

1 Weight classes

Professionals and amateurs:

Men (adults and juniors)

Strawweight: under 52.0 kg

Flyweight: 52.0 – 56.0 kg

Bantamweight: 56.0 – 60.0 kg

Featherweight: 60.0 – 65.0 kg

Lightweight: 65.0 – 70.0 kg

Welterweight: 70.0 – 77.0 kg

Middleweight: 77.0 – 84.0 kg

Light Heavyweight: 84.0 – 93.0 kg

Heavyweight: over 93.0 kg

2. Bout duration

Professionals:

A-class: three five minute rounds with a rest period of one minute

B-class: two five minute rounds with a rest period of one minute

Amateurs (adults and juniors):

C-class: three three minute rounds with a rest period of one minute

D-class: two three minute rounds with a rest period of one minute

3. Equipment

Professionals:

1. A-, or B-class gloves approved by the FMMAF
2. Groin cup
3. Mouth piece
4. Fighting shorts
5. Knee protection (optional)

Amateurs:

1. Amateur gloves approved by the FMMAF
2. Groin cup
3. Mouth piece
4. Fighting shorts
5. Knee protection (optional)
6. Shin protection approved by the FMMAF

The following regulations apply to all amateur and professional bouts:

- The use of a shirt or a rash guard is allowed only if there are valid cosmetic or health issues that support its use. The event / competition arranger has the right to make the decision whether a fighter may use a rash guard / t-shirt or not.
- Shoes may not be worn.
- The fighter's hands may be taped with the exceptions that the area of the palm is to remain open and the taping may not exceed the area covered by the glove.
- The use of liniment, cold / hot gel or other similar substances on the body is prohibited. Vaseline may be used only on the facial area in limited amounts.

4. General fouls

Professionals and Amateurs:

1. Eye gouging of any kind
2. Biting
3. Hair pulling
4. Fish hooking
5. Groin attacks of any kind
6. Putting a finger or toe into any orifice or into any cut or laceration on an opponent
7. Small joint manipulation
8. Clawing, pinching or twisting the flesh
9. Throwing an opponent out of the ring or fenced area
10. Holding the shorts or gloves of an opponent
11. Spitting at an opponent
12. Unsportsmanlike conduct
13. Holding the ropes or the fence
14. Using abusive language in the ring or fenced area
15. Attacking an opponent on or during the break
16. Attacking an opponent who is under the care of the referee
17. Attacking an opponent after the bell has sounded the end of the period of unarmed combat
18. Flagrantly disregarding the instructions of the referee
19. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
20. Interference by the corner
21. Violating the immunity of the referee

5. Specific fouls

Professionals:

A-class

1. Butting with the head
2. Striking downward using the point of the elbow
3. Kicking the head of a grounded opponent
4. Kneeing the head of a grounded opponent
5. Footstomping
6. Striking to the spine or the back of the head
7. Throat strikes of any kind, including, without limitation, grabbing the trachea
8. Throwing an opponent with a grip of head / neck only
9. Spiking an opponent to the canvas on his head or neck
10. Grabbing the clavicle
 - Option: All elbow and forearm strikes to the head

B-class

1. See A-class
2. All elbow and forearm strikes to the head

Amateurs:

C-class

1. See A-, and B-class
2. Kneeing the head of an opponent
3. Striking a grounded opponent
4. Striking an opponent while grounded
5. Full nelson and crusifix
6. Submissions that torque the knee
7. No hands, knees, or elbows on face

D-class

1. See A-, B-, and C-classes
2. Knocking out an opponent
3. Slamming an opponent
4. Submission holds that apply pressure directly to the trachea
5. Cervical locks
6. All submissions that apply pressure to the knee or elbow by squeezing
7. All foot-, and leg locks with the exception of the achilles lock

6. Ways to win

A-, B-, and C-classes

1. Submission
 - The bout ends by submission when an opponent taps out (physically or verbally)
 - Official notation:
Submission (specification), for example **Submission (armbar)**
2. Technical submission
 - The bout ends by technical submission when the referee stops the contest due to a submission hold which has already or is liable to immediately injure the fighter or cause him to lose consciousness
 - **Technical submission (specification)**, for example **Technical submission (armbar)**
3. Technical knockout
 - The bout ends by technical knockout when the referee stops the contest due to fighter being unable to intelligently defend himself
 - Official notation:
TKO (specification), for example **TKO (strikes)**
4. Knockout
 - The bout ends by knockout when an opponent is unable to continue the bout due to strikes
 - Official notation:
KO (specification), for example **KO (high kick)**
5. Judges decision
 - The bout is scored according to the criteria of the FMMAF
 - Official notation:
Unanimous decision
Split decision
Majority decision
Unanimous draw
Split draw
Majority draw
6. Technical decision
 - The bout is scored according to the criteria of the FMMAF in case the fighters are unable to continue the bout after the first round due to an unintentional technique.
 - Official notation:
Technical unanimous decision
Technical split decision
Technical majority decision
Technical unanimous draw
Technical split draw
Technical majority draw
7. No contest
 - The bout is ruled a no contest in case the bout has to be stopped due to a reason outside the fighter's hands.
 - Official notation:
NC

8. Disqualification

- A fighter is declared winner by disqualification in case the referee stops the bout due to an illegal technique.

- Official notation:

DISQ

9. Abandon

- A fighter is declared the winner by abandon in case his opponent gives up or refuses to compete before the beginning of the bout.

- Official notation:

AB

10. Walk over

- If a fighter enters the ring / fenced area ready to compete, and his opponent fails to show up two minutes after his name has been announced, the present fighter will be declared the winner by walk over.

- Official notation:

WO

D-class

1. See A-, B-, and C-classes with the exception of number 3. (Knockout)

7. Judging criteria

Bouts are scored in their entirety and not round by round according to the judging criteria approved by the FMMAF. A judge may score the bout a draw with the exception of amateur or professional tournaments where it is necessary to name a winner.

8. Restarting the round

The referee will restart the round if the fighters reach a stalemate and do not work to improve position or finish.