



Sporting code

for the practice of
professional MMA

Specifications for professional events

(for affiliated organizers)

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Introduction

Professional MMA [mixed martial arts] competitions will provide participants with a safe environment for competitive practice. The objective of professional MMA is to provide a safe environment as possible in which fighters can train and gain experience.

To be authorized to train and fight in a competition organized by the FMMAF or one of its members, any fighter must be in possession of a sporting passport delivered by the French Federation of boxing and containing the sticker of the current sporting year. The sports year begins on September 1st and ends on August 31 of the following year. The sporting passport will be delivered to the applicants having provided the medical certificates required for the practice of MMA and moreover mentioned in the medical regulation of the French Federation of Boxing.

For those who will have reached the age of 32 on September 1st of the current sports season, the license or its renewal will be subject to the presentation of the results of additional medical examinations required by the French Federation of Boxing. Note that the applicants who will have undergone these exams during the last two seasons will keep the benefit of them during three consecutive seasons.

Over 45 years old on September 1st of the current season, the fighter must, besides the additional medical examinations required from 32 years of age, justify the continuity of his/her practice in training and in competition (to have carried out at least one official fight during the last 18 months), in order to obtain his/her license (cf. chapter "The medical device").

The sporting passport must be presented to the official delegate at the time of the weigh-in before the organization.

To fight abroad, the clubs of the professional fighters affiliated with the FMMAF will have to address a request for authorization in this direction to the FMMAF at least twelve days before the date of travel and, of course, to obtain this authorization.

Definition

By MMA or "mixed martial arts", we mean duelist opposition fight sport authorizing the use of referenced techniques of percussion and grip, both standing and on the ground, in a delimited space and time frame.

Technically, MMA covers all the distances of the fighting sports in a very specific way.

Indeed, the closed fighting area, the use of the fighting mittens, and the specific rules of the discipline lead to a very different expression of these distances.

These specificities make MMA not the opposition or the association of several styles but a discipline in its own right.

The practice of these techniques may lead to the disqualification of one of the competitors.

Duration of the fights

For the professional class two possible durations:

- 3 rounds of 5 minutes for an exhibition fight or a main-event
- 5 rounds of 5 minutes for a title fight

One minute of rest is observed between each round.

The fight is refereed by a single referee from the first to the last round.

Each « STOP TIME » command from the referee will stop the clock until the signal « FIGHT ».

Conditions for stopping the fight

The referee is the only person who can interrupt the fight.

The referee may interrupt the fight in any of the following situations:

- on his own initiative
- following the opinion of the competition doctor
- following the throwing in of the towel by the corner.

The fight is interrupted at the end of the regular time as defined in the paragraph concerning the duration of the fights.

The fight can be interrupted when one of the fighters is put out of action.

Coaching of the athlete

Composition of the coaching staff

The fighter's coaching staff is made up of: a qualified coach and a maximum of 3 assistants
The maximum number of assistants must be mentioned in the application for organization and relates to all the fights of the event.

Qualification requirement	<p>If the coach is a French resident, he or she must be in possession of the federal diploma 2 (BF2) of the FMMAF.</p> <p>In the case of a trainer not residing on French territory, to be eligible he or she must justify and bring proof of a significant experience of 5 fights as a trainer or assistant in a professional MMA organization.</p>
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If the coach is a French resident, he or she must be in possession of the federal diploma 2 (BF2) of the FMMAF.

In the case of a trainer not residing on French territory, to be eligible he or she must justify and bring proof of a significant experience of 5 fights as a trainer or assistant in a professional MMA organization.

Dress code of the coaching staff

The coach and his assistants must wear regular sportswear:

- sport full tracksuit,
- tee shirt or polo shirt (no tank top),
- sport shorts,
- sport shoes

Interventions of the coaching staff

Only this coach is able to throw in the towel during the fight. In case of injury, the organization's cutman is the only one authorized to provide the necessary care during the minute of rest.

The coach must begin to clear the bout area at the command "seconds out" ten seconds before the start of the next round, and must be certain that no objects or materials remain in the bout area during the rounds - the area must remain clean and dry.

During the minute's rest, only a maximum of **two members of the coaching staff holding a BF2** are allowed to enter the bout area.

The coach and his assistants must remain seated throughout the rounds.

The only beverage allowed on the competition site is water in translucent packaging without additives. No other beverages will be allowed on the competition site under sanction. Energy drinks are strictly forbidden.

The only food and beverages that can be consumed on the competition site are those provided by the organization.

Sanctions for the coaching staff

The referee may give remarks to the coach or assistants who violate the rules.

For a repeat offense, he may:

- Dismiss one of the assistants or the coach for the remaining part of the fight. The exclusion from the bout area is definitive until the end of the fight.

The person excluded from the ring is no longer allowed to communicate with the fighter present in the bout area.

The excluded person is prohibited to officiate during the entire session of the competition. In

the case of a competition organized by the FMMAF or one of its members:

- If it is the authorized coach who is excluded, the person who remains in the corner after his or her exclusion must be a qualified BF2 FMMAF.

If the person who remains in the corner after the exclusion of the authorized coach is not a member of the FMMAF as a BF2 (or FMMAF authorization for foreign residents), the referee must disqualify the fighter.

If there is only one member of the fighter's coaching staff left, and the referee decides to exclude him or her from the bout area, the referee must disqualify the fighter.

If not:

- If it is the authorized coach who is excluded, the remaining staff must have coaches or assistants who are also authorized according to the qualification requirements described above, otherwise, the referee must disqualify the fighter.

If the person remaining in the corner after the exclusion of the authorized coach is not a qualified BF2 FMMAF, the referee must disqualify the fighter.

If there is only one member of the fighter's coaching staff left, and if the referee decides to exclude him or her from the bout area, the referee must disqualify the fighter.

- Sanction the fighter for the coach's or assistant's behavior by giving a warning in accordance with the rule. If this is the third warning given to the fighter, he or she is disqualified.
- If the coach's or assistant's behavior after his or her exclusion justifies it, impose a warning, or even disqualify the fighter of that coach or assistant.

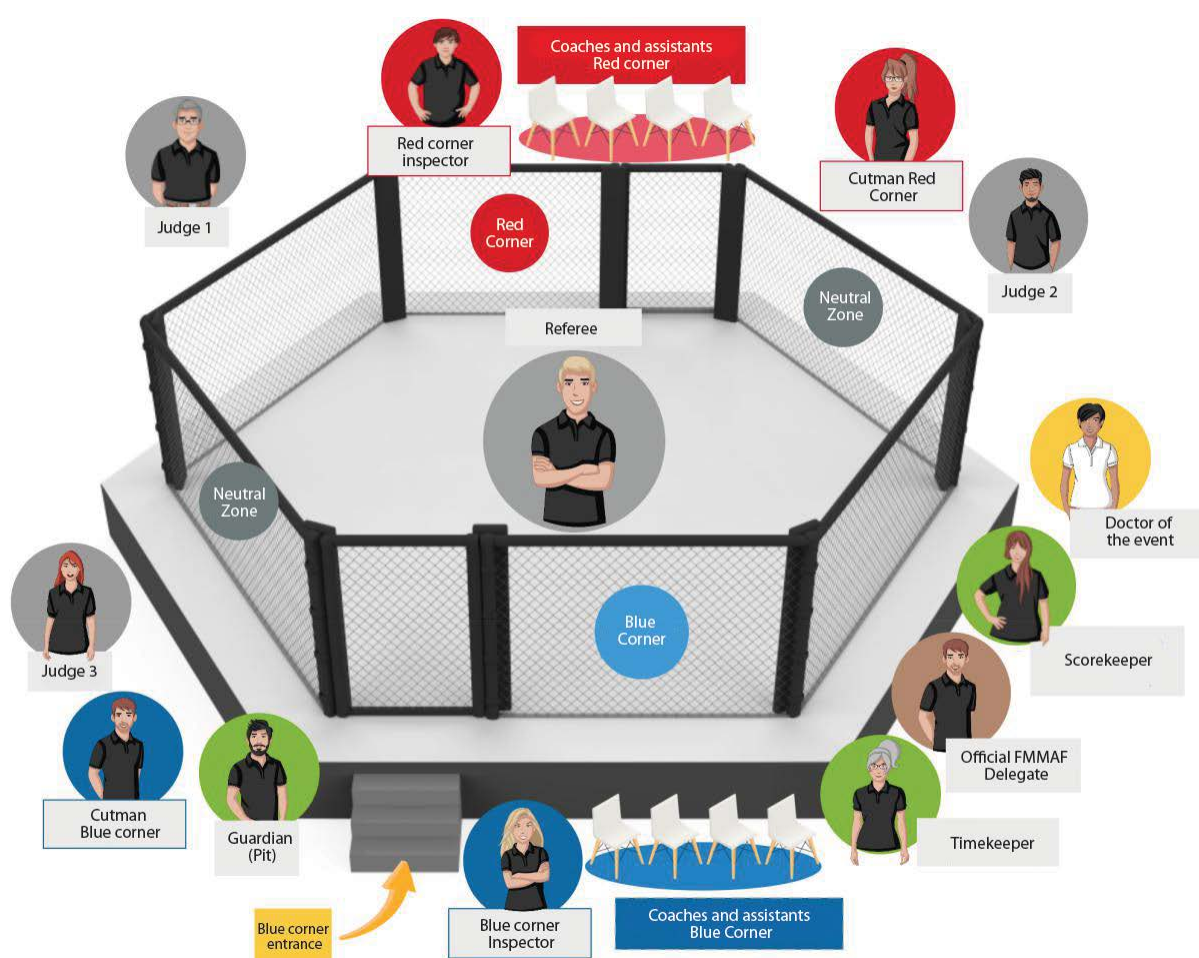
At any time, the authorized coach may request that the fight be stopped for his or her fighter by throwing a towel or any other textile item on the bout area, as a sign of withdrawal.

The coach may request the intervention of the competition doctor, but only during the one-minute rest period.

The officials

<p>Qualification requirement</p>	<p>Officials' certificates delivered by the FMMAF allow to practice during the FMMAF competitions.</p> <p>For foreign officials, the ABC (Association of Boxing Commission and Combative Sports) or IMMAF officials' certifications allow officiating at FMMAF competitions. Without certificates, a letter of reference from a professionally recognized MMA organization must be provided.</p>
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The main objective of officials is to preserve the physical integrity of the athlete.



The FMMAF official delegate

The presence of a delegate representing the federal authority is mandatory for each MMA competition organized by the FMMAF or one of its members. For

any other authorized organization, a certified official delegate will also be required.

