

WRSA
World Ring Sports Association



WRSA
Official Rule Book
Version 3.0.0

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These current rules are valid for members from all countries, whereas consideration can be given to local law, in case the law requires such adjustments.

Without a written consent from WRSA this rulebook shall not be used (distributed, copied, etc...) for business or commercial purpose in any way, even electronically.

It is WRSA members' responsibility to be aware of and to know the WRSA official rulebook, including its changes and amendments. Ignorance of the updated version of the WRSA rulebook, which is available at the request from the WRSA HQ, will not be taken into consideration at any WRSA event.

This rulebook will replace any previously issued rules.

English is the official language of the WRSA. This rulebook can be translated into other languages by the WRSA headquarters (hereinafter referred to as the "WRSA HQ"). In case of any discrepancies, the official English version shall prevail.

If a promoter does not follow this rulebook, the promoter will face a fine and/or ban from promoting, this is to be determined by the WRSA Executive Board.

1. WRSA

1.1 Meanings

WRSA

WRSA stands for the World Ring Sports Association.

WRSA HQ

WRSA HQ Stands for WRSA Head Quarters, which is located at:

World Ring Sports Association,
Cressdene, Evesham Road,
Offenham, Evesham,
Worcestershire,
United Kingdom
WR11 8SA

WRSA Executive Board

The WRSA Executive Board consists of key WRSA staff & executives.

2. FIGHTER

2.1 Fight Status

“Amateur” & “Professional” are terms used to refer to the Kickboxing and Mixed Martial Arts competitors.

“Professional” is a term used to refer to a competitor who is under a professional contract and simultaneously earns more than £10,000 per year by professional fights.

- I. A professional competitor cannot participate in amateur events.

“Amateur” is a term used to refer to a competitor who is not classed as a professional.

If the WRSA should discover a professional has participated in an amateur event, one or more of the following consequences might be considered:

- I. Disqualification of the professional
- II. Participation ban, time to be determined by the WRSA Executive Board
- III. Fine of £250.00
- IV. Revocation of the won title (subject to the WRSA Executive Board approval)

2.2 Fighter Purses

Fighters may receive a Paid Purse for their fight performance, regardless of status.

All paid purses are to be agreed and discussed prior to any event.

The WRSA Representative holds the right to reduce or stop any Paid Purse from being paid to a fighter for any violation of the WRSA Rules and Regulations.

2.3 Classification of a Fighter

The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the fighter accordingly.

Amateur C - Licensed competitors – Amateur (Novice)

- a. After 2 victories promoted to class B

Amateur B - Licensed competitors – Amateur (Intermediate)

- a. After 8 victories promoted to class A
- b. Are licensed to fight for Titles

- c. Are licensed to fight in Tournaments
- Amateur A - Licensed competitors – Amateur
- a. Are licensed to fight for Titles
 - b. Are licensed to fight in Tournaments
 - a. Can have automatic byes into the next round depending on the tournament situation.
 - c. Considered to be a top seeded fighter
- Professional
- a. Competitors are professional
 - b. May NOT compete in amateur events

To make sure a bout is kept fair,

No “Amateur A” Class can compete against an “Amateur C” Class fighter in any type of fight.

2.4 Age Categories

The cut off date for an age category is always the 31st of August of the calendar year in which the competition is held.

Juniors:

A junior who is up to the age of 17 (inclusive) years old on the cut off day can compete in this age category.

Adults:

An Adult who is 18 years or older on the cut off day can compete in this age category.

*Fighters aged 16/17 years old can compete in this category subject to the approval of the WRSA Executive Board

2.5 Fighter Registration

Fighters who wish to be admitted to any WRSA competition should fulfil the following conditions:

- I. Be registered as a fighter with the WRSA
 - a. If a fighter is not registered with the WRSA, on the night of the event and before any bout, the fighter will fill out the relevant form.
 - b. Fighters who have already registered with the WRSA will be required to update any information, on the night of the event or before any bout, for example if a fighter has participated in another event between his/her last participation in a previous WRSA event.
- II. If a fighter has not been registered with the WRSA, they must have proof of a medical test not older than 12 months, proving that they are “fit to fight” undersigned by a doctor.
 - a. If a fighter has been registered with the WRSA and
 - i. has already provided this document within the last 12 months shall be exempt from providing this a second time
 - ii. The last medical test that the fighter has had was longer than 12 months; the fighter must provide a new medical test undersigned by a doctor
 - b. If no medical test has been provided, on the night of the event, the fighter must undergo a medical check by the present doctor, who shall be designated by the WRSA Representative.
 - i. Whenever there are male and female participants, the medical examinations must be held in separate rooms or, depending on availability, in one room at different times.
- III. Have no medical or any other reason preventing them from participating in the event
- IV. Show a medical proof of EEG examination in case of having experienced three head knockouts within a period of less than 12 months, with the EEG made after the banned period
- V. Female participants must not be pregnant
- VI. Fighters undergo an AIDS test and to provide it according to local law where possible.

2.6 Banning Periods after a head knockout

- I. 1 month after the first head knockout within 12 months
- II. 3 months after the second head knockout within 12 months; and
- III. 12 months after the third head knockout within 12 months (EEG required).

After being banned for 12 months due to three head knockouts within 12 months, the competitor must submit medical documentation with a negative EEG examination result before he/she can participate in any competition again.

2.7 Nationality Identification

In international competitions, competitors must prove their identity and nationality by showing a government-issued ID and/or photographic government-issued ID.

Exceptions from nationality requirements

A fighter can prove his/her special relation to a country other than the one of his/her nationality (the “chosen” country) by submitting to WRSA one of the following documents:

- I. Birth certificate of the country of choice;
- II. Marriage certificate with a citizenship of the country of choice; or
- III. Proof of a permanent residence of the country of choice.

Competitors must submit a written application for “the country of choice” to the WRSA HQ

Competitors who have selected a “country of choice” can only change the country after obtaining a new citizenship or after moving to another country for permanent residency.

The WRSA Executive Board has the right to decide upon such applications, which must be submitted at least one month prior to the competition in which the competitor intends to participate. Exceptions may be made only where approved by the WRSA Executive Board.

2.8 Fighters Appearance

Each fighter must be clean and present a tidy appearance.

The excessive use of grease or any other foreign substance may not be used on the face or body of a fighter. The referees or WRSA Executive Representative shall cause any excessive grease or foreign substance to be removed.

The nails of the hands and feet must be cut short.

WRSA shall determine whether head or facial hair presents any hazard to the safety of the fighter or his opponent or will interfere with the supervision and conduct of the contest or exhibition.

If the head or facial hair of a fighter presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition:

- I. The fighter may not compete in the bout unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of WRSA Representative and the Head Referee.

A fighter may not wear any jewellery or other piercing accessories while competing in the bout.

2.9 Use of Prohibited Substances; Detection; Penalties

Use of Prohibited Substances

The use of any illegal drug, narcotic, stimulant, depressant, or analgesic of any description, or alcohol substance, by a fighter either before or during a match, shall result in the immediate disqualification of the fighter from the match and disciplinary action.

If any substance is banned by any of the appropriate organizations as a doping substance (for example the Anti-Doping Agency, National Olympic Committee, etc) WRSA will also consider this to be a banned substance.

Detection of Prohibited Substances

In order to detect the presence of any prohibited substance, a fighter shall submit to any pre-contest or post-contest urinalysis or other laboratory procedure that is ordered by the doctor appointed by the WRSA. Other qualified and authorized organizations or persons may also perform such tests in case the local law dictates.

Refusal to submit to such testing

If a fighter in anyway:

- I. Intentionally avoids or evades in any way
- II. Try to obstruct or manipulate the testers in any way

This shall result in the immediate disqualification of the fighter from the match, followed by ban for a period of time and/or a fine to be determined by the WRSA Executive Board.

Privacy, especially for children and female competitors, shall be respected. Doping tests must be made by a qualified person of the same gender. Whenever this is not available, a WRSA representative of the same gender shall supervise the collection of the test samples.

Penalties for use of prohibited substances

A. Unless the WRSA licensing an event requires otherwise, a fighter who tests positive for illegal drugs shall be penalized as follows:

- I. First Offense: 180 day suspension.
- II. Second Offense: 1 year suspension and mandatory completion of a supervisory treatment program approved by the WRSA.
- III. Third Offense: 2 year suspension and mandatory completion of a supervisory treatment program approved by the WRSA.

B. A fighter who tests positive for any other prohibited substance shall be penalized after having their case reviewed by the WRSA Executive Board.

2.10 Rules of Conduct Inside and Outside Of the Ring

It is the duty of every fighter to show fair play in the ring. Should a fighter not be ready to continue the match, because his/her safety equipment is not working properly or for other reasons, he/she shall retreat one step and raise one arm.

Should a fighter be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

When a fighter receives a warning or a reprimand from the referee, he/she must bow in the direction of the referee to indicate that he/she has understood the reason why.

At the conclusion of the fight the fighters shall

- I. Salute each other and the opponent's coaches, after which both fighters bow to the referee in recognition of his/her efforts.
- II. Approach the referee, standing in the centre of the ring, and there, one on each side of the referee
- III. Await the speaker's announcement of the verdict.
- IV. The referee shall then raise the arm of the winner.
- V. Each fighter will then be presented with the respective trophy.
- VI. If the bout was for a championship title, the WRSA representative will present the title to the winning fighter at this time.

