



UNITED WORLD
WRESTLING

INTERNATIONAL AMATEUR MMA RULES & REGULATIONS

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FOREWORD

Amateur Mixed Martial Arts (AMMA), as practiced today, is rooted in the ancient Olympic martial art of Pankration. Pankration uniquely stands out as the only martial discipline that can authentically trace its lineage directly back to the ancient Olympic Games, where it featured prominently from 648 BC until 393 AD.

United World Wrestling (UWW) seeks to reconnect modern Amateur Mixed Martial Arts with its ancient Olympic heritage by establishing Amateur MMA as an official Olympic level discipline.

Aligned with the core values of international sportsmanship, all athletes competing under the International Amateur MMA Rules are expected to uphold the highest standards of fair play and integrity. Intentionally harming an opponent violates these fundamental principles and will not be tolerated.

These rules, which undergo continuous refinement, must be fully understood and respected by all athletes, coaches, referees, and officials involved. They are designed to ensure that competition remains honest, universally accessible, and enjoyable for participants and spectators alike.



GENERAL RULES

Objective

The International Rules of Amateur MMA have been developed in alignment with the UWW Constitution, Financial Regulations, Disciplinary Regulations, general rules governing international competitions, and all specific regulations established by UWW. These rules serve the following key objectives:

- Clearly define the practical and technical conditions under which Amateur MMA competitions occur.
- Establish standardized competition formats, criteria for determining victory or defeat, athlete rankings, penalties, and eliminations.
- Assign appropriate values to various actions, techniques, and positions in Amateur MMA.
- Specify allowable and prohibited actions to protect athlete safety and maintain fairness.
- Clearly define roles and responsibilities for officials involved in competition management.

These International Rules may be updated periodically based on practical application, safety considerations, and ongoing evaluations of their effectiveness.

Interpretation

In cases where interpretation disputes arise concerning any provision within these rules, Grappling, Pankration & Amateur MMA Committee of United World Wrestling shall exclusively provide the final interpretation. In the event of discrepancies between translations, the English version will prevail.

Application of the Rules

These rules are mandatory for all international Amateur MMA competitions sanctioned by UWW and included on the official United World Wrestling calendar. Athletes, coaches, and officials must hold valid UWW licenses to participate in sanctioned competitions involving more than two countries.

All international Amateur MMA events must be officially reported to UWW and included on the UWW calendar to benefit from official recognition and UWW-provided insurance coverage.

In exceptional circumstances, deviations from standard competition procedures may be permitted only with explicit approval from UWW and unanimous agreement of participating countries.

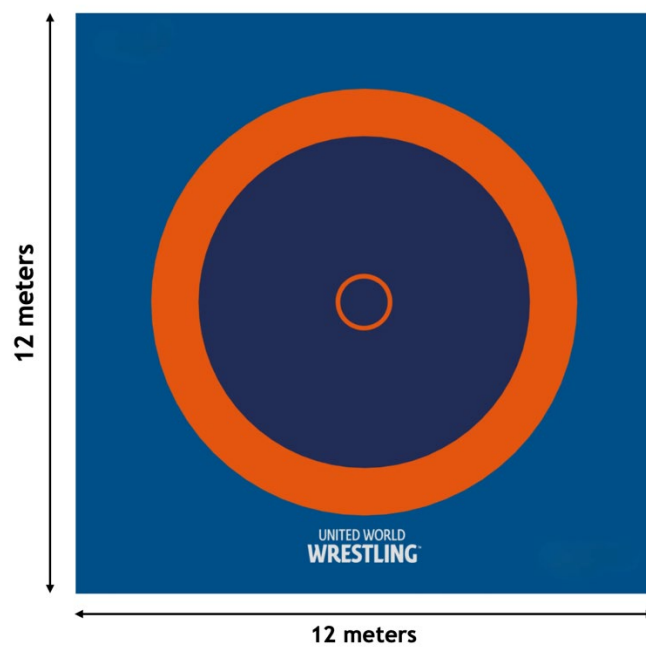


CHAPTER 1 - MATERIAL STRUCTURE

Article 1.1 - The Mat

All UWW-sanctioned Amateur MMA events must be conducted on an official UWW-approved wrestling mat. The mat must meet the following requirements:

- **Diameter:** 9 meters (competition area)
- **Thickness:** 4 cm to 7 cm
- **Safety Border:** An additional protective border, measuring 1.5 meters in width, surrounding the entire mat surface. The border must be of the same thickness as the main competition area.



Mat Layout and Zones

The standard UWW competition mat is clearly divided into specific zones:

- **Central Fighting Surface:**
A 7-meter diameter circle representing the active combat area.
- **Passivity Zone:**
An orange circular strip, 1 meter wide, marking the boundary between the active fighting area and the safety zone.
- **Protection Area:**
A 1.5-meter-wide outer zone surrounding the passivity zone, providing additional safety margins to prevent injuries.
- **Central Circle:**
A small circle at the mat's center with a 1-meter diameter, outlined by a 10 cm wide band, indicating the mat's center point.



Mat Hygiene and Safety

To ensure athlete safety and reduce health risks, strict hygiene standards must be maintained:

- Mats must be thoroughly cleaned and disinfected before each competition session.
- Mats must feature a smooth, uniform, non-abrasive surface to prevent skin abrasions and infections.
- If mats have canvas coverings or other smooth materials, identical cleaning protocols apply.

Positioning of Athletes and Coaches

- Coaches must remain positioned on the same side of the mat. The athlete in the red corner stands to the left of the official's table, while the athlete in the blue corner stands to the right.
- The mat must be placed within a spacious and unobstructed area to allow sufficient room for officials, medical personnel, athletes, and event staff to operate safely and effectively.

Mat Branding and Logos

All branding, including the UWW logo and any mat manufacturer logos, must adhere strictly to the guidelines established by United World Wrestling Headquarters. Specific instructions are available to mat producers upon request from UWW.

Article 1.2 - The Uniform

Athletes competing in UWW-sanctioned Amateur MMA competitions must adhere to strict uniform regulations to maintain professionalism, safety, and fairness.

Rash Guards

- Athletes must wear tight-fitting rash guards with short sleeves that extend above the elbow.
- Rash guards must prominently display the athlete's assigned corner color (**minimum 70% red or blue**).
- Mixtures of red and blue on a single rash guard are strictly prohibited.
- Male athletes wear rash guards directly against the skin.
- Female athletes must wear an appropriate sports bra underneath their rash guard. Loose tops or external breast protectors are not permitted.

Competition Shorts

- Shorts must predominantly (**70%**) be either black or match the assigned corner color (red or blue).
- Shorts may feature national team colors or designs, provided they meet the color ratio guidelines.
- Shorts must cover at least **two-thirds of the thigh**, extending no lower than the top of the knee.
- Shorts should not be excessively tight or baggy.
- Competition shorts must not feature external Velcro fastenings, pockets, zippers, or metallic elements.
- Athletes must never compete wearing only compression shorts.

Compression Shorts

- Athletes may wear compression shorts beneath their competition shorts.
- Compression shorts must be **black** and must not extend beyond knee level.



Footwear

- Athletes must compete barefoot. Shoes of any type are strictly prohibited during bouts.

Identification and Country Abbreviations

- Athletes must display their country's official abbreviation prominently on the back of their rash guards.
- The country abbreviation must measure approximately **20 x 15 cm**, not exceeding the size of an A5 sheet.
- Athletes' last names may be printed above or below the country code in Latin letters (**4-7 cm height**).
- National emblems are permitted on rash guards or shorts (**maximum size: 4 x 8 cm**).

Advertising on Uniforms

- Sponsor logos or names may appear on competition attire provided they do not obstruct athlete identification or corner colors.
- Sponsors must not feature religious, offensive, or vulgar symbols or language.
- All sponsor logos and symbols require prior approval by the head UWW official at the event, who maintains full authority to remove non-compliant advertisements.

Athlete Appearance and Hygiene

- Uniforms must be clean, dry, and free from unpleasant odors at competition time.
- Athletes must keep fingernails and toenails neatly trimmed without sharp edges.
- Hair must be securely fastened to prevent obstruction of vision or safety risks. Long hair or braids must be secured above shoulder height before the bout.
- Hair accessories or fasteners must not pose any injury risk.
- Athletes may not wear any jewelry, including earrings, necklaces, bracelets, anklets, toe or finger rings, and piercings of any type, during competition.
- Facial cosmetics usage is permitted only at the referee's discretion. Body cosmetics are strictly prohibited.

