



RULES

1. Definitions

“Mixed martial arts” means unarmed combat involving the use, subject to any applicable limitations set forth in these Unified Rules and other regulations of KSW, of a combination of techniques from different disciplines of the martial arts, including, without limitation, grappling, submission holds, kicking and striking.

“Unarmed Combat” means any form of competition in which a blow is usually struck which may reasonably be expected to inflict injury.

“Unarmed Combatant” means any person who engages in unarmed combat.

2. Weight Divisions

Except with the approval of the Commission, or its executive director, the classes for mixed martial arts contests or exhibitions and the weights for each class shall be:

Strawweight up to 115 pounds
Flyweight over 115 pounds to 125 (56,7 kg)
Bantamweight over 125 to 135 pounds (61,2 kg)
Featherweight over 135 to 145 pounds (65,8 kg)
Lightweight over 145 to 155 pounds (70,3 kg)
Welterweight over 155 to 170 pounds (77,1 kg)
Middleweight over 170 to 185 pounds (83,9 kg)
Light Heavyweight over 185 to 205 pounds (93 kg)
Heavyweight over 205 to 265 pounds (120,2 kg)
Super Heavyweight over 265 pounds

In non-championship fights, there shall be allowed a 1 pound (0,5 kg) weigh allowance. In championship fights, the participants must weigh no more than that permitted for the relevant weight division.

The Commission may also approve catch weight bouts, subject to their review and discretion. For example, the Commission may still decide to allow the contest the maximum weight allowed is 177 pounds if it feels that the contest would still be fair, safe and competitive.

In addition, if one athlete weighs 264 pounds while the opponent weighs 267 pounds, the Commission may still decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two contestants technically weighed in

3. Specifications for Handwrapping

- A) In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth of not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.
- B) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
- C) The bandages shall be evenly distributed across the hand.
- D) Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the Commission and in the presence of the manager or chief second of his or her opponent.
- E) Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the Commission is received.

4. Mouthpieces

- A) All contestants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.
- B) The round cannot begin without the mouthpiece in place.
- C) If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

5. Protective Equipment

- A) Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the Commissioner.
- B) Female mixed martial artists are prohibited from wearing groin protectors.

6. Gloves

- A) All contestants shall wear glove which are at least 4 ounces and are approved by the Commission. Generally, gloves should not weigh more than 6 ounces without the approval of the Commission. Certain larger sized gloves, e.g. 2 XL - 4 XL, may be allowed even though they may slightly exceed 6 ounces.
- B) Gloves should be supplied by the promoter and approved by the Commission. No contestant shall supply their own gloves for participation.

7. Apparel

- A) Each contestant shall wear mixed martial arts shorts (board shorts), biking shorts (vale tudo shorts), kick-boxing shorts or other shorts approved by the Commission.
- B) Gi's or shirts are prohibited during competition except that female contestant's musts wear shirts approved by the Commission.
- C) Shoes and any type of padding on the feet are prohibited during competition.

8. Appearance

- A) Each unarmed combatant must be clean and present a tidy appearance.

- B) The excessive use of grease or any other foreign substance may not be used on the face or body of an unarmed combatant. The referees or the Commission shall cause any excessive grease or foreign substance to be removed.
- C) The Commission shall determine whether head or facial hair presents any hazard to the safety of the unarmed combatant or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of an unarmed combatant presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the unarmed combatant may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the Commission.
- D) An unarmed combatant may not wear any jewelry or other piercing accessories while competing in the contest or exhibition.

9. Round Length

- A) Each non-championship mixed martial arts contest is to be for 3 rounds, each round no more than 5 minutes duration, with a rest period of 1 minute between each round.
- B) Each championship mixed martial arts contest is to be for 5 rounds

10. Stopping Contest

The referee is the sole arbiter of a contest and is the only individual authorized to stop a contest. The referee may take advice from the ringside physician and/or the Commission with respect to the decision to stop a contest.

The referee and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition other than the rest periods and subsequent to the contest ending.

