



Amateur Mixed Martial Arts Sanctioning Entity License Application Supplement

Your application for Combative Sport Authorized Entity License for **Amateur MMA** must contain and/or meet the following minimum standards and your application supplements must reflect these minimum standards:

1. Standards for qualifying fighters, match approvals and denials
2. Standards for approved competition area (cage, ring, dimensions, construction, etc.) and pre-fight inspection
3. Standards for required hand wrapping, approved methods, materials and prohibitions
4. Standards for scoring methods and match decisions
5. Standards for approved preparations to stop hemorrhaging
6. Standards to prohibit the use of performance enhancing drugs and illegal substances by
7. Standards for suspensions, combatant mandatory recovery periods and enforcement
8. Standards to prohibit any amateur fighter from participating without having first secured a National ID Card.
9. Standards to prohibit any combatant from participating in any event while under suspension
10. Standards to prohibit any combatant under the age of 18 years from participating in any event
11. Standards to prohibit matches between male and female contestants
12. Standards to require all promoters to register their event with MMA.TV and complete updates to the card no later than one business day prior to the event.

Mixed Martial Arts Promoters will be required to create an account with the Association of Boxing Commissions Official Mixed Martial Arts Registry and register their event in advance. The procedure is as follows:

1. The promoter must contact Mixed Martial Arts LLC at <http://abc.mixedmartialarts.com> , and
 2. Select the "Request Promoter Credentials" link which will take them to <http://abc.mixedmartialarts.com/?fa=login.RequestCreds> page
 3. Mixed Martial Arts LLC will work directly with the promoter to create their account and explain how to enter upcoming events into the system
13. Standards to prohibit changes to the fight card within one business day of the event
 14. Standards for Amateur matches to be three rounds scheduled for three minutes each with a minimum 60 second rest period between rounds with a 15 second warning signal prior to the start of the next round
 15. Standard Weight Classes shall be as follows:

Flyweight	125 lbs and under
Bantamweight	126-135 lbs
Featherweight	136-145 lbs
Lightweight	146-155 lbs
Welterweight	156-170 lbs
Middleweight	171-185 lbs
Light Heavyweight	186-205 lbs
Cruiser Heavyweight	206-230 lbs
Heavy Weight	231-265 lbs
Super Heavyweight	Over 265 lbs
 16. Standard to prohibit weight loss in excess of 1% body weight between the time of weigh-in and the beginning of the contest.
 17. Standards for the requirement of Amateur Mixed Martial Arts to be contested using either "Novice Division Rules", designated for fighters who have competed in two or less bouts, or using "Advance Division Rules" for fighters who have completed three or more verifiable bouts regulated by a recognized commission or state approved sanctioning body.
 18. Standards permitting bouts between fighters who have three or more fights to be contested using novice division rules and the prohibition of bouts between fighters with two or less to be contested using advance division rules.
 19. Standards for fouls for Advance Division Rules (minimum requirements are as follows):

Advanced Division Rules:

a. Holding or grabbing the fence or ropes

A fighter may put their hands on the fence and push off at any time. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through a cage and grab hold of the fence and start to control 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 the ring ropes at any time.

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If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial change in position such as the avoidance of a takedown. If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be restarted by the referee, standing in a neutral position.

b. Holding opponents shorts or gloves

A fighter may not control their opponent's movement by holding on to their opponent's shorts or gloves. A fighter may hold onto or grab their opponents 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. A fighter may hold his own shorts or gloves.

c. Butting with the head

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

d. Eye gouging

Eye gouging of any kind by means of fingers, chin or elbows is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

e. Biting or spitting at an opponent

Biting in any form is illegal. A fighter must recognize that a referee may not physically observe some actions, and must make the referee aware if they are being bitten during a bout.

f. Hair pulling

Pulling of the hair is illegal.

g. Fish hooking

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".

h. Groin attacks of any kind

Any attack to the groin area including striking, grabbing, pinching or twisting is illegal.

