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**Kampf Sport Federatioun Lëtzebuerg**

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## REGLEMENTATION D'MMA (MIXED MARTIAL ARTS) DE LA KSFL

The fighters must have their nails cut and be free of any unpleasant smell. In addition, their clothes must be clean and free of any unpleasant smell. No jewellery, glasses or piercings are allowed during the competition. The referee clears the fighter to compete.

Mouth-guard, a protective cup and five ounces gloves are mandatory. Fighters are allowed to tape parts of their body or to wear a gi top, gi pants, wrestling shoes, kneepads, elbow pads, or ankle supports at their own discretion, though each is checked by the referee before the fight.

### **Weigh-in**

*Class A:* on the day before the fight (the fighters can agree to postpone the weigh-in to the day of the fight (agreement fight per fight))

*Class B&C:* on the day of the fight.

If one fighter misses the weight, the fighter who makes weight can take the fight nonetheless if the fighter who does not make weight is over by less than 25% of the difference between the class maximum and minimum.

### **Weight classes (men)**

Flyweight	125 lbs	56,7 kg
Bantamweight	135 lbs	61,2 kg
Featherweight	145 lbs	65,8 kg
Lightweight	155 lbs	70,3 kg
Welterweight	170 lbs	77,1 kg
Middleweight	185 lbs	83,9 kg
Light Heavyweight	205 lbs	93,0 kg
Heavyweight	265 lbs	120,2 kg
Super Heavyweight	over 265 lbs	over 120.1 kg

### **Weight classes (women)**

Welterweight	125 to 135 lbs	56,7 to 61,2 kg
Middleweight	135 to 145 lbs	61,2 to 65,8 kg

### **Classes**

Class A	professionals
Class B	amateurs (semi-pro)
Class C	beginners

### **Bout duration**

#### *Class A*

Non-championship bouts are three five minutes rounds with a one-minute rest period between each round.

Championship bouts are five five minutes rounds with a one-minute rest period between each round.

#### *Class B*

Bouts are two five minutes rounds with a two (1:15 starting 15/4/11) minute rest period between each round.

#### *Class C*

Bouts are two three minutes rounds with a two (1:30 starting 15/4/11) minute rest period between each round.

### **Area:**

Minimum 6 by 6m

### **Fouls:**

#### *Class A*

-Elbows to the head, throat or neck

- Kicking, kneeing or stomping the head of a grounded opponent. Kicking or kneeing the head of a kneeling opponent is allowed
- Groin attacks of any kind.
- Eye gouging of any kind, biting, hair pulling, fish hooking, putting a finger into any orifice or into any cut or laceration on an opponent.
- Striking to the spine or the back of the head.
- Manipulation of the spinal column, no twisted neck locks
- Neck-cranks in rotation
- Spiking an opponent to the canvas on his head or neck.
- Throat strikes of any kind, including, without limitation, grabbing the trachea.
- Butting with the head to the head.
- Clawing, pinching, scratching or twisting the flesh.
- Grabbing the clavicle.
- Small joint manipulation.
- Holding the ropes or the fence.
- Holding the shorts or gloves of an opponent or any other part of his clothes or equipment. Any use of the Gi is allowed.
- ~~-Stomping to the kidney with the heel.~~
- Throwing an opponent out of the fight area.
- Spitting at an opponent.
- Engaging in an unsportsmanlike conduct.
- Using abusive language.
- Attacking an opponent on or during the break, who is under the care of the referee or after the bell has sounded the end of the period of unarmed combat.
- Flagrantly disregarding the instructions of the referee.
- Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- Interference by the corner, only 3 people are allowed in the corner.
- No slippery substances allowed on body or clothing. Application of Vaseline to the face is allowed
- No quitting the mat area to escape a submission.

*Class B (in addition to the Class A fouls)*

- No heel hooks
- No kicking, kneeing or stomping the head of a grounded or kneeling opponent
- ~~-No stomp, axe or soccer kicks to the head~~

-If each fighter wins one round 10-9, the judges have to score the entire fight (a draw is possible).

