee, the result shall be announced as one of the following:

- Submission;

*Tap Out:* Competitor physically uses the hand or foot to indicate that he or she no longer wishes to continue; or

*Verbal tap out:* When a Competitor verbally announces that they do not wish to continue by yelling “stop” or “tap”;

*Physical Signs of Distress:* When a Competitor show clear and visible signs of distress & the Referee decides that he or she does not wish to continue

- Knockout:

When a Contestant is rendered unconscious due to strikes, kicks, choke or throw (KO).

- Technical Knockout:

When the Referee stops the contest (TKO);

When an injury as a result of a legal manoeuvre is severe enough to terminate a bout (TKO); or

- Decision via scorecards, including:
  - Unanimous decision – when all three (3) Judges score the contest for the same Contestant;
  - Split decision – when two (2) Judges score the contest for one Contestant and one (1) Judge scores for the Opponent;
  - Majority decision – when two (2) Judges score the contest for the same Contestant and one (1) Judge scores a draw; or
  - Draws, including:- Unanimous draw: when all three (3) Judges score the contest a draw;
  - Majority Draw: when two (2) Judges score the contest a draw; or





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## PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS

- Split Draw: when all three (3) Judges score differently.
- Disqualification; When an injury sustained during competition due to an intentional foul is severe enough to terminate the contest
- Forfeit; When a competitor fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.
- Technical Draw; When a Contestant is accidentally injured owing to a cut or injury occurring from an accidental head clash or similar incident. If the contest is stopped before a third of the scheduled rounds have been completed, the contest shall be declared a technical draw.
- Technical decision; If one third of the scheduled rounds have been completed before the injury becomes severe enough to stop the fight, then the Contestant who is ahead on points shall be declared the winner by technical decision..
- No Contest: When the Referee stops a contest due to a double knockdown or an accidental injury, and a sufficient number of rounds have not been completed to render a decision via the scorecards.

### Fouls

The following acts constitute fouls in a contest of mixed martial arts and may result in penalties. A Referee has the discretion to warn, deduct points from or disqualify a Contestant who engages in any of the practices listed below:

Butting with the head

Eye gouging of any kind

Biting

Spitting at an opponent

Hair pulling

Spiking an opponent to the canvas on the head or neck

Striking to the spine or the back of the head

Kicking to the kidney with a heel

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

Outstretching the fingers toward an opponent's face/eyes: In the standing position

Striking downward using the point of the elbow ie. (12 to 6)

Groin attacks of any kind

Kneeing or kicking the head of a grounded opponent

Stomping of a grounded fighter

Holding the shorts, pants, gloves or protectors of an opponent

Holding or grabbing the fence or ropes with fingers or toes for any purpose

Small joint manipulation

Throwing an Opponent out of the ring or contest area

Putting a finger into any orifice, or into any cut or laceration of your opponent

Clawing, pinching or twisting the flesh.

Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury

Using abusive language in the ring or contest area

Flagrantly disregarding the instructions of the Referee

Any unsportsmanlike conduct that causes an injury to opponent

Attacking an opponent after the bell has sounded to end the round

Attacking an opponent on or during the break

Attacking an opponent who is under the care of the Referee

Any Interference by the corner or Seconds

Applying any foreign substance to the hair or body to gain advantage

A full description of illegal fouls is listed below

**Butting with the head:** The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

**Eye gouging of any kind:** Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the Opponent's eye socket are not eye gouging and shall be considered legal attacks.



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**Biting or spitting at an Opponent:** Biting in any form is illegal. A Competitor must recognize that a Referee may not be able to physically observe some actions, and must make the Referee aware if they are being bitten during a contest.

**Fish Hooking:** Any attempt by a Contestant to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your Opponent.

**Hair pulling:** Pulling of the hair in any fashion is an illegal action. A Competitor may not grab a hold of the Opponent's hair to control them in any way. If a Contestant has long hair, they may not use their hair as a tool for holding or choking in any fashion

**Spiking the opponent to the canvas onto the head or neck (pile-driving):** Spiking is considered to be any throw where you control your opponent's body placing their feet towards the sky with their head straight down and then forcibly drive the Opponents head or neck into the canvas or contest floor. It should be noted when a Contestant is placed into a submission hold by their Opponent, if that Contestant is capable of elevating their Opponent they may bring them down in any fashion they desire, because they are not in control of their Opponent's body. The Competitor who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.