Traditional/Religious Clothing Exceptions

- Athletes may request approval to wear additional clothing for traditional/religious purposes.
- Approved religious attire (such as head coverings, long-sleeve rash guards, or full-length tights) must be black and worn beneath the standard uniform.
- Religious clothing exceptions require advance approval by the Head Referee, who has full authority for final decision-making on attire exceptions.

Article 1.3 - Protective Gear and Athlete Safety

Ensuring athlete safety is a fundamental priority of Amateur MMA under UWW rules. Strict adherence to the following protective equipment standards is mandatory:

Mouthguards

- Athletes must begin each round wearing a mouthguard. Competition cannot commence without one.
- Mouthguards **cannot be red** to avoid confusion regarding injuries.



- Athletes are required to bring a spare mouthguard, inspected and kept ready by their coach.
- If a mouthguard is dislodged during action, the referee will pause the bout at the earliest opportunity to allow reinsertion, ensuring minimal disruption.
- Deliberately expelling a mouthguard may result in penalties (Timidity foul).

Groin Protection

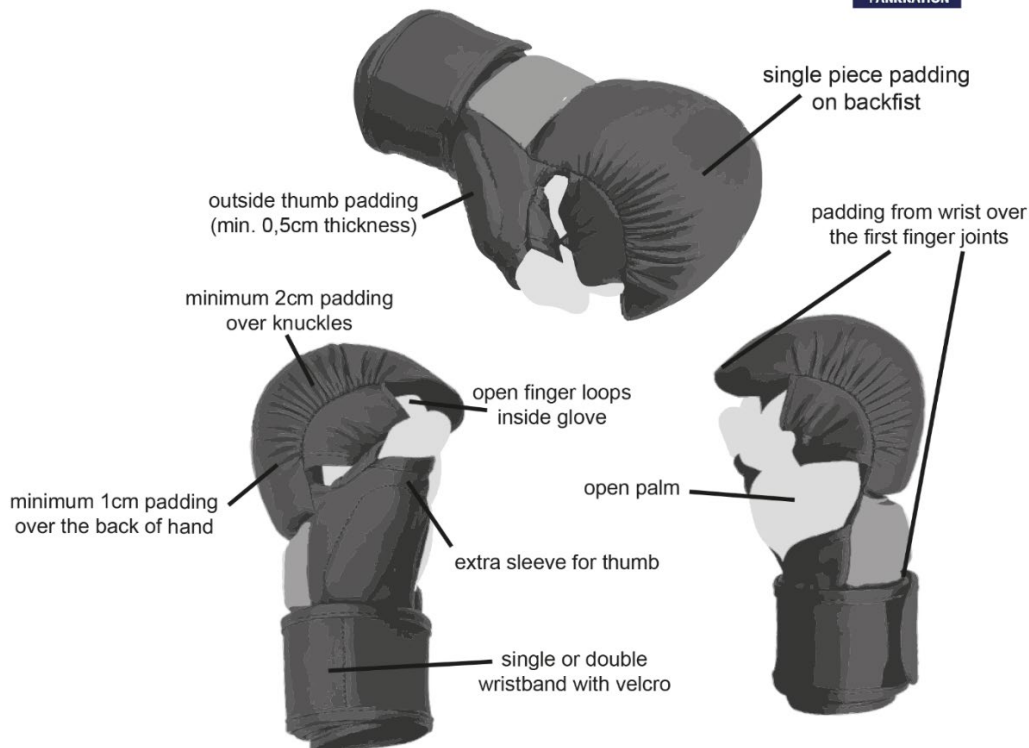
- **Male athletes** must wear a plastic groin protector.
- **Female athletes** may wear an appropriate protective groin guard.

Gloves

- Athletes must wear identical, approved Amateur MMA gloves, in excellent condition, with the following specifications:
 - Gloves constructed from genuine or high-quality synthetic leather. Min. 7oz (Size L)
 - Minimum padding thickness of 2 cm covering the knuckle area.
 - Outside the gloves, the backhand and fist padding must be made of one piece without separated fingers.
 - Inside the gloves, the fingers must be individually separated by finger loops with open fingertips.
 - The thumb must have its separate finger loop with a ~0.5 cm outside padding covering the thumb metatarsophalangeal joint.
 - Gloves secured firmly at the wrist with single or double wrap leather straps and Velcro fastenings.
 - Wrist areas taped securely using 40-50 mm-wide colored duct tape matching athletes' corner assignment (red or blue).

UWW Amateur-MMA Gloves

Genuine or AE leather: min. weight 7oz (size L)





Shinpads

- Athletes must use identical Amateur MMA shinpads in good condition, conforming to the following:
 - Constructed of elastic fabric or neoprene with attached foot padding.
 - The protective padding should be made of molded EVA material, securely attached to the outside of the base material.
 - Thickness of the protective padding minimum 1 cm at the primary impact areas on shinbone and foot.
 - The shinpads must not have any loose straps or Velcro fasteners.
- Kickboxing or Muay Thai shinpads are prohibited.

UWW Amateur-MMA combined shinpads



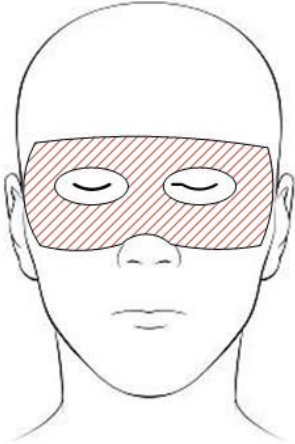
Color Coordination

- Gloves and shinpads should clearly match the athletes' assigned corner color (red or blue).
- If specific corner-colored gear isn't available, gear must be predominantly **black**.

Vaseline / Petroleum Jelly Application

- Vaseline or similar substances may only be applied by an assigned UWW official or inspector.
- Permitted application zones (single, thin swipe):
 - Eyebrows
 - Below eyes
 - Bridge of nose
- Vaseline cannot be applied to ears, hairline, or any other area of the body.
- Reapplication between rounds is allowed only by the authorized official.
- Use of any banned substances (e.g., creams, muscle fluids) results in immediate disqualification.



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|  | <p>Example:</p> <ul style="list-style-type: none">- The area highlighted in red is the legal area for Vaseline application.- A single wipe of Vaseline on the eyebrows not to extend up onto the forehead.- Also, under the eyes, not to extend below the upper cheekbones.- Vaseline may also be applied on the bridge of the nose.- No Vaseline allowed non the ears or extending into the hairline. |
|---|---|

Hand Wraps

- Each hand may use only one roll of soft, white cloth gauze (**maximum 5 cm wide by 15 m long**), not extending beyond wristbands of gloves.
- Medical tape (1 roll per hand, **maximum 2.5 cm wide by 10 m long**). The medical tape must not cover knuckles and must maintain a minimum distance of **1 cm** to the knuckles).
- Excessive taping, stacking, curls or buildups around the knuckles results in disqualification.
- Elastic wraps are strictly prohibited.
- Hand wraps are recommended but remain optional.

Joint and Body Coverings

- Apart from allowed rash guards, no taping or protective gear permitted on the upper body (including joint sleeves, padding, braces, or tape).
- Only soft neoprene or elastic sleeves without padding, Velcro, plastic, or metal components are permitted on knee or ankle joints.
- Any tape beneath allowed sleeves must receive pre-approval by UWW inspectors for verified medical purposes only.

Article 1.4 - Competitor’s License

Any male or female U15, U17, U20, U23, senior and veteran athlete who competes in the Olympic Games, World Championships, World Cups, Continental Championships, Cups and Games, Regional Games and the World and Continental League, international tournaments registered in the UWW calendar must hold an international competitor’s license, as defined by special Regulations.

This license is also used as insurance for medical and hospital expenses in case of an accident taking place abroad during the international competition the athlete is participating in.

The license is only valid for the current year and must be renewed each year.

The license request must be sent at least 2 months before the competition that the concerned athlete will take part. This timeline is fixed in order to let enough time to conclude the procedure and validate the license.



