

# Virginia Combat Sports Sanction, LLC

## MMA RULES

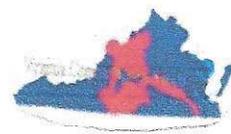
### **AMATEUR & PROFESSIONAL STATUS & RULE DIFFERENCES**

Amateurs are not allowed to be paid a Fighter's Purse or win Money in an Amateur MMA Bout. "Amateur" means an individual who has never participated in a boxing, martial arts, or professional wrestling event for money, compensation, or reward other than a suitably inscribed memento.

### **AUTHORITY**

Virginia Combat Sports Sanction, LLC, hereinafter, referred to as (VCSS), is exclusively established for amateur athletes seeking to advance their skills in competitive unarmed combative martial arts. Unless specifically exempted by law, these rules are mandated and must be adhered to for all VCSS Amateur events. To obtain a VCSS Amateur sanction, a properly signed sanction agreement must be submitted, which becomes a binding contract when signed by the promoter and the executive director of VCSS. Promoters and all VCSS officials shall acquaint themselves with all applicable rules, regulations of VCSS as well as the State governing authority. All events to be sanctioned will be forwarded to the appropriate state authority for pre notification and post reporting purposes. Any questions and interpretations should be referred to the event inspector or inspector on site. The authority of the State and VCSS event officials shall be respected. No one shall interfere with the event inspector's duties; use foul language or threats of physical harm. Upon request free admission and or tickets must be provided to the appropriate State authority which allows total access to the competitors, officials and dressing area without restraint. All officials, administrative personnel, and participants of VCSS must be available to appear before any State authority as requested to truthfully answer any appropriate inquiry which such personnel may have knowledge of including complaints, protests, intervention or suspensions which if deemed necessary or requested will be shared with such appropriate State authority. All VCSS applications and applicable state or governing licenses and agreements must be issued as approved prior to any official publicity or announcements for the event are released. Upon a signed sanctioning VCSS agreement being approved the promoter is required to advertise that the event is sanctioned by VC VCSS SS using the VCSS logo on all electronic or printed materials, media releases, and advertising.

This office may refuse to issue any permit to sanction, or individual license because of unavailability of a inspector/liaison/registrar, due to location of the event being inadequate or unsafe, or for any other reason considered by VCSS as not to be in the best interests of the public, individual, contestants, promoter, or officials of the sport.



# GENERAL PROVISIONS

## 1. DEFINITIONS

**Amateur:** "Amateur" means an individual who has never participated in a boxing, martial arts, or professional wrestling event for money, compensation, or reward other than a suitably inscribed memento.

**Division:** The State Regulatory Department of Professional and Occupational Regulation or State Athletic Commission.

**Physician:** A person licensed by the Virginia Board of Medicine as a Physician.

## 2. REGULATORY COMPLIANCE PROCEDURES:

A. Notify the regulatory authority of scheduled events, at least 30 days prior to each event, or immediately upon change or cancellation; ensure compliance with regulatory requirements.

B. Unless an engagement is specifically exempted by law (§ 54.1-830), the regulations and requirements found in Section 3 through Section 17 of the VCSS Policies and Procedures will be enforced at all events.

C. The Director of Records will ensure that the required forms and fees due are paid to the Department of Regulation within 24 hours following each event.

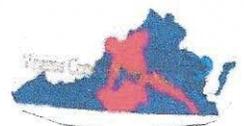
D. At least 30 days before the date of any boxing event in the Commonwealth, the licensed promoter desiring to conduct the event shall deliver an application for a license to conduct an event to the VCSS. The application shall be on forms provided by VCSS and shall include:

1. The card of MMA contests to be exhibited, including the name of each competitor, the competitors' federal identification number, and the number of rounds each is scheduled to compete. The promoter may modify the card at any time up to the day of the event by providing the required documents for the additions to and notice of the deletions from the card which accompanied the application;

2. Verification of all scheduled competitors' fight records;

3. The date, location, and time of the event for which a license is sought. The department will consider the size and configuration of the location and may deny approval of the event license for safety reasons;

4. Evidence that all competitors scheduled to compete are covered by a health insurance policy that covers medical expenses for injuries incurred during the boxing event, has a minimum of coverage of \$50,000 and an accidental death insurance benefit coverage in a minimum amount of \$50,000, and meets all requirements specified in 15 USC § 6304;



5. Evidence of a surety bond filed with VCSS conditioned on the payment of gate fees and penalties imposed by Chapter 8.1 (§ 54.1-828 et seq.) of Title 54.1 of the Code of Virginia and on the fulfillment of contracts made with boxers. The bond shall be in form and substance satisfactory to VCSS and in an amount equal to the sum of (i) the total gate fee required by this chapter and

§ 54.1-833 A of the Code of Virginia if all seats were to be sold and (ii) the total amount due to all boxers for their appearance in the event. The bond shall not exceed

\$100,000 and shall be executed by a surety authorized to do business in the Commonwealth;

6. Acknowledgment that the boxing promoter will provide a copy of the contract between the promoter and each licensed competitor at weigh-in;

7. A copy of each contract by the promoter for the sale of rights to distribute in any manner such event by any video, telephonic, or other communication method involving the control of electrons or other charge carriers;

8. A statement that the applicant has read and understands this chapter and will conduct the event in full compliance with same; and

9. Verification of status as a charity event as defined in this chapter.

E. In no case shall the applicant for an event license announce or advertise, either directly or indirectly, the event to the public until the VCSS has approved the application and issued the event license.

### **3. Promoter to Provide Copy of Contract with Boxer at Weigh-In; Penalty for Noncompliance; Contents of Contract.**

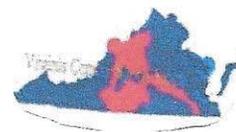
A. The promoter shall provide a copy of his contract with each boxer scheduled to compete in the event to the event inspector at the time of weigh-in.

B. Failure to provide a copy of the contract for a boxer at weigh-in shall result in the boxer's disqualification to compete in the event.

C. Each contract shall contain the name of the promoter, the name of the boxer, the date, time and location of the event, weigh-in and prefight physical.