Role of the official delegate:

Before the organization, the delegate must be in possession of the following documents:

- Federal authorization,
- Authorization of the Mayor or the Prefect if necessary (1500 people)
- Prefectural authorization if the organizer is not the FMMAF or one of its members,
- Minutes of organization,
- The card of the planned fights (*fight card*)
- For foreign fighters, the license of these fighters,
- All persons with a role to play around the cage are to be qualified.
- Medical certificate of fitness to continue fighting (optional),
- Judgment bulletins,
- Referee assignment sheet,
- Time sheet
- Accident report forms,
- Any foreign fighter coming to fight in metropolitan and in the DOM/TOM will be in possession of a License/Insurance issued by the FFBoxe/FMMAF on a one-time basis,
- For the foreign fighters, a federal authorization delivered by the French Federation of Boxing (which checked the list of the medical examinations going back to less than one year that the fighter had to provide before and including MRI scan, effort test, ophthalmologic examination, serology HIV, Hb, Hc, Ha of less than three months as well as the category, the duration of the fight and the type of meeting),
- The license number will be recorded on the minutes of the organization by the official delegate.

He/she must make sure:

- That all regulatory dispositions are taken for this organization:
 - conformity of the bout area,
 - table location,
 - safety measures such as the ability to evacuate an injured fighter
- All persons having a role during the organization are authorized to fulfill it,
- That the documents of the fighters do not present any contraindication to the competition,
- For foreign fighters, the identity of these fighters on the official identity document,
- That the fighters and referees have fulfilled the obligation of the medical examination and the doctor has consigned his opinion on each of them on the minutes of the organization,
- That the weighing operations have been done,

- That the regulatory conditions are respected for the realization of the fights (no incompatibility, among others: weight, and number of fights in the record of the two opponents),
- That the mittens are adequate and that two extra mittens are on stand-by at the officials' table,
- That a fighter injured in his or her last fight (even if he or she won) provides a medical certificate of fitness to fight. This medical certificate must be attached to the organization's copy of the minutes,
- If an event is organized by the FMMAF or one of its members - In the event of doping control, it must designate a federal representative with a FMMAF license to deal with the requests of the medical examiner.
- That all fighters have been registered and their status verified on the concussion tracking portal as soon as it is operational, prior to the start of the fight.

During the organization, the delegate must:

- Make sure that the doctor, announcer and timekeeper are always present at the officials' table,
- Assist at the officials' table at all fights and fill in the minutes of the organization as they are being carried out (in the absence of the delegate, the meeting is interrupted),
- Look after the smooth running of the organization and take all useful measures imposed by the circumstances,
- Check the announcements that the presenter must do,
- Announce the warnings given by the referee by the announcer, without waiting for the end of the round (the reason for the warning must be announced),
- Fill out sporting books.

After the organization, the delegate must:

- Complete and sign the minutes of the organization which must include the names of the officials and their signatures,
- Report in the tool at his disposal and dedicated to this purpose:
 - the incidents that occurred during the meeting,
 - the names of the injured fighters, even if they were winners,
 - medical advice following KO, injury,
 - referee's stoppage following blows to the head, throwing in of the towel/withdrawal requested by the corner,
 - referee's stoppage a KD or a number of KDs,
- Report in the tool at his disposal and dedicated to this purpose the anomalies in the fighters, even winners, showing a damage on their physical integrity,
- Make sure that the competition doctor has completed the concussion tracking portal as soon as it is operational,
- Report in the tool at his disposal and dedicated for this purpose: the medical certificates of aptitude to resume the fights, the certificates of non-pregnancy for the women, the explanatory reports which could not appear on the minutes of the organization,

- Access the wishes of the coach who would like to consult the bulletins (only at the end of the meeting when the public has evacuated the room and the behavior of the coach allows it),
- List the names of all doctors who participated in the competition and their contact information,

The official delegate must be a member of the FMMAF.

The scorekeeper

The presence of a scorekeeper is mandatory for each MMA competition. This function can be performed by a judge.

Role of the scorekeeper

At the end of each round, during the rest time, he or she goes around the bout area to collect the score sheets for the round.

À At the end of the fight, he or she counts the judges' bulletins for each round and gives the decision which he or she makes announced by the presenter. He or she then gives the bulletins to the official delegate.

The scorekeeper must be a member of the FMMAF.

The referee

The presence of one referee minimum is mandatory for each MMA competition. Referees may take turns in a competition according to a schedule described in the Referee Assignment Sheet (attached).

Referee's skills

He or she must hold at least:

- The PSC1 or an equivalent qualification (e.g. *Basic Live Support* (BLS) in the United States, *First Aid Certification* in England),
 - If necessary, the organizer should contact the Red Cross, which provides information on the recognition of foreign first aid diplomas in France,
- a recognized MMA referee/judge qualification as defined in this document in the paragraph concerning the qualification requirements for officials.

The first duty of the referee is to protect and guarantee the health of the fighters throughout the fight.

The greatest caution of the referees and the judges must be carried on a fighter on the ground.

The referee can intervene at any time during the fight. As soon as one of the athletes has lost one of his or her protections, the fight is suspended at the most appropriate moment. Any prohibited move will result in a penalty as provided for in the rules of the fight.

Referee's behavior before the fight

The referee is the first person to enter the bout area before the fight. He or she must proceed to the control of it.

- He or she may communicate to the fighters and coaches the technical and safety rules in the locker room before the beginning of the competition.
- He or she will find out the category of the fighters and the number of rounds,
- He or she will be the first to enter the bout area and take a position in the neutral corner facing the officials' table,
- He or she makes sure that the fighters are not wearing bandages or staples, that they are not coated with grease or ointment, or wet,
- He or she communicates to each judge the names of the fighters,
- He or she gathers the fighters and coaches in the center of the bout area to explain the technical and safety rules and sends them back to their respective corners,
- He or she makes sure that the doctor is present, that the official delegate is available, that the judges are available, that the practice area is in order (if it is an enclosed area, the doors must be properly locked),
- He or she makes sure that the fighters are ready to fight, that the coaches are seated, and that no objects are present in the bout area,
- He or she makes the timekeeper give the signal to start the fight with a gesture of the arm. At the beginning of the following rounds, he or she only makes a gesture with the arm.
- When the timekeeper signals the 10 seconds before the end of a restart, the referee must confirm that he has received the signal by pointing his finger at him

Referee's behavior during the fight

- He or she never loses control of the fight, throughout its duration,
- He or she makes sure that the rules and fair play are strictly applied,
- He or she makes sure that no object remains in the bout area,
- He or she mainly uses the commands « FIGHT », « STOP » and « STOP TIME »,
- He or she can intervene between two fighters during exchanges on the ground when one of the two fighters is no longer able to defend himself/herself,
- He or she makes sure that the integrity of the weaker fighter is not endangered.
- He or she is the only one authorized to let the fighter's corner in, except in a KO/TKO situation where this authorization falls to the doctor.

Referee's behavior after the fight

- He or she informs the official delegate and the judges of his or her decision, in case the fight is stopped before the limit,
- He or she gathers the two fighters in the center of the bout area and designates the winner by raising his or her arm, as announced by the presenter,
- He or she is the last to leave the bout area.

Referee's powers and duties

The referee may:

- Stop the fight at any time:
 - if he/she judges it too unequal,
 - if a fighter has been injured and cannot continue the fight,
 - if he/she judges that the fighters are not really fighting,
 - if a material incident disturbs the course of the fight,
- Consult the doctor about the severity of an injury.¹
- Make observations with the fighters to avoid the recurrence of faults and prohibitions, for that, he or she interrupts the combat by the command: « STOP », he or she uses a gestural language in order to make himself/herself understood by the two fighters who, by a sign of the head, must inform him/her that they understood the observations. He or she then makes the fight resume,
- Give a warning to a fighter who commits a significant rule infraction but which is not grounds for immediate disqualification. To do this, the referee interrupts the fight with the command « STOP » and gives a warning to the offender. This warning must be clearly stated so that the contestant, the judges, the official delegate, the coaches, and the public understand its meaning. He or she uses à a sign language to explain the fault and give the warning. He or she points to the offending fighter so that the judges take note of the warning. Then he or she will resume the fight,
- Interrupt the fight:
 - If a fighter delivers a low blow to the genitals, the referee will decide if he or she should give a warning and if he or she should let the fighter recover. This recovery time is limited to 15 minutes. The fighter will have to specify if he can continue the fight.
 - In case of voluntary or involuntary injury the time is devolved to 5 minutes of recovery maximum.
- After having given a warning to a fighter for a foul, he or she can only disqualify that fighter for that same foul after the fight has resumed and following a new infraction,
- To make all decisions or take all useful measures in the spirit of the rules when cases not provided for by the rules arise.
- When the referee asks the fighter to move to the neutral corner, he may indicate to the coaches not to speak "NE PAS PARLER / NO COACHING"
- The coach may be warned by the loss of one point to the fighter if he does not respect the rules of the neutral corner.

The referee must:

¹If the referee finds an abnormal element on a fighter requiring a medical diagnosis, in case of doubt, he or she will be able to use the commands STOP! and STOP TIME! and ask the doctor's advice. The Doctor's intervention is not intended to provide care to the athlete, it is a diagnostic consultation so that the referee can decide if the fight must be interrupted or if it is possible to continue without damaging the integrity of the fighter.

- Disqualify:
 - a fighter who has received three warnings during the fight, (the third warning is served in the same way as the first two),
 - a fighter who has delivered a voluntary low blow and whose opponent cannot resume the fight after doctor's advice,
 - a fighter who does not obey his orders,
 - a fighter who has made a serious foul with or without prior warning.

Referee's commands

The referee uses the following three commands:

« FIGHT »	« STOP »	« STOP TIME »
To order the fighters to fight or continue to fight.	To order the fighters to stop fighting.	To order the timekeeper to stop the timer. In the case of an irregular blow in particular.
This command starts the timer.	This command does not stop the timer.	This command stops the timer.

The referee indicates to the fighters, by verbal formulations and/or appropriate gestures, the violations of the rules.

He or she can touch the fighters with his or her hands to stop the fight, to interrupt an illegal opposition or to separate the fighters.

However, he or she must not grab the hands of the fighters and must not name the winner until the official announcement has been made.

« FIGHT » command:

- To start the fight;
- After a « STOP » from the referee to restart the fight.

« STOP » command:

- To stop the fight at the end of the round;
- When an athlete makes a foul, he or she must look at the referee, listen to his or her observations, nod to indicate that he or she has understood them, and wait for the « FIGHT » command to restart the fight;
- To deliver an official warning or to disqualify an athlete. In the case of a warning, the « STOP » command² is followed by the « FIGHT » command to restart the fight.

« STOP TIME » command:

- The referee asks the timekeeper to stop the clock in case of an irregular move, loss of consciousness, if a fighter has fallen out of the bout area, or to repair the fighter's outfit (laces of the shorts, mittens, putting back the mouth guard).
- He or she also uses this command when he or she needs to call in the doctor or follow the doctor's signal to diagnose an injury or when he or she intervenes for any other reason that requires stopping the timing.
- He or she may use this command for any other purpose he or she judges necessary.

Special cases of use of the "STOP TIME" command

- **In the case of a fall occurring in a ring fight :** In the case where a fighter has fallen out of the ring as a result of a regular move, a series of regular moves, or a throwing or wrestling phase, the referee will instruct him/her to get back into the ring immediately. If the referee considers that the athlete takes too much time to carry out the instructions, he or she will penalize him or her for passivity, up to and including disqualification. The athlete must get back into the ring on his own, no one is allowed to help him or her. If he or she gets back in the ring and shows any sign of injury, the referee will order "STOP TIME" and call the doctor. In the case where the fighter is unable to return to the ring due to injury, the fight will be finished, he or she will be immediately taken care of by the medical team and the decision will depend on the situation of the fall (TKO, No Contest, technical decision, disqualification, etc.).