11. Judging

- A) All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 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 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).
- C) Fights are scored based on the newest scoring criteria introduced by ABC

12. Fouls

- A) The following acts constitute fouls in a contest or exhibition of mixed martial arts and may result in penalties, at the discretion of the referee, if committed:
 - a. Butting with the head
 - b. Eye gouging of any kind
 - c. Biting
 - d. Spitting at an opponent
 - e. Hair pulling
 - f. Fish hooking
 - g. Groin attacks of any kind

- h. Putting a finger into any orifice or any cut or laceration of an opponent
- i. Small joint manipulation
- j. Striking downward using the point of the elbow
- k. Striking to the spine or the back of the head
- l. Throat strikes of any kind, including, without limitation, grabbing the trachea
- m. Clawing, pinching or twisting the flesh
- n. Kicking the head of a grounded opponent
- o. Kneeing the head of a grounded opponent
- p. Stomping a grounded opponent
- q. Holding the fence
- r. Holding the shorts or gloves of an opponent
- s. Using abusive language in fenced ring/fighting area
- t. Engaging in any unsportsmanlike conduct that causes injury to an opponent
- u. Attacking an opponent on or during the break
- v. Attacking an opponent who is under the care of the referee
- w. Attacking an opponent after the bell has sounded the end of the round
- x. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
- y. Throwing opponent out of ring/fighting area
- z. Flagrantly disregarding the instructions of the referee
- aa. Spiking an opponent to the canvas on his head or neck
- bb. Interference by the corner
- cc. Applying any foreign substance to the hair or body to gain an advantage
- dd. Extending fingers towards the face of an opponent

- B) Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the referee.
- C) Fouls may result in a point being deducted by the official scorekeeper from the offending contestant's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.
- D) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own and should not factor such into their scoring calculations.
- E) If a foul is committed:
 - a. The referee shall call timeout.
 - b. The referee shall order the offending contestant to a neutral location.
 - c. The referee shall check the fouled contestant's condition and safety.
 - d. The referee shall then assess the foul to the offending contestant and deduct points if the referee deems it appropriate, and notify the commission, the corners, the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.
- F) If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue and:
 - a. The referee will verbally notify the bottom contestant of the foul.
 - b. When the round is over, the referee will assess the foul and notify the commission, the corners, the judges and the official scorekeeper.
 - c. The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, the contestant committing the foul shall lose by disqualification.
- G) Low Blow Foul:

- a. A fighter who has been struck with a low blow is allowed up to 5 minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest.
 - b. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight.
 - c. If the fighter goes over the 5 minute time allotment, and the fight cannot be restarted, the contest must come to an end with the outcome determined by the round and time in which the fight was stopped. See Section 16 below.
- H) Fighter Fouled by other than low blow:
- a. If a contest of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.
 - b. If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.
 - c. For a foul other than a low blow, if the injured fighter is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue, by the referee, even though some of the 5 minute foul time is still remaining, the fighter cannot avail himself of the remaining time and the fight must be stopped.
 - d. If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

13. Grounded fighter definition

A grounded fighter is defined as: Any part of the body, other than a single hand and feet touching the fighting area floor. To be grounded, both hands and feet, palm/fist down, and/or any other body part must be touching the fighting area floor. At this time, kicks or knees to the head will not be allowed.

16. Injuries Sustained by Fair Blows and Fouls

- A) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

- B) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.
- C) If an injury is sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.
- D) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the scorecards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.
- E) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- F) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.
- G) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed.
- H) Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

17. Types of Contest Results

- A) Submission by:
 - a. Physical Tap Out
 - b. Verbal Tap Out
- B) Knockout by:
 - a. when Referee stops the contest (TKO)
 - b. when an injury as a result of a legal maneuver is severe enough to terminate a bout (TKO)
 - c. when contestant being rendered unconscious due strikes or kicks (KO)
- C) Decision via the scorecards, including:
 - a. Unanimous Decision - When all three judges score the contest for the same contestant
 - b. Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent
 - c. Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw
- D) Draws, including:
 - a. Unanimous Draw - When all three judges score the contest a draw
 - b. Majority Draw - When two judges score the contest a draw
 - c. Split Draw - When all three judges score differently

- E) Disqualification
- F) Forfeit
- G) Technical Draw
- H) Technical Decision
- I) No Decision

Additional regulations

1. Weigh-in procedures and penalties for missing weight

- A) During the morning's official weigh on Friday, between 10:00 AM to 12:00 noon fighters have a maximum of three tries to make the contracted weight limit
- B) If a fighter fails to make weight till 12:00 noon, he will have another hour to make the contracted limit
- C) If the fighter fails to make weight during the evening's ceremonial weigh-ins, he will be penalized according to his contract and official KSW rules and regulations as follows

If a fighter fails to make weight, he or she forfeits % of his entire fight purse (depends on by how much he or she is over).