*Class C (in addition to the Class A&B fouls)*

- No elbows at all
- No punches to the head on a grounded or kneeling opponent
- No submissions on the face

The fighters have to wear a helmet and shin protectors, unless both fighters agree not to wear a helmet. The helmet is mandatory for fighters under 18 years.

### **Ways to win:**

#### 1. Submission:

Physical tap out: one fighter gives up by tapping, either with his leg or arm on the mat, on the opponent or on himself.

Verbal tap out: The fighter can also tap out verbally (by stating "stop" loud and clear).

2. Technical knockout: by the referee stopping the contest if he is under the impression that a fighter is unable to defend himself or that the fighter's health is in serious danger.

Doctor Stoppage: (the referee stops the match in the event that the ring doctor determines that one fighter can not continue).

#### 3. Decision via the scorecards, including:

- Unanimous decision (all three judges pick the same fighter as the winner).

- Split decision (One judge picks one fighter, the other two judges pick the other fighter).

- Majority decision (two of three judges pick the same fighter as the winner, the other judge scores a draw).

- Draw, including:

- Unanimous draw. (all three judges score a draw)

- Split draw (one judge picks fighter A, one judge fighter B and one judge scores a draw)

- Majority draw (One judge picks one fighter, the other two judges score a draw).

#### 4. Technical decision.

#### 5. Technical draw.

#### 6. Disqualification.

#### 7. Forfeit: a fighter's corner throws in the towel.

#### 8. No contest.

If a fight is stopped due to an accidental but illegal action:

in the first round, the fight is declared a no contest.

in the second to fifth round, the fight will be judged on the ten point must system. A round is scored only if it has lasted at least 2 min 30 seconds (1 min 30 seconds in the class C).

In the event that both sides commit a violation of the rules, the bout will be declared a no contest.

### **Judges' decision**

Round winner gets 10 points the opponent 9 or less (down to 7).

If the round is a draw it will be scored 10-10.

**If a fighter clearly wins a round, it is judged 10-9.**

In order for a judge to score a round 10-8 there must be damage and domination.

**Half points can be used if necessary. (10-9,5 or 10-8,5 or 10-7,5)**

The fight will be judged on:

1. The effort to finish the fight
2. Effective striking and grappling
3. Fight control
4. Takedowns and takedown defence

### **Other**

The referee can make the fighters stand up and start the fight again if there is a lack of action.

The referee will warn the passive fighter by the words "action".

If a fighter engages in a violation of the rules, the referee can warn him, take one point or disqualify him, based on the severity of the foul.

If both fighters are on the verge of falling out of the fight area or become entangled in the ropes, the referee will stop the action. The fighters must immediately stop their movements and will be repositioned in the centre of the fight area in the same relative position. Once they are repositioned, they will resume at the referee's instruction.

In the event that a fighter is injured by a deliberate illegal action, then at the discretion of the referee and ring doctor, the round would attempt to be resumed after enough time has been given to the fighter to recover. If the match could not be continued due to the severity of the injury then the fighter who perpetrated the action is disqualified.

If a fighter is injured by an illegal but accidental action, the fight is resumed after the enough time has been given to the fighter to recover, **with a maximum of 5 minutes.**

If a fighter, his coach or his fans are behaving against the rules of good sportsmanship the fighter can be disqualified by a judge or referee.

**A video recording can be used on the request of the referee or a judge if it is necessary.**

The referee has the following orders at his disposition:

Fight: the fighters engage in unarmed combat.

Break: the fighters stop their actions

Stop: the fight and the timekeeping is temporarily stopped

Out: one fighter is not able to continue to fight

Action: the fighters are ordered to be more active.

Freeze: the fighters have to stop all movement and remain in the position.

25 février 2009

Le comité

Changements (en rouge) selon les décisions de la commission MMA du 15 mars 2011.