

New Hampshire “Unified” MMA RULES

PRO MMA RULES:

Standing:

- All hand, elbow, and shoulder strikes legal to approved targets (no 12 to 6 elbow strikes)
- Kicks allowed to head, body, and legs
- Knees allowed to head, body, and legs
- Foot stomps legal
- All throws and takedowns legal **except any** technique which spikes their opponent onto their head (i.e. no pile driving maneuvers)
- Standing fighter is allowed to kick a downed opponent in the body and Legs (no stomping/kick must have an arcing motion)

Ground:

- All submissions legal (except small joint manipulations i.e. attacking less than 3 fingers)
- All hand, shoulder, and elbow strikes legal to approved targets (no 12 to 6 elbow strikes)
- Knees allowed to body and legs only
- Slamming allowed but fighter **MUST NOT** spike opponent onto their head (i.e. pile driving maneuvers).
- A “grounded fighter” is determined by anything other than soles of feet touching the mat.
- A grounded fighter can up kick standing fighter to body, legs, and head
- No heel to kidney kicks from guard

Illegal techniques:

- Knees or Kicks to the head on ground
- Intentional striking to groin, throat, spine, back of the head, or against joints (back of the head definition = 1/2 of glove must touch part of ear to be legal, no targeting centerline back of head.
- Twisting of the flesh, fish hooking, eye gouging, i.e. “dirty fighting”
- Grabbing ropes or fence
- Not adhering to referee’s commands
- Inserting fingers into **ANY** orifice such as cuts, mouth, shorts, gloves, etc.
- Grabbing opponents shorts
- Using any bodily fluids as an offensive weapon(i.e. dripping blood into opponents face from guard)

Penalties:

- If an infraction is committed the referee shall, depending on flagrancy, issue a warning. If the behavior continues, the warning will be followed by a 1 or more point deduction, followed by a disqualification.
- If the referee feels the foul is flagrant, the referee may go straight to a point deduction or disqualification

Blood/foul blow rule:

- If referee stops fight due to excessive bleeding or blood interfering with fighter safety (i.e. draining into fighter's eyes nose), time will stop, doctor will determine if fight can continue and, if so, fight continues.
- If fighter cannot continue and bleeding was caused by an **Inadvertent** (as deemed by the referee) foul blow, fight goes to the scorecards
 - If less than 2 rounds of a 3 round fight= no contest (3 of 5 rounds in a title fight)
 - If after 2 rounds complete in 3 round bout,, fight will be scored
- If fighter cannot continue and bleeding was caused by a **non-inadvertent** foul blow (as deemed by the referee), fighter receiving the blow wins via DQ
- If an unintentional low blow is thrown ***and the referee sees it***, the fighter receiving blow may get up to 5 minutes to regain composure (referee discretion)
- If a foul such as an eye poke/back of head strike, etc is witnessed, the referee shall first ensure fighter is okay to continue, then assess penalty, then continue/halt bout (no 5 min clock)

General Regulations:

- Fighters must have 1 wrap of tape around glove closure (signed)
- Fingernails and toenails must be neatly trimmed
- Long hair must be tied back as to not obstruct vision
- No excessive greasing (light covering over and under the eyes acceptable)
- Hugs first, then turn to be inspected by referee
- Groin and mouth protection is mandatory (if mouth guard dislodged, active fighting will **NOT** be stopped to replace)
- If the referee decides there is a lack of action on the ground, fight will be stopped by referee and both fighters will be stood up to continue
- If the referee stops the fight, the fight is over. Reasons for stopping the fight include:
 - Fighter is not intelligently defending himself
 - Fighter is taking excessive unanswered effective strikes
 - Fighter taps/passes out
 - Knockdown where referee cannot tell if fighter is okay (i.e. fighter turtles up and is motionless)
 - A scream from a fighter indicates a verbal submission

AMATEUR BOUTS:

The NH Amateur MMA rules follow the NH Pro MMA Rules with the following exceptions:

Fights are 3 x 3 minute rounds; amateur title fights are 5 x 3 minute rounds

No knees or elbows (including forearms and triceps) to the **head** (standing or grounded). Shoulder strikes are allowed.

If a combatant is caught in a submission attempt which could cause injury and does not show active escape, bout will be stopped to prevent injury