Violation of WRSA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

3. OFFICIALS

3.1 Referees/Judges Categories

Referees shall be categorised in six sections:

- I. 'WRSA – Executive Grade Referee'
 - a. Member of the WRSA Executive Board or Be Chosen by the WRSA Executive Board
 - b. Equal to 'WRSA – Grade A Referee'
- II. 'WRSA – Grade A Referee'
 - a. Entitled to be Head Referee at any WRSA event.
 - b. Entitled to be Ring Inspector at any WRSA event.
 - c. Entitled to act as a Supervisor on Title Fights.
- III. 'WRSA – Grade B Referee'
 - a. Entitled to be a referee in the finals of a tournament.
 - b. Entitled to be Ring Inspector at any WRSA event.
 - c. Entitled to act as a referee or judge on Title Fights.
 - d. Entitled to act as a Head Referee
- IV. 'WRSA – Grade C Referee'/' WRSA – Grade A Judge'
 - a. Entitled to be a referee in the elimination fights in a tournament
 - b. Entitled to act as a judge on Title Fights.
- V. 'WRSA – Grade B Judge'
 - a. Entitled to act as a judge on elimination Fights.
 - b. Entitled to act as a judge on Non-Title Fights
- VI. 'WRSA – Grade C Judge'
 - a. Entitled to act as a judge on Non-Title Fights

The starting criteria for a referee/judge is to qualify as a 'WRSA – Grade C Judge' to do this you must

- I. Must have No Physical disabilities.
- II. Must have sufficient knowledge of English
- III. Must be at least 21 years old.
- IV. Must have attended and participated at least 1 referee training course/seminar.
- V. Must be tested and supervised by a 'WRSA – Grade A Referee' for at least 3 WRSA events.

To then qualify as a 'WRSA – Grade B Judge' you must

- I. Must have been supervised and tested judge on at least 3 WRSA Events by a 'WRSA – Grade A Referee'
- II. Must be tested by a 'WRSA – Grade A Referee' at a WRSA event.

To then qualify as a 'WRSA – Grade A Judge'

- I. Spent at least 1 year as a 'WRSA – Grade B Judge'.

To qualify as a 'WRSA – Grade C Referee' is required to have:

- I. Spent at least 1 year of practice in refereeing and/or
- II. Spent at least 1 year as a 'WRSA – Grade A Judge'.

To then qualify as a 'WRSA – Grade B Referee' is required to have:

- I. Spent at least 2 year as a "WRSA – Grade C Referee"

To then qualify as a 'WRSA – Grade A Referee' is required to have:

- I. Spent at least 3 year as a "WRSA – Grade B Referee"

The WRSA Executive Board can review a referee/judges licence and automatically grant him/her a licence dependant on relevant experience and/or situation

3.2 Referee Dress Code

All Referees must wear the following:

- I. Trousers
 - a. Must be Black or Dark Blue Slacks.

- II. WRSA Shirt
 - a. Referees are required to wear a WRSA Officials Shirt.
 - b. If they do not have one, they are required to purchase one from the WRSA HQ.
- III. Shoes
 - a. Must be Black
 - b. Soft rubber sole shoes.
- IV. Belt for Trousers
 - a. Belt buckle must be either covered or without a large buckle.
- V. Gloves
 - a. Referees must wear rubber surgical gloves during all bouts.
 - b. Referees must supply their own gloves if not provided by the venue.

No Referee is allowed to wear:

- I. Hats
- II. Watch
- III. Jewellery
- IV. Glasses
 - a. Unless they are poly carbonate "rec specs", approved by the WRSA.

3.3 Judge Dress Code

All judges should be dress smart and presentable.

3.4 Conflict of Interest

It is the Head Referee's responsibility to report any possible conflict of interest to the WRSA representative. In case of an omission, the WRSA Executive Board, after consulting with the Head Referee may impose one or more of the following measures:

- I. Warning;
- II. Exclusion of further participation as a referee in the event;
- III. Reduction of the referee's compensation; and/or
- IV. Withdrawal of the referee's license for a period of time to be determined by the WRSA Executive Board.

3.5 Head Referee

A Head Referee must be designated for every competition.

The Head Referee can replace referees who have been obviously not neutral or who violate the official WRSA competition rules, just as in such cases the Head Referee can overrule their decisions.

In a competition with several competition areas or rings, the Head Referee appoints a ring inspector, who supervises application of WRSA rules at one fighting area or ring.

At events with only one competition area or ring, the Supervisor acts as a ring inspector.

3.6 Ring Inspector

On each fighting area, the head of the officials is the ring inspector. He/she is responsible for all WRSA rules being correctly applied on his/her fighting area.

He/she reports the results according to the instructions of the Head Referee.

3.7 Supervisor

The supervisor is responsible for managing all referees and supervising the work at all competition areas and/or rings. He/she shall take care that the time schedule will work and the safety of the fighter is provided for (by the compulsory attendance of the doctor and first aid team).

The supervisor is the part of the WRSA Event Organization and appointed by the WRSA Executive Board. After the tournament or gala, he/she must send a report about the event to the WRSA HQ/Executive Board.

The WRSA Representative can also be the Supervisor

3.8 Protests and Alteration of Decisions

Only a coach may make an official protest.

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WRSA Representative deem that one of the following circumstances has occurred:

- I. A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match
- II. The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- III. A clear violation of the rules and regulations of the WRSA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. He/She will explain his/her decision to the WRSA Representative about his/her decision and upon WRSA Representative agreeing, the Head Referee's decision is final unless overruled by the WRSA Representative.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

3.9 Referee Duties

The ring referee shall be in charge of the general supervision of the bout.

He enforces the WRSA rules and regulations as stated in this document.

He shall promote the safety of the fighters within the ring and shall insure a fair fight between the fighters.

The referee, before each bout, shall ask each fighter who their head coach is at ringside.

1. The referee shall hold said head coach responsible for the conduct of his assistants & during the bout, assuring they follow the Official WRSA Cornermen & Trainer Rules

The Referee MUST make sure that each fighter understands their language so there will be no confusion as to "Ring Commands" during the fight..

- I. Three verbal commands need to be recognized:
 - a. **"STOP"** when ordering the fighters to stop fighting.

- b. **"BREAK"** when ordering the fighters to separate.
- c. **"FIGHT"** when ordering the fighters to continue the match.
- d. When the fighters are ordered to **"BREAK"**, both must step back a minimum of 3 steps before the referee continues the fight.

The referee shall call both fighters to the centre of the ring before each bout for final instructions; each fighter shall be accompanied by his head coach.

- I. This should not be a speech.
- II. This should be a basic reminder, for example
 - a. "Gentlemen/Ladies, obey my commands at all times and let's have a fair fight. Touch gloves and return to your corners."

Starting the Bout

- I. Immediately before the bout begins, the fighters shall bow to the referee, followed by the fighters bowing to each other.
- II. Once done, the referee shall instruct the fighters to **"FIGHTING POSITIONS"** and signal the timekeeper to begin the bout. The timekeeper will ring the bell and the bout will begin.

Running From Your Opponent

- I. The Referee will warn a fighter who continually runs from his opponent not to do so. If a fighter continues to do so, a 1 point deduction will be given to the fighter for **"INTENTIONAL EVASION OF CONTACT"**.

Cornermen Rules

- I. The Referee will give a maximum of 2 warnings **ONLY** to a Cornermen or second that:
 - a. Lean on top of the ring floor,
 - b. Touch the ring ropes,
 - c. Slap or hit the ring,
 - d. Yell to coach his/her fighter loudly that causes disruption to both fighters and referee
 - e. Yell at any official during the fighting round.
- II. If after 2 warnings, the said Cornermen or Seconds continue to do so,
 - a. The fighter who's corner is not following the Rules and Regulations of a Cornermen
 - i. Will lose a point and/or
 - ii. Disqualified from the match
 - iii. The Cornermen/Second could be fined and/or suspended by the WRSA Representative at ringside.
- III. If disqualified, the fighter will lose by **DQ ("Disqualification")**.
- IV. The only person other than the referee and the fighters allowed to touch the ring canvas during the middle of a round shall be the timekeeper who shall slap the ring canvas "3" times when 10 seconds remains in each round.

Protecting Fighters from Outside Distraction

- I. If a spectator throws any object from the crowd into the ring, **"TIME"** will be called by the referee & event security will escort the spectator out of the Venue.
 - a. The spectator will be told why they have been removed and be asked to calm down
 - b. The spectator will then be let back into the Venue.
 - c. If the spectator is warned again, they will be
 - i. Escorted from the Venue and asked to leave permanently.
 - ii. Will be subject to fines dependant on severity.
- II. If a second or corner throws anything into the ring, it will be taken as a request to stop the fight and said corner will lose by **TKO ("Technical Knockout")**.

Fouling – Stopping the Fight

In case of a serious violation of the rules and regulations, the referee shall stop the fight with the command "Stop" and issue a warning.

The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning.

The referee shall clearly indicate which competitor has received the warning by pointing his or her hand.

- I. The referee shall administer the following for fouls:
 - a. 1st time -Warning to the fighter.
 - b. 2nd time - deduction of 1 point.
 - c. 3rd time - disqualification.
 - i. (*) If the foul is severe, the Referee and/or Head Referee and/or the WRSA Representative could stop the bout at ANY time.
- II. **Non Intentional Foul**
 - a. If the referee determines that the fighter being fouled needs time to recover,
 - i. He/She may stop the fight and the time and give the injured fighter time to recover.
 - ii. At the end of such time, the referee and ringside doctor shall determine if the fighter can continue.
 - a. If so, the round will begin at the stopped time.
 - b. If not, the referee shall gather all 3 judges score cards and the winner will be determined by who was ahead on the 3 score cards at the time of the foul.
 - c. If the fighters were even, a **TECHNICAL DRAW** will be awarded.
 - d. If the foul occurs in the first round, a **NO CONTEST** shall be awarded to each fighter.
- III. **Intentional Foul**
 - a. If the referee determines that the fighter being fouled needs time to recover,
 - i. He/She may stop the fight and the time and give the injured fighter time to recover.
 - ii. At the end of such time, the referee and ringside doctor shall determine if the fighter can continue.
 - a. If so, the round will begin at the stopped time.
 - i. Before the restarting of the fight, the Referee has to determine whether he/she will:
 1. Offer a Warning to the Fouling Fighter.
 2. Take a 1 point deduction from the fighter committing the foul.
 3. Disqualify the Fouling Fighter.
 - b. If the fouled fighter cannot continue:
 - i. If the fouled fighter cannot continue, regardless of the scorecards, the fouled fighter will automatically win by disqualification.
 - ii. Should it be necessary to stop the match or penalize a fighter, the Referee will immediately advise the reason to the WRSA Event Representative after making the announcement.