### **4. PUBLIC SAFETY**

Maintenance of public safety standards must be maintained by promoters for all contests. Spectator seats shall be at least 8 feet from the performance area or platform. A physical barrier, if deemed necessary by VCSS, shall be placed at a designated 8 feet from the performance area or



platform and shall have at least 2 entrances. Security shall be placed at each of these entrances. The space immediately within 8 feet of the performance area or platform shall be under the jurisdiction of VCSS or the promoter for use by designated working officials, contestants, their seconds, timekeepers, judges, Referees, physicians, announcers, and medical inspectors. Promoters are responsible for seeing that the working area is controlled and free of non-essential personnel.

## **5. APPEARANCE FORFEITS**

In the event the athlete fails to appear; the athlete will be suspended and considered for revocation of registration for cause.

## **6. CONTESTANTS MUST REPORT**

Contestants must report to the VCSS Inspector, at the time specified by the event producer and VCSS Inspector.

## **7. AGE REQUIREMENT FOR CONTESTANTS**

No one under 18 will be allowed to compete in MMA contests.

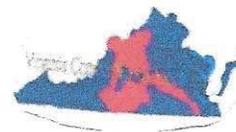
## **8. REGISTRATION**

All competitors must obtain a physical from a certified MD/physician, issued within 180 days prior to event, and become a registered member of VCSS. All officials wishing to participate in a VCSS event are required to register and pay for their own annual membership. The registration must be completed fully with all information required or it will not be accepted. Registered competitor's Immediate Medical Emergency Information and Competitive History Record shall be tracked and maintained, as long as the competitor remains actively registered. If at any time there are changes of the health of an individual that would alter immediate medical treatment to that individual, their competitor's registration information must be updated immediately. Each applicant for registration shall complete an official application and Medical Evaluation Form, available from the Event Registrar of VCSS or the event inspectors on site. The office will not process any application for a license that does not contain the proper fees and all information required. All licenses expire 12 months to the day of your initial registration.

Every individual participating in an event in must be a registered member of VCSS including the competitors and seconds. The following fee schedule is in effect for all annual registrations fees:

All Amateur Competitors – **\$30.00** each | Corners (Seconds) - **\$20.00** each.

## **9. ANNOUNCING THE RESULTS**



A. Introductions and announcements made to the general public to begin the event should include the Promoter, Matchmaker, and Sponsors, and conclude with the official statement: "This event is sanctioned by Virginia Combat Sports Sanction. The event inspector for VCSS in attendance (NAME), Announcers shall additionally announce the names of the officials, contestants, their correct weights, decisions of the Referee and judges and any other matters as directed by the event inspector.

B. Each contest shall be scored by the judges assigned by the organization. At the end of each bout, the score and the score cards shall be presented to the event inspector or his designee who shall examine the score cards. At the end of the contest, the winner shall be the contestant who receives the highest score of the majority of the judges. The contest is declared a draw if neither contestant scores so as to obtain a majority.

C. When the event inspector has examined the score cards and checked them for accuracy, he will inform the ring announcer of the decision.

D. The organization shall not change a decision rendered at the end of any contest unless:

- It is determined that there has been wrongful or illegal collusion affecting the results of the contest;
- An error is found in the compilation of the score cards that shows that the decision favored the wrong contestant; or
- The organization determines through investigation there was a violation of this chapter that adversely impacted on the fairness of the contest or decision.

E. Regardless of the outcome, the announcer will detail for the audience the actual scoring of the bout. Under normal circumstances, the fighters and the Referee will bow to one another in the same fashion specified at the beginning of the match.

## **10. APPROVAL OF MATCHES AND CONTESTANTS**

A. ALL MMA contestants' status must be verified on the official record keeper designated by the Association of Boxing Commissions (ABC) (prior to competing), Mixed Martial Arts Stats or other record keeper designated by the Division.

B. ALL contestants' records must be comparable for even matchmaking.

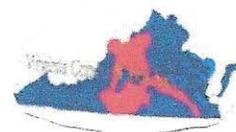
## **11. BOUTS AND CONTESTS**

A. The contest shall commence no later than 30 minutes after the start time stated on the contest permit.

B. During a bout or contest, contestants shall only be permitted to drink water. No other fluids shall be permitted.

C. No contest shall be scheduled, and no contestants shall engage in a bout between the opposite sexes.

D. There shall be no bouts with more than 2 contestants competing in the same bout.



**E. THROWING WATER PROHIBITED.** Any excessive or undue spraying or throwing of water on any athlete between rounds is prohibited. A wet sponge may be used between rounds to refresh the contestants;

**F. GONG, AIR HORN, OR BELL.** There will be a gong, air horn or bell at the ring no higher than the floor level of the ring. The bell, Air horn or gong will be clear in tone so that the contestants may easily hear it when it is sounded.

**G. THE REFEREE/ AND OR PHYSICIAN SHALL HAVE THE POWER TO STOP THE**

**CONTEST.** The Referee and or the physician at ringside shall have the power to stop a contest at any stage during the bout if he considers it to be one-sided or if either contestant is in such condition that to continue might subject him to serious injury and in either case the Referee shall have the power to render a decision. Should both contestants be in such condition that to continue might subject them to serious injury; the Referee will declare the match a technical draw. In cases where a contestant receives a cut eye from a fair blow or any accidental foul, or any other injury which the Referee believes may incapacitate the contestant, the Referee may call into the ring the attending physician for examination of the contestant before he decides to stop the contest. Time will be called during the examination. The ringside physician may at any time notify the Referee to stop the contest if the physician believes that to continue would incapacitate a contestant.

The ringside physician cannot attend to an injured athlete during the course of a fight, but can only render a professional opinion as to whether or not an injured athlete can resume the contest. The Chief Event Physician/doctor shall always climb the ring stairs and meet any fighter who was stopped due to blows. If a fighter is called out by the bout Referee and remains down, the Chief Event Physician/ doctor shall ALWAYS ENTER the ring and see directly to the downed fighter for medical reasons.

