



ICNZ MMA PRO Class

ICNZ MMA Pro Class Rules

ICNZ Rules are NON-NEGOTIABLE

TIME

The Contest will consist of 3 rounds of 5 minutes duration, with a 1 min rest break between rounds. If there is no win after 3 rounds the contest will be decided on points. In the event of a draw, an extension round of 5 minutes will be contested.

FIGHT SURFACE

The match will be contested in a conventional boxing ring or cage.

WEIGHT CLASSES

For Males only

Featherweight under 65 Title Holder Doug HIGGINS

Lightweight +65-70

Welterweight +70-77 Title Holder Daniel DIGBY

Middleweight +77-84 Title Holder Forrest GOODWIN

Light Heavyweight +84-93

Heavyweight +93-120

SuperHeavyweight +120

For Females

Lightweight under 55

Welterweight +55-60

Middleweight +60-65

Light Heavyweight +65-72

Heavyweight +72-80

Super Heavyweight +80

WAYS TO WIN

1. Knockout
2. Submission (tapping out physically or verbally)
3. TKO by referee stopping the contest – If a fighter is unable to adequately or intelligently defend oneself, the referee will stop the fight. There will be no standing counts. Also if a referee deems a fighter to have lost the will to fight or is being seriously outmatched he may stop the fight.
4. TKO by medical/doctor stoppage - Fighter safety and well-being will be given priority.
5. Corner throwing in the towel.
6. Disqualification of opposing fighter.
7. Accumulation of points over duration of the match.

LEGAL TECHNIQUES

STANDING – All legal controlled strikes (see * NOTE below) including:

- Kicks, knees and punches to the head, body and legs are allowed.
- Elbows are permitted.
- Clinching and all legal submissions are allowed.

GROUNDING (one or both fighters) – A fighter is deemed to be grounded when any part of their body is touching the ground aside from their feet (e.g. 1 foot & 1 hand touching the ground is considered grounded).

- Punches to the head, body and legs are allowed.
- Knees and kicks to the body and legs only are allowed to/by any grounded fighter.
- Elbows are permitted.
- Grappling and all legal submissions are allowed.

NOTE – Fighters must ensure that the strikes that they deliver are controlled. Do not assume that strikes to unsighted targets will connect with a legal target area using a legal part of the body. A fighter must ensure that they do not hit an illegal target.

FOULS/ILLEGAL ISSUES

- No fish hooking
- No smothering the mouth or nose of opponent with the hand.
- No heel hooks
- No holding the fence/ropes or intentionally exiting the fighting area.
- No interference by the corner
- No kneeing or kicking a grounded opponent to the head
- No stomping, or jumping feet or knee first onto any part of a grounded fighter
- No holding the apparel of either fighter
- No striking to the back of head (deemed to be any area of the head behind both the ears and the point at the top of the head)
- No biting
- No eye gouging of any kind
- No orifice insertion or insertion into any cuts or lacerations on opponent
- No head butting
- No hair pulling
- No striking the groin
- No small joint manipulation (fingers & toes)
- No strikes to throat/neck/spine
- No grabbing the trachea
- No grabbing the clavicle
- No pinching, twisting or clawing the flesh
- No striking the opponent who is under the care of the referee
- No striking an opponent between rounds or after the final bell
- No throwing an opponent over or through the ring ropes/fenced areas
- No throwing an opponent onto his neck or head (spearing or spiking)
- No holding onto the opponent's protective gear or shorts
- No holding onto the ring/cage
- No spitting
- No swearing or abusive language
- No blatantly disregarding the referees instructions
- No deliberately avoiding the contact (spitting mouth guard, turning away from fight)
- No inappropriate or unsportsman-like behaviour as deemed by the referee
- No stagnate fighting

RULE BREECHESES/INFRINGEMENTS

If a fighter is given a warning by the referee, the fight will not be stopped. If a fighter is given a foul the referee shall consider circumstances such as intent and severity of breach and make decision based on that. The referee may call a time out, up to 5 minutes, to allow a fighter to recover after being fouled or to be inspected by a doctor. In the event of such a 'time out' the violating fighter must immediately go to the neutral corner as directed by the referee and remain there until otherwise instructed.

If a fighter accidentally fouls the opponent and his opponent cannot continue due to injury sustained by that foul, this fight will be deemed a NO CONTEST.