² The referee may not interrupt an action in progress or a "Scramble ". He or she must wait for a phase where there is no action if he or she wants to say "Stop". This is called "timing". In the case of an irregular blow, refer to the command "STOP TIME".

The referee must be a member of the FMMAF.

The judges

The presence of three judges by bout area is mandatory for each MMA competition.

Judge's behavior

During an MMA fight, three judges work separately, simultaneously, and without any communication with anyone else, except with the central referee if necessary.

The judge carefully observes the fight on one side of the bout area. He/she must not talk to the fighters, judges, or any other person during the fight. He or she may not leave his or her seat until after the decision has been announced.

Role of the judge

A judge must score the fights in an objective, neutral and impartial way³.

The judge's task is:

- To mention his or her judgment on his or her bulletin in the form of points allotted to each fighter after each round, to add the points obtained, and to register his or her decision at the end of the fight. The score sheet must be filled out correctly, be legible, without any erasures, or it will be redone. And finally it must be signed.
- To give the official delegate his/her report card at the end of the fight in the case of a paper annotation. The use of a digital annotation is possible if the event allows it.

The judge must be a member of the FMMAF.

The inspectors

Each fight requires 2 inspectors, 1 inspector per corner (red corner, blue corner). During an MMA event, one judge/referee is allowed to take the role of inspector.

Before the fight:

The inspector's mission is to assist the athlete and his/her coach(es) and assistant(s) from the locker room to the foot of the cage. He or she hands the athlete over to the cutman, then escorts the coaches (the only ones allowed to throw in the towel) and his or her assistants to their seats and sits down right behind them. The inspector checks that the coach has a towel.

During all the round:

He or she shall make sure that the coaches and assistants do not stand up, behave properly and respect the rules of propriety defined by this sporting code.

³ Art. 223-1 of the sport code: <https://bit.ly/2FpQH1b>

At the resting time:

The inspector accompanies the coaches and assistant(s) into the bout area and observes them. As soon as the *timekeeper* signals ten seconds before the next restart, the inspector indicates to the coaches and assistants that they must leave the area, he or she checks that the corner is clean, dry and that nothing has been forgotten, he or she may ask the coach to clean the fighter's corner if necessary. He or she checks that the corner athlete is wearing his or her mouth guard and leaves the area immediately.

He or she repeats this procedure in each round of the fight.

If the inspector observes any injury or anomaly requiring a doctor's intervention, he/she must inform the central referee immediately.

As soon as the fight is over:

The inspector accompanies the coaches and assistants into the fighting area and follows them to the locker room. One inspector is dedicated to a red or blue corner, per fight.

The inspector must be certified and licensed at FMMAF.

The timekeeper

Each fight requires a timekeeper.

A judge is authorized to play the role of timekeeper.

The timekeeper's job is to control the number and length of rounds, as well as the intervals between rounds.

The timekeeper stands at the officials' table. An additional stopwatch is used to measure recovery times if necessary.

The timekeeper must be in possession of a time sheet. He or she must report each stop and its duration on this specific sheet.

The timekeeper indicates with the appropriate sound device:

- The beginning of the rounds,
- The end of the rounds,
- The last ten seconds of the round.

He or she counts down the following times:

- The exit of the coaches ten seconds at the command « seconds out » before the end of the rest minute,
- The duration of the rounds,
- The momentary stops of the fight which are deducted from the duration of the rounds (except the STOP for which the stopwatch is not stopped),
- The resting minute.

He or she stops the stopwatch on the command « STOP TIME », he or she does not stop the stopwatch on the command « STOP ».

The duration of the times taken by the timekeeper cannot be discussed.

The timekeeper must be certified and licensed by the FMMAF.

The pit keeper

Each fight requires one keeper per bout area.

A judge is authorized to play the role of keeper.

The keeper is the official who is at the entrance of the bout area and who checks the conformity of the athletes' apparel.

Immediately after the cutman has prepared the athlete, this latter moves forward and faces the keeper. The keeper performs the necessary checks by inspecting the body and the apparel of the fighters.

Once the verification is validated, he or she invites the athlete to go to the bout area. During the fight, the keeper is sitting around the bout area, a seat is provided for him or her.

The keeper must be certified and licensed by the FMMAF.

The cutmen

Qualification requirement	<p>Cutmen must be in possession of a certification attesting to their quality as a cutman and recognized by the FMMAF. IMMAF grade C, B and A certifications are recognized by the FMMAF.</p> <p>In the lack of certification, a proven experience as a cutman on 5 pugilistic events will be required.</p> <p>Any document corroborating the function may be used as evidence.</p>
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Role of the cutman

The *cutman* has for main mission to help the preservation of the health of the fighter, by the realization of bandages of hands, care of the skin and its wounds during and post-fight.

Cutman's skills

He or she should preferably practice as a health professional and if not, he or she should hold at least:

- the PSC1 or equivalent qualification (for example *Basic Live Support* (BLS) in the United States, *First Aid Certification* in England).

- If necessary, the organizer should contact the Red Cross, which provides information on the recognition of foreign first aid diplomas in France.

The cutman must hold a recognized cutman qualification as defined in the qualification requirements.

Cutman's behavior

Cutman's behavior before the fight:

The cutman intervenes before the fight for the installation of the professional bandages, as well as for the installation of the vaseline on the face of the fighter, in the respect of the established rules. The bandages are not required to be applied by the cutman. The coach or an assistant coach may, at the request of the fighter, place the bandages on the fighter's hand.

The bandages must be validated by a person holding the position of cutman of the event or by the official delegate.

Specifications for bandages on competitors' hands

- In all weight categories, bandages on each competitor's hands shall be limited to a cotton gauze cloth no more than 18 meters long and 5 centimeters wide, held in place with surgical/zinc oxide tape 3 meters by 2.5 centimeters wide, for each hand.
- Tape strips can be used between the fingers to hold the bandages in place.
- The bandages should be spread uniformly over the entire hand.
- The head of the metacarpals should be covered with gauze only, without any adhesive.
- Bandages are checked and marked by an official before the mitts are put on.
- The bandage may not be rolled up to increase its density and must not contain any part detected as solid in its composition.

Cutman's behavior during the fight:

The cutman can only intervene during the resting time. He or she must be able to be installed near the stairs allowing access to the bout area in order to facilitate his or her intervention.

The cutman must be able to intervene freely, on his or her own advice, without influencing the number of coaches authorized to work with the fighter (e.g.: two coaches or two coaches + one person acting as cutman), in order to carry out prevention interventions. A significant and/or highly visual injury should not be the only condition for his or her intervention (injury prevention).

If there is a suspicion of serious injury or trauma associated with the skin wounds, he/she should inform the doctor.

Cutman's behavior after the fight:

The cutmen must also be able (if available) to intervene after the fights, in order to carry out basic post-trauma care (ex: application of ice).

With the doctor's advice only, and with the fighter's consent, cutmen may place strips on minor lacerations.

The cutman must be certified and licensed at the FMMAF and have a current vaccination record.

A person officiating at a professional competition may not assist an athlete participating in that event in any way (warm-up, taping, corner, care...) other than in his or her officiating capacity, in order to maintain the utmost impartiality in his or her decisions.

The judgment

Judgement criteria

Definition

Effective : Of which the reality is indisputable, which produces a real, practical effect.

Priority criteria:

1. **Effective percussion/prehension.** Are accounted for:

- a. Authorized strikes with an immediate or cumulative impact which may contribute to stopping the fight, with the IMMEDIATE impact criterion taking precedence over the cumulative.
- b. Successful execution of grounding, finishing, reversal, and control of an advantageous position with immediate or cumulative impact which may contribute to stopping the fight, with the criterion of IMMEDIATE taking precedence over accumulation.

It should be noted that a successful grounding is not limited to a simple change of position and must be followed by an offensive scheme extending its application. Fighters in "above" and "below" positions are judged by the impact/efficiency of their actions rather than by the nature of their position. This criterion will be the deciding factor in the vast majority of round scoring decisions.

The following two criteria should be considered as alternatives and should only be taken into account IF AND ONLY IF the effectiveness of the percussion/prehension is absolutely balanced during a round.

2. **Effective aggression:**

Aggressive attempts to end the fight. The key term here is "effective". The pursuit of an opponent without effective result or consequence shall not be considered by the judges in their evaluation. Effective aggressivity is to be considered only if and when the effective percussion/prehension is absolutely balanced between the two competitors.

3. **Control of the bout area:**

Control of the bout area is assessed by determining who dictates the pace, location, and positioning during the fight.

The control of the bout area shall be considered ONLY IF the effective percussion/prehension and the effective aggressiveness are absolutely balanced between the two competitors.

This last criteria will only rarely be evaluated and taken into account.

The priority order of the judging criteria is as follows:

1	The number of effective percussions (standing or on the ground), grabs, and throws on the target
2	The domination in the fight by aggressivity
3	The control of the bout area

The scoring of the rounds

All fights will be evaluated and scored by three judges. They can judge with manual (paper) bulletins or on a digital annotation sheet if the event allows it.

The fights are judged on a ten-point basis, also called "*Ten points must-system*".

Each judge must independently judge the merit of both fighters.

Judges should apply the following scales to score a round:

10 - 10	Equality on all judging criteria
10 - 9	Light domination during the round
10 - 8	Important domination during the round
10 - 7	Domination on the verge of outclassing

Each round must have a winner, a tie on a round must remain an extremely rare case even if the round is stopped prematurely.

Technical efficiency

Whatever the dimension considered, the scoring advantage is given in priority to the techniques that contribute to an immediate disabling of the fight.

Concerning the percussions

Regulatory skills that lead to immediate disablement are valued over skills that lead to disablement through cumulative effect.

Concerning wrestling, throws and submission skills.

Successful completion of takedowns, submission attempts, reversals, and dominant positions that tend to end the confrontation are worth more than a cumulative effect of non-finished skills.

Note that a successful takedown is not considered a change of position but an attack by means of a grounding.

Submission attempts that tire and weaken the opponent or require significant effort to escape are valued over those that are easily defended or neutralized.

The projections with a great amplitude and those carried out with impact are valued compared to those brought to the ground by hooking.

Combativity

Combativity is defined as the willingness to see the fight through to the end by finishing, giving up, or any other form of putting out of the fight.

Attacks on an opponent without result or impact should not be considered in the judges' evaluations.

The combativity is to be taken into account if the judge does not notice any ascendancy generated by the techniques of the two opponents.

Control of the bout area

Control of the bout area is assessed by identifying which fighter dictates the pace, location, and position of the fight.

The notion of control is determined by the will of the fighter to impose his rhythm, to choose his placement, and to influence his opponent by his movements.

Unified rules of MMA

The unified rules of Mixed Martial Arts (MMA) are intended to provide a clear set of rules governing professional MMA competition.