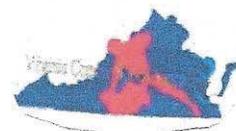
**H.** Under no circumstances are the fighter's seconds permitted to enter the ring, or attend to an athlete in any manner whatsoever, during the course of a round.

## **11. CHANGE OF DECISION**

A decision rendered at the termination of any contest is final and cannot be changed unless VCSS determines that any one of the following occurred:

- There was collusion affecting the result of any contest.
- The compilation of the scorecard of the judge's shows an error, which would indicate that the official decision had been given to the wrong contestant.
- There was a clear violation of the rules or regulations governing kickboxing, which affected the result of any contest.

If VCSS determines that any of the above occurred with regard to any contest, then the decision rendered shall be changed as VCSS may direct.



## **12. DISCIPLINARY ACTION**

**A. ADMINISTRATION OR USE OF DRUGS.** The administration or use of drugs, alcohol, or stimulants, or injections in any part of the body, either before or during a match, to or by any athlete is prohibited. Any contestant or Referee violating this rule will be subject to disciplinary action.

**B. ANTI COAGULANT.** The use any anti coagulant or any similar drug or compound for the stopping of hemorrhage in the ring is prohibited. Only such preparations as are approved applicable state regulation may be used to stop hemorrhage in the ring.

**C. ORDERLY CONDUCT.** All registered VCSS athletes and other personnel must conduct themselves in a professional manner at all times, both in and out of the ring, and will be held accountable for their actions at all times.

## **13. FOULS AND INJURIES: INTENTIONAL AND ACCIDENTAL**

**A.** If a foul is committed, the referee shall call time, check the fouled contestant's condition and safety, assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the event inspector or his designee.

**B.** Disqualification will occur after any combination of three fouls or after the referee determines that a foul was intentional and flagrant.

**C.** At the referee's discretion, fouls may result in a point being deducted by the event inspector or designated scorekeeper from the offending contestant's score.

**D.** Only the referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

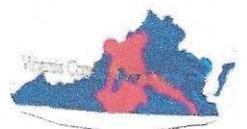
**E.** A fouled contestant has up to five minutes to recuperate.

**F.** If a bottom contestant commits a foul, but the top contestant is not injured and he maintains his position, the match shall continue, so as not to jeopardize the top contestant's superior position at the time. The referee shall verbally notify the bottom contestant of the foul. When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the event official or his designee.

**G.** The referee may terminate a bout based on the severity of a foul.

**H.** 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. If an injury sustained during competition is a result of an intentional foul severe enough to terminate a bout, the contestant causing the injury loses by disqualification. If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall deduct two points from the offending contestant and shall notify the event inspector or his designee.

**I.** If an injury sustained during a bout as a result of an accidental foul 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 before three rounds have been completed in a five round bout. If an injury sustained during a bout as a result of an accidental foul 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.

**J.** There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the event inspector or his inspector calculates the final score.

**K. INTENTIONAL EVASION OF CONTACT.** A contestant intentionally avoiding any physical contact with his opponent will receive a warning from the referee. If a contestant continues to avoid a confrontation with his opponent after receiving a warning during that round, he may be penalized by the referee. If the contestant continues to evade action, either in the same round or in any other round, the referee may, at his discretion, award more penalties.

## **14. MOUTHPIECE REGULATIONS**

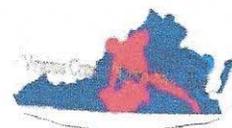
All contestants must wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the ringside physician. The round cannot begin without the mouthpiece in place. If the mouthpiece becomes involuntarily dislodged during competition, the referee shall call time and clean and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.

## **15. PHYSICIANS AND PARAMEDICS**

**A. CONTINUOUS PRESENCE OF MEDICAL AND AMBULANCE.** At least one licensed physician, ambulance and a EMT or paramedic crew, must be in attendance at all VCSS sanctioned events and must not leave the event until the last competitor has been checked and left the event venue.

**B. PHYSICIANS.** There shall ALWAYS be 1 "PHYSICIAN /DOCTOR at ringside. If the ring Physician is forced to attend to a fighter who was just injured in a bout, whether at ringside or in the locker room, NO BOUTS may take place until the Physician is back at ringside. No bout will be allowed to proceed unless the Physician is in his seat and Paramedics are readily accessible to the ring during the bout. The Physician shall not leave the event facility until every athletes has had a final check and exited the event facility. He shall be prepared to assist if any serious emergency arises and will render temporary or emergency treatments for cuts or minor injuries sustained by the contestants.

**C.** The Physician/ Doctors shall not leave the arena until after the decision in the final bout and all contestants have had a final medical assessment upon exiting the ring and cleared to leave the event facility. The Physician is required to give a pre-fight examination to each contestant and document the contestants' physical condition as acceptable to compete in such a sport.



D. All weigh-ins and medical examinations must be signed-off on by the inspector and must take place prior to engaging in a contest. All contestants must submit to a weigh-in and a physical examination by the Physician at the time and place approved by VCSS.

E. Referees shall also be given physical examinations immediately before officiating at any match.

## **16. PREFIGHT REQUIREMENTS**

A. **FIGHTER HISTORY:** All contestants must submit to VCSS a statement from a licensed physician, issued within 180 days prior to event, certifying that the applicant is in good physical health. Fighters must also complete an onsite pre fight medical and background application which can be found at all times during the match, all fighters must adhere to the decisions and recommendations of the physician.

B. **EXAMINATION ALL CONTESTANTS:** Any athlete applying for eligibility to compete in a VCSS contest must be medically fit to compete in a contact sport and be examined by a licensed physician in good standing with the State in which the event takes place for the purpose of establishing physical fitness for competition. Any competitor, trainer or corner man shall be held personally responsible and liable for potential disciplinary action up to and including permanently being banned from all combat sports, if a licensee applicant has personal knowledge that a competitor has suffered a serious injury during training and failed or refused to inform the event inspector and examining Physician at the medical pre-fight physical about that injury.