Article 1.5 - Age and Weight Categories

Age Categories

UWW-sanctioned Amateur MMA competitions are exclusively available to athletes aged 18 and older. Separate competition rules for athletes younger than 18 are governed under Pankration rules.

Amateur MMA age categories are defined as follows:

- **U20 Category** 18 to 20 years old
- **U23 Category** 18 to 23 years old
- **Senior Category** 20 years and older

Note: Athletes competing in U20 and U23 categories may also participate in Senior competitions.

Medical Authorization

All athletes participating in Amateur MMA competitions must provide the required medical authorization as specified by UWW regulations. The Annual Medical Certificate and Athlete’s Declaration must be submitted in Athena when purchasing the UWW License. The Amateur MMA Medical Certificate must be completed no earlier than one week before the competition and be brought to the pre-weigh-in medical examination of the Amateur MMA event, where it will be reviewed and signed by the official doctor.

Nationality and Athlete Representation

Athletes may only represent the nationality listed on their passport and UWW license. Any false representation or fraud concerning an athlete’s nationality or age will result in immediate disciplinary action against the athlete, the respective National Federation, and the individual who signed the fraudulent documentation.

Athletes wishing to change nationality must strictly follow UWW’s official procedure for nationality changes. Such changes are permitted only once. After completing the nationality change procedure, athletes cannot compete for their previous country or any other country except the one listed on their current UWW license.

Image and Media Rights

By participating in UWW-sanctioned competitions, athletes automatically grant UWW permission to use their images (photographic or video) for promotional purposes related to the competition or future events. If an athlete does not consent to image usage, this must be explicitly communicated at the competition entry stage. Non-consent may result in exclusion from the event.

Weight Categories

Athletes competing in UWW-sanctioned Amateur MMA events are classified into the following weight categories:

- Men (U20, U23, Seniors) :** 57 kg, 62 kg, 66 kg, 71 kg, 77 kg, 84 kg, 93 kg, 100 kg, 130 kg
- Women (U20, U23, Seniors) :** 50 kg, 53 kg, 57 kg, 61 kg, 65 kg, 70 kg, 75 kg, 80 kg, 90 kg.



Athletes are allowed to compete exclusively in the weight class corresponding to their official weigh-in. Seniors may choose to compete in a higher category than their actual weight. Athletes aged **40 and above** require additional medical clearance to compete.



CHAPTER 2 - COMPETITIONS

Article 2.1 - Competitions and Competition System

Competitions

International competitions for the various age categories are as follows:

| | | |
|---------------------------------------|----------------------------|----------------|
| U20 18-20 years | International Competitions | (upon request) |
| | Continental Championships | (each year) |
| U23 19-23 years | International Competitions | (upon request) |
| | Continental Championships | (upon request) |
| | World Championships | (upon request) |
| Seniors 20 and older | International Competitions | (upon request) |
| | Continental Championships | (each year) |
| | World Championships | (each year) |

Other type of competitions might be organized upon United World Wrestling approval.

Competition System

The competitions take place by direct elimination system with an ideal number of athletes, i.e. 4, 8, 16, 32, 64, etc. If there is no ideal number of athletes in a category, qualification matches may be organized. Pairing is made in the order of the numbers drawn at random.

Each weight category is organized in two days. The draw takes place the morning of the first day of the beginning of the category concerned following the weigh-in.

The medical control and the weigh-in will be held the morning of the concerned weight category. The draw takes place after the medical control and weigh-in of the concerned weight category.

The competition takes place in the following manner:

First day:

- Qualification Rounds
- Elimination Rounds

Second day:

- Elimination Rounds (large participation events only)
- Finals



Classification criteria

From the 10th place, athletes of each category will be ranked depending on their classification points. In case of a ranking tie, they will be ranked by analyzing the following criteria successively, across the all competition:

- The most victories by “KO, TKO or Submission”
- The most match won by unanimous decision
- The fewest point deductions given
- The lowest seeds number (if applicable)
- The lowest draw number

Article 2.2 - Awarding

The first four athletes in each weight category shall take part in the awards ceremony, and shall receive a medal and a diploma, according to their ranking.

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|-----|------------------|
| 1st | Gold + diploma |
| 2nd | Silver + diploma |
| 3rd | Bronze + diploma |
| 4th | Bronze + diploma |



CHAPTER 3 - COMPETITION PROCEDURE

Article 3.1 - Weigh-In

Official Weigh-In Procedure

Weigh-ins are conducted according to the following guidelines:

- **Timing:**
 - Official weigh-ins occur each morning, typically lasting **60 minutes**, and include mandatory medical examinations.
 - Athletes must present themselves punctually and in proper attire.
- **Required Attire:**
 - Athletes must weigh-in wearing their official competition rash guard and shorts.
- **Medical Examination:**
 - Qualified physicians perform medical evaluations before weigh-in.
 - Physicians may disqualify any athlete presenting signs of contagious illness, injury, or any medical condition posing a risk to themselves or other competitors.
- **Weight Confirmation:**
 - Athletes have multiple attempts to verify their weight within the official 60-minute weigh-in window.

Athlete Responsibilities

- Athletes must present their official UWW license and accreditation at the weigh-in.
- Athletes are responsible for meeting required weight criteria and hygiene standards.
- Nails must be clean, trimmed, and free from sharp edges.
- Athletes who fail to appear for weigh-in or do not meet the required weight are automatically disqualified and ranked last in their respective categories.

Disqualification and Penalties

- Athletes who fail the weigh-in or do not attend are eliminated immediately, ranked last, and noted as disqualified without classification.
- Officials overseeing weigh-ins strictly enforce dress codes and hygiene standards; athletes not meeting these criteria will be denied weigh-in.

Article 3.2 - Draw and Pairing

Participants shall be paired off according to the numerical order determined by the drawing of lots made the morning of the competition day of the concerned weight category, at the latest. The UWW competition management system shall be used for the draw and management of all international competitions entered in the UWW calendar.

If the UWW competition management system cannot be used, numbered tokens must be enclosed in an urn, a bag or any other similar object. If a different system is used, it has to be clearly announced.

Important: When the person responsible for the weigh-in and drawing of lots observes an error in the regulation



procedure as outlined above, the drawing of lots for the category in question has to be cancelled. Drawing of lots for this category will then be repeated with the agreement of the technical delegate.

The technical delegate or the IT person is responsible of the smooth running of the draw and must ensure that these Rules were complied with. They will also confirm the weigh-in list. After the end of the draw, no protest can be submitted.

If the number of athletes participating in a weight category different from 8, 16, 32, etc, qualification rounds must be organized. To provide a balance between the upper and lower part of the bracket, qualification rounds' position follows the top-bottom-bottom-top approach.

Article 3.3 - Starting List

If one or more athletes do not attend or fail the weigh-in, their opponent(s) will win the bout by forfeit. These athletes will be eliminated from the competition and will be ranked last, without rank. NO pairing will be made again the day of the competition.

Article 3.4 - Elimination from the Competition

General Elimination Principle

The losing athlete in any bout is eliminated from progression and ranked according to the classification points earned.

Forfeit Without Medical Justification

If an athlete, after the weigh-in and without presenting an official medical certificate signed by the UWW doctor or the event's designated medical official, fails to appear for their bout and does not inform the competition secretariat, they shall be considered to have forfeited the match. The athlete will be eliminated and placed last in the rankings, without a specific rank, and the note "FFT" will be recorded beside their name. The opponent shall be declared the winner by forfeit.

Simulated Injury

If it is determined by the UWW medical commission that an athlete has deliberately simulated an injury to avoid facing an opponent, the athlete shall be disqualified, placed last in the ranking, without a specific rank, and marked with the note "DSQ".

Disqualification for Misconduct

Any athlete who clearly violates fair play or commits a serious offense—such as cheating, unsportsmanlike conduct, or acts of brutality—shall be immediately disqualified by unanimous decision of the officiating team. The athlete will be placed last in the ranking, without a specific rank, and the note "DSQ" will appear next to their name.

Double Disqualification for Brutality

If both athletes are disqualified for brutality in the same bout, both shall be eliminated, ranked last without rank, and marked "DSQ". The next round's pairings shall remain unchanged; the athlete originally scheduled to face one of the disqualified athletes will automatically win the match by forfeit.