Prohibited moves and fouls in MMA

The following actions constitute a foul or improper move in an MMA competition.

For the MMA fighter, it is indeed forbidden to:

- Hit with the head;
- Apply pressure to the eye and its direct periphery with the fingers, elbow tips or toes;
- Biting or spitting on an opponent;
- To hook the opponent's cheek;
- To pull the hair;
- Strike the opponent with a vertical downward trajectory on the upper part of the head (like a sledgehammer);
- Strike on the spine, neck, or back of the head (the spine includes the coccyx);
- Strike on the throat of all kinds and / or catch the trachea;
- Extend the fingers towards the opponent's face, hand open and parallel to the ground;
- Strike with the elbow pointing vertically downwards (trajectory from the ceiling to the ground);
- Attacking the groin (genitals);
- Hit with the knees and / or the legs the head of an opponent having more than two supports on the ground;
- To crush or trample a fighter on the ground (*stomp kicks*);
- To hold the opponent's gloves, shorts or shin guards;
- To hold or grasp the fence of the bout surface with fingers or toes;
- Manipulate the small joints (fingers and toes) of the opponent;
- Project an opponent out of the bout area;
- Intentionally placing a finger in an opening, cut or laceration of the opponent;
- Scratch, pinch and twist the flesh;
- Simulating (avoiding contact, voluntarily rejecting the mouth guard, simulating an irregular blow or an injury) in order to avoid the opposition; in the case where a fighter intentionally spits or rejects his or her mouth guard without having received a blow, the referee will issue a warning; in the case where a fighter loses his or her mouth guard for the third time following a regular blow, the referee will issue a penalty;
- Use abusive language in the bout zone;
- Not respecting or obeying the referee's instructions;
- Engaging in unathletelike conduct causing injury to an opponent;

- Attacking an opponent after the sound signal indicating the end of the fight period;
- Attacking an opponent during the cooldown or after the fight is over;
- Attacking an opponent who is under the protection of the referee;
- Showing impropriety towards an official, the opponent or the coaches;
- Apply any foreign substance to the head or body to obtain an advantage.

Procedure in case of non-compliance with the rules

Disqualification may occur after any combination of fouls or after a single flagrant foul.

Fouls resulting in the deduction of one or more points and reported by the referee shall be deducted from the score of the guilty competitor and noted by the three judges and the official delegate.

Only a referee can sanction a foul. If he / she does not point it out, the judges should not point out the fault on their own initiative.

A competitor who is fouled has up to five minutes to recover. However, this provision does not apply to all fouls.

If a foul is committed, the referee shall stop the fight if the contestant who is fouled shows visible signs of distraction or injury.

- The referee announces the suspension of time with the command « STOP TIME », at the most appropriate moment.
- He or she shall check the condition and safety of the fouled competitor.
- He or she instructs the offending competitor to move to a neutral corner, assesses a penalty, deducts points [if necessary], and informs the judges and the *scorekeeper*.

During a ground fighting phase, if a fighter in the lower position commits a foul unless the fighter in the upper position is injured, the fight continues without referee intervention.

- The referee notifies the offending competitor verbally.
- At the end of the round, he or she evaluates the foul and notifies the two corners, the judges and the official delegate.
- When the referee has issued a penalty, the official delegate will ensure that the warning has been recorded on the judges' score sheets before reviewing and deliberating the decision.

If an injury (or effect) is caused as a result of a foul, the referee may request the intervention of the doctor to diagnose the injury and determine if the athlete can continue the fight. However, this procedure is not systematic.

Each penalty issued by the referee reduces the score of the offending fighter by one or two points (see "Injury decisions" below).

A third penalty received in a fight automatically disqualifies the offending fighter.

If for any reason, the referee feels that a foul has been committed and he has not seen it, he may consult his judges to verify the facts.

In the case of an irregularity in the bandages applied to an athlete, if the referee considers that the said irregularity may have benefited the offending fighter, he or she must be disqualified immediately.

The official delegate or the referee has the right to reprimand a coach. He or she can force him or her to leave the space allotted to him or her when his or her behavior interferes with the proper conduct of the bout.

Injury decisions

If the fighter is injured by a regular blow:

The injured fighter then loses by TKO.

When the injury was caused by an irregular and intentional blow:

Two cases are possible:

- If the fight cannot continue, the offending fighter is disqualified.
- If the fight can continue, a penalty is given to the offending fighter with a deduction of two points. Point deductions for intentional fouls are mandatory.

If later the injury caused by the voluntary irregular blow imposes the end of the fight, before the end of the regulation time:

The injured fighter is in the lead on the scoring cards	The injured fighter is led in score
The injured fighter wins by technical decision	A technical equality is decided

If a fighter is injured while attempting to foul his opponent, the referee takes no action in his favor and the injury is deemed to be the same as if it had been caused by a regular hit.

When the injury was caused by an irregular, unintentional blow causing the fight to be stopped:

- The majority of the rounds have not been completed: the decision will be a "NO CONTEST",
- The majority of the rounds have been completed: the scores of the completed rounds are added up and a winner is declared by Technical Decision.

Any injury serious enough to cause the referee to stop the fight, on his own initiative or after an indication from the doctor, will result in a « *no contest* if the judgment is pronounced before the end of the first two rounds of a fight in three rounds or before the end of the first three rounds for a fight in five rounds.

Remark: the penalty points of an unfinished round must be counted.

When both fighters are injured simultaneously without preponderant fault of either of the fighters

In this situation the decision is: Technical Equality.

Classification of professional fighters

Group ranking

Competitors are classified according to their results in the following groups	
Elite 1	Elite 2

The FMMAF reviews the records throughout the season and decides on group assignments and group changes. A fighter may advance to the higher group according to the criteria presented in this rule or be demoted to the lower group.

A fighter who has had an international amateur career can be promoted to the higher group at his request, after agreement of the FMMAF. The latter studies all cases according to their particularities.

A fighter without proven competitive experience in MMA but in possession of one or more titles (national, continental, or international) in a discipline combining the three dimensions of combat, i.e. percussion, throws, and ground fighting by immobilization or submissions, can gain access to the Elite 2 group after study by the FMMAF by exemption.

Men's and Women's groups

ELITE 2	ELITE 1
Fighter with a track record between 0 and 9 fights	Fighter with a track record greater than or equal to 10 fights
<p>Possibility to meet any opponent with a track record with a proximity of 4 professional fights in their lower margin or 4 fights in its upper margin.</p> <p style="text-align: center;">--</p> <p>An Elite 2 fighter can never meet an opponent with more than 13 professional fights.</p> <p>Example: A fighter with a professional record (4-2-0) totals $4 + 2 + 0 = 6$ fights, Lower margin = $6 - 4 = 2$ fights Upper margin = $6 + 4 = 10$ fights He can meet any fighter having between 2 and 10 fights in total</p> <p>Another example: A fighter with a professional record (9-2-0) totals $9 + 2 + 0 = 11$ fights, Lower margin = $11 - 4 = 7$ fights</p>	<p>Possibility to meet any opponent with a track record without any limit in their upper margin.</p>

He can meet any fighter who has at least a minimum of 7 fights.	
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The inactivity period	
The FMMAF decides on group changes based on criteria related to the track record.	
For the Elite 2 group: the difference in the period of inactivity between the two fighters cannot exceed 2 years.	
Special cases, in particular categories Flies to Feathers and Heavy-Light to Heavy will be studied by the FMMAF.	

This classification applies to both male and female FMMAF competitors

Weight categories

The fighters will weigh themselves while wearing one of the following outfits: underwear, swimsuit or shirt and shorts for both men and women.

The officials mandated by the FMMAF, judges, and referees of the event, carry out the various operations of the weigh-in. They can only delegate this task to another official.

The weigh-in must take place 36 hours maximum or 24 hours minimum before the beginning of the competition. Its duration cannot exceed 2 hours unless the Official Delegate in charge of the competition agrees.

The weighing should be done on a hard floor (no carpet), flat, and without roughness.

The duration of the weigh-in should not exceed 4 hours.

At the official weighing, a tolerance of 500 grams is applied. The weight of the fighter can never be higher than his category increased by this tolerance. However, for a fight having for objective a belt or a title, no tolerance can be applied.

The weighing should be done in kilograms (Kg)

The organization will have to ensure the transport of the athletes and their corner to the place of the weigh-in.

During the compulsory post-weigh-in medical examination, the doctor may decide to suspend the fighter if his or her health is too impaired by the diet.

For professional fights, a class 3 (III)⁴ scale is required for the weigh-in, it must be made available by the organizer.

U21 Pro weight class (Under 21 years old: 18, 19, 20 years old) / 21+ years old pro class (21+ pro):

Body weight in pounds	Designation of the category	Female	Male
<105 lbs	<i>Atomweight</i>	Less than 48 kg	
From 105 to 115 lbs	<i>Straw-weight</i>	From 47.7 to 52.2 kg	
From 115 to 125 lbs	<i>Flyweight</i>	From 52.2 to 56.7 kg	
From 125 to 135 lbs	<i>Bantamweight</i>	From 56.7 to 61.2 kg	
From 135 to 145 lbs	<i>Featherweight</i>	From 61.2 to 65.8 kg	
From 145 to 155 lbs	<i>Lightweight</i>	From 65.8 to 70.3 kg	

⁴ Accuracy of the scale: We speak of calibration class III or IV;
Graduation Class III: the precision is about 100 g. Graduation Class IV: the precision is about 200 g.

From 155 to 170 lbs	<i>Welterweight</i>	From 70.3 to 77.1 kg	
From 170 to 185 lbs	<i>Middleweight</i>		From 77.1 to 83.9 kg
From 185 to 205 lbs	<i>Light heavyweight</i>		From 83.9 to 93.0 kg
From 205 to 265 lbs	<i>Heavyweight</i>		From 93.0 to 120.2 kg
> 205 lbs	<i>Super Heavyweight</i>		Over 120.2 kg (Seniors only)

Measures to guarantee the integrity of fighters

The event cannot take place without the effective and operational presence of the doctor in the bout area. In case of absence of this one, no fight can take place.

Doctors must be medical doctors with professional liability insurance covering the risks inherent in their practice. Informed of the regulations and pathology of MMA and member of the FMMAF

The doctor(s) of competition must be present during all the duration of the meeting and cannot leave the place where it takes place before the end of the last fight, and only after having seen the participants of this fight. During the organization, the doctor must be at the disposal of the referee, the official delegate, and the coaches to give his opinion on the state of the fighters. He must be seated at the officials' table.

The doctor must mention, where applicable, the injuries on the sports booklet or any document or digital device made available, even for the winner and even for decisions on points after simultaneous injuries, decisions with disqualification, as well as the prescribed rest periods.

In his or her absence, the organization cannot begin or must be interrupted.

If the doctor wishes to examine an athlete to inquire about his or her health during the round, he or she uses a special sound signal dedicated solely to this purpose. This sound signal is defined beforehand with the agreement of the doctor and the referees. If during this intervention the doctor considers that the fighter can no longer fight, he/she will indicate this and the referee will stop the fight (he/she will officially end the fight).