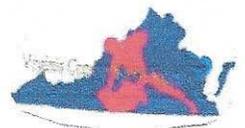
C. **MEDICAL TEST REQUIREMENTS.** Each contestant must provide a negative test for the following prior to an event or contest: (1) Antibodies to the human immunodeficiency virus; (2) Hepatitis B surface antigen (HBsAg); and (3) Antibodies of virus hepatitis C. Such tests shall be conducted within the 180 days preceding the event. A contestant who fails to provide the required negative test results shall not be permitted to compete in the event or contest.

D. **FEMALE CONTESTANTS** - Each female contestant shall take a pregnancy test in the presence of a female inspector or provide the ringside physician with a negative pregnancy test result taken not more than 24 hours prior to the event.

E. **REPORT OF INJURY.** All Promoters and VCSS inspectors will be held accountable for necessary injury reports which must be signed by the Referee and attending physicians. Reports must be filed in all cases in which the contestants have been injured during a bout or have applied for medical aid after a contest. In the event that a contestant who has suffered a knockout or any other severe injuries whether or not connected with Combat sports, and has on such account been treated by his personal physician or has been hospitalized, he and his manager must promptly submit to VCSS a full report from such physician or hospital.

F. **FIGHTERS RULES MEETING:** All fighters are required to attend the pre-fight rules meeting held the day of all bouts/events. Such meeting will be conducted by the Referee and/or event inspector.

G. All fighters are required to act with proper sportsmanship at all times, and to obey the VCSS rules at all times.



## **17. SAFETY REQUIREMENTS AND PHYSICAL APPEARANCE OF CONTESTANTS**

**A. CONTESTANTS' APPEARANCE:** Hair shall be trimmed or tied back in such a manner as not to interfere with the vision of either contestant or cover any part of a contestant's face. (This includes both male and female contestants)

**B.** The excessive use of grease, Vaseline or any foreign substance is not permitted. Referees or the VCSS Inspector in charge shall cause to be removed any such excessive grease or foreign substance.

**C.** No cosmetics shall be worn during a bout. Jewelry or piercing accessories are prohibited.

**D.** The use of Ben Gay, Icy Hot, and other such sports creams are prohibited.

## **18. PROMOTERS**

**A. SANITATION.** All promoters are held responsible for and must correct any violation of VCSS rules or regarding the sanitary conditions with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and VCSS Inspectors are to observe every event for violations of these rules. The ring must be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to the fights.

**B. RING EQUIPMENT.** The promoter of the event will provide all necessary ring equipment including stools.

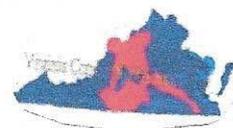
**C.** Locker rooms adequate in number and equipment to reasonably facilitate the contestant's activities before and after the contest. Separate locker rooms shall be provided when both male and female contestants are scheduled to compete. Locker rooms shall have restroom facilities easily available.

**D.** A fully equipped ambulance with a currently trained ambulance crew at the site of any event for the entire duration of the event.

**E.** A notice to the nearest hospital and the persons in charge of its emergency room of the date, time and location of event.

**F.** Boxing gloves of the proper weight that are set by weight classification by rule. Boxing gloves must have laces to secure proper fit. Gloves must have an attached thumb to the body of the glove. Gloves must be clean, free of cuts, have good laces, with no displacement or lumping of padding material. Gloves shall be inspected by the event inspector or his designee before each contest and those found defective shall be replaced before the contest.

**G.** Designate one (1) event staff person to distribute gloves to competitors and disinfect gloves after each use.



H. A clear plastic water bottle, a bucket containing ice, surgeon's adhesive tape and surgical gauze for each contestant.

I. A sealed OTC pregnancy test kit, approved by the Food and Drug Administration, for each female contestant that will be given to the event inspector or his designee.

J. A solution of one part bleach and nine parts water for disinfecting blood on the ring canvas or ropes shall be available ringside for use by staff stationed ringside to clean the ring canvas and ropes as needed.

K. The promoter shall provide each corner with biohazardous material bags and, after the event, shall discard all regulated medical waste in the proper manner in accordance with the Regulated Medical Waste Management Regulations (9VAC20-120) issued by the Virginia Waste Management Board and available from the Department of Environmental Quality.

L. Promoters are responsible for ensuring the maintenance of public safety at all events. The promoter shall provide insurance to adequately meet the minimum state requirements for the protection of all contestants and all VCSS officials as well as name VCSS co-insured. Promoters are required to provide all materials necessary for the conduct of the event including but not limited to: ring, stools, gauze, and tape for hand wraps.

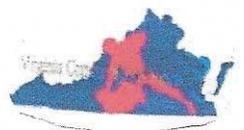
**M. PROMOTER'S INSURANCE REQUIREMENT:** The promoter is mandated to provide Insurance coverage by an approved designated insurance carrier. The policy must have a minimum coverage of \$50,000 and accidental death insurance benefit coverage in the minimum amount of \$50,000.

N. Evidence of a surety bond filed with the department or its contractor conditioned on the payment of gate fees and penalties imposed by Chapter 8.1 (§ 54.1-828 et seq.) of Title 54.1 of the Code of Virginia and on the fulfillment of the contracts made with the contestants. The bond shall be in form and substance satisfactory to the department and in an amount equal to the sum of (i) the total gate fee required by § 54.1-833 A of the Code of Virginia if all seats were to be sold and (ii) the total amount due to all contestants for their appearance in the event. The bond shall not exceed \$100,000 and shall be executed by a surety authorized to do business in the Commonwealth.

O. Verification of status as a charity event.

## **19. RINGSIDE OFFICIALS AND DUTIES AT ALL EVENTS**

- 1 Approved Physician/ Doctors
- Three (3) Judges
- 1 Timekeeper
- 1 Assistant Timekeeper
- 1 Assistant Scorekeeper



**A. RINGSIDE OFFICIALS.** A Referee, three judges, a timekeeper, a scorekeeper, an assistant scorekeeper, a VCSS Event Inspector, Inspectors, Emergency Medical Team and physician.

**B.** A second timekeeper may be supplied by VCSS. In such cases, the commission may also assign an Athletic Inspector to the event.