Double Disqualification in Semifinal



If both semifinalists are disqualified or eliminated by forfeit during the same bout, the athletes they defeated in the quarterfinals will be reinstated and compete for a place in the final.

- If the semifinal was scheduled for the evening session, the replacement bout will be held at the end of that session to allow sufficient recovery time.
- If the disqualification occurs earlier in the day, a minimum of one hour will be granted for athlete preparation.

Double Injury (2VIN)

In the case of a bout ending in a double injury (both athletes unable to continue), the opponent scheduled to face the winner in the next round shall win by injury default.

- If this occurs in the semifinal, the final classification criteria shall be used to determine which injured athlete advances.

Disqualification or Forfeit in Medal Matches

If a forfeit or disqualification occurs during a medal match (either for gold/silver or bronze), the following protocol applies:

- The athlete from the same half of the bracket as the disqualified/forfeited athlete shall move up in the rankings.
- If both finalists are disqualified or forfeit, the semifinal losers will advance and compete to determine the gold and silver medalists.
- All remaining athletes will be ranked accordingly based on progression.

Final Classification of Forfeiting Athletes

In all cases of forfeit or disqualification (except when medically justified), the athlete will be ranked last, without a numbered placement, and designated “DSQ” or “FFT” as applicable.

Ranking in the event of doping violations

If an athlete is disqualified due to a positive doping control, they will automatically be placed last in the rankings with the notation “DSQ” and will not receive a rank. All other athletes will move up in the classification accordingly.

If the disqualified athlete was originally ranked 3rd (bronze medalist), the athlete from the same side of the bracket (i.e., who lost to the bronze medalist in the semifinal) will move up and be awarded the bronze medal. In this case, only one athlete will be placed 5th.

If both finalists (originally ranked 1st and 2nd) are disqualified for doping:

- The two bronze medalists will each move up and be awarded a gold medal.
- No silver medal will be awarded.
- The two athletes who originally placed 5th will be moved up and ranked as bronze medalists (i.e., both ranked 3rd).
- As a result, there will be only one athlete ranked 5th, and the rest will move up accordingly in the final classification.

In a team event, if an athlete tests positive, the team represented by that athlete will be disqualified and ranked last in the team standings with the notation “DSQ” displayed beside the team’s flag.



CHAPTER 4: REFEREEING BODY

Proper officiating is critical for maintaining fairness, safety, and professionalism in UWW-sanctioned Amateur MMA competitions. All officials must adhere strictly to the guidelines outlined below.

Article 4.1 - Composition

Each competition area must have a minimum officiating team consisting of:

- **1 Referee:** Controls the action inside the combat area.
- **3 Judges:** Responsible for scoring the bout objectively.
- **1 Technical Assistant (Scoreboard Operator):** Manages timing, scoreboard, and records official scores.
- **1 Mat Chairman:** Supervises officiating team, oversees match outcomes, and resolves scoring disputes.
- **2 Inspectors:** Supervise athlete and coach conduct, equipment checks, and corner management.
- **1 Physician:** Manages athlete medical care and advises referees on medical stoppages.

Article 4.2 - Roles and Responsibilities

Referee

- Sole authority within the combat area from bout start until official result announcement.
- Responsible for athlete safety, enforcing rules, managing fouls, and declaring bout stoppages.
- Must consult the Mat Chairman before confirming disqualifications or major point deductions (2-point deduction).

Judges

- Evaluate and score bouts neutrally, fairly, and in accordance with official UWW scoring criteria.
- Utilize standardized memory cards to accurately track techniques, ensuring transparent, detailed scoring.

Scoreboard Operator

- Controls official bout timing, records points, manages scoreboards, and documents final results.

Mat Chairman

- Supervises officials, ensuring adherence to rules and protocols.
- Announces official results of bouts.
- May overturn referee decisions if a clear officiating error occurs.
- Manages protests and disputes regarding bout outcomes.

Inspectors

- Ensure athlete and coach compliance with attire, equipment, and behavior rules.
- Supervise athlete preparation, hand wraps, gear inspection, and staging procedures.

Physician

- Provides medical supervision, evaluates athlete injuries, and advises on medical stoppages.
- Assists referees in making informed decisions regarding athlete safety.



Article 4.3 - Officials' Attire and Appearance Standards

Officials must maintain professional appearance and attire standards as follows:

- **Pants:** Solid black formal or golf-style pants (no tracksuits, jeans, or shorts).
- **Shirts:** Official UWW-issued or tournament-specific black T-shirts or polo shirts. Logos must be officially approved.
- **Footwear:** Primarily black (95% minimum) sports shoes.
- **Socks:** Black socks only.
- **Gloves:** Referees must wear black latex gloves during bouts. Medical personnel may wear black, blue, or white latex gloves.
- **Prohibited Items:** Referees must avoid wearing glasses, large belt buckles, watches, or any jewelry during officiating duties.
- **Mobile Phones:** Officials are prohibited from using mobile devices during bouts.

Article 4.4 - Combat Area Seating and Positioning

- Officials must be strategically seated around the combat area for optimal visibility and effective communication.
- Judges and Mat Chairman must maintain clear sightlines to accurately assess and manage bouts.

Article 4.5 - UWW Scoring Transparency: Memory Cards

- Judges must utilize standardized UWW memory cards for accurate and transparent round scoring.
- Memory cards are designed to systematically record and evaluate techniques across three key categories:
 - **Striking/Kicking**
 - **Takedowns**
 - **Grappling/Submissions**
- Techniques are classified by volume and effectiveness using a simple three-tier marking system:
 - **Slash (I):** Clear legal techniques with minimal impact or control.
 - **Circle (O):** Strong, effective techniques causing visible impact, physical reactions, or significant positional advantage.
 - **Plus (+):** Highly impactful techniques nearly finishing the bout or significantly weakening the opponent.
- Judges review memory cards carefully after each round to determine round winners clearly and fairly.



| | | | |
|-------------------------------|--|--|---------------|
| Event: | | Date: | |
| Memory sheet Judge: | | Arena: | Match: |
| Round 1 | Blue corner | Red corner | |
| Strikes & Kicks | | | |
| Takedowns | | | |
| Grappling & Submissions | | | |
| Secondary evaluation criteria | B: effective aggressiveness <input type="checkbox"/> C: control of combat area <input type="checkbox"/> | B: effective aggressiveness <input type="checkbox"/> C: control of combat area <input type="checkbox"/> | |
| Score round 1 | | | |
| Round 2 | Blue corner | Red corner | |
| Strikes & Kicks | | | |
| Takedowns | | | |
| Grappling & Submissions | | | |
| Secondary evaluation criteria | B: effective aggressiveness <input type="checkbox"/> C: control of combat area <input type="checkbox"/> | B: effective aggressiveness <input type="checkbox"/> C: control of combat area <input type="checkbox"/> | |
| Score round 2 | | | |
| Round 3 | Blue corner | Red corner | |
| Strikes & Kicks | | | |
| Takedowns | | | |
| Grappling & Submissions | | | |
| Secondary evaluation criteria | B: effective aggressiveness <input type="checkbox"/> C: control of combat area <input type="checkbox"/> | B: effective aggressiveness <input type="checkbox"/> C: control of combat area <input type="checkbox"/> | |
| Score round 3 | | | |
| Score Total: | | | |



Use symbol "I" for good, symbol "o" for very good impact or techniques and symbol "+" for superior technique and significant impact. Keep in mind: Effectiveness over volume!



CHAPTER 5 - THE BOUT

Article 5.1 - Duration of the Bout

A standard Amateur MMA bout under UWW rules consists of:

- **3 rounds**, each lasting **3 minutes**.
- **1-minute breaks** between rounds.

Signals and Timing

The official timekeeper must adhere to the following signals:

- **10 seconds before the end of each round**, a clapper or similar audible signal alerts athletes and referees.
- **10 seconds before the end of each break period**, a whistle indicates the imminent start of the next round.
- The end of each round is clearly indicated by a horn or bell.

Special Tournament Duration

For large tournaments featuring a high number of participants, preliminary bouts may be shortened to expedite the competition schedule:

- Preliminary matches may consist of **3 rounds of 2 minutes each**.
- All final bouts must remain at the standard duration of **3 rounds of 3 minutes each**.