**Strikes to the spine or the back of the head.** The spine includes the tailbone. The back of the head is defined as the area starting at the crown of the head and running directly down the centerline of the head with a one inch variance to each side. The entire rear portion of the neck is also illegal to attack starting at the occipital junction and stopping at the top of the trapezius. From the trapezius muscle down the spine is protected to the tailbone

**Throat strikes of any kind and/or grabbing the trachea:** No directed throat strikes are allowed. A directed attack would include a Contestant pulling the Opponents head back in a way to open the neck area for a striking attack. A Competitor may not gouge their fingers or thumb into their Opponent's neck or trachea in an attempt to submit their opponent. If during stand up action of a fight a punch is thrown and the punch lands in the throat area of the Opponent, this shall be viewed as a clean and legal blow.

**Fingers outstretched toward an Opponent's face/eyes:** In the standing position, a fighter that moves their arm(s) toward their opponent with an open hand, fingers pointing at the Opponent's face/eyes, will be a foul. Referees are to prevent this dangerous behavior by communicating clearly to the Competitors. Contestants are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

**Downward pointing elbow strike (12 to 6):** The use of a linear "straight up straight down" elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.

**Groin attacks of any kind:** Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.

**Kneeing and/or kicking the head of a grounded Opponent:** A grounded Contestant is defined as:-

Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, **and/or** any other body part must be touching the fighting area floor. A single knee or arm makes the Contestant grounded without having any other body part in touch with the contest area floor. At this time, kicks or knees to the head are strictly prohibited.

**Stomping of a grounded Competitor:** Stomping is considered any type of striking action with the feet where the Competitor 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 stops are NOT a foul. As such, this foul does not include stomping the feet of a standing Contestant. A grounded Competitor is defined as: Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, **and/or** any other body part must be touching the contest area floor. It needs to be clear to all Competitors that once an Opponent has become grounded, Stomps of any kind are not permitted, even to the feet.



# ISKA WA MMA RULES

## PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS

### Fouls Cont...

**Holding Opponent's gloves or attire:** A Contestant may not control their opponent's movement by holding onto their opponent's gloves or attire. A Contestant 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 attire

**Holding or grabbing the fence or ropes with fingers or toes:** A Contestant may put their hands or feet on the fence or rope and push off of it at any time. A Competitor may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a Competitor's fingers or toes go through the cage and grab hold of the fence or rope and start to control either their body position or their Opponent's body position it now becomes a prohibited action.

A Contestant may not grab the ropes or wrap their arms over or under the ring ropes at any time. The Competitor may not purposely step through the ropes or use the ropes in a defensive or offensive manner. If a Contestant is caught holding the fence, cage or ring rope material the Referee may caution, warn or issue a point deduction from the offending Contestant. If a Competitor grabs hold of the cage or ropes and because of the infraction, the fouling Competitor ends up in a superior position due to the foul, the bout shall be re-started by the Referee in the same position that the Contestants were in prior to the infraction, after determining what disciplinary action is appropriate.

**Throat strikes of any kind and/or grabbing the trachea:** A Contestant may put their hands or feet on the fence and push off of it at anytime. A Competitor may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a Competitor'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 a prohibited action.

A Contestant may not grab the ropes or wrap their arms over or under the ring ropes at any time. The Competitor may not purposely step through the ropes. If a Contestant is caught holding the fence, cage or ring rope material the Referee may caution, warn or issue a point deduction from the offending Contestant. If a Competitor grabs hold of the cage and because of the infraction, the fouling Competitor ends up in a superior position due to the foul, the bout shall be re-started by the Referee, standing in a neutral position after determining what disciplinary action is appropriate

**Small joint manipulation:** Contestants must grab the majority of fingers or toes for use as defense or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints.

**Throwing an Opponent out of the ring or caged area:** A Contestant shall not throw their opponent out of the ring or cage.

**Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent:** A Contestant 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

**Clawing, pinching, twisting the flesh:** Any attack that targets the Opponent's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

**Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury):** Timidity is defined as any Contestant who purposely avoids contact with his Opponent, or runs away from the action of the bout. Timidity can also be called by the Referee for any attempt by a Competitor to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the contest.

