

NEW HAMPSHIRE PROFESSIONAL MMA UNIFIED RULES

In order to compete as a Professional MMA fighter in New Hampshire and compete under NH Professional MMA Unified Rules, the professional MMA fighter must have a current NH Professional MMA Fighter's License. In addition, the Professional MMA fighter must have fought in at least 3 prior MMA events (amateur and/or professional) or previously competed as a professional MMA fighter using similar "Unified" rules. Please note that it is at the discretion of the NH BWC to determine whether or not a Professional MMA fighter may compete under the NH Professional MMA Unified Rules.

Legal Standing Techniques:

- All hand, elbow and shoulder strikes legal to approved targets
- 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 if and only if downed fighter is flat on his back or sitting in the open guard position
 - o Stomping is legal to body and legs but one foot must remain on the ground (no flying stomps)

Legal Ground Techniques:

- All submissions legal (except small joint manipulations i.e. attacking less than 3 fingers)
- All hand, shoulder and elbow strikes legal to approved targets
- Knees allowed to body and legs only on ground
- Slamming allowed but fighter **MUST NOT** spike opponent onto their head.
- Grounded fighter is determined by anything other than soles of feet touching the mat
- Grounded fighter can up kick standing fighter to body, legs, and head if grounded fighter is on back or in open guard
 - o **No forward thrusting kicks against standing opponent's kneecaps**
- Two grounded opponents cannot kick each other (i.e. no heel to kidney kicks from guard)

Illegal techniques/Fouls:

- The following are fouls and will result in penalties, including up to disqualification, if committed:
- Butting with the head; eye gouging of any kind; biting or spitting at an opponent; hair pulling; fish hooking; groin attacks of any kind; intentionally placing a finger in any opponents orifice; small joint manipulation; strikes to the spine or the back of the head (back of the head is the area beyond the ears); elbow strikes from the top of the head to the spine area; heel kicks to the kidney; throat strikes of any kind; clawing, pinching, twisting of flesh or grabbing of clavicle; kicking the head of a grounded fighter; knees to the head on the ground; the use of abusive language in the fighting area; any unsportsmanlike conduct that causes an injury to an opponent; attacking an

- opponent during a break; attacking an opponent who is under the referee's care at the time; timidity (avoiding contact, or consistent dropping of mouthpiece, or faking an injury); interference from the fighters corner(s); throwing an opponent out of the fighting area; flagrant disregard for the referee's instructions; spiking an opponent to the canvas on their head; using bodily fluids as an offensive weapon;
- Grabbing the ropes or the fence
 - Not adhering to referee's commands
 - Inserting fingers into ANY orifice such as cuts, mouth, shorts, gloves, etc.
 - Grabbing opponents shorts or gloves
 - At the referee's discretion, the referee shall issue a **single warning** for the above infractions.
 - After the **initial single warning**, if the prohibited conduct persists, a penalty will be issued. The penalty will result in a deduction of one (1) point. The point will be deducted by the official scorekeeper from the offending fighter's score
 - If the infraction occurs again, a disqualification will be issued.
- **The referee is the sole arbitrator and the only one who can assess a foul.** If the referee does not call the foul, the judges shall not make that assessment on their own and cannot factor such into their scoring
- **THE REFEREE MAY TERMINATE A BOUT BASED ON THE SEVERITY OF A FOUL. FOR SUCH A FLAGRANT FOUL, A FIGHTER SHALL LOSE BY DISQUALIFICATION**

Blood/Foul Blow Rules:

Bleeding:

- If referee stops fight due to excessive bleeding or blood interfering with fighter safety (i.e. draining into fighter or opponents eyes or opponent's mouth or nose), time will stop, doctor will determine if fight can continue and, if so, fight continues.
- **Bleeding fighter must keep his/her blood from draining into opponents eyes, nose, mouth**
- If fighter cannot continue and bleeding was caused by a legal blow, a TKO is issued
- If fighter cannot continue and bleeding was caused by an unintentional (as deemed by the referee) foul blow, then:
 - the bout shall result in a no contest if stopped *before* two (2) rounds have been completed in a three (3) round bout or if stopped *before* three (3) rounds have been completed in a five (5) round bout.
 - If stopped *after* two (2) rounds have been completed in a three (3) round bout, or *after* three (3) rounds have been completed in a five (5) round bound, the bout shall result in a technical decision awarded to the fighter who is ahead on the score cards at the time the bout is stopped.
- If fighter cannot continue and bleeding was caused by an intentional illegal blow or technique (as deemed by the referee), the fighter throwing the illegal blow or technique is **disqualified**, and the fighter receiving the blow wins **via DQ**