**C.** Under no circumstances shall ANY certified Official fraternize, cheer-on, congratulate, or discuss the outcome of any match in such a manner as to indicate potential partiality. If it is determined that an official has violated this rule such official shall be noted as being in violation of this code and may be brought up for review and subsequently may lose the privilege of officiating at any events in the future.

**D. EVENT INSPECTOR.** At least one event inspector shall be present at every sanctioned event.

**E.** Before the start of the event the event inspector or inspector may check all contestants, promoters, matchmakers, timekeepers, judges, and referees for knowledge of the rules. No records will be maintained on any athlete who does not have a current VCSS registration. It is the responsibility of the VCSS inspector to direct the promoter or inspector to verify all equipment and assign an inspector for hand, shin, and foot wraps as appropriate within the specific discipline of competition. It is the responsibility of the promoter to coordinate with the inspector to verify the physicals, weigh-ins, and all necessary paperwork and ringside equipment and personnel are at ringside before the event is allowed to begin.

**F.** All Officials must be trained / certified by VCSS.

## **20. REFEREES**

**A. ATTIRE AND EQUIPMENT.** The official designated as referee shall wear dark slacks with an approved shirt bearing the official's logo of VCSS. Surgical gloves are recommended at all times when attending to athletes in the ring. If gloves are used, it is the responsibility of the Referee to bring one pair for each bout of the evening.

**B.** All referees shall pass a prefight physical performed by the ringside physician in accordance, comply with all procedures established by the organization, perform other duties as assigned to assure compliance, and perform the following duties before, during, and after each assigned contest:

**C.** Provide the prefight instructions to contestants;

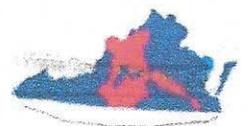
**D.** Assure that each contestant is properly gloved and wearing the required safety equipment;

**E.** Assure contestants adhere to proper hygiene practices and nails are neatly trimmed.

**F.** Exercise supervision over the conduct of the contest to assure compliance with this chapter and to take immediate corrective action when a failure to comply is observed;

**G.** Immediately stop any contest when, in his judgment, one of the contestants is outclassed by the other, injured, or otherwise unable to safely continue to participate in the contest;

**H.** Endeavor to perform his duties in a manner which does not impede the fair participation of either contestant;



I. Consult, when he feels it appropriate, with the ringside physician on the advisability of stopping the contest if either contestant appears injured or unable to continue;

J. Determine fouls and stop contests as provided in the rules and regulations of the contest; and

K. Assure the health and well-being of the contestants to the greatest extent possible.

## **21. SCOREKEEPERS**

**A. SCOREKEEPER RESPONSIBILITIES.** Record and tabulate the scores and point deductions from all of the judges.

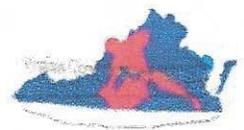
**B.** All actual scores must be placed on the master score sheet as they are indicated by the judges' scorecards. In the event there is a knockout or the referee stops the match for any reason, the scorekeeper must ascertain the exact time from the timekeeper. This will be recorded on the area marked on the score sheet.

**C. SCOREKEEPER'S DUTIES.** At the end of each match, the scorekeeper will take the ballot slips from the assistant scorekeeper or VCSS inspector, who will collect them from the three judges.; and then will tabulate the results on to the master scorecard and attach the original ballots to the master score sheet. The scorekeeper shall tally all foul points, having been instructed by the Referee or event inspector at the end of each round as to the amount of penalty, deducting these appropriately from each judge's score under the ten-point scoring system and entering the results on the master scorecard. At that time, the scorekeeper shall make the final tallies and deliver the totals to the VCSS Inspector, who will verify the accuracy of the scores. The scorekeeper will then report the results of the contest to the Referee and the announcer. All bouts shall be determined a majority decision unless the scores indicate there is no majority at which time the bout shall be determined by overall points. The scorekeeper shall additionally note the outcome.

## **22. TIMEKEEPERS**

**A. TIMEKEEPER'S DUTIES.** The timekeeper will give the appropriate signal for the starting and ending of each round. Timekeeper will keep the time during each round starting and stopping the official clock for time-outs designated by the Referee. Timekeeper will keep time during the rest period of each according to the schedule set forth. Ten seconds before the beginning of each round, the timekeeper will give warning with a whistle or buzzer, to the handlers of the contestants by suitable signal.

**B. TIMEKEEPER RESPONSIBILITIES.** Begin the start of the clock for each round, as initiated by the referee. Start and stop the match clock for time stoppages as called by the referee. Signal the end of each round by the use of a bell, buzzer, or other available signal.

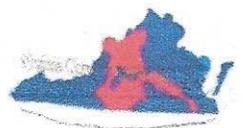


## **23. CORNERMAN & TRAINER RULES & REGULATIONS**

- A.** No contestant shall have more than three seconds.
- B.** All seconds must keep their shoulders below the ring floor level during the bout. Seconds are prohibited from standing up or leaning on the edge of the ring, mat or floor or slapping the ring, cage fence, mat or floor while the bout is in progress, or touching the ring ropes until the bell sounds to end the round. Seconds must keep coaching volume down while the bout is in progress and are prohibited from negatively interfering with the officials in any physical or verbal way.
- C.** Only one (1) second may be inside of the ring ropes or cage between rounds.
- D.** Any excessive or undue spraying or throwing of water on any contestant by a second between rounds is prohibited. Seconds are responsible for wiping up any fluids in their corners between rounds.
- E.** Seconds shall not enter the ring/cage until the bell signals the end of the round. Seconds shall leave the ring at the sound of the timekeeper's warning that 10 seconds remain before the start of the next round, removing all buckets, stools and other equipment promptly.
- F.** Seconds shall not use Monsol's solution, alcoholic beverages, stimulants, or other substances not approved by the organization during any contest. Each second shall provide the following equipment for use at the event:
- (1) A solution approved by the Association of Boxing Commissions to stop hemorrhaging;
  - (2) Scissors; and (3) One extra mouthpiece
- G.** If a second enters the ring during the round, the contestant shall be disqualified by the referee.
- H.** All trainers and cornermen working on a Sanctioned event must be licensed and VCSS registered. They will conduct themselves with appropriate and proper respect to ALL Ring Officials. Any "Unacceptable and Unjustified" rude or disrespectful behavior of ANY kind occurs by a Cornerman or Trainer working an event will result in immediate corrective action. Corrective action may result in suspension for the Trainer and Cornerman as well as the fighter to be barred from any future event permanently.