**Use of abusive language in the contest area.** The use of abusive language is not allowed during MMA competition. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that Competitors can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (Racially motivated or Derogatory language)

**Flagrant disregard of the Referee's instructions:** A Contestant MUST follow the instructions of the Referee at all times. Any deviation or noncompliance may result in a point/s deduction, or the Competitor being disqualified from the contest.



# ISKA WA MMA RULES

## PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS

### **Fouls Cont...**

Any unsportsmanlike conduct that causes injury to an Opponent. Every athlete competing in the sport of MMA is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a Competitor shall be viewed as being unsportsmanlike.

Attacking an Opponent after the bell has sounded to end the round. The end of a round is signified by the sound of the bell and the call of time by the Referee. Once the Referee has made the call of time, any offensive actions initiated by the Contestant shall be considered after the bell and illegal.

Attacking an Opponent on or during the break: A Competitor shall not engage their Opponent in any way or fashion during a time-out or break of action in competition.

Once the Referee has called for a stop of the action to protect a Competitor who has been incapacitated or is unable to continue, a Contestant must cease all offensive actions against their Opponent.

Interference from a mixed martial artist's corner or seconds: Interference is defined as any action or activity aimed at disrupting the contest or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the Referee or attempt to influence the actions of the Referee in any fashion.

If a bottom Contestant commits a foul, unless the top Contestant is injured, the contest will continue, so as not to jeopardize the top Competitor's superior positioning at the time. A Competitor shall not gain a tactical benefit from a foul. The Referee will verbally notify the bottom Contestant of the foul. When the round is over, the Referee will assess the foul and notify the Judges of their decision.

Only a Referee can assess a foul. If the Referee does not call the foul, the Judges must not make that assessment on their own and should not factor such into their scoring calculations.

If a foul is committed, the Referee shall call "Stop" & "Time", then order the offending Contestant to a neutral corner & check the fouled Contestant's condition and safety. Then address the foul to the offending Competitor, cautioning, warning, deducting point/s or disqualification, as the Referee deems appropriate.

Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the Referee. A deliberate foul may result in one or more point being deducted by from the offending Contestant's score.

### **Injuries Sustained by Fair Blows and Fouls:**

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

If an injury sustained during competition as a result of an intentional foul, as determined by the Referee, is severe enough to terminate a bout, the Contestant causing the injury must lose by disqualification.

If an injury is sustained during competition as a result of an intentional foul, as determined by the Referee, and the bout is allowed to continue, the Referee shall notify the Judges & Scorekeeper to automatically deduct point/s from the Contestant who committed the foul.

If an injury sustained during competition as a result of an intentional foul, as determined by the Referee, causes the injured Contestant to be unable to continue, the injured Contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured Contestant is behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

If a Contestant injures themselves while attempting to commit a foul, the Referee may not take any action in their favour. The injury shall be treated in the same manner as any injury produced by a fair blow.

If an injury sustained during competition as a result of an accidental foul, as determined by the Referee, is severe enough for the Referee to stop the bout immediately, the bout shall result in a technical draw if stopped before one third (1/3) of the scheduled contest has been completed.

If an injury sustained during competition as a result of an accidental foul, as determined by the Referee, is severe enough for the Referee to stop the bout immediately, the bout shall result in a technical decision awarded to the



# ISKA WA MMA RULES

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Contestant who is ahead on the score cards at the time the bout is stopped provided that more than one third (1/3) of the scheduled contest has been completed.

Incomplete rounds shall not be scored.

### Stopping a Contest

The Referee shall put the safety of Contestants above all else in making a decision to stop a contest.

ISKA WA's principle of "**Safety First**" applies to all MMA contests.

The Referee is the only person empowered to stop a contest. However, must accept the direction from the Medical Practitioner to end a contest.

The Referee & Medical Practitioner are the only individuals authorized to enter the fighting area at any time during a contest. The Referee, Chief Official or Medical Practitioner can call a stop to the action while the timer is running if it is in the interests of Contestant or public safety.