Procedure if a Fighter Falls Out of the Ring

- I. If a fighter falls through the ring ropes and out of the ring, the referee shall order his opponent to stand in an opposite neutral corner and if the fighter remains outside the ropes, the referee shall start a count to the fighter who has fallen outside the ropes has up to 30 seconds to return to the ring.
- II. If the fighter returns to the ring before the count ends, he/she will not be penalized for a "Standing 8 count" **UNLESS** it was a strike from his/her opponent that sent him/her through the ropes and out of the ring.
- III. If anyone prevents the fallen fighter from returning to the ring, the referee shall warn such person or stop the fight if he/she continues his action.
- IV. If this person is associated with his/her opponent, the fallen fighter will win by disqualification.
- V. If both fighters fall out of the ring, the referee shall start counting.
- VI. If one fighter tries to prevent his/her opponent from returning to the ring before the count ends, he/she will be warned or disqualified.
- VII. If both fighters' fall out of the ring, the referee shall start counting and the fighter that returns to the ring before the count ends, will be considered the winner.
- VIII. If both return within the 30 seconds allowed, the fight can continue.
- IX. If neither fighter can, the result will be considered a "No Contest".

Official Signal of the Referee for End of Bout

- I. If the referee determines that the fight is over by a knockdown, knockout, TKO, foul etc, the referee will indicate so by crossing both hands ABOVE his/her head and or over his face as he/she steps between the fighters.

Stopping of a Bout

- I. The referee, ringside Doctor/EMT or the WRSA Representative at ringside shall have the power to stop a bout.

Scorecards

- I. At the end of each bout, the Referee will collect the scorecards from each of the three judges, inspect them to assure each is correct and **SIGNED** by each judge and submit them to the WRSA Representative or WRSA Scorekeeper, whichever has been designated by the WRSA Representative to tally the scores.
- II. Once a decision has been reached, the referee will bring both fighters to centre of the ring. Upon announcement of the winner the referee will raise that fighter's hand.
- III. For TITLE BOUTS
 - a. At the end of each ROUND, the Referee will collect the scorecards from each of the three judges, inspect them to assure each is correct and **SIGNED** by each judge and submit them to the WRSA Representative or WRSA Scorekeeper, whichever has been designated by the WRSA Representative to tally the scores.
 - b. Once a decision has been reached, the referee will bring both fighters to centre of the ring. Upon announcement of the winner the referee will raise that fighter's hand.
 - c. Whilst holding the winners hand, the WRSA Representative will present the Title by wrapping the Title around the winner's waist.

3.9a Additionally In a Kickboxing Bout

- I. The referee has the responsibility of making sure each fighter is attaining their requested number of kicks per round.
- II. If not, the Referee shall warn such fighter, and ultimately have the power to deduct a point if the fighter continues not to meet their requested minimum kick count.

Leg Sweeps, Cut Kicks, Slips OR Falls

- I. A Foot to foot, to the outside of opponent's front foot are permitted.
 - a. Sweeps to the inside of the opponent's foot are not allowed
- II. No spin sweeps.
- III. No sweeps above the foot pad.
- IV. No sweeping the supporting leg.
- V. All sweeps/kicks to the legs that cause a fighter to fall from loss of footing, slipping WILL NOT be counted as a knockdown.
- VI. If the FALL ITSELF causes injury,
 - a. The referee will begin a count on the downed fighter.
 - b. If the fighter does not stand by the count of 10, the bout is over and the downed fighter loses.
 - c. If the kick to the legs injures the fighter and he/she is forced to drop to 1 knee or to the ring floor due to the injury to their legs, the referee will begin a count.
- VII. Again, if the fighter fails to stand after the count of 10 "OR" limps in pain once up, the referee shall stop the bout and that fighter shall be declared the loser by KO.

Knockdowns & Knockouts

- I. If a fighter is knocked down 3 times in 1 round, the fight is over.
- II. Sweeps do not count as a **KNOCKDOWN** and a leg kick to a single supporting leg do not either.
- III. If a fighter is knocked down to the ring floor or falls to the floor, he must get up under his own power.
- IV. Fighters can only be saved by the bell in the final round.
- V. If one fighter is knocked down, the referee must instruct the other fighter to retreat to the farthest neutral corner - WHITE.

Clinching

- I. The referee must wait until a count of 3 before breaking up any clinch of which neither is making a clear effort to attack or let the fighters fight out of it.

Standing 8 Counts

- I. During a flurry, the Referee shall not step in to stop the action when the fighter's are still standing "Strong."
- II. If a fighter looks helpless and receives several blows to the head or body but continues to stand, not move and not be able to defend him or herself, the referee will step in and give the fighter a standing 8 count.
- III. At this time, the Referee is to look over the fighter and if the referee feels necessary, he/she may stop the fight at this time.
- IV. If a fighter is not standing "Strong" and his/her eyes are not clear, the referee may choose to stop a bout prior to a standing 8 count if the fighter getting beat is not able to hold up his/her hands to chin height and still protect him/herself.
- V. At ANY time, the referee can request the ringside Doctor/EMT to come up to the ring and make a true medical determination whether a fighter should continue or not.

Counting Over a Downed Fighter

When a fighter is knocked down or purposely falls down without will to stand, the referee shall:

- I. Instruct the other fighter to retreat to the farthest neutral corner of the ring from the downed fighter.
- II. The count of the downed fighter by the ringside timekeeper must begin once the fallen fighter touches the ring floor.
- III. If the referee was occupied by instructing the other fighter to retreat to the furthest neutral corner, the referee upon returning to the downed fighter shall pick up the actual count from the ringside timekeeper who shall make the count clear and visible by counting with his fingers over his/her head so the referee can pick the count up clearly.
- IV. From there, the referee shall continue the count over the downed fighter with the referee showing with his arm in motion the number of the count with 1 hand up to 5 and continuing on the same hand up to 5 fingers to signal a count of 10.
- V. At the end of each downward motion shall be the count of each number.
- VI. If the fighter stands during the count, the referee shall continue the count.
- VII. If the standing fighter leaves the neutral corner, the Referee will stop the count and once again, instruct the standing fighter back to the neutral corner and then restart the count from the point of interruption when the standing fighter complies.
- VIII. If the fighter on the canvas does not stand before the count of 10, the standing fighter shall be determined the winner by knockout.
- IX. If the referee feels that the fighter can continue, the referee shall wipe the end of the fighter's gloves on the referee's shirt before continuing the fight.

3.10 Emergency Medical Facilities, Doctors/EMTs and Equipment

All WRSA promoters must provide medical information, facilities and equipment, including, but not limited to a stretcher and emergency oxygen, adequate for emergency occasions, and an ambulance for each event, and all such medical facilities and equipment must be approved in advance by the WRSA Executive Board.

The attendance of a doctor and/or at least 2 Emergency Medical Technicians (EMTs) present at all WRSA events is obligatory; a first aid team only is not sufficient.

No event shall be allowed to start until an ambulance is available and present at the event.

- I. No event shall be allowed to continue if an ambulance is utilized to transport a previous fighter to a medical facility, until another ambulance is available and present at the event.

The official doctor, who mandatorily attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match is to be supervised by one approved Doctor/EMT.

- I. From the start of the first contest, throughout the duration of the event, and until the last fighter leaves the arena.
- II. No event shall be allowed to continue if the Doctor/EMT leaves the arena to transport a previous fighter to a medical facility, until the Doctor/EMT replacement is available and present at the event.

Any and all directions and/or orders from the attending Doctor/EMT must be immediately complied with.

The attending Doctor must be qualified as a general practitioner and/or emergency medical technician

The attendance of at least one Doctor/EMT is compulsory in galas; two Doctor's/EMTs are required for tournaments. A first aid team is compulsory as well.

The attending Doctor/EMT must follow the rules and regulations of the appropriate national health board as well as be approved by the authorities where such rules apply.

The attending Doctor/EMT shall be ready to assist if a serious emergency arises and to administer first aid in the event of less serious injuries.

The Doctor/EMT has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the Referee, if he/she thinks a competitor is in danger and the referee has not stopped the fight.

He/she is also responsible for making the decision when a referee calls him/her to examine an injured competitor.

No person, even coaches, may attempt to aid a competitor during a round before the attending Doctor/EMT has had the opportunity to see the injured competitor.

If the Doctor/EMT enters the ring or he/she must examine the presumed injury and decide if the fight can continue or not, this examination must take place in the ring and have duration of not more than one minute; any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the Referee shall stop the match and declare the opponent the winner.

Doctors'/EMTs decisions are in any case final decisions, but they can be protested if a second Doctor/EMT is present at the event. The second Doctor/EMT will make the decision about the protest.

Disposable Hygienic Gloves must be worn by all Coaches, Referees, Ringside Doctors/EMTs and Inspectors while involved with the event. The hygienic gloves shall be provided by the WRSA Event Organiser/Promoter.

4. FIGHTERS COACHES/SECONDS/TRAINERS

4.1 Dress Code

All Coaches must wear a track suit and sport shoes, which must be clean.

A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.

4.2 General Rules for Coaches

The WRSA Event Representative and or Referee have the power to give the following disciplines to any broken Rule noted on this page;

- I. Verbal Warning.
- II. Deduct 1 Point from their fighter.
- III. Expel the Coach from the bout.

- IV. Expel the Coach from the event.
- V. Disqualify The Fighter, ending the bout.
- VI. Coach Fines begin at £50.00.

4.2 Fighters Corner

Each fighter is allow 3 Coaches (Total) in the fighter's corner

- I. The Head Coach
 - a. Who must enter the ring on the round break.
 - b. Is responsible for both his/her seconds
- II. Two Seconds
 - a. One may stand outside the ropes on the ring platform.
 - b. One shall remain permanently on the floor of the venue during the bout.

4.3 Coaches Actions/Responsibilities

4.3a During the Break

The Head Coach MUST enter the ring during the round break to:

- I. Shield his fighter from the view of his opponent.

