



Article 1

Semi Pro MMA bouts will be 3 x 3 minutes in duration with 1 minute rest period.

(Semi Pro fighters will be supplied with a 6oz MMA glove approved by the MMA Union and will follow the same rules as pro mma fighters with the exception of no head striking and opponent on the ground and no heel hooks)

Pro MMA bouts will be 3 x 4 minutes in duration with 1 minute rest period.

(Pro MMA fighters will be supplied with a 4oz MMA glove approved by the MMA Union)

Championship MMA bouts will be 3 x 5 minutes with 1 min rest period.

(This will be for british and europen titles,

Pro MMA fighters will be supplied with a 4oz MMA glove approved by the MMA Union)

World title MMA fights will be 5 x 5 mins with 1 minute rest period.

(Pro MMA fighters will be supplied with a 4oz MMA glove approved by the MMA Union)

Article 2

The fighters shall wear open finger gloves provided by the promoter.

Fighters may wear Gi, kneepads, elbow-pads, shin guards, tape and ankle supporter. However, such supporters must be approved at the rules meeting and must be approved by official rules committee on the event day to ensure that such supporters are the ones previously approved.

A mouthpiece and a foul cup usage is mandatory for all fighters. A fighter may wear tape and bandages with the following criteria; one round of bandages and two rounds of tape shall be worn on their knuckles. There are no restrictions for using tape/bandage on other areas of the hands.

Article 3

No substance such as oil, Vaseline, massaging cream, hair products or anything of this sort shall be applied. A fighter with these substances shall be disqualified immediately.

Article 4

MEDICALS AND PROCEDURE - FAILURE

It is in your interest to make sure that all medical information about your self is not false and that you have not taken any prohibited substances to enhance your performance.

The medical team will be looking for signs of drug enhancement during your medicals and you may well be asked to give a urine or blood sample for analysis. If the tests prove to be positive for drug or stimulant use you will be disqualified for one year from this event and other events will be advised as to your disqualification.

If you are a title holder you will be stripped of the title and must return the belt at your expense.

A fine and legal proceedings may also be incurred for this breach of rules.

Fighters that fail the medical, for whatever reason will not be entitled to there arranged fight purse, we will however pay towards travel expenses.

Article 5

The Fighting arena shall be an Octagon or a Ring approved by the promoter.

Article 6

NO ELBOW STRIKING IN ANY FASHION FOR ANY OF THE THREE FORMATS LISTED IN ARTICLE (1)

Article 7

The winner shall be determined by one of the following:

By KO, Submission (verbally or by tapping the opponent), TKO (By Referee's intervention, Doctors intervention, or corner throw in towel

TKO (Technical Knockout)

Referee Stop

When a fighter is remarkably superior to the other and the referee judges the inferior is in danger if the fight continues.

Doctor Stop

When a fighter is injured by the opponent's legal attack and if a ringside doctor determines that the injured fighter is incapable of continuing the fight, the injured fighter loses the fight. However, if the injury is caused by the illegal action of the opponent, the opponent loses the fight. For the ringside doctor's examination, a sub-referee takes the fighter's primary corner man to the neutral corner to inform him/her with the doctor's diagnosis and instruction.

When the doctor determines the doctor stop is appropriate and required, the sub-referee explains diagnosis and fighter's condition to the primary corner man.

Renunciation

The fighter's corner men may stop the fight by "throwing in the towel". In case the referee fails to see it, the judges may stop the fight.

Judgment

The three (3) judges shall determine the winner based on the following elements:

1. An effective and an accurate attack that leads to KO or the opponent's giving up.

- 2.Extent of damage inflicted on the opponent.
- 3.Techniques & Domination in the ground position.
- 4.Take down & Defensive technique.
- 5.Degree of aggressiveness.
- 6.Weight difference (when the difference is more than 10kg between the fighters).

Determination shall be in the above priority. The judges declare the superior fighter rather than awarding points. The winner must be determined after the third round is over; a "must system" is applied and there will be no draw decisions.

Disqualification

The referee shall pronounce a caution (showing him a yellow card) when a fighter executes a foul technique and/or fails to follow the referee's instruction during a fight. Three (3) cautions during a fight shall be grounds for disqualification. However, the referee may immediately disqualify a fighter (showing him a red card) if the referee finds that a foul technique was inflicted intentionally or with malicious intent.

No contest

When illegal action disqualifies both fighters, or the judges and/or Extreme-Brawl decide to cease the fight because of an accident, or an accident which happened in the first (1) round causes either or both fighter(s) to be unable to continue to the next round, the fight shall be called No Contest. However, in case the accident occurs during or after the second round, a decision on the winner shall be made according to the fighters' performance during the first round and the time preceding the fight's cessation.

Article 8

The following actions are defined as illegal attacks .