### Cautions & Warnings

The Referee may issue a caution or warning for minor infringements of the rules. After the initial caution or warning, if the prohibited conduct persists, the Referee can issue a point/s deduction or disqualification.

Severity of the penalty relates to the impact the illegal act had on the bout.

A competitor should never profit from an illegal act.

If the act in question results in giving the competitor a positional advantage, the referee must stop the action to take away the advantage.

If the competitor uses an illegal technique to escape from a disadvantaged position, the referee will reposition the competitors to the closest position.

### Disqualification

Should a Contestant be disqualified, the Referee shall report details to the ISKA WA who shall take any action, deemed necessary. The Referee has the discretion to intervene in the case of unfair acts not covered in these rules & regulations and may Caution, Warn, Deduct point/s from or Disqualify the offending Competitor.

It is the Referee's responsibility to decide if a foul was accidental or deliberate. If his or her view of the foul was unsighted or partly obscured, they may confer with the Judges & Supervisor prior to making a decision but shall have the final decision.

### No-Contest

The Referee can declare a no-contest when, in their opinion, the two Contestants are not doing their best, when both repeatedly ignore the rules or disobey them after several warnings, or when a contest, in the opinion of the Referee, is not being conducted honestly by one or both Contestants.

If a no-contest decision is given, the Referee shall report to the ISKA WA on the matter.

### No-Decision

A No-Decision may be given if a contest is stopped in unusual circumstances, such as a ring collapsing or a long power or lighting failure. The Referee should consider the circumstances prior to making a decision and if in any doubt may consult with the ISKA WA Rep & Commissioners.

### Exhibition Contests

Exhibition Contests may be conducted in accordance with the Commissions mandatory conditions for Exhibition Permits. Contestants who participate in an exhibition contest must be novice contestants and not have any previous experience in combat sports – i.e. Boxing, K1 kickboxing, Oriental Rules, Muay Thai, Sanda, Submission Grappling or MMA. An Exhibition contest permits Contestants with limited experience to compete for a decision under modified rules and/or conditions approved by the Commission. Contestants with previous combat sports experience may only participate at the discretion of ISKA WA and may be subject to further registration conditions.

A Referee must be in the ring and a Second Referee must be ringside while an exhibition contest is in process to ensure the safety of the Contestants. Exhibitions must be announced as such. They may be scored by Judges and decisions may be announced. Contestants taking part in exhibitions must hold current registration and have a



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pre-bout medical examination. All exhibition bouts must be conducted in approved MMA sparring gloves and shin guards. Exhibition contests cannot be run as eliminator events. Contestants can only compete once at any given event. All exhibition contests are subject to ISKA WA approval.

### **Demonstration Bouts**

Demonstration bouts maybe allowed at the discretion of ISKA WA. Demonstration Bouts allow two or more Competitors to display their skills. A demonstration bout will be no more than 2 x 5-minute rounds (Subject to Competitor Age & Class)

A Referee must be in the ring and a Second Referee must be ringside while an exhibition contest is in process to ensure the safety of the Contestants. Demonstration bouts must be announced as such and no decision shall be made on the outcome. All exhibition bouts must be conducted in approved MMA sparring gloves and shin guards. Contestants taking part in a demonstration bout must hold current registration and have a pre-bout medical examination.

Demonstration bouts will be subject the Age and Experience Limit requirements above. Demonstration bouts cannot be run as eliminator events. Contestants can only compete once at any given event. All demonstration bouts are subject to ISKA WA approval.

### **Restrictions Following a Knockout**

*Combat Sports Regulations 2004*; Division 2 (15) Subclause (1), where a Contestant is knocked out:

The Contestant must not participate in a contest for a period of at least 30 days.

For the second consecutive time, the Contestant must not participate in a contest for at least 60 days.

For the third consecutive time, the Contestant must not participate in a contest for a period of 90 days or for such longer period as the Medical Practitioner determines, referred to in Section 49 of the Act.

### **Restrictions Following a Contest**

Where a Contestant has participated in a contest the Contestant shall not compete again for seven days.

Where a Medical Practitioner has endorsed a Contestant's certificate of registration with a specific date, the Contestant shall not compete before that date.

## **6.0 MISCELLANEOUS**

### **Shaking Hands**

The shaking of hands or touching of gloves takes place before beginning the first round and before the beginning of the last round. Any further shaking of hands or touching of gloves is not compulsory.