Fouls:

- If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by **disqualification**
- If an unintentional foul blow is thrown and the referee sees it, the fighter receiving blow may get up to 5 minutes to regain composure (referee discretion).

- If the injured fighter is unable to continue, the bout shall result in a no contest if stopped *before* two (2) rounds have been completed in a three (3) round bout or if stopped *before* three (3) rounds have been completed in a five (5) round bout.
- If stopped *after* two (2) rounds have been completed in a three (3) round bout, or *after* three (3) rounds have been completed in a five (5) round bound, the bout shall result in a technical decision awarded to the fighter who is ahead on the score cards at the time the bout is stopped.
- 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 scorekeeper calculates the final score.

General Regulations:

- All fights are 3 x 5 minute rounds unless title fight, then 5 x 5 minute rounds with a one (1) minute rest period in between rounds
- All fights scored on 10 point must system with 1 fighter getting 10 points and other getting 9 or less.
- The following objective scoring criteria shall be used by the judges when scoring a round:
- 10-9 round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers
- 10-8 round when a contestant overwhelmingly dominates by striking or grappling in a round
- 10-7 round when a contestant totally dominates by striking or grappling in a round
- **There will be no overtime rounds.**
- Fighter is responsible for corner behavior and vice/versa (purse can be held and/or fighter disqualified for unsportsmanlike corner behavior)
- Taped hands must be signed by an official with **NO** tape covering the knuckles. The wrap on each contestants hand shall be restricted to soft gauze, not excessive (as deemed by the NH B&WC inspector) and not more than two inches in width. Either one strip of surgeon's tape or gauze (not both) is allowed between the fingers. **UNDER NO CIRCUMSTANCES ARE THE GLOVES TO BE PLACED ON THE HANDS OF A CONTESTANT UNTIL THE APPROVAL OF THE NHB&WC'S INSPECTOR IS RECEIVED.**
- **SAME GLOVES TO BE PROVIDED TO ALL FIGHTERS BY PROMOTER**
- Fighters must have 1 wrap of tape around glove closure
- No shirts worn during fight unless female
- Each contestant shall wear MMA shorts, board shorts, or kick-boxing shorts (no pockets or zippers or exterior strings are allowed).
- Gi's (top and/or pants) are prohibited during competition
- Fingernails and toenails must be neatly trimmed
- 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 the contestant's face
- All contestants shall adhere to proper hygiene practices
- Any knee or ankle supports must be soft and acceptable to opponent
- No shoes allowed during fight
- Jewelry or piercing accessories are prohibited during competition
- No greasing of body. No excessive greasing of face (light covering over and under the eyes acceptable)
- No taping of toes or fingers
- Groin and mouth protection is mandatory. The bout/round cannot begin without the mouthpiece or groin protector in place.
- Female fighters are *prohibited* from wearing groin protectors
- If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece as best possible and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.
- 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 fighters are in danger of sliding under the ropes, the referee will stop the action and decide whether to start the fighters in the same position in the center of the ring, or stand them back on there feet.
- The referee, ringside physician and the fighter's corner are authorized to stop a contest. **The referee is the sole arbitrator of the bout.**
- If the referee stops the fight, the fight is over. Reasons for stopping the fight include:
 - o Fighter is not intelligently defending self
 - o Fighter is taking excessive unanswered effective strikes
 - o Fighter taps/passes out
 - o Knockdown where referee cannot tell if fighter is okay (i.e. fighter turtles up and is motionless)
 - o A scream from a fighter indicates a VERBAL SUBMISSION or tap out. This is considered the same as a contestant announcing to the referee that he/she does not wish to continue