The Head Coach MUST also:

- I. Stay in the corner of the ring that their respective fighter is in.
- II. Do not aggressively complain to the referee.
 - a. Calm discussion is allowed if you wish the referee to pay closer attention to something the other fighter may be doing.
- III. Always clean up the fighter's corner when a round break is over. (Ice, water etc.)
- IV. If the Head Coach feels his/her fighter is injured from something like a cut or symptoms of a head or body injury
 - a. He/She may request to the referee to have the ringside Doctor look at the fighter to assure their safety and that they are fit to continue to the next round.

Prior to the start of each round, coaches must remove buckets, stools and towels from the ring, and if necessary wipe the floor clean of spilt water.

4.3b During the Fighting Rounds

All Coaches are required to keep their shoulders below the ring mat level during a bout.

If you choose to sit on the ring corner stairs, keep your shoulders below the ring mat level.

DO NOT

- I. Use Rude or Abusive Language when coaching from your corner and do not yell abusive language or remarks at your fighter's opponent.
 - a. The Fine for such an offense begin at £100.00 and
 - b. Increases depending on the results of the action taken such as if any injury occurred, who it was thrown at, etc.
- II. Please keep your coaching volume down.
- III. No throwing water during the round breaks.
- IV. NO THROWING of ANY OBJECT during the bout.
 - a. The Fine for such an offense begin at £50.00 and
 - b. Increase depending on the results of the action taken such as if any injury occurred, who it was thrown at, etc.
- V. Do not stand up or lean on the edge of the ring mat/floor when bout is in progress.
- VI. Do not slap the ring mat when the bout is in progress when bout is in progress.
- VII. Do not touch the ring ropes until the bell sounds ending the round!
- VIII. During the bout and even when the round is coming to an end, DO NOT climb up towards the ring!

A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round.

Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again; this is deemed a "NO CONTEST".

4.4 Promoters Event Equipment

If you cut ANY part of the fight gloves

- I. You will be fined £50.00 which must be paid prior to leaving the event.

If you or your fighter or anyone associated with you, abuse, harm or destroy any property owned or regulated by the promoter or the WRSA

- I. You will be charged for the damages plus fined a minimum of £100.00 and be subject to a possible suspension.
- II. All fines and suspensions shall be determined by the WRSA Executive Board.

4.5 Corner Materials & Use

FACE

- I. Vaseline is the only substance that can be used on a fighters face.

BODY

- I. Vaseline or Abilene can be used on the body.
- II. Liniment rubs such as Muay Thai Oil etc., may be used on the fighters as long as it does not cause harm to a fighters eyes.

HOWEVER - NONE may be used in excess and the Referee may require you to wipe it ALL off if you stand to begin the bout with excessive amounts on.

BABY OIL is NOT permitted at all.

The use of any sports crèmes is NOT permitted at all.

No "Smelling Salts" or related medicines are allowed in the corner.

- I. The use of shall result in immediate disqualification and a £250.00 fine.
- II. If a professional fighter the fine shall be £300 or 10% of the fighter's purse, whichever is greater.

All Coaches must provide their fighter a bucket, athletic tape, water bottle, and towel.

4.6 Throwing in the Towel

The Head Coach may throw a towel into the ring to stop the bout if they feel their fighter is getting beat too badly or if they feel their fighter is outclassed.

This saves the referee from making a questionable stop and is considered an honourable move by the corner, which has done so to protect his/her fighter.

After doing so the Head Coach must immediately follow the towel by going through the ropes and into the ring.

DO NOT throw the towel directly at your opponent or the referee.

- I. Doing so will result in a minimum £100.00 fine

4.7 Coaches of Junior (Under 18) Fighters

If ANY WRSA Event Official feels that a trainer is being verbally or physically abusive to a "Minor" under the age of 18

- I. That trainer WILL face disciplinary actions as determined by the WRSA Representative, even DURING a bout in action.
- II. If the Head Coach or his/her seconds is offensive or rude to the WRSA Official or WRSA Representative presenting the discipline,
 - a. The trainer WILL be banned from the ring and fined by the WRSA.
 - b. We understand that many coaches will become verbally aggressive with their fighters. However PHYSICAL ABUSE in any way (Grabbing a fighters headgear, hitting a fighter etc.) WILL NOT BE TOLERATED!
 - i. Disciplinary actions for such an offense could be:
 1. Verbal Warning.
 2. Disqualification from being a Cornermen for the duration of the bout in question.
 3. Disqualification from being a Cornermen for the entire event the misconduct took place.
 4. Suspended from being a Cornermen on any WRSA Sanctioned event for a time to be determined by the WRSA Executive Board.
 5. Fined for outrageous misconduct an amount determined by the WRSA Executive Board. Fines begin at £50.00
 6. Banned from the WRSA indefinitely.

5. EVENT PLANNING

5.1 Fight Booking

A fighter does not have to be registered in the WRSA to compete on a WRSA Sanctioned Event, as fighter will be registered on the day of the event.

However, it does help the fighter as far as credibility when speaking with a WRSA Promoter.

To be booked for a fight on a WRSA Sanctioned Event, we suggest you contact WRSA Events Organiser.

5.2 Commitment

Any fighter who agrees to fight (registers to fight, confirms a fight, signs a fight contract etc.) on any WRSA Sanctioned Event

- I. Shall not fight on any other event 31 days prior to the scheduled date of the confirmed booking on the WRSA Sanctioned Event.
 - a. The reason for this is the 31 day minimum medical suspension required of a fighter for a Knockout or Technical Knockout.

5.3 Fighter Information

When being booked for a WRSA Event, the Head Coach/Fighter must provide the below information to the WRSA Event Organiser/Promoter:

- I. Registered WRSA Fighter:
 - a. WRSA Unique Fighter ID No.
 - b. Full Name
 - c. Photograph of Fighter
 - d. Height
 - e. Weight
 - f. Results of Fights since last WRSA Event Fight.
 - i. As this could change the fighters "WRSA Fighter Classification".

- II. Non-Registered WRSA Fighter
 - a. Full Name
 - b. Photograph of Fighter
 - c. Height
 - d. Weight
 - e. Date of Birth (Age)
 - f. Experience
 - i. This is to classify the fighter alongside the “WRSA Fighter Classifications”

The WRSA Event Organiser/Promoter shall then inform the Fighter/Head Coach about

- I. The Fighters Opponent
- II. The booked weight category
- III. Event Details
- IV. Advise to read the WRSA Rule and Regulations Book.

5.4 Booked Fight Weight

- I. It is MANDATORY that the fighter weighs within the EXACT WEIGHT RANGE the WRSA Event Organiser/Promoter booked the fighter at.
- II. The fighter may lose weight at the official weigh-ins but may not gain weight.
- III. The maximum weight loss a fighter may only lose is 2lbs within 2 hours.
- IV. If the fighter fails to make a booked or contracted weight The WRSA Representative will make a decision to either:
 - a. **NON TITLE FIGHT**
 - i. Automatically forfeit the fighter and award his/her opponent the winner.
 - ii. Allow the fight to go ahead:
 - 1. This will result in the following fine:
 - a. Minimum of £25 or 25% of the fighter's purse, whichever is greater.
 - b. The fine is enforced by the WRSA Representative.
 - i. Upon collection, 50% will go to the fighter’s opponent and 50% will go to the WRSA.
 - b. **TITLE FIGHT**
 - i. Automatically forfeit the fighter and award his/her opponent the winner.
 - ii. Loss of the fighters purse
 - 1. The fine is enforced by the WRSA Representative.
 - i. Upon collection, 50% will go to the fighter’s opponent and 50% will go to the WRSA.
 - iii. If a Fighter (Champion) fails to make the booked or contracted weight, he will be stripped of the title, of which will make the title vacant.

If a bout is cancelled due to a fighter not making weight, the fighter who did not make weight can be held liable for all expenses the WRSA Promoter has paid to book your bout which will include:

- I. Any paid expenses to your opponent for his/her travel.
- II. Loss of Paid Purse
 - a. Upon collection, 50% will go to the fighter’s opponent and 50% will go to the WRSA.
- III. Medical expenses - Bloodwork, etc.
- IV. Any additional expenses confirmed justified by the WRSA Executive Board.
- V. The Fighter as well as the Fighter's Coach will be liable for the amount of money due to the WRSA Promoter.
- VI. The Fighter will be placed on suspension until all fees are paid.

5.5 Ring / Fighting Area Requirements and Equipment

5.5a Kickboxing

Ring

A ring used for a contest or exhibition of kickboxing must meet the following requirements:

- I. The ring must be no smaller than 18 feet square and no larger than 32 feet square within the ropes. One corner shall have a blue designation and the corner directly opposite must have a red designation.
- II. The ring floor must extend at least 18 inches beyond the ropes. The ring floor must be padded with insulate or similar closed-cell foam, with at least a 1-inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges must not be used.
- III. The ring platform must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the unarmed combatants.
- IV. Ring posts must be made of metal, not more than 3 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the ring floor, and must be properly padded in a manner approved by WRSA. Ring posts must be at least 18 inches away from the ring ropes.
- V. There must be a minimum four ring ropes, not less than 1 inch in diameter and wrapped in soft material. The lowest ring rope must be 12 inches above the ring floor.
- VI. There must not be any obstruction or object, including, without limitation, a triangular border, on any part of the ring floor.

5.5b Mixed Martial Arts

Either a Ring or a Cage can be used for Mixed Martial Arts.

Ring

A ring used for a contest or exhibition of mixed martial arts must meet the following requirements:

- I. The ring must be no smaller than 20 feet square and no larger than 32 feet square within the ropes. One corner shall have a blue designation and the corner directly opposite must have a red designation.
- II. The ring floor must extend at least 18 inches beyond the ropes. The ring floor must be padded with insulate or similar closed-cell foam, with at least a 1-inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges must not be used.
- III. The ring platform must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the Fighters/Officials/Coaches.
- IV. Ring posts must be made of metal, not more than 3 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the ring floor, and must be properly padded in a manner approved by the WRSA. Ring posts must be at least 18 inches away from the ring ropes.
- V. There must be five ring ropes, not less than 1 inch in diameter and wrapped in soft material. The lowest ring rope must be 12 inches above the ring floor.
- VI. There must not be any obstruction or object, including, without limitation, a triangular border, on any part of the ring floor.