### **Protests**

Any protest must be lodged to the ISKA WA by hand or email no later than 7 days after the contest in question.

The decision given in a contest by a Referee and/or Judge shall be final, unless: -

The ISKA WA Representative and or the Commission can verify a proven mathematical error on the scorecards. An announcement of a decision has been incorrectly conveyed, extraordinary circumstances and/or a disregard of the rules.

In this case the ISKA WA Representative can overturn the decision, document it & announce the decision publicly at the next available opportunity.

### **Drugs**

Prohibited drugs are those defined by the (Australian Sports Anti-doping Authority ASADA).

It is the responsibility of the Contestant and their Trainer to check and ensure that the Contestant is not taking any medication or mixture that is prohibited.



# ISKA WA MMA RULES

**PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS**

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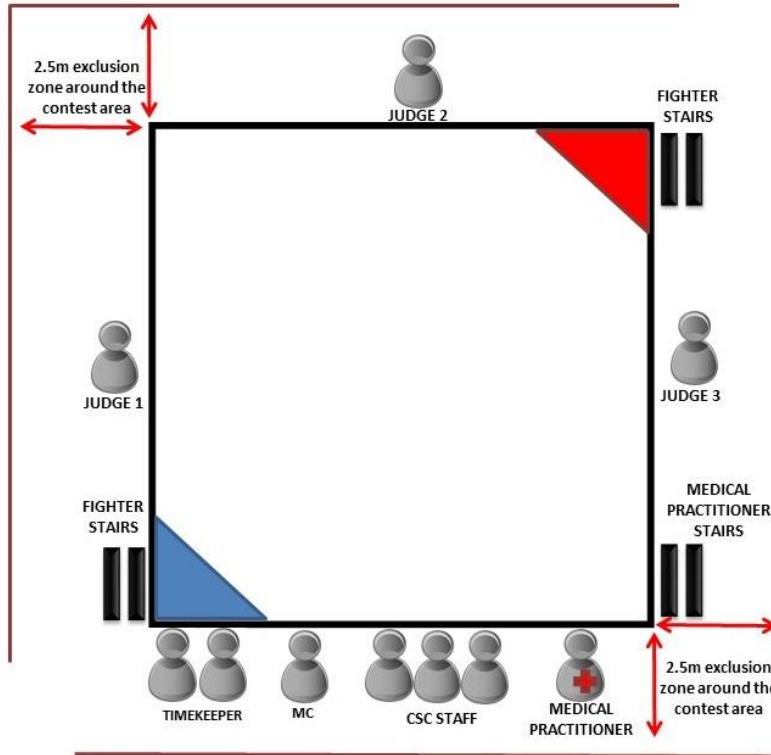
Peter Hunt  
ISKA WA Representative

# ISKA WA MMA RULES

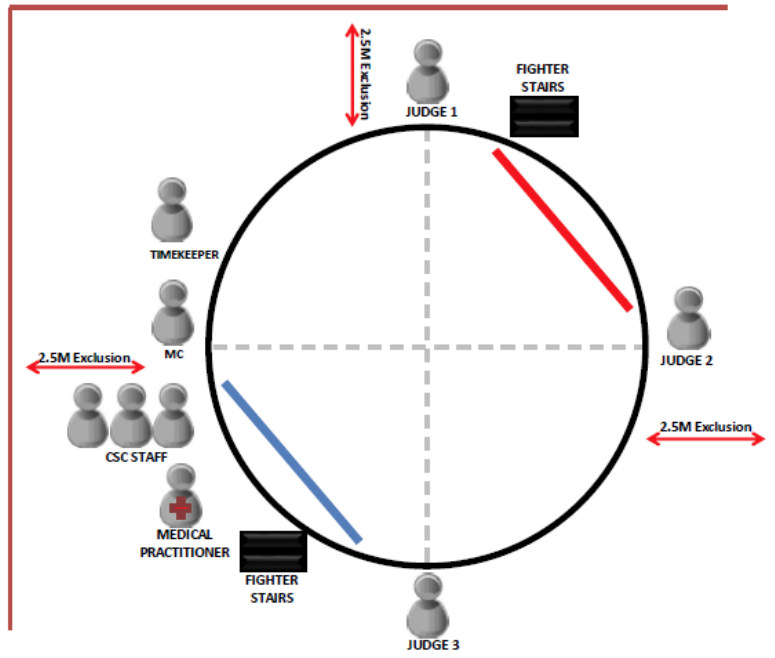
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## 7.0 Figures & Diagrams