A fighter who executes a foul technique shall be penalized a caution (yellow card). A third caution (red card) during the fight shall disqualify the fighter. The fighter must return 10% of his fighting fee to Extreme- Brawl per caution. Moreover, a fighter must return the full amount of his fight fee to Extreme-Brawl when disqualified.

No eye gouging,

No biting,

No head butting,

No fish hooking,

No groin strikes,

No knees to the head of a downed opponent, No Holding the fence while standing (however the fence may be used while on the ground,

No oils to be applied to the body,

No strikes to the spine, throat or back of the head,

No Fingers in any cuts or lacerations,

No fingers in any orifice,

No fingers on or in the face,

No small joint manipulation,
No use of the elbow or forearm in any way,
No grabbing the larynx or the trachea,
No twisting or pinching the skin,
No grabbing the clavicle,
No kicking the head of a downed opponent,
No striking the kidney area with the heel of the foot,
No spiking an opponent on his head(you must land your opponent on his back or shoulder/s),
No spitting in the octagon at all except during your rest period into a bucket,
No holding the gloves, No abusive language to any one in or outside of the octagon,
No attacking an opponent during the rest period,
No attacking an opponent who is under the care of the referee or doctor,
No attacking an opponent after the bell has sounded the end of the round,
No interference from the corner,
No timidity, including without limitation, avoiding contact with an opponent,
No faking an injury for time out,
No consistently dropping the gum shield ,
No throwing in the towel,

No arguing in the octagon , any discrepancies will be discussed after the bout, not during or directly after, failure to do this will result in your removal from the venue and loss of fight purse's travel expenses, in extreme cases if the referee or any other member of staff is attacked a £2000 fine will be incurred through the courts and legal action will also be taken.

Article 9

LEGAL STRIKING;

All punches to the body and head, standing up and on the ground

All kicks to the inner & outer thigh, body and head.

Knees to the head standing only, and just to the body on the ground.

Article 10

In the event that a fighter is damaged severely by the opponent's illegal action, the referee and the doctor shall decide if the fight can resume after the damaged fighter recovers to fight. However, if the referee and doctor judge the fighter is not capable of continuing the fight, the opponent who committed the illegal action shall be disqualified

Article 11

LEGAL SUBMISSIONS; All ankle locks, all knee locks, all arm locks, strangles & chokes

Article 12

The referee may call a break under the following conditions:

When both fighters are in the ground position and the fight is deadlocked without any effective action.

When both fighters are in a standing position and the fight is deadlocked without any effective action.

When one fighter lies on the ground with his face up and the other takes a standing position and there is no action going on and the fight is deadlocked.

Article 13

The fighters and the corner men shall abide by any judgment or instructions made by the referee. If fighters and/or corner men have any objection to the judgment of the referee, the objection must be made in writing addressed to the promoter within two (2) weeks after the event. Should this Article be violated, 10% of the fight fee must be returned to promoter as a penalty.

Article 14

Fighters may have up to three (2) corner men who are not allowed to leave their own corner during the fight. Corner men are not allowed to have any physical contact with the fighters or the referees under any circumstances during the fight. If any of the corner men violates this Article, the fighter must return 10% of the fight fee to the promoter as a penalty.

Article 15

It is mandatory for all fighters to receive a doctor check before the fight at the venue

Cage Kickboxing CK1 Rules

Bout Times

3 x 2 Minute Rounds with 1 Minute rest between Rounds

5 x 2 Minute Rounds with 1 Minute rest between Rounds

Attire

Thai Shorts, or any other type as long as it is of smart appearance

Gum Shield compulsory, to be supplied by fighter, and preferably made by your Dentist.

10oz Boxing Gloves, to be supplied by the Promoter prior to the bout

Shin and foot guards are optional to each fighter.

Hand wraps must be done using crepe bandage and not training wraps, and excess buffing will be monitored.

K1 Rules +

All punches to body and head

All kicks to body and head using instep or shin

All knees to body and head, in the clinch or as free attack

Foot to foot sweeps are permitted, but will not be scored

NO Spinning back fists at all

NO Elbow strikes at all

The three knockdown rule in one round due to punches to the head will apply only if it requires a standing 8 count twice and on the third the fight will be halted.

8 counts will also be given for leg kick put-downs if the Ref feels it necessary.

Decision Via The Score Cards, Including

1/ Unanimous decision

2/ Split decision

3/ Majority decision

Draw Including

1/ Unanimous draw, 2/ Majority draw, 3/ Split draw, 4/ Technical draw, 5/ Technical decision, 6/ Disqualification, 7/ Forfeit, 8/ No contest

The Referee's and judge's decisions are final

Corner Staff

2 Corner men per camp will be allowed into the venue and at cage side.

If a fighting camp has 3 or more fighters competing, then 3 corner men will be permitted