## **24. WEIGH-INS**

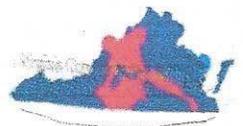
- A.** No contestant may engage in a contest without the approval of the organization if the difference in weight between the contestants exceeds the allowance allowed by VCSS. There shall be allowed a one (1) pound weight allowance for amateur bouts.
- B.** When weigh-ins occur within 24 hours, but not less than 12 hours prior to the event's scheduled start time, the contestant shall not exceed the weight specified in his contract with the promoter. If a contestant exceeds the weight specified in the contract he shall not compete unless he:
- Loses all but two (2) pounds of the weight exceeded in the contract and loses the final two (2) pounds at least six (6) hours prior to the event's scheduled start time; or
  - Renegotiates the contract.



**C.** No contestant shall be permitted to lose more than two (2) pounds within 12 hours of a contest. If a contestant weighs more than two (2) pounds over the weight specified in the contract, he shall not compete unless he renegotiates the contract.

**D.** All contestants and their seconds must be present at the official weigh-in. The time, date and location of the weigh-in will be approved by the organization. Contestants will be allowed to witness their opponent's weigh-in.

**E.** All contestants and their seconds must be present at the prefight meeting. Any second who does not attend the prefight meeting will not be permitted in the corner of their contestant.



## **25. SUSPENSIONS AND MANDATORY REST PERIODS**

**A. SUSPENSION FOR DISABILITY.** Any contestant rejected by an examining physician will be suspended until it is shown that he is fit for further competition, or in the case of a Referee, officiating.

**B. TIME BETWEEN BOUTS.** A contestant shall not compete in more than one contest within a 7 day period. This period shall begin the day after the contestant's last bout in a contest or tournament. No contestant shall participate in a contest who has: (1) been knocked out in the 60 days immediately preceding the date of the contest; (2) been technically knocked out in the 30 days preceding the date of the contest; (3) been a contestant in a boxing, kick boxing or martial arts event of more than six rounds during the 15 days preceding the date of the contest or six or fewer rounds during the seven days preceding the date of the contest; (4) suffered a cerebral hemorrhage; (5) suffered a serious head injury or other serious physical injury. VCSS may require an additional, specific medical examination to determine the contestant's suitability; (6) been found to be blind in one eye or whose vision in one eye is so poor that a physician recommends the contestant not participate in the contest. A boxer who is totally unsighted (uncorrected vision worse than 20/400) in one or both eyes shall be prohibited from competing; or (7) been denied a license or approval to fight by another jurisdiction for medical reasons.

**C.** If an athlete sustains a loss or the fight is stopped for any cut or other medical reason as determined by the Physician at ringside the fighters shall be suspended for as many days as deemed appropriate by the ringside Physician and post injury treatment Physician. If an athlete sustains a knockout 60 day suspension imposed on the athlete

**D.** If a referee terminates a bout due to a TKO: Technical Knock Out, an athlete shall be subject to a minimum 30 day medical suspension.

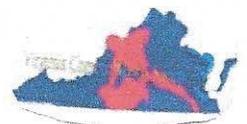
**E.** If a referee terminates in a TKO due to hard blows to the head the athletes shall be subject to a minimum 45 day medical suspension.

**F.** If a referee terminates a bout due to a KO: Knock Out an athlete shall be subject to 60 day medical suspension. Such suspension can only be issued by the Medical Physician in charge.

**G. Disqualification suspension:** In the event a contestant is disqualified for any reason, that contestant shall be suspended for a minimum of 45 days. VCSS may also suspend a contestant from contact sparring.

## **26. INTENTIONAL EVASION OF CONTACT.**

A contestant intentionally avoiding any physical contact with his opponent will receive a warning from the Referee. If a contestant continues to avoid a confrontation with his opponent after receiving a warning during that round, he may be penalized by the Referee. If the contestant continues to evade action, either in the same round or in any other round, the Referee may, at his discretion, award more penalties.



## **27. MMA ATTIRE AND EQUIPMENT FOR CONTESTANTS**

**A.** Petroleum jelly or other similar petroleum based product may be applied to the facial area at cage side in the presence of an inspector, Referee or person designated by VCSS prior to the beginning of the first round only.

**B.** No additional applications will be allowed between rounds. The Referee or Division inspector shall cause any excessive petroleum jelly or other permitted substance or any foreign substance to be removed to his or her satisfaction. Any contestant applying anything to any part of his or her body outside the presence of an Inspector, Referee or person designated by the Division may be penalized a point or disqualified.

**C.** Fighters are required to wear an approved protective groin cup during all matches.

**D.** Fighters are required to wear an approved mouthpiece at all times while the bout is in progress.

**E.** Fighters are not allowed to wear any shoes of any type.

**F.** Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of the event inspector or his designee.

**G.** Fighter's fingernails and toenails must be cut and trimmed prior to any bout.

**H.** Jewelry or piercing accessories are prohibited

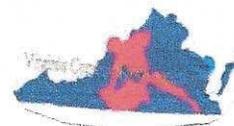
**L. GLOVES:** Fighters are required to wear only approved mixed martial arts style gloves which must be provided by the promoter. The final taping around the wrist should be taped with Red to indicate the Red corner contestant and blue to indicate the Blue corner contestant

**M.** All fighters must use the same style and brand of glove worn by their opponent and on a Sanctioned Event may not wear an MMA Glove Smaller than 4 ounces. Gloves are required to be taped by a VCSS appointed assistant to ensure their stability during the bout.

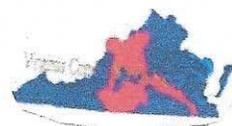
**N.** Contestants competing in a bout against one another must wear gloves that are equal in weight.