The tournament director, in consultation with UWW, must clearly announce any duration adjustments prior to the event.

Article 5.2 - Call to the Mat

The contestants are called in a loud and clear voice to present themselves on the mat. A contestant cannot be called to compete in a new bout until they have had a rest period of ninety (90) minutes from the time their preceding bout ended.

A delay is granted to any athlete who does not reply to the first request in the following manner: The competitors must be called three times at 30-second intervals. These calls are made in English and optionally in a second language. If the athlete does not come forward after the third call, they will be eliminated and will not be placed. Their opponent will win the bout by forfeit.

Article 5.3 - Start

When their name has been called, the athletes must take their place in the corner corresponding to their assigned color and wait for the central referee to call them to his/her side.



When arriving in the competition area, the athletes will shake the hand of the referee and each other. Then they take their assigned place next to the referee, facing each other and getting competition ready.

When the Referee is ready, he/she will ask the athletes if they are ready (“Are you ready?”). The athletes must answer or signal to the referee that they are ready to compete. The bout starts when the referee calls “Action”. To stop the action the referee calls for “Time” or “Stop”.

The competition ready-standing position is ordered at the beginning of the bout and after any interruption (i.e., out of bounds or referees’ stoppage due to specific circumstances). The athletes face one another in the center of the mat with one foot touching the inner circle and wait for the referee to start the bout with the call to “Action”.

Article 5.4 - Interrupting and Continuing the Bout

a) If, for any reason the bout must be interrupted (i.e., injury time, referees’ consultation, etc.), the two athletes shall stand in their respective corner facing the center of the mat, without talking to anyone or taking liquids, and wait for the central referee to call them back to the center of the mat and resume the match.

b) In the event of an equipment or uniform malfunction, the central referees shall give a “STOP-Don’t Move” call, touch both athletes and order them to stop. Both athletes shall stop moving immediately and stay as they are until the referees orders them to resume by a call to “Action”.

c) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in cooperation with the center referee. In this case the referee will end the bout by waving his/her hands over their head. The decision rendered by the competition’s doctor may not be reversed.

d) Under no circumstances may a contestant take the initiative to interrupt the action themselves.

e) If an action must be stopped due to one athlete deliberately injuring his/her opponent, the athlete at fault will be disqualified.

f) In case of bleeding of one of the athletes, the referee shall interrupt the bout with a call for “Time” to examine the injury. The Referee will make their decision based on the bleeding lesions regulations of the rules book. It is the referee’s discretion to consult the ringside physician and/or Mat Chairman before making a decision.

g) After any medical treatment and clearance to compete, the bout resumes with the default restart positions.

h) If a bout is interrupted because of any incident beyond the athletes’ control, the referee may stop the bout with a call for “Time” and the remaining time of the round will be competed as soon as the interruption ends. If a session can’t be concluded in the expected schedule, it may be postponed until the next day. If it is the last competition day and for extraordinary reasons, the end of the competition may be postponed until a later date and take place in another location.

i) In case of a serious mistake which is not seen by officiating team (examples; Scoreboard operator mistakes, wrong points or points deductions published on the scoreboard, declaration of incorrect winner etc.), the mat chairman or the referee delegate/s may interfere and ask to correct it by consultation, or by video review if established by the Local Organizing Committee.



j) Special Signal by Mat Chairman : If the Mat Chairman intends to interrupt an ongoing bout, he they signal the Referee by two short, loud whistle blasts. If the Referee does not react to the whistle signal, the Mat Chairman must immediately throw a soft object—preferably a plush toy or similar item—onto the competition area near the Referee.

Upon receiving the interruption signal from the Mat Chairman, the Referee shall stop the action and indicate a timeout to the Timekeeper. The timeout shall then be used by the Mat Chairman to implement the required measure.

Article 5.5 - End of the Bout

The match may end either by knockout (KO / TKO), submission, disqualification, injury or at the end of the regular time with a Judge’s decision.

If the time has expired and the referee has not heard or acknowledged the Horn or bell, the Mat Chairman must intervene and stop the bout by throwing a soft object on the mat, to attract the referee’s attention.

Any single action that was initiated prior to or simultaneous with the bell or horn to end the round, will be considered legal activity.

When the bout has ended, the referee stands in the center of the mat facing the mat chairman’s table. The athletes shake hands, stand on either side of the referee and await the decision. They are forbidden to remove any part of the uniform before leaving the competition hall. Immediately after the decision is announced, the athletes shake hands with the referee.

Each athlete must then shake hands with their opponent’s coach. If the above provisions are not observed, the athlete at fault will be penalized in accordance with the Disciplinary Regulations

Article 5.6 - Out of Bounds

Out of bounds from a standing position is considerate when one or both athletes for more than 2 seconds go out by 0,5 m of the passivity/orange zone.

When the athletes are grounded, they will be considered out of bounds when both athletes are completely out of the passivity/orange zone.

- If, from a standing position, an athlete is forced out of bounds during regular technical action longer than 2 seconds, the central Referee shall call for a “Stop” and bring the athletes back to center of the mat in the starting positions.

- If, from a settled grounded position (without submission hold), the competitors are out of bounds and dangerously close to the end of the mat or to any hard object (like chairs, tables, monitors) due to technical action, the central referee shall call for “Stop” and “Time”, bring both athletes back to center of the mat and restart in the same grounded settled position and call for “Action” where the time of the bout will continue

- If, from grounded position with a locked in submission, the competitors are out of bounds due to mutual technical action, the central referee shall call for “Stop” and “Time” and bring the athletes back to center of the mat in a neutral standing position. The Referee will then signal the Scorekeeper to deduct 1 point from the



athlete who was trapped in the submission. After the signal has been accepted the Referee will then call for “Action” where the time of the bout will continue.

- If, during ground fighting, an athlete holds a full mount or back mount and the opponent is close to a Technical Knockout (TKO) due to strikes to the head and body, the Referee may allow the action to continue outside the orange safety zone, provided the mounted sequence was initiated within the competition area.

However, the Referee must immediately stop the action if the athletes approach the edge of the mat or come dangerously close to hazardous objects such as chairs, tables, or monitors. In such cases, the Referee shall stop the bout and reposition both athletes in a standing, neutral position at the center of the competition area.

The athlete who benefits from the interruption and is thereby relieved from a disadvantaged position shall receive a one-point deduction.

Important: Repositioning must not be used to protect an athlete from an imminent Technical Knockout.

- If an athlete intentionally flees the mat - from either standing or ground position - a caution shall immediately be issued. It is up to the referee’s discretion to deduct points.

- If an athlete intentionally goes out of bounds in a sole attempt to escape a submission, he/she will lose the bout.

Article 5.7 - Types of Victories

An UWW Amateur MMA bout can conclude in the following ways:

1. Submission

- **Tap-Out:** Athlete clearly indicates submission by tapping on their opponent or the mat.
- **Verbal Submission:** Athlete verbally indicates submission or audibly signals distress or pain.
- **Technical Submission:** Referee intervenes when an athlete becomes unconscious or is injured or in high danger to be injured due to a submission attempt.

The Central Referees have full authority to stop the bout if he/she deems that an athlete is in imminent danger of serious injury, or if the Referee determines an athlete has lost their will or ability to compete, even if an athlete states that they did not submit or tap. The athlete’s safety will remain priority at all times.

2. Knockout (KO)

- Referee stops the bout immediately due to an athlete losing consciousness or clearly being unable to continue after receiving impactful strikes or takedowns.

When the referee declares an athlete has been KO or TKO, the opponent automatically is the winner no matter the results on the scorecards.

Note: If an athlete is declared KO, this athlete cannot compete in the tournament anymore. Furthermore, there will be handed out a default medical suspension for sparring and competition for 45 days



3. Technical Knockout (TKO)

Referee intervention to stop the bout for athlete safety due to one or more of the following:

- Athlete not actively defending (Referee Stoppage).
- Excessive bleeding or severe lacerations.
- Corner stoppage or athlete not answering the bell.
- Medical reasons including loss of bodily control (vomiting, urine, feces).

4. Disqualification (DSQ)

- Resulting from intentional fouls causing injury, repeated fouls, unsportsmanlike conduct, or flagrant disregard of referee instructions.
 - The third foul with point deduction results in the automatic disqualification of the athlete.