When the meeting doctor intervenes during the round at the request of the referee, his/her intervention must be done in the neutral zone so that the fighter's staff does not interfere with the doctor's intervention.

The doctor may make any decision on medical grounds concerning a competitor's participation or continuation in the competition. He indicates this decision to the referee and to the organizer in accordance with the rules

Pre-fight medical examination

Before the event and on the day of the fight, the doctor will carry out a medical check-up for all the athletes in order to control any recent injuries and their ability to fight by verifying, in particular, the compulsory medical certificate of less than one year for disciplines with particular constraints provided for in article L231-2-3 of the sports code. The duration of 1 year is assessed on the day of the application for the license or the registration for the competition by the participant (D231-1-1 of the Sports Code).

The delivery of this certificate is subject to a "specific" medical examination.

Indeed, particular attention is given to:

- neurological and mental health examination;
- ophthalmological examination: visual acuity, visual field, ocular tone and fundus.

In addition to the medical examinations necessary for the delivery of the sports booklet, the fighter must satisfy a medical examination carried out by a doctor the day of the fight.

The event doctor has the authority to prohibit an injured athlete from fighting in the following cases:

- A fighter returning to competition after an injury without a medical certificate of fitness to practice MMA in competition.
- A fighter without a complete and compliant medical file at the latest on the day of the weigh-in

Each female fighter must present to the official delegate at the weigh-in a certificate confirming that she is not, to her knowledge, pregnant.

Doctor's behavior during the fight

During the fight: At the request of the referee or on his own initiative if he sees a fighter in danger and considers it necessary to stop the fight, he informs the official delegate who announces to the referee to stop the fight.

Systematically after a knockout or an injury, the doctor mentions it on the sports booklet or any document or digital device made available.

During the one-minute recovery period, the doctor may perform a visual examination of the fighter.

Medical examination after the fight

The doctor makes sure that no fighter needs his or her care through a post-fight visit. He examines (neurologically and ophthalmologically in particular) the fighter who has suffered a KO. The current Concussion Protocol will apply.

Immediately after a fight, each participant must undergo a medical examination at the competition site. The medical examination may include any examination or test that the FMMAF Medical Board deems necessary to determine the physical fitness of the athlete after the fight.

Any competitor who refuses to undergo a post-fight medical examination will be immediately suspended indefinitely to allow for an investigation.

After each event, the doctor will send a report to the administrative authority to which the event has been declared, through the official delegate, including the name, first name, and age of the fighters as well as the conditions of a possible disqualification.

He will also complement the sports fighting concussion tracking portal when it is implemented.

The doctor of the organization can prescribe, if he considers it necessary, a time of rest higher than the time envisaged in the regulation (even for the winner). This imposed rest must be mentioned on the fighter's sports booklet or any document or digital device made available as well as on the minutes of the meeting by the official delegate.

Medical pre-requisites for the fighters

Any fighter of French nationality residing and training in France for more than 6 months must also attest on his or her honor that he or she does not have an MMA license abroad.

The medical certificate of no contraindication to the practice is mandatory every year.

Medical documents must be drawn up in French or in English.

List of absolute restrictions to the practice of professional MMA (not exhaustive):

- Comitiality (epilepsy);
- Neurosurgical history;
- Ophthalmic surgery including refractive surgery;
- Hepatitis B/C (active or chronic);
- H.I.V.;
- Absence of a paired organ (except ear).

Ophthalmological examination

The ophthalmological examination is mandatory on the first application for fighters and covers:

- Visual acuity;
- Visual field;
- Ocular tone;
- Ocular motility;
- Binocular vision;
- Transparent environments;
- Gonioscopy;
- The fundus.

The ophthalmological examination is valid for two consecutive sports seasons.

List of absolute ophthalmological contraindications to the practice of professional MMA (not exhaustive):

- Intraocular and/or refractive surgery (except strabismus);
- Amblyopia (less than 3/10 with correction);
- Myopia (greater than 3.5 diopters);
- Cataract;
- Blindness.

Age specificities

Beyond the age of 45 on September 1st of the current season, the fighter must, besides the additional medical examinations required from the age of 32, justify the continuity of his or her practice in training and competition (having made at least one official fight during the last 18 months), in order to obtain a license.

Upon receipt of the first application or license renewal, the FMMAF will seek the opinion of the medical commission to validate the license of the professional fighter. No validation will be made without a favorable opinion from the medical commission.

For any fighter who is at least 45 years old on September 1st of the current season and who wishes to fight professionally, he or she must meet an opponent with an age difference limited to 10 years.

For any athlete aged 32 and over on September 1st of the current season, the renewal of the license will be linked to the normality of the following reports:

- Cerebral MRI angiography (to be renewed every 3 years);
- Effort E.C.G. (to be performed every 5 years).

Specificities for women

For female athletes, the issuance of the first license and the renewal of the Professional MMA license is done under the same conditions as for male athletes.

However, on the day of the weigh-in, the applicant will have to provide a certificate of non-pregnancy. This certificate will be given to the meeting doctor.

Specificity for people with disabilities

Any fighter with a disability wishing to compete must be examined by the medical commission. He or she must provide a certificate of no contraindication from the specialist of the organ or apparatus causing the disability

Important points to remember

The fighter must provide **at the latest 20 days before each fight** the following medical examinations:

- Medical check-up performed by a sports doctor less than 1 year old
- Interpreted electrocardiogram (ECG) less than 1 year old
- Brain MRI scan less than 1 year old
- Blood test (hepatitis B, C and HIV serology) less than 6 months old
- Ophthalmological check-up with eye fundus less than 2 years old
- Cerebral MRI angiography less than 3 years old.
- If the fighter is 32 years old on September 1st of the current season.
 - Effort ECG (to be performed once)
- . If the fighter is 32 years old on September 1st of the current season.
 - Medical check-up to be validated by the federation's doctor (doctor monitoring fitness)

List of medical examinations for the practice of Professional MMA in Competition



The fighter must provide the following medical examinations no later than 20 days before each fight

1. A medical certificate of no contraindication to the practice of MMA (or Mixed Martial Arts) in competition of less than 1 year made by a sports doctor
2. An interpreted electrocardiogram (ECG) of up to 1 year old
3. A brain MRI that is less than 1 year old
4. A blood test: hepatitis B, C and HIV serology that is less than 3 months old
5. An ophthalmological check-up with eye fundus that is less than 2 years old

Each female fighter must present a signed statement to the Federal Delegate confirming that she is not, to her knowledge, pregnant.

The fighter must pass a medical examination made by a doctor on the day of the fight.

If the fighter is over 32 years old on September 1st of the current season:

1. An effort E.C.G. less than 5 years old.
2. A cerebral angiogram less than 3 years old.

Specific contraindications:

- Comitality (epilepsy)
- Neurosurgical history
- Ophthalmologic surgery including refractive surgery
- Hepatitis B/C (active or chronic)
- H.I.V
- Absence of a paired organ (except ear)

Specific ophthalmological contraindications:

- Intraocular and/or refractive surgery (except strabismus)
- Amblyopia (less than 3/10 with correction)
- Myopia (greater than 3.5 diopters)
- Cataract
- Blindness



Medical assistance

The human and material resources to be implemented must be adapted according to the importance of the event (number and age of competitors, number of spectators, type of premises, etc.).

It is the responsibility of the organizer of any competition to provide

- Medical surveillance of athletes
- The Preventive Life-Saving Device (PLS) according to the importance of the meeting and the public

No MMA competition should take place without the presence of a medical team. The medical device is to be adapted according to the criteria defined in the specifications of the FMMAF events which will take into account:

- the level of practice
- the number of fights
- number of spectators

In its most complete form, the system should include a regulatory number of at least 3 doctors:

- a “coordinating doctor” appointed by the FMMAF,
- a competition doctor at the foot of the bout area
- an emergency doctor or resuscitator

Medical measures recommended

Coordinating doctor

He must be a sports doctor

He directs and coordinates the care during the competition. He is the referent to the FMMAF responsible for the good organization and functioning of the medical coverage. He is responsible for the recruitment of the whole care team.

After the fight: participate in post-fight visits. He examines (neurologically and ophthalmologically in particular) the fighter who has suffered a KO.

He prepares an activity report for the FMMAF in order to keep the Federation's pathology registry up to date. He determines (according to his examination or that of a colleague) the medical stop after K.O., prescribed or advised examinations (X-rays, specialized examinations)

Competition doctor

His presence is essential at the edge of the bout area during the whole competition. He may make any decision on medical grounds concerning a competitor's participation or continuation in the competition. He indicates this decision to the referee and the organizer in accordance with the rules.

Before the fights	During the fight	After the fight
He carries out the medical examination of medical aptitude performed the day of the fight	At the request of the referee or on his own initiative if he sees a fighter in danger and considers it necessary to interrupt the fight. He informs the	The doctor makes sure that no fighter needs his care through a post-fight visit. He examines (neurological and

	<p>president of the panel who announces à the end of the fight to the referee. Systematically after a KO or an injury.</p>	<p>ophthalmologic in particular) the fighter who suffered a KO. Concussion protocol to be applied.</p>
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Emergency doctor or resuscitator on site

His function is Emergency Management:

Coordination with the hospital service (on alert) and the EMS, which must be notified of the sporting event. Integration into the local health care system Organizes the resuscitation station, which should contain at least: manual insufflator, mucous aspirator, oxygen source, peripheral access, infusion equipment, and emergency medication.

Must have a dedicated and equipped room for his interventions.

If the emergency doctor or resuscitator requires paramedical assistance to carry out his interventions, it must be taken care of by the organizer.

The organizer must provide the medical staff with:

- an ambulance;
- a functional telephone connection at the edge of the bout area;
- a stretcher near the bout area;
- at least two people per bout area with at least a first aid qualification;
- a room to practice first aid and the pre-fight visit as well as the post-fight visit.
- a room at the disposal of the emergency doctor or resuscitator.
- The organizer will make sure that access to the medical rooms is reserved for practitioners.

Additional measures may be taken depending on governmental measures related to the health situation.

Medical requirements in the event of a K.O. or TKO following one or more strikes to the head

A knockout is a loss of consciousness following a blow to the head. It is a concussion with loss of consciousness. The fighter is considered as not being able to defend himself/herself, which immediately triggers the intervention of the referee to interrupt the fight.

Incidents (KO, TKO following hits to the head with concussion without loss of consciousness or any concussion without loss of consciousness noted by the doctor, even in case of victory) will have to be directly reported by the doctor of the competition on the portal of follow-up of concussions in fighting sports as soon as it is operational.