**O.** All fighters are required to have an extra mouthpiece ringside during their match.

**P.** All promoters must have several extra sets of gloves of common sizes to be used in case gloves are broken or in any way damaged beyond use during the course of the bouts.



**Q.** Contestants may wear MMA shorts, boxing shorts, kickboxing shorts, latex bike-style shorts, board shorts or vale tudo style shorts. Gi's or shirts and shoes are prohibited during competition. Female contestants may wear rash guards and /or sports bra. Male fighters must wear two pair of shorts (one tight fitting). Female contestants shall wear a chest protector during competition, of a type approved by the department or its contractor and a pelvic girdle. The Referee may require such apparel to be taped or otherwise secured to ensure its stability during the match. Under no circumstances shall apparel or equipment which includes metallic and/or hard plastic and/or any edge or surface which could cause injury to the fighters will be allowed.



## 28. CLASSES AND WEIGHTS OF CONTESTANTS

### Weight Allowances:

WEIGHT CLASS	WEIGHT IN LBS	MAX WEIGHT SPREAD
Flyweight	125.9 and under	5 lbs
Bantamweight	126-134.9	5 lbs
Featherweight	135 -144.9	5 lbs
Lightweight	145-154.9	5 lbs
Welterweight	155 -169.9	12 lbs
Middleweight	170-184.9	12 lbs
Light Heavyweight	185-204.9	12 lbs
Heavyweight	204 - 264.9	20 lbs
Super Heavyweight	265 and over	No limit

- A. No contestant may engage in a contest without the approval of the organization if the difference in weight between the contestants exceeds the allowance in subsection A of this section. There shall be allowed a one (1) pound weight allowance for amateur bouts.

## 29. MMA FOULS: INTENTIONAL AND ACCIDENTAL

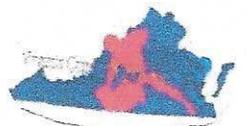
- A. The referee shall issue a single warning for the following infractions:

1. Holding or grabbing the fence or ropes;
2. Holding an opponent's shorts or gloves;
3. Unintentional low strikes

If the prohibited conduct persists after a single warning, the infraction may result in a deduction of points or disqualification.

- B. The referee shall deduct points for the following fouls:

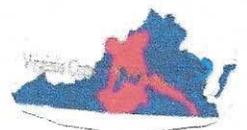
1. Butting with the head
2. Eye gouging of any kind
3. Biting or spitting at an opponent
4. Hair pulling
5. Fish hooking
6. Groin attacks of any kind



7. Intentionally placing a finger in any opponent's orifice
8. Downward pointing or spiking elbow strikes
9. Small joint manipulation
10. Strikes to the spine or back of the head
- 11 .Heel kick to the kidneys
- 12.Intentional strikes to the throat
- 13.Clawing, pinching, twisting the flesh or grabbing the clavicle
- 14.Kicking the head of a grounded contestant
- 15.Kneeing the head of a grounded contestant
16. Stomping of a grounded contestant
- 17.Use of abusive language
18. Any unsportsmanlike conduct that causes an injury to the opponent
19. Attacking an opponent on or during the break
20. Attacking an opponent who is under the referee's care at that time
- 21 .Timidity or intentional stalling (avoiding contact, or consistent dropping of the mouthpiece, or faking an injury)
- 22.Interference from a contestant's second or corner person
- 23.Throwing an opponent out of the ring
- 24.Flagrant disregard of the referee's instructions
- 25.Spiking an opponent to the canvas on his head or neck.

### 30. GENERAL JUDGING

- A. All bouts will be evaluated and scored by three judges. The 10 point must system will be the standard system of scoring a bout. Judges will evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense. Scores will be weighted in the following order:
1. Effective striking, judged by determining the total number of legal heavy strikes landed by a contestant.
  2. Effective grappling, judged by considering the amount of successful executions of a legal takedown or reversals. Factors considered will be take downs from standing position to mount position, passing the guard to mount position, maintaining dominant positions and bottom position contestants using an active, threatening guard.
  3. Control of the fighting area, judged by determining who is dictating the pace and location and position of the bout. Factors considered will be 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.

4. Effective aggressiveness and defense, judged by moving forward and landing a legal strike and avoiding being struck, taken down or reversed while countering with offensive attacks.

B. The following objective scoring criteria shall be utilized by the judges by the judges when scoring a round:

1. A round is to be scored as a 10-9 round when a contestant winning by a close margin lands the greater number of effective legal strikes, grappling and other maneuvers.
2. A round is to be scored as a 10-8 round when a contestant overwhelmingly dominates by striking or grappling in a round.
3. A round could possibly be scored a 10-10 round if the judge sees the round as absolutely even.
4. A round is to be scored as a 10-7 round when a contestant totally dominates by striking or grappling in a round.
5. Each nonchampionship contest shall consist of three five-minute rounds with a one-minute rest period between rounds. Each championship contest shall consist of five five-minute rounds with a one-minute rest period between rounds.

C. Judges shall use a sliding scale and recognize the length of the time the contestants are either standing or on the ground as follows:

1. If the contestant spent a majority of a round on the canvas, the effective grappling is weighed first and effective striking second.
2. If the contestant spent a majority of a round standing, the effective striking is weighed first and effective grappling is second.
3. If a round ends with relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

## 31. LEGAL TECHNIQUES FOR AMATEUR MIXED MARTIAL ARTS

### A. Hand Strikes:

1. Closed fist or an open hand/palm of the hand.

### B. Arm Strikes:

1. Forearm strikes and rounded elbows to standing or grounded opponent.  
(Advanced competitors only)
2. Shoulder jabs to standing or grounded opponent.

### C. Legs:

1. Standing strikes with knees, shins, and feet.
2. Standing knees to head.



#### **D. Takedowns and Throws:**

1. All wrestling, judo and jiu-jitsu throws and takedowns.

#### **E. Chokes:**

1. All chokes with arms and legs

#### **F. Locks:**

1. Elbow, shoulder, wrist, knee, and ankle locks.

### **32. ROUNDS Amateur matches shall consist of any of the following:**

Each non championship contest shall consist of three (3) three-minute rounds with a one-minute rest period between rounds. Each championship contest shall consist of five (5) three-minute rounds with a one-minute rest period between rounds.