i. Intentional placing of finger into any orifice or into any cut or laceration of the opponent

A fighter may not place their fingers into an open laceration in attempt to enlarge the cut. A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.

j. Elbow strikes of any kind to any area

k. Small joint manipulation

Fingers and toes are small joints. Wrist, ankles, knees, shoulders and elbows are large joints.

l. Strikes to the spine or back of the head

Strikes are not permissible from the nape of the neck area up to the top of the ears. Above the ears, permissible strikes do not include the Mohawk area from the top of the ears up to the crown of the head. The crown of the head is found where the head begins to curve. In other words, strikes behind the crown of the head and above the ears are not permissible within the Mohawk area.

m. Heel kicks to the kidney

n. Throat strikes of any kind

A directed attack would include a fighter pulling his or her opponents head in a way to open the neck for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in attempt to submit their opponent.

o. Clawing, pinching, twisting the flesh or grabbing the clavicle

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. Any manipulation of the clavicle is a foul.

p. Kicking the head of a grounded opponent

q. Kneeing the head of an opponent

r. Stomping of a grounded fighter

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending at the knee and initiating a striking action with the bottom of their foot or heel. Axe kicks are not stomps. Standing foot stomps are not a foul. As such, this foul does not include stomping the feet of a standing fighter.

s. The use of abusive language in the fighting arena

t. Engaging in any type of unsportsmanlike conduct especially that which may cause injury to an opponent

u. Attacking an opponent during the break

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

v. Attacking an opponent who is under the care of the referee or physician

w. Timidity

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of a 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 mouth piece or other action designed to stall the fight.

x. Interference from a corner including throwing in the towel

Interference is defined as any action or activity aimed at disrupting the fight or causing unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee or any other official.

y. Throwing an opponent out of the cage or ring fighting area

z. Flagrant disregard of the referee's instructions

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aa. Spiking the opponent to the floor onto the head or neck

Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponent's head or neck into the flooring material. Some examples of illegal spiking moves are pile drivers and suplexes. A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcible drive your opponents head into the flooring material. A suplex has several variations but generally consists of lifting your opponent off the flooring material and then using their body weight to drive the opponent down onto the flooring material onto their head or neck. When a fighter is placed into a submission hold by their opponent and the 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 floor.

bb. Attacking an opponent after the bell or horn has sounded signaling the end of the period of unarmed combat

cc. Linear kicks to the knee joint

dd. Neck cranks

Any hold that places the fighter's neck in jeopardy from a crank is illegal. Neck cranks such as the "Can Opener" or "Bulldog" are examples of an illegal neck attack, unless the contestant is in their guard and refuses to open their guard.

ee. All twisting leg submissions

Heel hooks and toe holds are prohibited. Straight knee bars and straight ankle locks are allowed.

ff. Spine locks

gg. Applying any foreign substance to the hair, body, clothing or gloves immediately prior to or during a contest or exhibition that could result in unfair advantage

Novice Division Rules

a. Novice Division combatants must wear shin guards

b. In addition to the fouls listed in the Advance Division Rules, the following act constitutes a foul in Novice Division:

Strikes to the head of a grounded opponent

A ground opponent is any fighter who has more than just the soles of their feet on the ground. If the referee determines that a fighter would be grounded but is not solely because the cage fence has held the fighter from the ground, the referee can instruct the combatants that he is treating the fighter as a grounded fighter.

Upon Licensure, licensees will be provided with a **USER** access to the abc.mixedmartialarts.com MMA database registry. The registry can be used to investigate fighter history, track entered fights, and view fighter suspensions. Questions or concerns regarding the database should be directed to stats@mixedmartialarts.com.

The New York State Athletic Commission will issue MMA National ID Cards for all amateur mixed martial artists. Participants should be instructed to visit the NYSAC website at www.dos.ny.gov/athletic to obtain the MMA National ID Card application and instructions.