Cage

A fenced area used in a contest or exhibition of mixed martial arts must meet the following requirements:

- I. The fenced area must be circular or have at least six equal sides and must be no smaller than 20 feet wide and no larger than 32 feet wide.
- II. The floor of the fenced area must be padded with insulate or another similar closed-cell foam, with at least a 1-inch layer of foam padding, with a top covering of canvas, duck or similar material tightly stretched and laced to the platform of the fenced area. Material that tends to gather in lumps or ridges must not be used.

- III. The platform of the fenced area must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the Fighters/Officials/Coaches.
- IV. Fence posts must be made of metal, not more than 6 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the floor of the fenced area, and must be properly padded in a manner approved by the WRSA.
- V. The fencing used to enclose the fenced area must be made of a material that will prevent an unarmed combatant from falling out of the fenced area or breaking through the fenced area onto the floor of the building or onto the spectators, including, without limitation, chain link fence coated with vinyl.
- VI. Any metal portion of the fenced area must be covered and padded in a manner approved by the WRSA and must not be abrasive to the Fighters.
- VII. The fenced area must have two entrances.
- VIII. There must not be any obstruction on any part of the fence surrounding the area in which the Fighters are to be competing.

5.6 Stools

A stool of a type approved by the WRSA shall be available for each fighter. An appropriate number of stools or chairs, of a type approved by the WRSA, shall be available for each Fighters Coaches. Such stools or chairs shall be located near each Fighter's corner for use outside of the fighting area. All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

5.7 Equipment

For each bout, the promoter shall provide a clean water bucket, a clean plastic water bottle, and any other supplies as directed by the WRSA, in each corner.

6. DAY OF THE EVENT

Prior to every event the WRSA representative and the Head Referee shall:

- I. Call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the event. No rules can be changed during this meeting.
- II. Call a meeting with all fighters of the event to clear up any questions about rules, regulations and the general proceedings of the event. No rules can be changed during this meeting.
 - a. If a fight on the card has a different rule set to any other fight on the card, this will be discussed afterwards between the two fighters and representative coaches.

6.1 Weigh-In Time

The weigh-in must be completed at least two hours prior to the first bout.

The weigh-in must be supervised by the WRSA representative.

6.1a Kickboxing Weight Tolerance

In non-championship fights, there shall be allowed a 2.5 kg weight allowance. In championship fights, the fighter must weigh no more than that permitted for the relevant weight division.

WRSA may also approve catch weight bouts, subject to their review and discretion. For example, In a Light Heavyweight bout, WRSA may still decide to allow the contest the maximum weight of 80 kg if it feels that the contest would still be fair, safe and competitive.

In addition, if one fighter weighs 85 kg while the opponent weighs 87 kg, WRSA may still decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two fighters technically weighed in differing weight classes.

6.1b Mixed Martial Arts Weight Tolerance

In non-championship fights, there shall be allowed a 1 pound weight allowance. In championship fights, the fighter must weigh no more than that permitted for the relevant weight division.

WRSA may also approve catch weight bouts, subject to their review and discretion. For example, In a Middleweight bout, WRSA may still decide to allow the contest the maximum weight of 187 if it feels that the contest would still be fair, safe and competitive.

In addition, if one fighter weighs 263 pounds while the opponent weighs 267 pounds, WRSA may still decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two fighters technically weighed in differing weight classes.

6.2 Medical Examination

As stated in “Section 2.5 Fighter Registration”, all fighters who fail to present a medical test no older than 12 months and undersigned by a doctor will be required to undergo a medical test by the present doctor, who shall be designated by WRSA.

- I. Whenever there are male and female participants, the medical examinations must be held in separate rooms or, depending on availability, in one room at different times.

7. DIVISIONS

7.1 Kickboxing

Except with the approval of the WRSA, or its executive director, the classes for kickboxing contests or exhibitions and the weights for each class shall be:

Weight Class	Male		Female	
	Max kg	lbs	Max kg	lbs
Atomweight	47.5	104.72	42	92.59
Strawweight	50	110.23	44.5	98.11
Flyweight	52.5	115.74	48	105.82
Bantamweight	54.5	120.15	52	114.64
Featherweight	57	125.66	56	123.46
Lightweight	61.5	135.58	60	132.28
Welterweight	67	147.71	64	141.097
Middleweight	72.5	159.83	68	149.91
Light Heavyweight	79	174.16	72	158.73
Cruiserweight	86	189.60	74	163.14
Heavyweight	95	209.44	85	187.39
Super Heavyweight	Unlimited	Unlimited	Unlimited	Unlimited

As previously stated in “Section 5.1a Kickboxing Weight Tolerance”:

In non-championship fights, there shall be allowed a 2.5 kg weight allowance. In championship fights, the fighter must weigh no more than that permitted for the relevant weight division.

WRSA may also approve catch weight bouts, subject to their review and discretion. For example, In a Light Heavyweight bout, WRSA may still decide to allow the contest the maximum weight of 76 kg if it feels that the contest would still be fair, safe and competitive.

In addition, if one fighter weighs 85 kg while the opponent weighs 87 kg, WRSA may still decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two fighters technically weighed in differing weight classes.

7.2 Mixed Martial Arts

Except with the approval of the WRSA Executive Board, the classes for mixed martial arts contests or exhibitions and the weights for each class shall be:

Weight Class	Male		Female	
	lbs	kg	lbs	kg
Atomweight	105	48	105	48
Strawweight	115	52.2	115	52.2
Flyweight	125	56.7	125	56.7
Bantamweight	135	61.2	135	61.2
Featherweight	145	65.8	145	65.8
Lightweight	155	70.3	155	70.3
Welterweight	170	77.1	170	77.1
Middleweight	185	83.9	185	83.9
Light Heavyweight	205	93	205	93
Heavyweight	265	120.2	265	120.2
Super Heavyweight	Unlimited	Unlimited	Unlimited	Unlimited

As previously stated in “Section 5.1b Mixed Martial Arts Weight Tolerance”

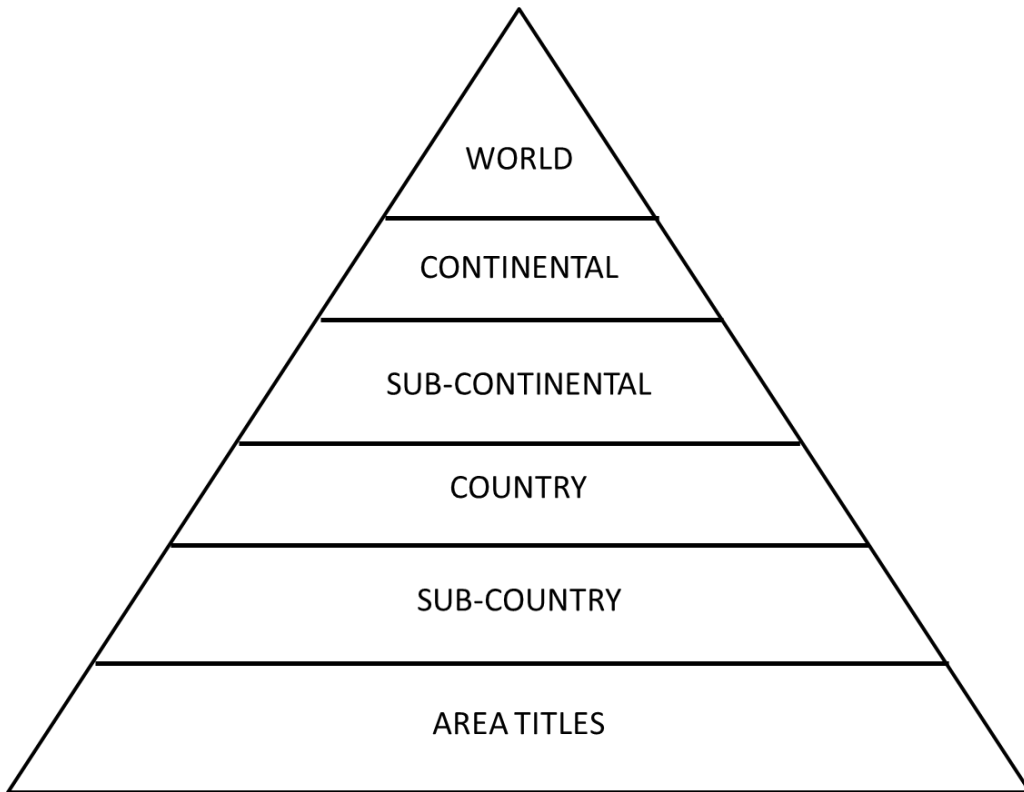
In non-championship fights, there shall be allowed a 1 pound weight allowance. In championship fights, the fighter must weigh no more than that permitted for the relevant weight division.

WRSA may also approve catch weight bouts, subject to their review and discretion. For example, In a Middleweight bout, WRSA may still decide to allow the contest the maximum weight of 177 if it feels that the contest would still be fair, safe and competitive.