THIS DOES NOT RELATE TO BLATANT FOULS. If a fighter cannot continue after a blatant, malicious or reckless foul he will be deemed the victor. The referee shall consider such a circumstance upon merit if it occurs.

If a fighter is injured from an intentional foul but opts to continue, the fouling fighter shall face a 2 pt deduction. If the fighter subsequently bows out to the injury caused by the foul then the bout shall go to the scorecards.

IN THE CASE OF RING FIGHTS If the fighters go under the ropes and they are clearly not hindered, the fight will continue. If the fighters go under the ropes to the point where safety is a concern, they will be stood up and the fight resumed from standing. (Fighters will NOT be dragged in to continue if they are in the ground position and become entangled or impeded by the ropes)

In the case that a fighter is deemed to have deliberately exited the fighting area to avoid the fight, and their opponent has lost the advantage due to the restart, a warning or disqualification may be issued to the offending fighter at the referee's discretion.

The referee may restart the fighters if they reach a stalemate and do not work to improve or finish. This is not limited to when fighters are on the ground. It encompasses all areas of the fight. The referee shall warn the fighters to work prior to this. Fights shall be restarted standing in the centre of the ring/cage.

REFEREEING

During the bout the referee shall make all instructions to the fighters clear, he will use the following instructions

Fight-Instructing the fighters to fight

Stop-Telling the fighters to stop and remain stopped until further instruction

Break-To break the fighters

The referee may also call "timeout" for a doctor inspection, cleaning of the ring/cage or cleaning of a fighter. In either event, the unattended fighter must go to the neutral corner as directed by the referee and remain there until instructed otherwise. The referee may also issue verbal warning as and where he deems appropriate to maintain the level of action required to keep the fight from stalemating, or to keep from rules being encroached upon.

JUDGING/SCORING CRITERIA

(a).All bouts will be evaluated and scored by three 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 nine 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 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 heavy strikes landed by a contestant.

(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;

1. A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows clear dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other manoeuvres;
3. A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.
4. A round is to be scored as a 10-7 Round when a contestant 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:

1. If the mixed martial artists spent a majority of a round on the canvas, then:
 - i. Effective grappling is weighed first; and
 - ii. Effective striking is then weighed
2. If the mixed martial artists spent a majority of a round standing, then:
 - i. Effective striking is weighed first; and
 - ii. Effective grappling is then weighed
3. If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

FIGHTERS CLOTHING/EQUIPMENT

- All fighters must wear approved mouthpiece/guard
- All fighters must wear approved groin protection
- Fighters shall wear gloves as provided by ICNZ.
- All fighters must wear approved shorts
- Vale tudo shorts, muay thai shorts or grappling shorts will be allowed. Gi pants and full length Skins are not to be worn. (No zips, buckles, ties or tassels will be allowed)
- Fighters shall wear no footwear
- Fighters may wear soft knee pads, these must be inspected prior to contest.
- Rash guards are allowed
- Fingernails and toenails must be trimmed or covered
- No jewellery is to be worn
- Minimal strapping may be applied to hands and injured areas (this must be presented for inspection by an official before the fight)
- Fighters shall not apply any foreign substances to body, including balm and lubricants though minimal Vaseline may be applied to the facial area(this will be inspected prior to contest.

CORNER MAN CONDUCT

The fighter shall be allowed 1 primary (towel holder) and two secondary corner men. All corner men must conduct themselves in a professional manner during the event. A fighter may be disqualified by the referee in the event that the conduct of the corner men is deemed to be unacceptable.

- Corner men must wear their assigned passes at all times. (These will be given out at the weigh in)
- Corner men must bring a towel to ring/cage
- Corner men must stay in the assigned corner during the fight.
- Corner men must squat down so as not to obstruct the spectators view.
- Corner men must not swear or be abusive.
- Corner men must listen to the referee.
- Corner men must not tap or bang on the fighting area canvas or touch ropes at any time during the fight as this may be viewed as a tap out by the referee.
- Corner men must not touch fighters during the round.
- Corner men must ensure fighter is dried of any fluids between rounds and ensure canvas is dried and clear
- Corner men must stay within their assigned fighting corner at anytime during the fight* Only two corner men from each fighter is allowed in the fighting area between rounds *

PROTESTS AND COMPLAINTS

All official protests and complaints are to be made and lodged formally in writing to ICNZ management within 24 hrs of the event.

Contact

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