After an incident, the athlete must observe a rest.
 (Any incident is counted whatever the fight discipline, not exclusively in MMA):

	1st incident	2nd incident	3rd incident	4th incident
Period between every incident	28 full days downtime	Between the 29th day and a year after the first incident	Between the 85th day and a year after the 2nd incident	Sine die suspension subject to complementary examinations and opinion of the appropriate medical commission (minimum 1 year)
Minimum rest time		84 full days of downtime	1 year of downtime from date to date	

- In case of suspected concussion:
 - Any suspected concussion with or without loss of consciousness should be reported directly by the competition's doctor to the fighting sports concussion tracking portal as soon as it is operational.
 - Indeterminate downtime until the intervention of the FD (federal doctor) to confirm the concussion or to confirm it on medical certificate.
 - Requirement of a specialist visit at 48 hours to assess the prognosis of the fighter.
 - Training is restarted in stages under the supervision of the sports doctor after all symptoms have disappeared at rest.
 - Second consultation with the specialist who issues a certificate of recovery.
 - Subject the lifting of the ban on fighting to the supply of a medical certificate of aptitude to resume fighting, a certificate which will be given to the federal doctor.
 - The certificate must include a brain scan = computed tomography (CT) or brain MRI with no abnormality(s) at the medical commission.
 - This certificate must include the results of a brain scan or brain MRI, as well as evidence of neurological recovery from the trauma.
 - It is recommended that this certificate be established by a neurologist.
 - If the fighter is fit and wishes to re-fight and has completed the suspension period, he/she will be reinstated.

***A defeat by TKO due to one or more strikes to the head
 will be considered as a K.O.***

The results types

Victory by submission

- **A victory by submission** is pronounced when a fighter recognizes his defeat, either verbally (by shouting or saying « Tap » or « Stop »), or physically (By tapping at least once on the ground or on his opponent with the hand or the foot).
- **A victory by technical submission:** when an athlete caught in a submission is no longer able to give up on his own and the referee is obliged to end the fight (example: if a fighter loses consciousness during strangulation).

Remark: *The referee is allowed to declare a win by submission if he/she feels that the fighter undergoing the submission hold cannot extract himself/herself from it without injury.*

Victory by Knockout (KO) or Technical Knockout (TKO)

- Stoppage of the fight by the referee.
- Stoppage of the fight by the referee on the advice of the doctor and/or the corner (verbally or by throwing in the towel).

Knockout procedure (KO):

A fighter is considered out of the fight when:

- He or she is undefended as a result of being hit or if finalization has come to an end forcing the fighter to withdraw;
- The referee considers that as a result of the blows received, the fighter is in a dangerous situation, and this is a technical knockout (TKO).

Victory by decision from the score sheets

	Decision type	Definition
1	Unanimous decision	When the three judges attribute the victory to the same fighter.
2	Divided decision	When two judges award the victory to one fighter and one other judge attributes the victory to his/her opponent
3	Majority decision	When two judges award the victory to one fighter and one other judge pronounces a draw
4	Equality (draw)	<p>Unanimous equality: When the three judges pronounce a draw.</p> <p>Majority equality: When two of the three judges indicate a draw.</p> <p>Divided equality: When the three judges each decide on a different decision.</p>
5	Disqualification	
6	Withdrawal (walk over)	
7	Technical Equality	
8	Technical Decision	
9	No decision (no contest)	The referee stops the fight when external circumstances (hardware problems, power failure, atmospheric conditions, prolonged unavailability of the doctor etc.) prevent its smooth running. Before rendering his verdict, the referee must consult with the official delegate and the panel. A No Contest verdict can only be reached before the majority of rounds have been completed. If at the moment of the incident, the majority of the fight has already been completed, the team of officials are able to declare a decision.

Complaints are admissible only on potential refereeing errors and not on judging decisions.

The material conditions of organization of the fights

The equipment

The fighters' mitts

For all competitions, the mitts must be new and in good condition. They must be of identical structure for both fighters.

Mitts must be examined by the official delegate.

The padding must not be displaced or broken, the referee must make sure of this.

Under no circumstances are two different pairs of mitts allowed in a fight. The 2 pairs of mitts used during the fight must be identical in every respect.

Mitts must be provided by the organizer.

In the case of a tournament, the mitts must be identified for each competitor and placed in a named container. At the end of the fight, the mitts are placed by an inspector in the fighter's assigned container until the next fight. Mitts must be systematically cleaned and disinfected at the end of each fight.

All professional competitors must wear mitts with a minimum of 4 ounces and a maximum of 8 ounces of protective padding.

The manufacturer's weight information must be clearly visible on the outside of the mitt or on a label placed inside it.

Participants are not allowed to provide their own mitts.

Mitts should have an open palm with fingers and thumb in the same holding loop to facilitate wrestling grip work. The wrist is maintained by a velcro strap.

Mitts must be sealed at the entrance to the cage with red or blue textile tape depending on the color of the corner to which the athlete is to report. The adhesive cannot be plastic to avoid eye damage.

The fighters' dress code

The shorts

Each competitor must wear mixed martial arts shorts or compression shorts. Pockets, buttons, zippers, or any foreign textile material other than that of the material from which the shorts are made shall not be permitted on the garment. No outside laces are allowed on the shorts. It must be inside the waistband of the shorts. The shorts should not be too long nor too wide (*lower fold of the legs of the shorts below the knees when the athlete is in a standing position with straight legs*).

Clothing that covers the entire leg is forbidden (spats or lycra pants).

The shin guards

The use of shin guards is not permitted in professional MMA class competitions.

The undershirt or « rashguard »

The undershirt (rashguard) cannot be used for professional class MMA competitions for male fighters. The rashguard as the bra is authorized for female competitors.

Any athlete wishing to wear a long sleeve rashguard and long tights (grappling spats) for special reasons may do so with the approval of the officials and prior written notification to the commission.

The shell / genital protection

All male competitors must provide and wear a shell.

Female competitors may choose to wear a shell if they wish, it is permitted but not mandatory.

The mouth guard

- If the mouth guard falls into the bout area:
 - the referee will give the mouth guard to the fighter at the appropriate time.
- If the mouth guard falls outside the enclosure:
 - The referee will ask the coach to clean the mouth guard. The fighters will be in the neutral corners, specifying the « no coaching ».

The fighters will be in the neutral corners, specifying the « do not speak / no coaching ».

All competitors are required to wear a properly fitting mouth guard, which is examined and approved before the fight begins.

The fight cannot begin until both competitors have their respective mouth guards in place.

If a mouth guard is involuntarily ejected during the fight, the referee requests a halt to the fight with the command « STOP TIME », at the most opportune moment so as not to interfere with an action in progress, in order to replace the mouth guard.

Red or partially red mouth guards are not allowed.

The mouth guard must comply with the AFNOR XP S72-427 standard (March 2017):

- can be adapted to the maxillary and mandibular arches
- absorb and dissipate energy
- allow for oral ventilation

The Helmet

Helmets are not allowed for professional MMA class competitions.

Other points to respect

- Each competitor must be clean and present a neat appearance.
- Nails should be cut short.
- The skin of the fighters must be dry and free of any coating before the fight.
The use of vaseline/fat is exclusively reserved for the cutman. The use of any other foreign substance, including, but not limited to, cleansing creams, oils, lotions or sprays is not permitted on the face, the hair or body of a competitor. The referee shall have removed any excess grease or foreign matter from the areas before entering the bout area.
- Only the cutman can prepare the fighter by using Vaseline before his entry on the bout area.
- Wearing glasses, hard contact lenses, jewelry (bracelets, rings, and necklaces), jewelry piercing including on the tongue is prohibited;
- The FMMAF official delegate must determine if the hair on the skull or face presents a danger to the safety of the competitor or his opponent.
Long hair must be held in place by a non-hard object in such a way as not to cause injury and not to interfere with the opponent.
- No bandages, band-aids, strapping or other medical protection will be tolerated on an athlete, without the approval of the competition doctor and the officials.

The bout area

A minimum of 300 lux lighting is recommended in the bout area.

The room temperature should not be lower than 18° C.

The bout area can be square or can take another shape (circular, hexagonal or octagonal). It shall have equal sides and shall not be less than seven meters by seven meters in diameter/cross-section. However, it cannot exceed ten meters by ten meters in diameter/cross-section.

The floor of the bout area must be padded with a layer of 4 cm to 5 cm of high-density foam (the density cannot be less than 270-280 kg / m³). Padding must extend beyond the ring/bout area and over the edge of the platform.

The carpet area must be at least the size of the cage so that there is no gap between the cage's bottom protectors and the edge of the carpet.

The bout area must be covered with an even surface. The presence of a tarp is mandatory.

This material must cover the entire floor, including the overhanging part, and must itself be covered with a sufficiently thick, well-tensioned, and non-slip cloth.

The floor must be horizontal, solid, smooth and well joined.

Vertical delimitation / fencing of the bout area

In the case of a closed enclosure:

The canvas floor covering of the bout area must be surrounded by vertical support. The fence must be made up of a single-twist mesh of plastic-coated metal wires that prevents competitors from passing through it when pressing or throwing against it. The panels (fence) must be between 1.75 meters and 2 meters high.

All metal parts must be covered with a 2 cm thick padding of material approved by the official delegate, including the top of the panels. It must not be abrasive for the competitors.

The fenced area for professional fights must have two entrances [which must open to the outside], preferably placed on opposite sides, and must be installed on an elevated platform at a height of 1 m to 1.2 m from the ground.

The closing mechanism of the doors must be positioned on the outside of the cage.

Several binding points are expected:

- at least 2: one in the upper position and the second in the lower position
- maximum 3: the points in the upper and lower positions and a closure placed at a height defined as half the door

In the closed position, there must be no gap between the door and its frame

The elevated position of the fighting platform allows the spectators not to be disturbed by the officials' tables during the fighting sequences taking place on the ground.

There shall be no obstruction on any part of the fence surrounding the area in which competitors compete.

Finally, a 1-meter wide walkway must surround the bout area on the platform.

Adhesive inscriptions made on the floor must be non-slip even when wet.

In the case of a ring:

The dimensions of the ring are 8.50 meters by 8.50 meters outside the ropes and 7.30 meters by 7.30 meters inside the ropes.

It must have a minimum of 5 strings with a diameter between 3 and 5 centimeters.

The holding and the tension of the ropes must be systematically checked by the referee or any other official before the beginning of the fight.

The ropes are linked together by 2 strips of fine cloth 3 to 4 centimeters wide placed at regular intervals on each side.

The floor is topped by 4 corner posts to support the ropes. They are placed outside the square formed by the ropes and at least 0.30 m from them.

The floor of the bout area must be padded with a layer of 4 cm to 5 cm of high-density foam (polyethylene foam density 120 kg/m³), covered with a canvas. Padding must extend beyond the ring/bout area and over the edge of the platform.

The organizers have the possibility to put a protective net on the two bottom ropes to avoid untimely exits from the ring. This net must be validated by the official delegate.

The corner posts for the athletes are painted, one in red (to the left of the officials' table), the other in blue. The other two, representing the neutral corners, are painted white.

The rope ties at the corners are protected by padding in the same color as the posts.

The access to the ring is done by 3 stairs (if the ring is elevated):

- For the athletes, the coach and the assistant: one staircase at each of the red and blue corners;
- Adhesive inscriptions made on the floor must be non-slip even when wet. These advertisements must be made with hypoallergenic and non-irritating materials.
- For the officials, the doctor, and the announcer: a staircase in the neutral corner to the right of the officials' table.