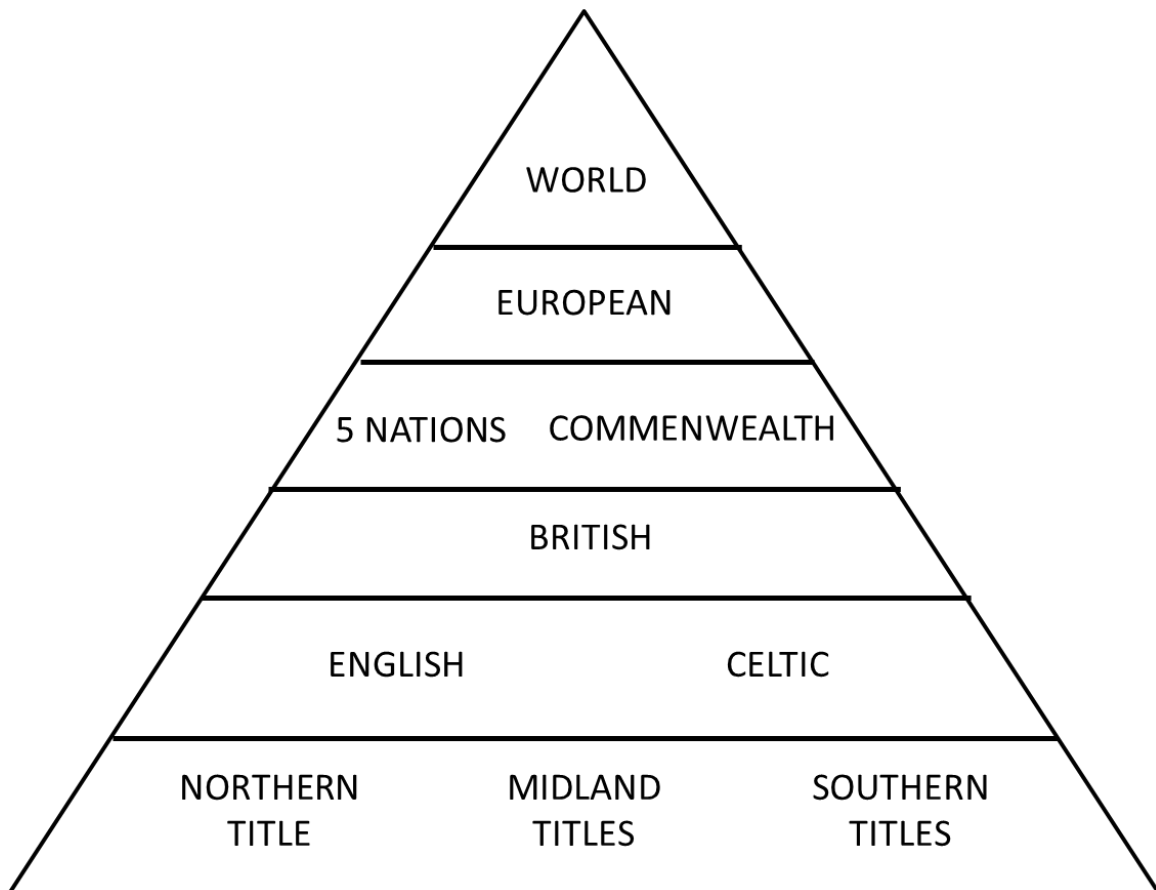
In addition, if one fighter weighs 263 pounds while the opponent weighs 267 pounds, WRSA may still decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two fighters technically weighed in differing weight classes.

8. WRSA TITLES

WRSA Titles operate using a pyramid style format to split each title into 6 categories.



For example the British Pyramid of Titles:



8.1 Rankings

ANY and ALL Fighters requesting to fight for a WRSA TITLE must be officially registered in the WRSA Rankings.

If a Fighter is not in the WRSA Rankings, the WRSA Executive Board will decide if the fighter will be allowed to fight for a title via a "Title Request".

8.2 Title Request

A Title fight can be arranged in three ways:

- I. A WRSA Executive Board Member/ WRSA Event Organiser personally contacts a fighter.
- II. A 1# Contender Fight
- III. A WRSA Title Challenge Request to be sent direct to the WRSA Executive Board.
 - a. If the fighter is not registered with WRSA, the fighter must send the WRSA Executive Board a copy of a FIGHT VIDEO/DVD.
 - i. The video must be of their most recent bout that occurred within the last 12 months.
 - ii. The WRSA Executive Board will then choose whether to
 1. Accept
 - a. Allows the fighter to challenge for the title requested
 2. Reject
 - a. The fighter will be asked to compete either for a 1# Contender fight.
 - i. If a Title already has a 1# Contender in-line, the fighter will be automatically placed into the next 1# Contender Fight after that Title fight.

8.3 Making Title Weight

Both fighters must be within the Weight Division of the relevant Title.

They may lose weight but are not allowed to gain weight after their first weigh-in.

Fighters who do not make weight have 2 hours after their first weigh-in to make their weight.

9. ROUNDS

9.1 Galas

A. Each non-championship contest is to be for 3 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round.

B. Each championship contest is to be determined by the category of title, each round no more than 3 minutes duration, with a rest period of 1 minute between each round.

World Titles:	12 Rounds
Continental:	9 Rounds
Sub-Continental:	7 Rounds
Country:	5 Rounds
Sub-Country:	5 Rounds
Area:	3 Rounds

9.2 Championships/Tournaments

All preliminary matches at any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

All final matches in any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight.

The four-minute rule shall be applied in following way:

After the first minute, the competitor will receive a warning; after the second minute, the opponent shall receive 1 point; after the third minute, the opponent shall receive a second point; and after the fourth minute, the competitor shall be disqualified.

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in four minutes, with the four minute rule being applied as described above.

10. THE FIGHTERS EQUIPMENT

10.1 KICKBOXING

The fighters have the responsibility of bringing their own personal equipment and that of their coaches to all WRSA matches and tournaments.

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

I. Gloves

- a. 10 ounces in all categories

II. Foot protectors

III. Shin protectors

IV. Individually fitted groin-protector

- a. All age categories in all disciplines by males and females

V. Individually fitted breast-protector for females only

- a. All disciplines and all age categories

VI. Individually fitted tooth-protector (gum shield)

- a. All fighters are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending Doctor/EMT.
- b. The round cannot begin without the mouthpiece in place.
- c. If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

VII. Hand-bandages

- a. In all weight classes, the bandages on each fighter's hand shall be restricted to soft gauze cloth of not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.
- b. Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
- c. The bandages shall be evenly distributed across the hand.
- d. Bandages and tape shall be placed on the fighter's hands in the dressing room in the presence of the WRSA and in the presence of the manager or chief second of his or her opponent.
- e. Under no circumstances are gloves to be placed on the hands of a fighter until the approval of the WRSA is received.

Headguards

- I. Amateurs MUST WEAR A HEADGUARD
- II. Must protect the top of the head.
- III. A helmet is an optional extra protection, before the bout (on arrival to the venue) it is the responsibility of the fighter (or coaches on the behalf of the fighter) to inform the WRSA representative that they do/do not wish to wear a helmet.
 - I. If it is decided that one fighter does wish to wear a headguards and his/her competitor does not, then both fighters must wear headguards.
 - II. If both fighters agree to not wear a helmet, this is then to be agreed with the Doctor/EMT, Referee and WRSA representative before both can proceed without wearing a helmet.

Over the equipment

The fighter may use one layer of soft surgeon's tape to hold the equipment in place. Taping must be approved by the referee or by the WRSA representative.

All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

10.2 MIXED MARTIAL ARTS

10.2a Specifications for Handwrapping

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

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

C. The bandages shall be evenly distributed across the hand.

D. Bandages and tape shall be placed on the fighter's hands in the dressing room in the presence of the WRSA and in the presence of the manager or chief second of his or her opponent.

E. Under no circumstances are gloves to be placed on the hands of a fighter until the approval of the WRSA is received.

10.2b Mouthpieces

A. All fighters are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending Doctor/EMT.

B. The round cannot begin without the mouthpiece in place.

C. If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

10.2c Protective Equipment

A. Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the WRSA Representative.

B. Female mixed martial artists are prohibited from wearing groin protectors.

C. Female mixed martial artists shall wear a chest protector during competition. The chest protector shall be subject to approval of the WRSA Representative.

10.2d Gloves

A. For Semi-Pro and/or Professional bouts:

- a. All fighters shall wear glove which are at least 4 ounces and are approved by the WRSA. Generally, gloves should not weigh more than 6 ounces without the approval of the WRSA. Certain larger sized gloves, e.g. 2 XL - 4 XL, may be allowed even though they may slightly exceed 6 ounces.

B. For Amateur Bouts:

- a. All fighters shall wear glove which are at least 8 ounces and are approved by the WRSA. Generally, gloves should not weigh more than 10 ounces without the approval of the WRSA. Certain larger sized gloves, e.g. 2 XL - 4 XL, may be allowed even though they may slightly exceed 10 ounces.

- C. Gloves should be supplied by the promoter and approved by the WRSA. No fighter shall supply their own gloves for participation.

10.2e Apparel

A. Each fighter shall wear mixed martial arts shorts (board shorts), biking shorts (vale tudo shorts), kick-boxing shorts or other shorts approved by the WRSA.

B. Gi's or shirts are prohibited during competition except that female fighter's musts wear shirts approved by the WRSA.

C. Shoes and any type of padding on the feet are prohibited during competition.

11. RULES

11.1 LIGHT CONTACT KICKBOXING

11.1a Rules

Legal techniques are as follow:

- I. All forms of boxing in combination with kicks above the waist to the body and the head
- II. Rear (reverse) kicks to the body or the head
- III. Spinning back kicks to the body and to the head
- IV. Outside of the Foot Sweeps
 - a. A sweep is only acceptable as a legal technique if the fighter utilizes his/her front or rear leg to sweep his opponents leg and the target area of the sweep is the below the opponent's ankle.
 - b. The sweep must also be executed with the inside of the foot or be a spinning sweep, heel to heel. Spinning sweeps must be executed in standing position.
 - c. The opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.
 - d. A sweep is illegal if it is done above the ankle of the opponent's foot or in any way in contradiction to the above requirements.