Fighter is:

**over by less than 1 kg during the morning's official weigh-in 10% (+
20% if he fails to make weight after one hour)**

**over by less than 1 kg during the morning's official weigh-in 10% (+
30% if he fails to make weight after one hour)**

**over by less than 1 kg during the morning's official weigh-in 10% (+
40% if he fails to make weight after one hour)**

**over by less than 1 kg during the morning's official weigh-in 10% (+
50% if he fails to make weight after one hour)**

In the championship bout both fighters have to make weight. If the champion fails to make weight, he loses the title even if he or she is the declared the winner of the title fight. In this situation, the bout is contested over five 5-minute rounds

If the contender fails to make weight, the fight loses its championship status and is contested over three 5-minute rounds. Even if the contender is declared the winner, the title remains with the champion.

If both the champion and the contender fail to make weight, the champion loses the title even if he or she is the declared the winner of the fight, while the bout loses its championship status and is contested over three 5-minute rounds

- D) If the fighter exceeds the contracted weight by more than 4 kilograms, his opponent has the right to decline to fight
- E) The morning's official weigh-in will be led by KSW chief judge Tomasz Bronder (or one of his assistant judges) and filmed on camera. The weigh-in may be witnessed by fighter's opponent second.

- F) During the evening's ceremonial weigh-ins, the fighters do not need to make their contracted weight limits, but strip down to their underwear, enter the scale and then face off with the opponent
- G) After the ceremonial weigh-ins, fighters are obliged to conduct interviews with the media.

2. Corner men behavior

- A) There can be only three corner men.
- B) Fighter is allowed to be helped by his corner men during, before and after the fight.
- C) In between rounds two corner men can enter the cage, the third one have to stay outside
- D) Corner men have to supply the following:
 - a) cup
 - b) mouthpiece
- E) During the fight the corner men are obliged to stand outside the ring platform in the appointed place.
- F) Corner men have to clean the corner after the period in-between rounds, wipe the water etc.
- G) **During the fight** (round) corner men are **not allowed to**
 - a) enter the ring platform
 - b) enter inside the ropes
 - c) grab the ropes (fence)
 - d) go around the ring
 - e) slur at the referee or the fighter
 - f) use help from other people
 - g) touch a fighter without permission of the referee
- H) **During the period in-between** rounds the corner men are **not allowed to**
 - a) talk directly to the referee
 - b) go to the opposite corner
 - c) give their fighter any pills
 - d) give their fighter a drink in the bottle made of glass
 - e) sew or glue cuts
- I) **During the fight** (round) corner man are **allowed to**
 - a) give their fighter advice from outside of the ring
 - b) prepare equipment to use in-between rounds (water, ice etc.)

J) **During the period in-between** rounds the corner men **are allowed to**

- a) give their fighter advice
- b) help their fighter regenerate
- c) use water to chill and clean their fighter

K) For breaking those rules corner men as well as their fighter may be warned or disqualified

- a) the first warning is issued after the first violation of the corner men behavior rules
- b) second warning results in the yellow card for the corner men and is equivalent to 10% deduction from their fighter's purse
- c) third warning results in the red card for the corner men who is sent out to the locker room and is equivalent to 20% deduction from their fighter's purse
- d) every following warning results in fighter's disqualification
- e) fighter may be disqualified immediately if corner men's behavior affected the outcome of the fight

3. Protests

A) Fighter's lead representative may issue a written protest regarding the outcome of the fight no later than 48 hours after the fight. In order to do that he has to deposit 1000 euro to KSW Federation.

B) The Appeal Commission consists of:

- a) the chief judge
- b) the referee
- c) one of the ringside judges

C) The review the protest in 48 hours since it was issued.

D) If the protest is rejected KSW Federation doesn't return the deposit.

E) If the protest is accepted KSW Federation returns the deposit.