### Standard ring layout



### Safety Enclosure layout A

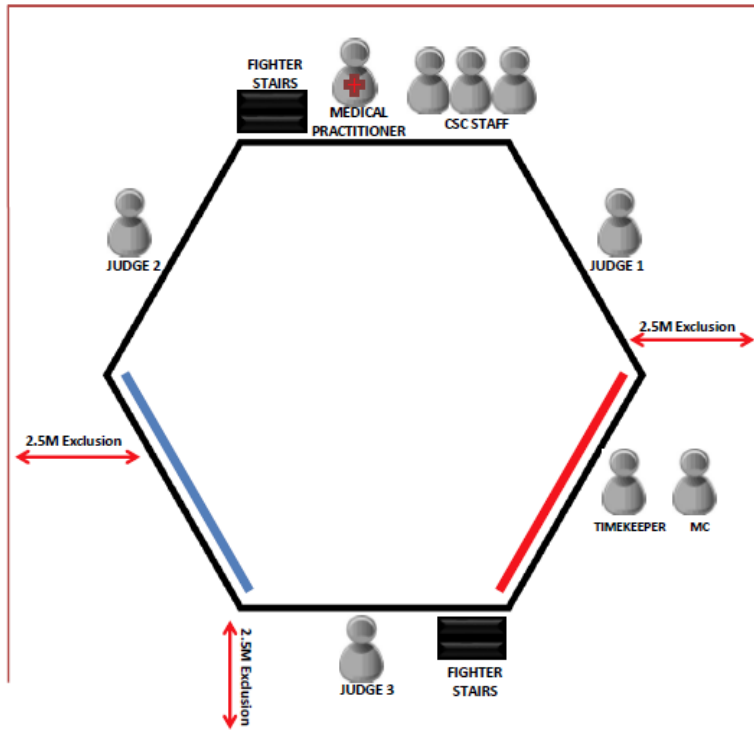




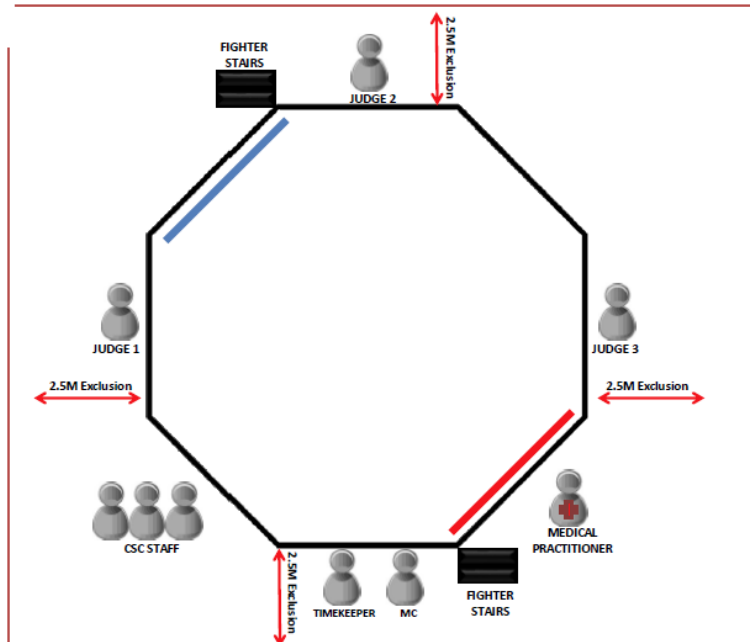
# ISKA WA MMA RULES

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## Safety Enclosure layout B



