

ABC MMA RULES & REGULATIONS COMMITTEE

July 2022



Why we do this.....

- "I'm a regulator. That's what I do. I make sure the rules are being followed so the fight can go on. So that it's fair. So that the fighters, their camps, the fans, companies, media, gamblers, and spectators can trust it. Otherwise, it's anarchy. Both boxing and mixed martial arts (MMA) can certainly be brutal, but the whole thing is bound together by rules. There written and enforced by the names you don't know and the faces you won't see."

- *Marc Ratner in the book "Ringside my life outside the ropes and the octagon"*

Committee Members

- Andy Foster, California Athletic Commission
- Patrick Cunningham, Florida Athletic Commission
- Scott Bowler, Pete Suazo Utah Commission
- Cristiano Sampaio, CABMMA
- Jeff Mullen, Nevada Athletic Commission*
- Don Muzzi, Ringside Physician
- Erik Magraken, Combat Attorney *
- John McCarthy, Commentator & Retired Official
- Herb Dean, Official
- Jerin Valel, Official
- Marc Goddard, Official
- Sal D'Amato, Official*
- Derek Cleary, Official*
- Marc Ratner, UFC*
- Cory Schafer, Bellator*

*New Members



Item #1 for Vote-Joint/Body Coverings

- **Current Language**

- *a.* Other than the competitor's hands, there will be no taping, covering, or protective gear, of any kind, on the upper body. This includes, but is not limited to: joint sleeves, padding, or any form of brace/body tape.
- *b.* A competitor may use a soft neoprene type sleeve to cover only the knee and/or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties, or any other material considered to be unsafe or that may create an unfair advantage. Tape, gauze, or any materials other than the approved sleeves are not permitted.

- **Proposed Language**

- Other than the competitor's hands (as previously listed), there will be no taping, covering or protective gear of any kind on the upper body. This includes but is not limited to: joint sleeves, padding, any form of brace or body gauze/tape.
- A competitor may use soft neoprene type sleeves to cover only the knee or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties or any other material considered to be unsafe or that may create an unfair advantage. Tape and gauze or any materials other than the approved sleeves are not permitted on the lower body. The sleeves must be Black in color, with the exception of matching the athletes Commission assigned corner with sleeves being Red or Blue in color as appropriate.



Item #2 for Vote-Time Consideration for Fouls- Addition of Eye Poke

- **Current Language**
- Low Blow Foul
- Eye Poke-NONE

- **Proposed Language**

- Eye Poke Foul:

- A fighter who has received an eye poke as called by the referee is allowed up to five minutes to recover from the foul as long as the ringside doctors confirms the fighter may possibly continue in the contest once recovered. If the fighter states they can see and wish to continue, and confirmed by doctor, the referee shall as soon as practical restart the fight. If the fighter goes over the five-minute time allotment the fight cannot be restarted and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.



Scoring Criteria

This is just for clarification and understanding, the Committee would like all Commissions to send this out to their MMA Officials.



UNDERSTANDING THE CONCEPT OF **PRIORITIZED CRITERIA** AS IT APPLIES TO CORRECTLY SCORING AN MMA BOUT

We accept that MMA Bouts shall be scored based on a comparative evaluation of each fighters:

- **EFFECTIVE STRIKING/GRAPPLING**
- **EFFECTIVE AGGRESSIVENESS**
- **CAGE/RING CONTROL**

**But NEVER as a RANDOM or SUBJECTIVE BLEND of
These Evaluative Categories**

When one fighter demonstrates even a Slight Advantage in **EFFECTIVE STRIKING/GRAPPLING**, that fighter shall win that round **without any regard** for either fighter's Aggressiveness or Cage/Ring Control

ONE FIGHTER DEMONSTRATES AN ADVANTAGE IN EFFECTIVE STRIKING/GRAPPLING

*SHALL NOT BE
CONSIDERED*

~~EFFECTIVE AGGRESSIVENESS
CAGE RING CONTROL~~

*SHALL NOT BE
CONSIDERED*

ONLY when neither fighter demonstrates even a Slight Advantage in **EFFECTIVE STRIKING/ GRAPPLING** should the judge consider an advantage in **EFFECTIVE AGGRESSIVENESS** to determine the winner of that round.

NO ADVANTAGE IN EFFECTIVE STRIKING/GRAPPLING

EFFECTIVE AGGRESSIVENESS

*SHALL NOT BE
CONSIDERED*

~~CAGE RING CONTROL~~

*SHALL NOT BE
CONSIDERED*

Only when neither fighter demonstrates even a Slight Advantage in **EFFECTIVE STRIKING/ GRAPPLING** or **EFFECTIVE AGGRESSIVENESS** should the judge consider an advantage in **CAGE/RING CONTROL** to determine the winner of that round.