5. Forfeit

- One athlete fails to appear or refuses to compete, resulting in an automatic victory for their opponent.

6. Judge's Decisions

When a bout goes to completion without stoppage, judges determine the outcome based on round scoring:

- **Unanimous Decision:** All three judges score the bout in favor of the same athlete.
- **Split Decision:** Two judges favor one athlete, while one favors the other athlete.
- **Majority Decision:** Two judges favor one athlete, and one judge scores the bout as a draw.
- **Technical Decision:** Awarded if the bout is stopped prematurely due to accidental fouls, and sufficient rounds have been completed to determine a winner based on judge scoring.

7. Draws

Draw decisions occur in the following scenarios:

- **Unanimous Draw:** All three judges score the bout equally.
- **Majority Draw:** Two judges score the bout as a draw.
- **Split Draw:** Each judge scores the bout differently, resulting in an overall draw.
- **Technical Draw:** Awarded when a bout is prematurely stopped due to injury from an intentional foul after continuing, and subsequent injury forces stoppage from either legal or illegal actions with scores equal or insufficient for a clear winner.

Resolving Draws in Tournaments

If a winner must be declared (e.g., elimination rounds) and a draw occurs on the judges' scorecards, the following criteria apply, in order:

1. The athlete who had points deducted for fouls loses the bout.
2. If no fouls occurred, the athlete who won any single round by the largest margin (e.g., one round 10-8 versus two rounds 10-9) wins the bout.
3. If neither of these criteria resolves the draw, the **Mat Chairman** polls judges to vote for the winner. The athlete receiving the majority of judge votes is declared the winner. This decision is final and cannot be appealed.



Article 5.8 - Athlete Safety and Maximum Bout Limits

To prioritize athlete safety:

- An athlete may compete in a maximum of **3 bouts per competition day**.
- If tournament logistics require athletes to compete in up to 3 preliminary rounds in a single day, preliminary round duration should be reduced to **3 rounds of 2 minutes** each.
- The minimum mandatory rest period between bouts is **90 minutes**.

These safety measures must be strictly enforced by competition organizers, referees, and medical staff.

Article 5.9 - The Coach

The coaches (max. 2 per athlete) may remain only in their allowable space at least two meters from the edge of the mat during the bout. If the competition doctor allows, one of the coaches is authorized to assist the injury treatment of his/her athlete.

Except during this situation and during the break, it is strictly forbidden for the coaches to step on the mat which may result in sanction by the referee.

The coaches have the right to give water and ice packs to the athlete only during the break. No other substance may be given during the pause or during the match.

During the break, the athletes go to the edge of the mat in their assigned corner color. There, they meet their coaches, who can then provide support from the edge of the mat.

Coaches must bring a clean, standard-sized towel to the competition area. Athletes must be dried during the rest period, and the rest area must be kept dry and free of slipping hazards. If the bout is delayed because the corner fails to provide a towel to dry the athlete or the rest area at the end of the break, the Referee or the Mat Chairman may deduct one point from the athlete.

The coach is strictly forbidden to influence decisions or to insult the refereeing body. They may only speak to the athlete.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a 'Yellow' card (caution); if they persist, the mat chairman will present them with a 'Red' card (elimination). The mat chairman may also take the initiative to present the YELLOW or RED card.

As soon as the red card is given, the mat chairman reports to the competition director and the coach shall be eliminated from the competition and may no longer continue their duties. These facts also need to be report on the scoresheet of the concerned bout. However, the team involved shall have the right to obtain the services of another coach. The National Federation of the eliminated coach will be penalized following the dispositions of the Disciplinary and Financial Regulations.

Moreover, if a coach gets two yellow cards during one competition (not necessarily during the same bout), they will be also eliminated from the competition and may no longer continue their duties. As for the red card, their accreditation will be removed.



Article 5.10 - The Challenge

Exclusively during the breaks or after the end of the match (within a maximum of 2 minutes), one coach may approach the mat chairman to request a review of the judgment regarding any erroneous behavior of the referee. Erroneous behavior may include, for example, overlooking a submission, incorrectly assessing an illegal technique. The mat chairman will then evaluate the objection using the official resources available them and provide a final assessment of the situation. This assessment is binding and cannot be contested.

Article 5.11 - Ranking System

Team Ranking during Individual Competitions

The team ranking is determined by the first 10 athletes who are ranked at the competition.

| Rank in the weight category | Points | Rank in the weight category | Points |
|-----------------------------------|--------|-----------------------------|--------|
| 1 st | 25 | 7 th | 8 |
| 2 nd | 20 | 8 th | 6 |
| 3 rd - 3 rd | 15 | 9 th | 4 |
| 5 th - 5 th | 10 | 10 th | 2 |

The application of the above-mentioned table remains invariable, whatever the number of athletes in each category. *

* In the case of a disqualified athlete and the final ranking has only one athlete in the 5th place, the athlete ranked in the 6th place will receive 9 points.

If several teams have an equal number of points, these teams will be ranked following this criteria:

1. most first places
2. most second places
3. most third places
4. etc.

During a competition where a country can enter more than one athlete per weight category, the team points are given only to the highest ranked athlete of a country in the category. The team ranking points allocation will remain the same.

1st place TUR 25 points
2nd place TUR ~~20 points~~
3rd place UKR 15 points
3rd place GER 15 points
...

For the team ranking cups each style summarizes the points of men and women athletes to determine the place of the team. U15, U17 and U20 age categories may have combined cups per style, which summarize the athletes' points of both age categories for women and men.



CHAPTER 6 - ACTIONS

Article 6.1 - Legal Actions

Athletes competing under UWW Amateur MMA rules may use a broad range of martial arts techniques within clearly defined limits. Legal actions include:

Striking Techniques

- Strikes (punches, kicks, knees) targeting legal areas of the head, torso, and legs.
- Striking a grounded opponent is legal, provided strikes are directed only at permitted targets.
- For detailed restrictions on prohibited targets, refer to the section **Illegal Actions (Fouls)**.

Throws and Takedowns

- Throws and takedowns, excluding those explicitly listed as illegal, are permitted.
- Takedowns must follow safety guidelines outlined in the fouls and illegal actions section.

Grappling and Submission Techniques

- Submission holds and grappling moves, except those specifically prohibited, are permitted.
- Athletes may use joint locks, chokes, and positional control to secure victory.

Clinching and Wrestling

- All forms of clinching and wrestling techniques aimed at controlling or advancing position are allowed.
- Athletes are encouraged to actively pursue dominant positions and submission attempts.

Addressing Stalling and Inactivity

To maintain active, dynamic competition, referees must promptly address stalling or passive behavior:

- **Ground Position:**
 - If athletes remain inactive or stall in a grounded position for **20 seconds** without significant strikes, active submission attempts, or meaningful position advancement, the referee issues a verbal warning: "**Action!**"
 - If inactivity continues for an additional **5-10 seconds**, the referee stops the action, restarts athletes in a neutral standing position at the mat's center, and resumes the bout.
- **Standing Clinch/Wrestling Position:**
 - If athletes stall or remain inactive in standing clinch or wrestling positions for more than **20 seconds** without significant striking or attempted takedowns, the referee issues a verbal warning: "**Action!**"
 - If inactivity persists another **5-10 seconds**, the referee stops the action, restarts athletes in a neutral standing position at the mat's center, and resumes the bout.

Athletes are responsible for engaging consistently and actively throughout the bout. Excessive passivity will lead to referee intervention and potential penalties for timidity.



Article 6.2 - Illegal Actions (Fouls)

To ensure athlete safety, fairness, and sportsmanship, the following actions are strictly prohibited during Amateur MMA competitions sanctioned by UWW:

1. Headbutting

- Using the head to strike any part of the opponent's body is prohibited.

2. Eye Gouging

- Intentional attacks to the eyes using fingers, chin, elbows, or any object.
- Accidental strikes to the eyes from legal techniques (e.g., punches) are not fouls unless intentionally aimed at the eyes.

3. Biting or Spitting

- Any form of biting an opponent.
- Spitting at an opponent, spitting on the competition area.

4. Fish Hooking

- Inserting fingers into the mouth, nose, or ears of an opponent and pulling or stretching these areas.

5. Hair Pulling

- Grabbing or pulling an opponent's hair for control or advantage.