Illegal techniques (fouls) are as follow:

- I. Any technique thrown that has the intent to knockout or injure an opponent
- II. All forms of biting or spitting
- III. Unsportsmanlike conduct and disrespect to the referee
- IV. All strikes, blows and punches executed with the palm side of the gloves
- V. All kicks to the back and the back of the neck and back of the head
- VI. Any form of butting with the head
- VII. All attacks (strikes, punches, kicks) against the joints
- VIII. Attacks to the groin
- IX. Attacking a downed opponent or an opponent who touches the floor with his /her gloves
- X. Attacking on the break or during a referee break
- XI. Spitting out one's tooth protector (gum-shield)
- XII. Any kind of throwing above the waistline
- XIII. Holding the opponent's leg while executing multiple striking or punching techniques
- XIV. Holding the ropes and attacking an opponent, including in clinching situations
- XV. Fleeing the ring to avoid contact
- XVI. The use of spinning back fist
- XVII. Any form of throwing (excluding foot sweeps)
- XVIII. Any form of clinching or holding the opponent
- XIX. All types of strikes with the elbows
- XX. Any form of kicking with the knees
- XXI. All kicks against the thighs or under the waistline, excluding foot sweeps
- XXII. Inside Foot Sweeps

11.1b Scoring Rules

All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).

The judges shall base their evaluation of the fight on the following guidelines:

1. Point Scored From Effective Striking (Clear punches & kicks to the scoring area)
2. Effective Parries & Counterattacks
3. Effective Aggressiveness & Defence
4. Number of Knockdowns
5. Number of Minus Points
6. Fighting spirit and initiative
7. Control of the Ring

To score points, all effective legal kicks or punches must hit directly without being blocked or parried on any legal area.

For punches the technique must be delivered with the striking zone of the closed glove.

1. Effective striking is judged by determining the total number of legal strikes landed by a fighter.

“Control of the Ring” is judged by determining who is dictating the pace, location and position of the bout.

“Effective Aggressiveness” means moving forward and landing a legal strike.

“Effective Defence” means avoiding being struck, taken down or reversed while countering with offensive attacks.

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

- I. a round is to be scored as a 10-10 round when both fighters appear to be fighting evenly and neither fighter shows clear dominance in a round;
- II. A round is to be scored as a 10-9 round when a fighter wins by a close margin. For example; landing the greater number of effective legal strikes.
- III. A round is to be scored as a 10-8 round when a fighter overwhelmingly dominates in a round.
- IV. A round is to be scored as a 10-7 round when a fighter totally dominates in a round.

11.1c Decisions

Decisions shall be made after the following guidelines:

Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points.

Following this points are added to or subtracted from each competitor’s score according to the number of points they have been noted for by the referee.

The winning competitor of a round receives 10 points, while his/her opponent receives 9 points.

If an official warning was given because of a “foul”, the judges shall immediately award this competitor with “first warning”.

The judges shall always mark these warnings with the letter W (for warning) under “fouls” on the scorecard to indicate that the competitor has received a warning.

If a competitor has received a “second warning” because of a foul no point is to be deducted but the judges shall immediately award this competitor with “second warning”.

If an official minus point was given because of a “foul” by clear and brutal strike and this is not merely a warning, or this warning is issued simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor immediately when the round is over. (i.e. 10:9)

The judges shall always mark these points with the letter M (for minus point) under “fouls” on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, than the fighter is immediately disqualified.

If a competitor is knocked down, each judge must deduct 1 point from the scorecard immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter K (for knockdown) under “KD” on the scorecard to indicate that the competitor has received a knockdown.

A score with fewer than 8 points can only happen if the judge gives a 10:8 score for the round and points were deducted as well.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he/she has done so by marking the points of the violating competitor with the letter J (for judge’s minus) and in writing state his/her reasons for the sanction.

Victory by attending Doctor/EMT stopping contest or injury (DOD)

The attending Doctor/EMT is the supreme authority in questions relating to the safety of the competitors, and may demand that the match be stopped.

If one of the competitors is injured, it requires only the doctor’s decision to stop the fight. The competitor him/herself or his/her coach may also choose to retire from the fight.

The attending Doctor/EMT may stop any match regardless of it being a title or any other prestigious match.

- a. Should the attending Doctor/EMT wish to stop a match to examine a competitor, he/she must first inform the referee.
- b. The referee then stops the match until the Doctor/EMT has examined the competitor for the sole purpose of determining whether the fight can continue or not.
- c. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden.
- d. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner.

In case of an accident the judges must finish their scorecards and the competitor with the highest number of points is declared the winner.

If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, fight is over by draw.

Should this situation occur in the first round the match shall be declared “no contest” and no winner is declared.

Giving up (SUR)

In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds the opponent shall be declared the winner.

In these cases the coach shall throw a white towel into the ring to signal that his/her competitor gives up.

Victory by referee stopping contest (RSC)

The referee may stop a match if a competitor is clearly outmatched or if he/she is a hazard to his/her own safety according to the following guidelines:

- a) If a competitor in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring the match should not be allowed to go on.
- b) If a competitor in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official doctor to the ring.
- c) If a third KD to one competitor occurs in one round, or if the fourth KD to one competitor occurs in one match, then the result will be the end of the fight by RSC.

No referee can decide how seriously a competitor is injured; he/she must call the doctor.

No contest (NC)

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

- The safety equipment of the ring has been damaged.
- The ring is unsafe for use.
- The lighting over the ring is failing.
- Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped as a “no contest” with no winner being declared.

The fight is to then be rescheduled for a different time – with a minimum waiting time of one week.

Victory by walk-over (WO)

If one competitor is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee’s table to start with the running of 2 minutes.

If the opponent has not entered the ring within a time limit of 2 minute, the timekeeper shall strike the gong to signal that the match has been stopped.

The referee shall then announce the competitor who was first in the ring and declare him/her the winner by “walk-over”.

The judges shall note this on their scorecards, which are then collected. The judges shall then summon the competitor who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

11.2 FULL CONTACT KICKBOXING

11.2a Rules

Legal techniques are as follow:

- I. All forms of boxing in combination with kicks above the waist to the body and the head
- II. Rear (reverse) kicks to the body or the head
- III. Spinning back kicks to the body and to the head with full contact to knock out the opponent
- IV. Outside of the Foot Sweeps
 - a. A sweep is only acceptable as a legal technique if the fighter utilizes his/her front or rear leg to sweep his opponents leg and the target area of the sweep is the below the opponent’s ankle.

- b. The sweep must also be executed with the inside of the foot or be a spinning sweep, heel to heel. Spinning sweeps must be executed in standing position.
- c. The opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.
- d. A sweep is illegal if it is done above the ankle of the opponent's foot or in any way in contradiction to the above requirements.

Illegal techniques (fouls) are as follow:

- I. All forms of biting or spitting
- II. Unsportsmanlike conduct and disrespect to the referee
- III. All strikes, blows and punches executed with the palm side of the gloves
- IV. All kicks to the back and the back of the neck and back of the head
- V. Any form of butting with the head
- VI. All attacks (strikes, punches, kicks) against the joints
- VII. Attacks to the groin
- VIII. Attacking a downed opponent or an opponent who touches the floor with his /her gloves
- IX. Attacking on the break or during a referee break
- X. Spitting out one's tooth protector (gum-shield)
- XI. Any kind of throwing above the waistline
- XII. Holding the opponent's leg while executing multiple striking or punching techniques
- XIII. Holding the ropes and attacking an opponent, including in clinching situations
- XIV. Fleeing the ring to avoid contact
- XV. The use of spinning back fist
- XVI. Any form of throwing (excluding foot sweeps)
- XVII. Any form of clinching or holding the opponent
- XVIII. All types of strikes with the elbows
- XIX. Any form of kicking with the knees
- XX. All kicks against the thighs or under the waistline, excluding foot sweeps
- XXI. Inside Foot Sweeps

11.2b Scoring Rules

All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).

The judges shall base their evaluation of the fight on the following guidelines:

- 1. Point Scored From Effective Striking (Clear punches & kicks to the scoring area)
- 2. Effective Parries & Counterattacks
- 3. Effective Aggressiveness & Defence
- 4. Number of Knockdowns
- 5. Number of Minus Points
- 6. Fighting spirit and initiative
- 7. Control of the Ring

To score points, all effective legal kicks or punches must hit directly without being blocked or parried on any legal area.

For punches the technique must be delivered with the striking zone of the closed glove.

- 1. Effective striking is judged by determining the total number of legal strikes landed by a fighter.

"Control of the Ring" is judged by determining who is dictating the pace, location and position of the bout.

“Effective Aggressiveness” means moving forward and landing a legal strike.

“Effective Defence” means avoiding being struck, taken down or reversed while countering with offensive attacks.

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

- I. a round is to be scored as a 10-10 round when both fighters appear to be fighting evenly and neither fighter shows clear dominance in a round;
- II. A round is to be scored as a 10-9 round when a fighter wins by a close margin. For example; landing the greater number of effective legal strikes.
- III. A round is to be scored as a 10-8 round when a fighter overwhelmingly dominates in a round.
- IV. A round is to be scored as a 10-7 round when a fighter totally dominates in a round.

11.2c Decisions

Decisions shall be made after the following guidelines:

Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points.

Following this points are added to or subtracted from each competitor’s score according to the number of points they have been noted for by the referee.

The winning competitor of a round receives 10 points, while his/her opponent receives 9 points.

If an official warning was given because of a “foul”, the judges shall immediately award this competitor with “first warning”.

The judges shall always mark these warnings with the letter W (for warning) under “fouls” on the scorecard to indicate that the competitor has received a warning.

If a competitor has received a “second warning” because of a foul no point is to be deducted but the judges shall immediately award this competitor with “second warning”.

If an official minus point was given because of a “foul” by clear and brutal strike and this is not merely a warning, or this warning is issued simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor immediately when the round is over. (i.e. 10:9)

The judges shall always mark these points with the letter M (for minus point) under “fouls” on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, than the fighter is immediately disqualified.

If a competitor is knocked down, each judge must deduct 1 point from the scorecard immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter K (for knockdown) under “KD” on the scorecard to indicate that the competitor has received a knockdown.

A score with fewer than 8 points can only happen if the judge gives a 10:8 score for the round and points were deducted as well.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he/she has done so by marking the points of the violating competitor with the letter J (for judge’s minus) and in writing state his/her reasons for the sanction.

Victory by attending Doctor/EMT stopping contest or injury (DOD)

The attending Doctor/EMT is the supreme authority in questions relating to the safety of the competitors, and may demand that the match be stopped.