## Safety Enclosure layout C







# ISKA WA MMA RULES

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Sample Scorecards

Professional Scorecard

 Government of Western Australia Combat Sports Commission		<b>Official Score Card</b>			PREPARE WELL PERFORM BETTER
<b>RED CONTESTANT</b>			<b>BLUE CONTESTANT</b>		
NAME:		<b>VS</b>	NAME:		
<b>RED CONTESTANT SCORE</b>			<b>BLUE CONTESTANT SCORE</b>		
<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	
POINTS SCORED	ORDERED DEDUCTION		POINTS SCORED	ORDERED DEDUCTION	
GREEN JUDGE'S NAME:					ROUND #
GREEN JUDGE'S SIGNATURE:		DATE:			



# ISKA WA MMA RULES

PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS



## ISKA SCORE CARD



DATE / / BOUT No \_\_\_\_\_

VENUE \_\_\_\_\_ Judge \_\_\_\_\_

NOV / AM / PRO WEIGHT \_\_\_\_\_ KG RULES \_\_\_\_\_

REFEREE \_\_\_\_\_ JUDGE \_\_\_\_\_

RED			BLUE														
NAME _____			NAME _____														
COMMENTS & DEDUCTIONS	POINTS	ROUND	POINTS	COMMENTS & DEDUCTIONS													
		1															
		2															
		3															
		4															
		5															
		<u>TOTAL</u> LESS DEDUCTIONS															
DECISION IN CASE OF DRAW																	
STRONGER OVERALL		FINISHING STRONGER		TECHNIQUE PRIORITY													
BETTER OFFENCE			BETTER DEFENSE														
RED		WINNER		BLUE													
SUB	W.P	K.O	DISQ	RET	TD	R.S.C	W.O	N.C	ROUND								
		H	B			H	B	INJ	O.C	CCT			1	2	3	4	5

JUDGE SIGN \_\_\_\_\_



# ISKA WA PROTEST FORM

PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS

RE: Protest in regard to the fight between -----

And -----

for a decision on the -----/-----/ 20----

at -----

The ISKA WA formally acknowledges your protest and will follow the formal "Protest" Guidelines of the ISKA WA. Any protest must be lodged to the ISKA WA by hand or email no later than 7 days after the contest in question.

The decision given in a contest by a Referee and/or Judge shall be final, unless:-  
The ISKA WA Representative and or the Commission can verify a proven mathematical error on the scorecards. An announcement of a decision has been incorrectly conveyed, extraordinary circumstances and/or a disregard of the rules.

In this case the ISKA WA Representative can overturn the decision, document it & announce the decision publicly at the next available opportunity.

### ISKA Protest Process

The Protest process will be conducted in the following way.

1. ISKA WA will conduct a protest review.  
Your letter will be reviewed by the ISKA WA State Representative to determine:
  - A. if there is sufficient cause to warrant further review.
  - B. If it is determined that there is no grounds for a protest - it will be dismissed.
  - C. If it is determined that you do have grounds for a protest, then the formal ISKA Protest process will be undertaken.
2. The ISKA Australia will be informed of your protest and the results of that bout temporarily put on hold.
3. The rules will be reviewed in regard to the particular concerns you have raised.
4. Video footage of the match will be reviewed by the ISKA WA Representative and ISKA WA Officials.
5. The State Representative will consult the decision with the Commission, ISKA WA Officials as needed.
6. The rules and footage will be used to make a preliminary decision – This will be sent to the ISKA Australia for clarification.
7. The State Representative will contact you and provide you with a formal ISKA WA position.
8. If you are unhappy with the ruling - the protest can be sent to the ISKA Australia to make a ruling.
9. The ISKA Australia, will review the footage & the ISKA WA ruling and either support or dismiss the protest.

### Please note

1. Clear documentation of the issue or concern is required to establish the grounds for protest.
2. Video footage of the match must be received before any actions can be taken.
3. Protest Rulings or Decisions made by the ISKA WA are rarely over turned by the ISKA Australia.
4. Protests lodged with the State cost \$100.
5. Protests lodged with the ISKA Australia Cost \$150.
6. The ISKA Australia decisions are final.

Signed :- -----

Date;- \_\_\_\_/\_\_\_\_/\_\_\_\_

Name :- \_\_\_\_\_

Position ;:- \_\_\_\_\_

Specific issues & concerns can be attached in writing or email [mrmartialarts51@yahoo.com.au](mailto:mrmartialarts51@yahoo.com.au)