6. Takedowns Using Head or Neck Only

- Attempting takedowns using solely a head or neck grip.
 - **Exception:** Front guillotine chokes, where the athlete pulls guard or brings the opponent to the ground safely.

7. Slamming and Spiking

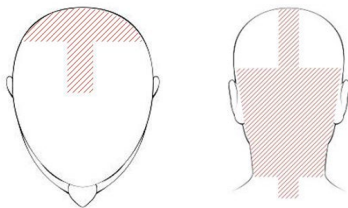
- Lifting an opponent and forcefully slamming them straight down onto the head, neck, spine, or torso without an arch or rotation.
- Any intentional throw causing the opponent's head or neck to directly impact the mat first (spiking).

8. Back Splashing

- When held from behind in a standing position (back control), intentionally jumping backward or rolling forward to forcefully slam the opponent onto their head or back.

9. Striking to Spine or Back of the Head

- Strikes aimed at the back of the head : The back of the head starts at the crown of the head with 2,5 cm to either side, running down the back of the head to the line just above the top of the ears where it then extends to the width to the ears. The illegal target then travels down and includes the entire back of the neck. Illegal target area continues from the shoulders down the spine with a 2,5 cm variance from the spine's centerline, including the tailbone.



Example:

Areas shaded in Red are illegal targets which extend down the spine to the tailbone.



10. Throat Strikes and Grabbing the Trachea

- Direct attacks to the throat, including gripping or squeezing the trachea. Pushing the throat with open hand and shin is legal.

11. Fingers Outstretched Toward Opponent's Face

- Extending open hands or fingers directly toward the opponent's face or eyes in a standing position.

12. Elbow Strikes

- All forms of elbow strikes are prohibited.

13. Straight Kicks to Knees

- Direct linear kicks aimed at an opponent's knees are prohibited.

14. Knee Strikes to the Head

- All knee strikes targeting the head are prohibited.

15. Heel Hooks

- All variations of heel-hook submissions are prohibited.

16. Spinal Locks

- Pure spinal locks (e.g., Twister, neck cranks, can openers) that directly target the spine or cervical vertebrae.

17. Biceps & Calf Slicer

- All variations of biceps slicer and calf slicer are illegal.

18. Groin Attacks

- Striking, grabbing, twisting, or pinching the groin area.

19. Kicking or Kneeing Grounded Opponent

- Kicks and knees directed at a grounded opponent (a grounded athlete is defined when any part of their body other than the soles of the feet is touching the mat).
 - **Remark:** Up-kicks directed at a standing opponent are permitted.

20. Foot Stomps

- All variations of foot stomps are illegal.

21. Holding Opponent's Gloves or Clothing

- Gripping inside the opponent's gloves, grabbing the rash guard, shorts, or protective gear for control or leverage.
 - Holding your own clothing or gloves is permitted.

22. Small Joint Manipulation

- Bending or manipulating fewer than three fingers or toes at once.

23. Fingers into Openings, Cuts, or Lacerations

- Inserting fingers into open cuts, wounds, or bodily openings (nose, ears, mouth, eyes) to cause pain or injury.



24. Clawing, Pinching, or Twisting Flesh

- Deliberate attacks that target the skin, such as clawing or pinching, to cause pain or injury.

25. Timidity

- Avoiding contact, intentionally dropping the mouthguard, or feigning injury to avoid competition.

26. Abusive Language

- Any offensive, racially motivated, or derogatory language directed at an opponent, official, or spectator.

27. Ignoring Referee Instructions

- Disregarding or intentionally ignoring referee commands and warnings during the bout.

28. Unsportsmanlike Conduct

- Actions that deliberately disrespect an opponent, officials, or the sport.
- Attacking an opponent after the bout has been stopped by the referee, or after an opponent clearly submits.

29. Attacking After Bell or Break

- Engaging in offensive action after the round-ending signal (bell or horn) or referee's call of "Time" or "Stop".

30. Corner Interference

- Coaches or cornermen interfering with the bout by disrupting officials, influencing decisions, or distracting athletes.
- Pouring water over the athletes' head and body and on the floor during the break.

31. Fleeing the Mat

- Intentionally moving or fleeing beyond the combat area boundary repeatedly.
- Escaping the mat intentionally while caught in a submission (results in immediate bout loss).

32. Pushing Opponent Out of Bounds

- Repeatedly pushing an opponent beyond the mat boundary without attempting active techniques or takedowns.



Article 6.3 - Foul Procedures

When fouls occur during Amateur MMA competitions, referees must follow clear procedures to ensure athlete safety and fair competition outcomes.

Referee Actions Upon a Foul

If a foul occurs, the referee will immediately:

1. Pause the bout by clearly calling "**Time!**" and directing athletes to neutral corners.
2. Assess the condition of the fouled athlete, ensuring their safety and calling for medical consultation if required.
3. Evaluate the severity and intent of the foul, determining the necessary penalty, which may include point deductions or disqualification.

During fouls involving injury or bleeding, the referee may invite the physician to examine the affected athlete.

Note: Coaches are not permitted to provide instructions or coaching during a timeout for a foul assessment.

Intentional Fouls

Procedures for handling intentional fouls:

- **Severe injury:** If an intentional foul causes immediate, severe injury preventing continuation, the offending athlete is disqualified (DSQ).
- **Non-severe injury:** If an intentional foul causes injury but the bout can continue, the offending athlete receives an automatic **two-point deduction**.
- **Laceration or swelling:** If an intentional foul results in significant injury (laceration or swelling) and the bout continues, but later requires stoppage:
 - After at least half of the scheduled rounds plus one second have been completed, a **Technical Decision** determines the winner based on the judges' scorecards.
 - If the fouled athlete leads, they win by **Technical Decision**. If the scorecards show them trailing or tied, the bout is declared a **Technical Draw**.
- **Self-injury during intentional foul:** If an athlete injures themselves while intentionally fouling, the injury is treated as caused by a legal strike (no special consideration).
- **Unsportsmanlike conduct:** Referees have the discretion to deduct points or disqualify athletes for severe unsportsmanlike behavior.

Accidental Fouls

Procedures for handling accidental fouls:

- **Severe injury before 1 completed round:**
 - Judges immediately render a **Technical Decision** based on the partial round scoring.
 - If the injured athlete is cleared by medical personnel to continue in the competition, they may continue; otherwise, their opponent advances.
- **Severe injury after 1 completed round or during subsequent rounds:**
 - Judges render a **Technical Decision** by scoring completed rounds and any partial rounds.
- **Loss of bodily function (vomiting, urine, feces):**
 - Immediate stoppage and a TKO due to medical stoppage is declared.



- **Loss of bodily function during breaks:**
 - Ringside physicians evaluate the athlete. If not cleared to continue, the bout ends by TKO due to medical stoppage.

Time Allowance for Injury Recovery

- Athletes fouled via eye poke or groin strike receive up to **5 minutes** recovery time.
- Physicians may assist during recovery (applying cold compresses, ice packs, etc.).
- If unable to recover fully after 5 minutes, the physician determines if the athlete can safely continue.

Medical Evaluation

- Physicians have final authority regarding athlete safety decisions.
- Referees must not call a timeout for assessing the impact of a legal strike, except in cases involving significant lacerations or visible injury.



CHAPTER 7 - SCORING SYSTEM

UWW-sanctioned Amateur MMA competitions utilize the "10-Point Must" system, clearly defined to ensure fair and transparent scoring.

Article 7.1 - Judging Panel & Responsibilities

- All bouts are scored by **three (3)** certified UWW judges.
- Judges must remain impartial and objective, basing decisions strictly on the outlined criteria.
- Judges must prioritize Criteria A (effective techniques) before considering Criteria B (aggressiveness) or Criteria C (competition area control).
- Judges must clearly communicate their scoring to the scorekeeper after each round ends, ensuring accurate and transparent results.

Article 7.2 - The 10-Point Must System

- Under this system, each round must have a winner who is awarded **10 points**.
- The losing athlete receives **9 points or fewer**, depending on round dominance.
- **10-10 rounds** are not permitted, except in specific cases of incomplete rounds (e.g., rounds halted prematurely due to fouls).