NO ADVANTAGE IN EFFECTIVE STRIKING/GRAPPLING

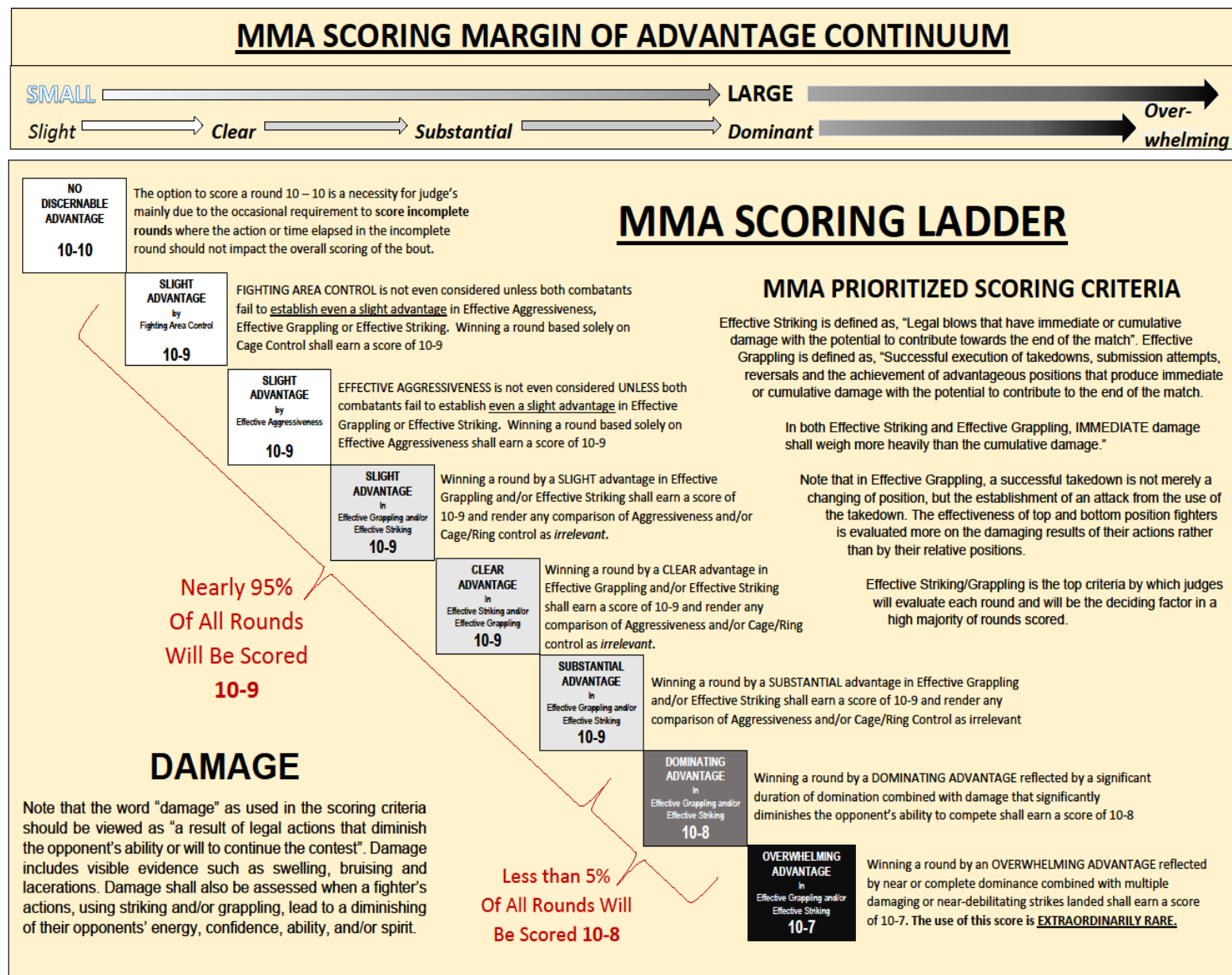
NO ADVANTAGE IN EFFECTIVE AGGRESSIVENESS

CAGE RING CONTROL

In each round, **Effective Striking/Grapppling** shall be considered the **first priority** in assessing the relative merits of each fighter performance. **Effective Aggressiveness** is a **'Plan B'** and should not be considered unless the judge has determined that there was no advantage in **Effective Striking/Grapppling**. **Cage/Ring Control ('Plan C')** should only be applicable when a judge determines that both fighters have failed to establish an advantage in either **Effective Striking/Grapppling** **OR** **Cage/Ring Control**. This will be an extremely rare occurrence.

Scoring Ladder

This is just for clarification and understanding, the Committee would like all Commissions to send this out to their MMA Officials.



The Committee will present this proposed change at the 2023 Conference

• Current Language- Grounded Fighter

- Any part of the body, other sole of the feet touching the fighting area floor. To be grounded, the palm of one hand (a flat palm) must be down, and/or any other body part must be touching the fighting area floor. A single knee, arm, (not fingers) makes the fighter grounded without having to have any other body part in touch with the fighting area floor.

Δ† this time, kicks or knees to the head

It not be allowed.

• Proposed Language- Grounded Fighter

- an opponent shall be deemed to be a “grounded opponent” if at least one of the opponent’s hands is weight-bearing on the floor, including, *but not limited to*, the palm, *finger tips*, or fist; or if one or more of the opponent’s body parts, other than a non-weight bearing hand or sole of a foot, is touching the floor.