Other equipments

The bout area must be equipped with the following accessories:

- a circular stool, three chairs per corner, two clear plastic bottles of drinking water, an empty bucket, a mop in each of the red and blue corners.
- a plastic bag, to collect soiled pads, hung on the top of each neutral corner (outside the fighting surface)

The installation must include: tables and chairs for the officials, power supply to the officials' table, a gong or sound transmitter, two stopwatches (owned by the timekeeper) or an electronic judging system, sound equipment, a medical kit adapted to combat sports, a stretcher and a telephone coverage for emergency calls.

The official competition area must be fenced off. These barriers are placed at least 3.50 meters from the bout area. The only access to the official competition area must be controlled.

The evolution of the rules according to age and level.

Rules for adult U21 Pro athletes (18, 19 and 20 years old) and 21+ Pro (21 years and older)

All sportsmen and sportswomen must be at least 18 years of age in order to play in a professional class.

Promotion to the professional class is not automatic. The amateur fighter must express a desire to move up to the professional class in order to be promoted.

Reminder of the determinants of the professional class

Regulations	<ul style="list-style-type: none">• Unified MMA rules defined in this sporting code
Protections	<ul style="list-style-type: none">• 4oz minimum / 8oz maximum gloves,• mouth guard,• shell
Duration of the fight	<ul style="list-style-type: none">• 3 x 5 minutes (no title at stake)• 5 x 5 minutes (with title at stake or <i>main event</i>)• 1 minute of rest between each round
Technical level required	<ul style="list-style-type: none">• brown grade (from the 2021/2022 season)
Prior expertise 2020/2021	<ul style="list-style-type: none">• Validation of technical knowledge for the season required• 6 amateur fights (from the 2021/2022 season. Exceptions to be made for extreme weight categories).

Obligation of rest time between each competitive period

The obligation of resting time means the prohibition to fight in competition:

- A period of 21 days must be respected between 2 professional fights
- The deadlines to be observed in the event of a downtime on KO are specified in the [medical section](#) of medical requirements in case of KO

Within the framework of a secure practice desired by the FF Boxe/ FMMAF, is required a validation of the technical skills validated by the technical commission of the FMMAF for any fighter without a competitive background in MMA or sports mixing percussion, projection, and submission by withdrawal on the ground who would like

to evolve directly into a professional MMA.

Competitions organization

The host

The host assumes financial and material responsibility for the organization of any MMA event before the public authorities, the FF Boxing and the FMMAF.

He must make sure that the provisions of the FMMAF rules and sporting code are applied.

In particular, it is required to provide for the presence of an anti-doping delegate, previously trained à for this purpose, during any competition or sporting event. In the event of doping control, the delegate must respond to the requests of the person in charge of the control designated by the French Anti-Doping Agency or by any other anti-doping organization. In case of doubt, the anti-doping delegate can refer to the host.

In the case of a doping control carried out at the request of an international federation, the costs of the doping control shall be borne by the host.

Declaration and authorization

As with all sporting events (or other gatherings), the host of an MMA event must, if necessary, reserve the hall or gymnasium by contacting the municipality where the event is to be held and informing it of the event.

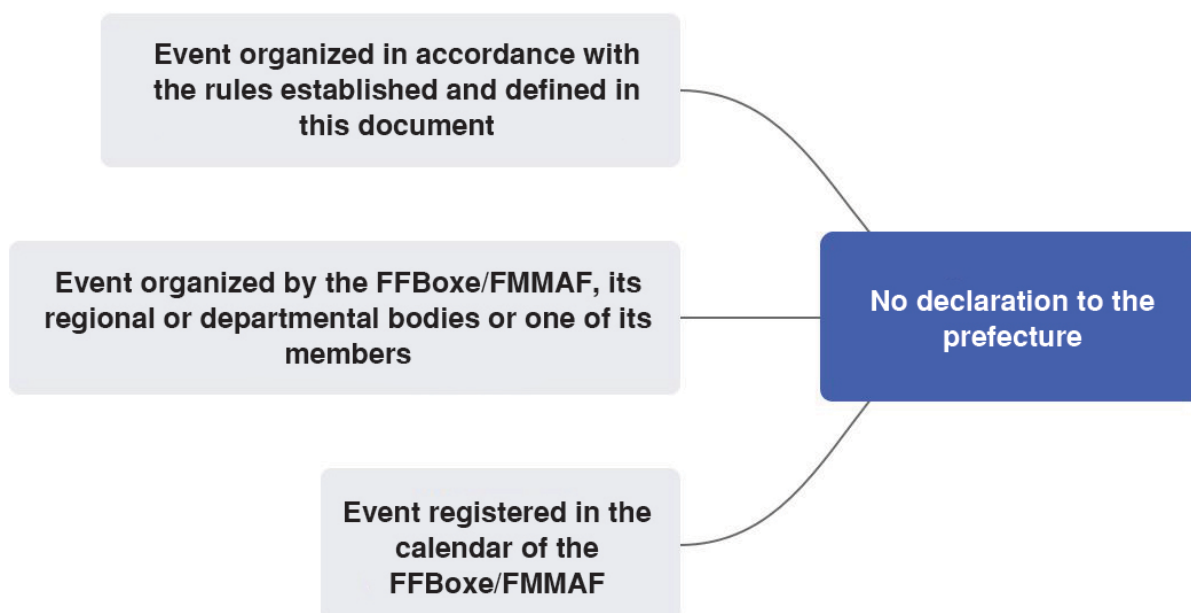
The host must inform the municipality within a period:

- either fixed within the framework agreement or the provision of the equipment,
- or at the time of the annual programming of slots for the use of sports equipment by the concerned municipality.

The mayor may if he/she deems that he/she does not have the means to ensure good order, safety, security, and public health during this MMA event, issue an order prohibiting the said event in his/her municipality.

Declaration in the prefecture

The host does not declare his MMA event to the prefecture if it meets the following 3 criteria:



Any MMA event that does not meet the 3 cumulative conditions defined above must be declared.

The declaration of the event, accompanied by the opinion of the delegating federation, is sent to the prefect:

- At least fifteen days before the date scheduled for the event when it is organized by a sports federation approved by the Ministry of Sports, its regional or departmental bodies, or one of its members;
- At least one month before the date of the event in other cases.

Before sending the declaration to the prefect, the host must ask the FFBoxe/FMMAF for advice on the MMA event.

The request for notice must be sent with a request for acknowledgment of receipt or hand-delivered against a receipt.

The federation must deliver its notice within fifteen days. If it is not issued within this period, it is deemed to be favorable.

File transmission to the FFBoxe/FMMAF

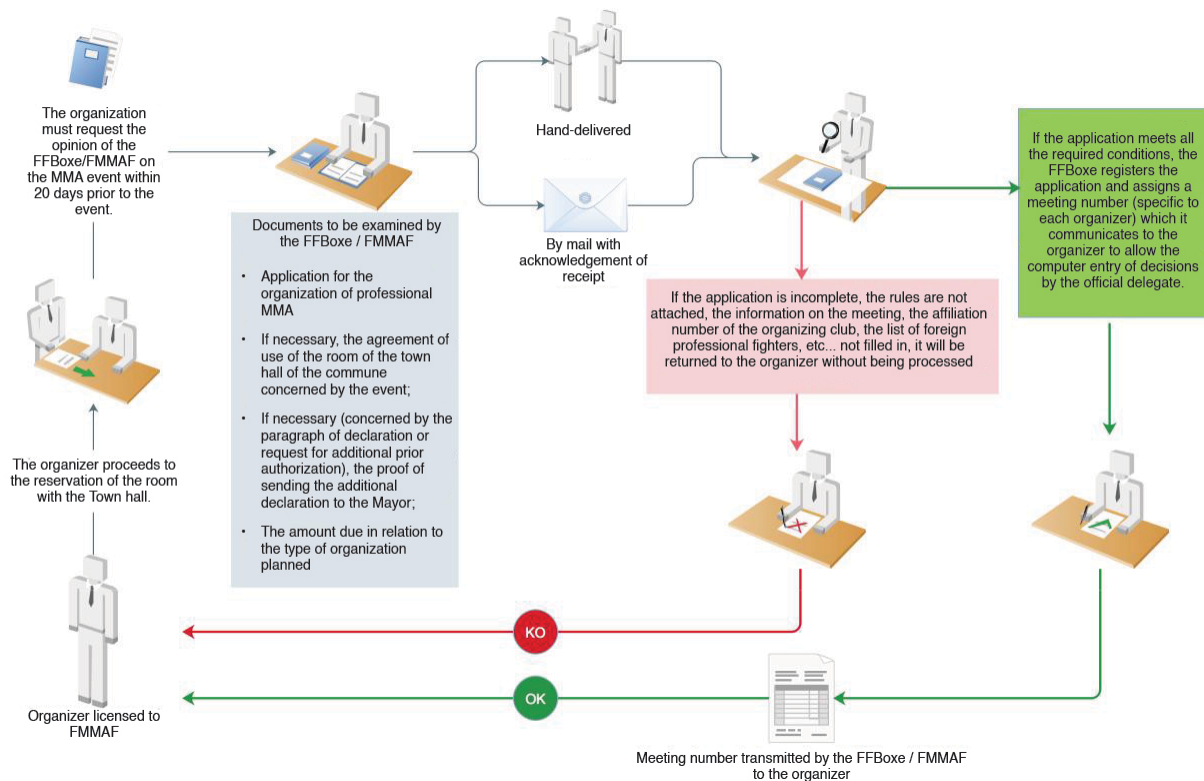
For events organized by the FFBoxe / FMMAF (its regional or departmental bodies or one of its members), the host transmits to the FFBoxe / FMMAF, At least 20 days before the meeting:

- The request to organize an MMA Pro meeting, or mixed (professional / amateur);

- If necessary, the agreement to use the hall from the Mayor of the town concerned by the event;
- If applicable (concerned by the paragraph of additional declaration or request for prior authorization), the proof of sending the additional declaration to the Mayor;
- The amount due in relation to the type of organization planned.

If the request for organization is incomplete, the rules are not attached, the information on the meeting, the affiliation number of the organizing club, the list of foreign professional fighters, etc... not filled in, it will be returned to the host without being processed.

If the request meets all the required conditions, the FFBoxe/FMMAF registers this request and assigns a meeting number (specific to each host) which it communicates to the host to allow the computer entry of decisions by the official delegate.



	For events organized by a sports federation approved by the ministry of sports, its organs regional or departmental or one of its members <u>namely the FFBoxe / FMMAF</u>	For events organized by any other host (except FFBoxe/ FMMAF)
Deadline for the document handover	The host sends the documents to the FFBoxe/ FMMAF, <u>30 days at least before meeting</u>	The host sends the documents to the FFBoxe/FMMAF, <u>45 days at least before the meeting</u>
Documents requested	The request for a notice of meeting organization of MMA Pro, or mixed (professional / Amateur) with all the elements allowing the delegated federation to ensure the respect of the technical rules and safety measures set out in this document.	The request for a notice of meeting organization of MMA Pro reunion, or mixed (professional / amateur) with all the elements allowing the delegated federation to ensure the respect of the technical rules and safety measures set out in this document.