### **33. STRUCTURE OF THE FIGHTING AREA FOR CONTESTS**

A fighting ring that will be in the shape of a square, a hexagon, or an octagon. A square ring shall not be less than 18 feet square inside the ropes and shall not exceed 20 feet square inside the ropes. A hexagon or octagon ring shall not be less than 18 feet (from any side to the opposite side) inside the ropes and shall not exceed 32 feet (from any side to the opposite side) inside the ropes.

The ring floor shall be padded with ensolite one inch thick or another similar closed-cell foam. The padded ring floor must extend at least 18 inches beyond the ropes and over the edge of the platform with a top covering of canvas or other similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges shall not be used.

The ring platform shall not be more than five feet above the floor of the building and shall have suitable steps for use of the contestants in their corners and by the ringside physician in a neutral corner.

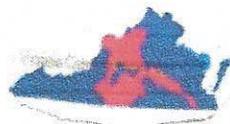
Ring posts shall be of metal, not more than three inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor. The ring posts shall be at least 18 inches away from the ring ropes.

There shall be four ring ropes, no more than one inch in diameter, evenly spaced, with the bottom ring rope not less than 18 inches above the ring floor and the top ring rope not more than 52 inches above the ring floor. The bottom ring rope must be padded with a padding of closed cell padding of not less than 1/2 inch (recommend all ring roped be padded of the same thickness and material). Ropes are to be connected with soft rope ties six feet apart. All ring ropes are to be tight and approved.

All corners must be padded with approved pads. All turnbuckles are to be covered with a protective padding.

A ring stool and bucket shall be provided for each contestant's corner. The ring shall have bright lights and light all four corners and middle of the ring equally. No lights shall shine into the face of the contestants or ringside judges, lights may only shine downward and not shine at any angle directly into the fighting ring area that may blind the contestants or judges.

The promoter shall provide a ringside restrictive barrier between the first row of ringside seats and the event official's area that will prevent the crowd from confronting either the contestants or event officials. The ringside barrier must be a minimum of eight feet from the outside edge of the ring.

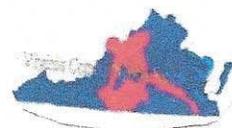


## 34. TYPES OF BOUT RESULTS

- A. Submission by tap out - Contestant physically uses his hand to indicate that he no longer wishes to continue.
- B. Judges decision
  - 1. Unanimous when all three judges score the bout in favor of the same contestant.
  - 2. Split decision when two of the judges score the bout in favor of the same contestant and the third judge scores for the other contestant.
  - 3. Majority when two judges score in favor of one contestant, while the third judge scores the bout a draw.
- C. Verbal tap out - Contestant verbally announces to the referee that he does not wish to continue. A contestant who is caught in a submission technique and yells out in pain will be considered a verbal tap out and the referee will stop the contest.
- D. Technical knockout - Referee or ringside physician stops the bout when an injury as a result of a legal maneuver is severe enough to terminate a bout.
- E. Knockout - Contestant is unable to continue due to a legal strike.
- F. Draws
  - 1. Unanimous when all three judges score the bout a draw.
  - 2. Majority when two of the judges score the contest a draw.
  - 3. Split when all the judges score the bout differently and the score total results in a draw.
- G. Disqualification - An injury sustained during the competition as result of an intentional foul is severe enough to terminate the contest.
- H. Forfeit - A contestant fails to begin competition or prematurely ends the contest for reasons other than injury.
- I. Technical draw - An injury sustained during the competition as a result of intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of the stoppage.
- J. Technical decision - The bout is prematurely stopped due to injury and a contestant is leading on the score cards.
- K. No contest - When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision by the score cards.

## 35. RECONSIDERATIONS & PROTESTS

- A. Any promoter or contestant may request reconsideration by the executive director of the event inspector's decision (fairness of matches) by immediately providing in writing additional information or contradictory evidence concerning the contestant's skill, ability, or medical fitness.
- B. Any party may contest the outcome of any event within ten (10) days of the decision by



writing all the facts and the basis for a complaint with specific reference to the rules in violation, which must serve as basis for the complaint.

- C. Ignorance of the Rules and Regulations of VCSS does not constitute a basis for any complaint or protest. All protests must be filed on an Official VCSS Protest form and sent to the VCSS executive director, and must include a review fee of \$100.00 which will be returned if your claim is validated to be true.
- D. Upon receipt of a properly completed VCSS Protest Form, VCSS shall immediately call a "No Contest" 30-day review, and direct an investigation into the protest. If there appears to be a violation of these rules, the director or a designated review board shall determine if the claims seem to be substantiated, hold a hearing and issue its findings and decision. The protesting party will be responded to after the 30-day review process, if there is no further action deemed necessary the original decision shall stand and the review fee will not be returned.

**RULES REGARDING BOUT PROTESTS:** Bout reviews will only be done when there is a legitimate, justified and provable reason for them. Some of those issues may include but not be limited to:

1. Personal issues with a certain judge such as favoritism or a judge having personal ties to a fighter and can be proved these ties are either negative or positive towards one or both of the lighters involved.
2. A questionable stopping of the bout, problem with the round times, too long or too short, failure of equipment that caused an issue with the fight. (Ring breakdown etc.)
3. Any and all protests must be received by VCSS in writing within 10 days after the event from which the protest took place. No protest will be considered without the below fees. Protest MUST include a video or unedited DVD of the bout. If no video is presented we will have no way to review the bout.
4. Any additional evidence should accompany the written protest such as statements, pictures etc.
5. A final decision of the protests will be determined within 30 days of the filed protest on an appropriate Official Protest form.

**PROTEST FEES -All Bout Reviews \$100.00.**

[MAILTO: VCSS\\_C/O](mailto:VCSS_C/O) 7612 Leeds Manor Road, Marshall, VA 20115