If one of the competitors is injured, it requires only the doctor's decision to stop the fight. The competitor him/herself or his/her coach may also choose to retire from the fight.

The attending Doctor/EMT may stop any match regardless of it being a title or any other prestigious match.

- e. Should the attending Doctor/EMT wish to stop a match to examine a competitor, he/she must first inform the referee.
- f. The referee then stops the match until the Doctor/EMT has examined the competitor for the sole purpose of determining whether the fight can continue or not.
- g. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden.
- h. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner.

In case of an accident the judges must finish their scorecards and the competitor with the highest number of points is declared the winner.

If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, fight is over by draw.

Should this situation occur in the first round the match shall be declared "no contest" and no winner is declared.

Giving up (SUR)

In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds the opponent shall be declared the winner.

In these cases the coach shall throw a white towel into the ring to signal that his/her competitor gives up.

Victory by referee stopping contest (RSC)

The referee may stop a match if a competitor is clearly outmatched or if he/she is a hazard to his/her own safety according to the following guidelines:

- a) If a competitor in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring the match should not be allowed to go on.
- b) If a competitor in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official doctor to the ring.
- c) If a third KD to one competitor occurs in one round, or if the fourth KD to one competitor occurs in one match, then the result will be the end of the fight by RSC.

No referee can decide how seriously a competitor is injured; he/she must call the doctor.

No contest (NC)

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

- The safety equipment of the ring has been damaged.
- The ring is unsafe for use.
- The lighting over the ring is failing.
- Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped as a "no contest" with no winner being declared.

The fight is to then be rescheduled for a different time – with a minimum waiting time of one week.

Victory by walk-over (WO)

If one competitor is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee's table to start with the running of 2 minutes.

If the opponent has not entered the ring within a time limit of 2 minute, the timekeeper shall strike the gong to signal that the match has been stopped.

The referee shall then announce the competitor who was first in the ring and declare him/her the winner by "walk-over".

The judges shall note this on their scorecards, which are then collected. The judges shall then summon the competitor who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

11.3 MIXED MARTIAL ARTS

11.3a Stopping Contest

The referee is the sole arbiter of a contest and is the only individual authorized to stop a contest. The referee may take advice from the ringside Doctor/EMT and/or the WRSA Representative with respect to the decision to stop a contest.

The referee and the ringside Doctor/EMT are the only individuals authorized to enter the ring/fighting area at any time during competition other than the rest periods and subsequent to the contest ending.

11.3b Judging

A. All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 judges.

B. The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).

C. Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the ring/fighting area, effective aggressiveness and defence.

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

E. Effective striking is judged by determining the total number of legal strikes landed by a fighter.

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

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

H. Effective aggressiveness means moving forward and landing a legal strike.

I. Effective defence means avoiding being struck, taken down or reversed while countering with offensive attacks.

- J. The following objective scoring criteria shall be utilized by the judges when scoring a round:
- I. a round is to be scored as a 10-10 round when both fighters appear to be fighting evenly and neither fighter shows clear dominance in a round;
 - II. a round is to be scored as a 10-9 round when a fighter wins by a close margin, landing the greater number of effective legal strikes, grappling and other manoeuvres;
 - III. a round is to be scored as a 10-8 round when a fighter overwhelmingly dominates by striking or grappling in a round.
 - IV. a round is to be scored as a 10-7 round when a fighter totally dominates by striking or grappling in a round.
- K. Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:
- I. if the mixed martial artists spent a majority of a round on the canvas, then:
 - a. Effective grappling is weighed first; and
 - b. Effective striking is then weighed
 - II. If the mixed martial artists spent a majority of a round standing, then:
 - a. Effective striking is weighed first; and
 - b. Effective grappling is then weighed
 - III. A round is to be scored as a 10-8 round when a fighter overwhelmingly dominates by striking or grappling in a round.
 - IV. If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

11.3c Fouls

- A. The following acts constitute fouls in a contest or exhibition of mixed martial arts and may result in penalties, at the discretion of the referee, if committed:
- I. Butting with the head**
 - i. 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.
 - II. Eye gouging of any kind**
 - i. Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks
 - III. Biting or Spitting at an opponent**
 - i. Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat
 - IV. Hair pulling**
 - i. Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion
 - V. Fish hooking**
 - i. Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "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.
 - VI. Groin attacks of any kind**
 - i. 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.
 - VII. Putting a finger into any orifice or any cut or laceration of an opponent**
 - i. A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity
 - VIII. Small joint manipulation**
 - i. Fighters 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.

- IX. Striking downward using the point of the elbow**
- i. 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.
- X. Striking to the spine or the back of the head, the spine includes the tailbone**
- i. The back of the head is defined as the area starting at the crown of the head and running directly down the centreline 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
- XI. Throat strikes of any kind, including, without limitation, grabbing the trachea**
- i. No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand up action of a fight a punch is thrown and the punch lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.
- XII. Clawing, pinching or twisting the flesh**
- i. Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.
- XIII. Fingers outstretched towards an opponent's face/eyes**
- i. 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 fighters. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.
- XIV. Kicking or Kneeing the head of a grounded opponent**
- i. A grounded fighter 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, arm, makes the fighter grounded without having to have any other body part in touch with the fighting area floor. At this time, kicks or knees to the head will not be allowed
- XV. Stomping a grounded opponent**
- i. Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note) Axe kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter. *” A grounded fighter 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. It needs to be clear to all fighters that once an opponent has become grounded, Stomps of any kind are not permitted, even to the feet.
- XVI. Holding the fence or ropes**
- i. A fighter may put their hands or feet on the fence and push off of it at anytime. A fighter 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 fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an ILLEGAL action. A fighter may not grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighters scorecard if the foul caused a substantial effect in the fight. If a fighter grabs hold of the cage and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position after determining if a point deduction is appropriate

- XVII. Holding the shorts or gloves of an opponent**
- i. A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts
- XVIII. Using abusive language in fenced ring/fighting area**
- i. 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 fighters can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be any Racially motivated or Derogatory language
- XIX. Engaging in any unsportsmanlike conduct that causes injury to an opponent**
- i. 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 who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.
- XX. Attacking an opponent on or during the break**
- i. A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition
- XXI. Attacking an opponent who is under the care of the referee**
- i. Once the referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.
- XXII. Attacking an opponent after the bell has sounded the end of the round**
- i. 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 fighter shall be considered after the bell and illegal
- XXIII. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury**
- i. Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight
- XXIV. Throwing opponent out of ring/fighting area**
- i. A fighter shall not throw their opponent out of the ring or cage.
- XXV. Flagrantly disregarding the instructions of the referee**
- i. A fighter MUST follow the instructions of the referee at all times. Any deviation or noncompliance may result in points being deducted from the fighter's scorecard, or the fighter being disqualified from the match.
- XXVI. Spiking an opponent to the canvas on his head or neck (pile driver)**
- i. A pile driver is considered to be any throw where you control your opponent's body placing his feet towards the sky with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponent's body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.
- XXVII. Interference by the corner**
- i. Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.
- XXVIII. Applying any foreign substance to the hair or body to gain an advantage**

B. Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the referee.

- C. Fouls may result in a point being deducted by the official scorekeeper from the offending contestant's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.
- D. Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own and should not factor such into their scoring calculations.
- E. If a foul is committed:
 - I. The referee shall call timeout.
 - II. The referee shall order the offending contestant to a neutral location.
 - III. The referee shall check the fouled contestant's condition and safety.
 - IV. The referee shall then assess the foul to the offending contestant and deduct points if the referee deems it appropriate, and notify the commission, the corners, the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.
- F. If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue and:
 - I. The referee will verbally notify the bottom contestant of the foul.
 - II. When the round is over, the referee will assess the foul and notify the commission, the corners, the judges and the official scorekeeper.
 - III. The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, the contestant committing the foul shall lose by disqualification.
- G. Low Blow Foul:
 - I. A fighter who has been struck with a low blow is allowed up to 5 minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest.
 - II. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight.
 - III. If the fighter goes over the 5 minute time allotment, and the fight cannot be restarted, the contest must come to an end with the outcome determined by the round and time in which the fight was stopped. See Section 11.3d below.
- H. Fighter Fouled by other than low blow:
 - I. If a contest of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.
 - II. If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.
 - III. For a foul other than a low blow, if the injured fighter is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue, by the referee, even though some of the 5 minute foul time is still remaining, the fighter cannot avail himself of the remaining time and the fight must be stopped.
 - IV. If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

11.3d Amateur Bout Addition Rule Set

In addition to the listed fouls above, techniques that shall remain forbidden in Amateur Mixed Martial Arts contests shall be:

- I. Elbow and forearm strikes of any kind
- II. Heel Hook
- III. Twisters/Sit through crucifix and/or any submission deemed as applying pressure to the spine
- IV. Knees to the head at any point

11.3e Injuries Sustained by Fair Blows and Fouls

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

B. 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 fighter causing the injury loses by disqualification.

C. 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 scorekeeper to automatically deduct two points from the fighter who committed the foul.

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

E. If a fighter injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favour, and the injury shall be treated in the same manner as an injury produced by a fair blow.

F. If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

G. 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 fighter who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed.

H. Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

11.3f Types of Contest Results

A. Submission by:

- I. Physical Tap Out
- II. Verbal Tap Out

B. Knockout by:

- I. When Referee stops the contest (TKO)
- II. When an injury as a result of a legal manoeuvre is severe enough to terminate a bout (TKO)
- III. When the fighter is rendered unconscious due strikes or kicks (KO)

C. Decision via the scorecards, including:

- I. Unanimous Decision - When all three judges score the contest for the same fighter
- II. Split Decision - When two judges score the contest for one fighter and one judge scores for the opponent
- III. Majority Decision - When two judges score the contest for the same fighter and one judge scores a draw

D. Draws, including:

- I. Unanimous Draw - When all three judges score the contest a draw
- II. Majority Draw - When two judges score the contest a draw
- III. Split Draw - When all three judges score differently

E. Disqualification

F. Forfeit

G. Technical Draw

H. Technical Decision

I. No Decision