Additional prior declaration or request for authorization

An additional declaration must be sent to the mayor by the host of a for-profit MMA event if the public and the personnel involved in its realization can reach more than 1.500 people.

Two exceptions for this statement:

The department of Paris (75)	The department of Bouches-du-Rhône (13)
The declaration is made to the prefect of police	The declaration is made to the prefect of police of Bouches-du-Rhône

The declaration can be taken out for one or more events, the programming of which is established in advance.

It must be made at least one month before the date of the event (except in case of justified emergency) and cannot be made more than one year in advance.

Any individual or legal entity under private law, other than a sports federation, which organizes an event open to FFBoxe/FMMAF licensees (in accordance with Article L. 331-5) and giving rise to the awarding of prizes in money or in kind with a value exceeding €3,000, must obtain the authorization of the FFBoxe/FMMAF.

The official space

The official competition area must be fenced off. These barriers are placed at least 3.50 meters from the bout area. The only access to the official competition area must be controlled.

Publicity is authorized and must not interfere with the evolution of the fighters.

The location of the event and installations

The location of the event

If the sporting event takes place within an ERP (Establishment open to the public)

- all buildings, rooms, and enclosures in which persons are admitted, either freely or for a fee⁵ - it is necessary to request authorization from the Mayor at least one month before the date of the event. The mayor will refer the matter to the competent safety and accessibility commission if he considers it necessary⁶.

The installation of bleachers, tents or any other temporary installation

These installations must be authorized by the Mayor of the municipality, the host having to present to the Mayor:

- an extract from the safety register to be sent to the Mayor one month before the date of the event;
- a certificate of installation before the opening to the public;
- the Mayor may order a visit from the qualified safety commission before any opening to the public to check the conformity of the installations (Conditions fixed by prefectural orders⁷).

For the installation of the stands, the host must use stands that conform to the standards in force (NFP 90.500) and have the conformity of the stand installation checked.

So, the host must apply to the Prefecture for approval of the place and the equipment intended to host the sporting event.

This approval comes after the opinion of the competent safety and accessibility commission.

Principle of approval for sports venues open to the public (permanent or temporary)

When the event has more than 500 spectators seated in a covered sports equipment, it must be approved as a sports arena⁸.

iv.

⁵ The ERPs must respect the provisions of the construction and housing code

⁶ [ERP Order of 06/25/1980 Article GN 1, Letter X, Chapter XII](#) ⁷ [L. 312-12 of the Sporting code](#)

⁸ [L.312-5 and following of the Sporting code](#)

Rescue and safety measures for the public and competitors

Rescue	Safety	Order services
<p>The setting up of a Provisional Device of Rescue (DPS)⁹ is mandatory for profit-making sporting events of more than 1,500 people (public and staff).</p>	<p>Security measures and emergency measures taken in respect of spectators at public events are under all circumstances the full responsibility of the hosts.</p> <p>The host has the obligation to set up the official competition area and to ensure the control of its access by a security service.</p>	<p>Hosts of profit-making sporting events may be required to provide a security service when their purpose or their scope justifies it¹⁰.</p> <p>The security service becomes mandatory from 1,500 people for profit-making events.</p> <p>The Mayor may, however, for reasons of public order, require the host to set up their own security service or strengthen the one provided in their declaration. The Mayor will assess according to the size of the expected public, the setup of the place, the circumstances specific to the event, the understanding of the welcomed public. The Mayor notifies the hosts at least 15 days before the start of the event of the setting up of additional security measures and sends a copy to the Prefect. If the latter considers that the measures taken are not sufficient to meet the conditions, they may implement their power of substitution¹¹.</p>

⁹ [Government website](#) and [Secourisme.net](#) ¹⁰ [L. 211-11 of the Internal Security Code](#) ¹¹ [L. 211-11 of the Internal Security Code](#)

Access to the official competition area

Only the following have access to the official competition area:

- The competition officials (the officials who have been summoned and have an assigned place in the official competition area), throughout the duration of the competition;
- The meeting executives, throughout the duration of the competition;
- The fighters and the coaches and assistants;
- The persons officially presented on the bout area by the presenter (after authorization of the official delegate), during this presentation;
- Persons presenting awards (after authorization by the official delegate), during the presentation of the awards;
- The President of the FFBoxe or his representative;
- The President of the FMMAF or his representative;
- For national competitions, the President of the FFBoxe, or his representative, the President of the FMMAF, or his representative, and the National Technical Director or his representative;
- The host's management resources identified by a specific qualification issued by the host.

Doping control

The FMMAF, under the aegis of the FFBoxe, concerned with a healthy practice of MMA, works within the framework of the anti-doping regulations provided for in articles L. 232-1 and following and R. 232-10 and following of the Sporting code. In particular, all athletes are prohibited from using, possessing, or transporting one or more substances that appear on the list of prohibited substances established each year by decree, in accordance with the regulations of the World Anti-Doping Agency.

Doping controls can be carried out at any time of the year, during the sports season or not, whether during competitions or not. The natural or legal person responsible for the place where the inspection takes place must provide

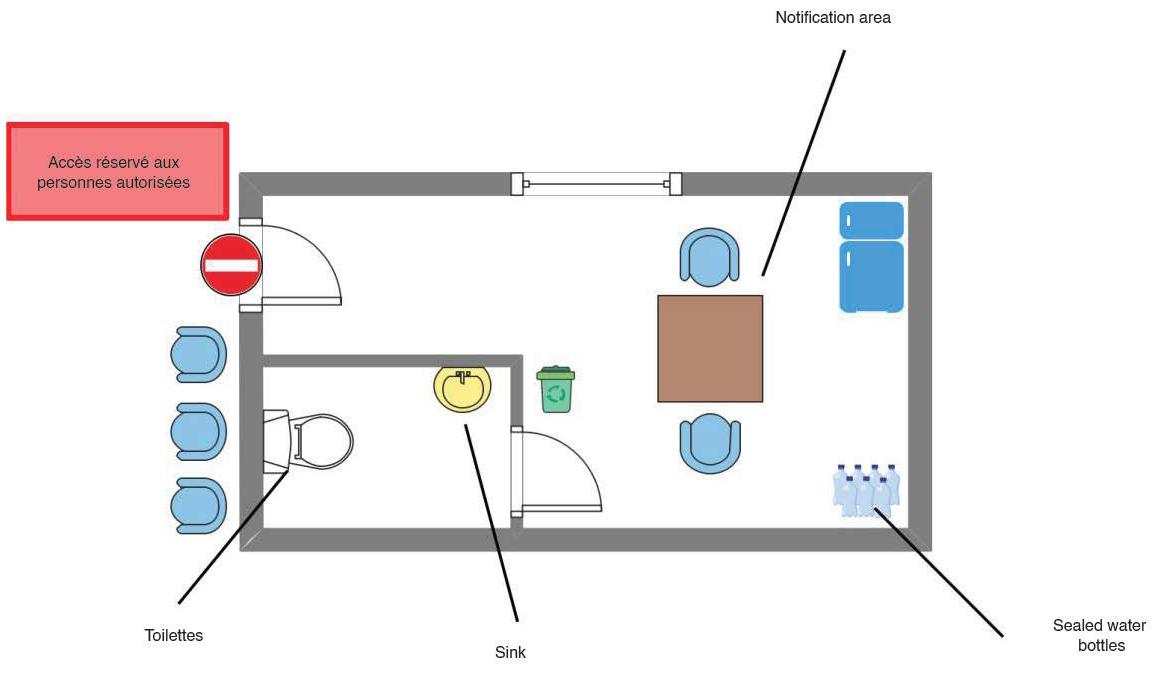
à the person in charge of the control with appropriate premises for the proper execution of the control. These premises must in particular be:

- Exclusively dedicated to doping control activities;
- Accessible only to authorized personnel;
- Respectful of the privacy of the athlete and of the confidentiality of the control;
- Located in the vicinity of the notification area (the location should be marked or/and the shortest route to the location should be signposted);
- Equipped with a wash-hand basin, so that the athletes and the people in charge of the control can wash their hands;
- Equipped with toilets;
- Equipped with a table and chairs;
- Supplied in sealed water bottles.

The sample is collected under the constant supervision of the person in charge of the control or the person he/she designates for this purpose.

Any athlete who evades sample collection or refuses, without valid justification, to submit to sample collection may be subject to disciplinary proceedings before the French Anti-Doping Agency, or any other competent anti-doping organization, which may lead to a temporary or permanent ban from participating in any sporting event or other ancillary activities. When the analysis of the sample taken shows the presence of a prohibited substance on the above-mentioned list, the French Anti-Doping Agency, or any other competent anti-doping organization, shall initiate disciplinary proceedings which may also result in a temporary or permanent ban on participation in any sporting event and other ancillary activities. In both of the above situations, a provisional suspension may be imposed on the athlete by the President of the French Anti-Doping Agency or the relevant anti-doping organization.

Example of a doping control station layout (provide 2 stations minimum):



Summary tables
JUNIORS (U21 Pro) and SENIORS (21+ Pro)

	PRO
Duration of the fights	3 x 5 minutes or 5 x 5 minutes
FMMAF technical level required ¹²	Brown / Black
Ground punches	Authorized
Elbow strikes	
Heel hooks	
neck / spinal lock	
Knee blow to the head	

Equipments

	PRO
Bandages	Mandatory
Gloves	Mandatory
Mouth guard	Mandatory
Shell (optional for women)	Mandatory
Shorts	Mandatory
Shin guard Socks	Prohibited
Rash guard	Prohibited
Helmet	Prohibited

¹² This provision will apply during the 2021/2022 season. It is optional for the 2020/2021 season, the first competitive season of the FMMAF. The technical level will be validated with the FMMAF technical capacity certificate.

Religion, creeds, cult, political opinion:

The practice of religions, cults, or simple ostentatious signs of a religious or political nature are strictly forbidden within the competitions.


The Executive Committee of the French Boxing Federation has the power to modify these rules if necessary

Appendixes

- Printing officials' turnover sheet - 1 page:

- Medical certificate ophthalmologist visit - 1 page :

Internal organ of the French Boxing Federation
 14 rue Scandicci
 93500 PANTIN
 mma@ff-boxe.com
 www.fmmaf.fr



Medical certificate of no contraindication to the practice of Professional MMA in competition

I, the undersigned, Doctor

Certify having examined Mr. Mrs. Miss

(delete as appropriate)

born on:

Residing in:

And have not observed, on the date of this day, any apparent clinical signs contraindicating the **practice of professional MMA in competition.**

Place:

Date:

Stamp and signature

Formal contraindications to the practice of professional MMA have been identified:

- Comitality (epilepsy);
- Neurosurgical history;
- Ophthalmologic surgery including refractive surgery;
- Hepatitis B/C (active or chronic);
- H.I.V.;
- Absence of a paired organ (except ear).

- Medical certificate of no contraindication to the practice - 1 page :

Internal organ of the French Boxing Federation
14 rue Scandicci
93500 PANTIN
mma@ff-boxe.com
www.fmmaf.fr



Medical certificate of no contraindication to the practice of Professional MMA in competition

I, the undersigned, Doctor

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(delete as appropriate)

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