Article 7.3 - Evaluation Criteria

Judges score rounds based on three distinct criteria, prioritized as follows:

A. Effective Techniques (Primary)

1. Effective Striking
 - Judges assess the impact and effectiveness of legal strikes based on physical evidence (visible damage or reactions).
 - A single impactful strike causing clear physical effects ranks higher than multiple ineffective strikes.
2. Effective Wrestling
 - Evaluated by successful takedowns showing significant control, impactful throws, and maintained dominant positions after securing the takedown.
3. Effective Grappling
 - Assessed by the execution and near-success of submissions that actively threaten to finish the bout.

B. Effective Aggressiveness (Secondary) (Considered only if Criteria A is equal.)

- Defined as clear, offensive initiative and efforts actively attempting to finish the bout.

C. Control of Competition Area (Tertiary) (Considered only if Criteria A and B are equal.)

- Judges determine which athlete effectively controls and dictates the pace, location, and position of the action.



Article 7.4 - Detailed Scoring Definitions

10-9 Round

- Awarded when one athlete clearly wins by a close margin, demonstrating slightly superior striking, wrestling, grappling, or aggressiveness.

10-8 Round

- Awarded for dominant rounds where one athlete significantly outperforms their opponent in striking, wrestling, grappling, and aggressiveness.
- Judges specifically evaluate:
 - Impact: Visible damage or noticeable effects on the opponent’s physical ability and spirit.
 - Dominance: Constant offensive pressure, forcing the opponent into continuous defensive reactions.
 - Duration: Sustained control and effective offense throughout most of the round, with limited responses from the opponent.

10-7 Round

- Awarded for rounds demonstrating overwhelming and absolute dominance in all aspects—striking, wrestling, grappling, aggressiveness, and control—nearly resulting in bout termination.

10-10 Round

- Only awarded in exceptional cases (such as prematurely stopped rounds due to accidental fouls) where judges cannot definitively determine a clear winner.

Article 7.5 - Classification Points

The classification points that athletes receive for their bouts will be used to determine their final ranking.

| | | |
|----------------------------------|--|--------|
| 1) Victory by Knockout | (5 points to the winner - 0 point to the loser) | - VKO |
| 2) Victory by Technical Knockout | (5 points to the winner - 0 points to the loser) | - VTO |
| 3) Victory by Submission | (5 points to the winner - 0 point the loser) | - VBS |
| 4) Victory by Disqualification | (5 points to the winner - 0 point to the loser) | - DSQ |
| 5) Victory by Forfeit | (5 points to the winner - 0 point to the loser) | - VFO |
| 6) Victory by Default | (5 points to the winner - 0 point to the loser) | - VBD |
| 7) Victory by Injury | (5 to the winner - 0 point to the loser) | - VIN |
| 8) Victory by Points | (3 points to the winner - 0 point to the loser) | - VPO |
| 9) Double Disqualification | (0 point for red and 0 point for blue) | - 2DSQ |
| 10) Double Forfeit | (0 point for red and 0 point for blue) | - 2VFO |
| 11) Double Injury | (0 point for red and 0 point for blue) | - 2VIN |



CHAPTER 8 - THE PROTEST

Article 8.1 - The Protest

No protest after the end of a match or any appeal before CAS or any other jurisdiction against a decision made by the refereeing body may be lodged. Under no circumstances may the result of a match be modified after victory has been declared on the mat.

If the UWW President or the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the video and, with the agreement of the UWW Bureau, sanction those responsible as laid down in the provisions of the Regulations for International Refereeing Body.



CHAPTER 9 - MEDICAL REQUIREMENTS AND PROCEDURES

Article 9.1 - Medical Services

Ensuring athlete safety is a primary responsibility at all UWW Amateur MMA competitions. Organizers and medical personnel must adhere strictly to the following guidelines:

Medical Staff Responsibilities

- Event organizers must provide a fully operational medical team for the duration of the competition.
- The medical team operates under the direct authority of the UWW-appointed medical supervisor.
- Medical personnel must be available at all times, ready for immediate intervention in case of injury or emergency.

Pre-Competition Medical Evaluations

- Before weigh-ins, all athletes must undergo mandatory medical evaluations.
- Qualified physicians examine athletes to ensure they are medically fit and free from conditions that could jeopardize their safety or that of other competitors.
- Any athlete deemed unfit by the medical team will be immediately disqualified and prohibited from competing.

Medical Intervention During Competition

- Physicians or medical staff may intervene at any moment during bouts if an athlete's health appears compromised.
- Athletes sustaining injuries or requiring medical attention must be treated initially by official UWW medical staff. Team doctors or coaches may assist only with explicit permission from the official UWW medical representative.
- Athletes must remain in the competition area for initial medical assessment unless severe injury necessitates immediate removal from the mat for further treatment.

Presence of Blood

There will not be on-site blood testing at UWW Amateur-MMA competitions.

To minimize the risk of infection, the ringside physician or referee must protect the non-bleeding athlete. The following parameters serve as guidelines for decision-making for the referee or the ringside physician:

- Slight bleeding: Bout can continue
- Heavy bleeding: Bout must be stopped

Exception: In the final 20 seconds of the last round, the referee has the discretion to allow the bout to continue even if one or both athletes are experiencing a little more pronounced bleeding. The referee's decision in these cases is final and cannot be contested. If the bout must be stopped because of excessive bleeding (caused by legal actions), the injured athlete will lose the bout by TKO.



- If heavy bleeding is caused by an illegal technique, the athlete who caused the bleeding will be disqualified and will lose the bout.
- If heavy bleeding is caused by legal activities, the athlete who is bleeding will lose the bout by TKO.
- If heavy bleeding is ruled to be accidental by the Referee, the result will be decided by the judges. If the bout is stopped before one round is completed AND the injured athlete is still medically cleared to compete, the partial round will be scored and a Winner will be determined by Technical Decision.
- If heavy bleeding is ruled to be accidental by the Referee and before one round is completed AND the athlete is NOT medically cleared to compete, the non-injured athlete will Win and move forward in the tournament.

Authority of Medical Decisions

- Medical staff have full authority to stop any bout at their discretion if an athlete's health or safety is at risk.
- Decisions made by the medical team regarding athlete safety and fitness to compete are final and non-negotiable.

Injury and Treatment Guidelines

- If an injury occurs due to an illegal technique, the injured athlete may receive up to 5 minutes of medical attention to determine if they can safely continue.
- If medical staff decide an athlete cannot safely continue after an injury, the bout is immediately terminated, and appropriate victory conditions (TKO, Technical Decision, or DSQ) are declared as per foul and injury rules.
- Athletes who cannot continue due to medical reasons lose by medical stoppage and are ranked based on their performance prior to injury.
- An injured athlete will have until one hour after the conclusion of the first day of competition for their weight category to announce the injury to the UWW Doctor.

Financial Responsibility for Medical Costs

- Organizers cover all costs associated with first aid or minor treatments provided on-site during UWW competitions.
- Injuries requiring hospitalization or extensive treatment are covered by the UWW license insurance policy, provided the incident is promptly reported on the same day.

Medical Clearance for Returning to Competition

- Athletes injured during competition must obtain explicit clearance from the official UWW medical representative before resuming participation in subsequent bouts.
- Athletes injured or falling ill between competition days must still attend official weigh-ins; otherwise, they will be automatically disqualified and ranked last without classification.

Article 9.2 - Medical Suspension

If an athlete has suffered any damage due to a knockout -may it be at training or during a match- he/she shall be suspended from participation in competitions and/or sparring for 60 days (45 days at minimum and 90 days at maximum depending on the damage). If, in the medical practitioners' opinion, a knockdown brought damage



to the athlete's head, the same rule shall apply. If serious damage to the head is diagnosed, the athlete may be suspended indefinitely or until UWW approves his/her return to fighting.

The National Federations shall see to it that every medical suspension is duly reported in the athlete's license book and sent to the UWW office for registration in the international athlete database.

The medical practitioners assigned to international Amateur MMA competitions have the obligation to submit a complete report of injuries and knockout cases to UWW as well as their recommendations and/or decisions on athletes' suspensions.

Article 9.3 - Weight Loss

As far as weight reduction on the competition site is concerned, UWW has adopted the following rules: the practice of dehydration (and rehydration by IV) or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by UWW. Athletes under 18 are prohibited from the on-site use of saunas/steam rooms or vapor impermeable suits.