



MIXED MARTIAL ARTS UNIFIED RULES

For the purposes of these rules, “Commission” means the Calgary Combative Sports Commission or its designated representative.

WEIGHT DIVISIONS

1. Mixed martial arts (MMA) fighters will be divided into the following weight classes:

DIVISION	WEIGHT RANGE	MAXIMUM WEIGHT DIFFERENTIAL
Atomweight	105 pounds and under	7 pounds
Strawweight	105.1 to 115 pounds	10 pounds
Flyweight	115.1 to 125 pounds	10 pounds
Bantamweight	125.1 to 135 pounds	10 pounds
Featherweight	135.1 to 145 pounds	10 pounds
Lightweight	145.1 to 155 pounds	10 pounds
Welterweight	155.1 to 170 pounds	15 pounds
Middleweight	170.1 to 185 pounds	15 pounds
Light Heavyweight	185.1 to 205 pounds	20 pounds
Heavyweight	205.1 to 265 pounds	30 pounds
Super Heavyweight	265.1 pounds and over	40 pounds

*See Schedule A for alternate weight divisions

2. In all cases, the Commission must be satisfied that a bout has a reasonable expectation of being fair, safe, and competitive.

COMPETITION TIMEFRAMES

IN-COMPETITION PERIOD

3. Fighters are considered to be 'in competition' for a consecutive period of time surrounding their participation in an MMA event. The 'in-competition' period begins one hour before the scheduled start of the weigh-in, and ends after the Commission's post-fight medical and anti-doping requirements are completed, following the fighter's last round of competition at the event.

EVENT PERIOD

4. The event period begins at the required call time-for fighters at a combative sports event, typically 90 minutes prior to the scheduled start of the event. The event period ends simultaneously with the conclusion of the in-competition period for each fighter, after the Commission's post-fight medical and anti-doping requirements are completed, following the fighter's last round of competition at the event.

WEIGH-INS

WEIGH-IN RULES

5. The official weigh-in for an event must take place no more than 48 hours before the event period, at a time determined by the Commission.
6. The official scales should be made available at least 30 minutes prior to the weigh-in, during which time the fighters may weigh themselves.
7. The Commission may round weights out to the nearest half-pound, provided all competing fighters are weighed using the same criteria for the same event.
8. Fighters must wear appropriate attire while weighing in. Excess clothing, jewellery, props, or any other items which could manipulate a fighter's true weight are not permitted.
9. At the weigh-in, fighters must weigh within the range permitted for the weight class and must not exceed the weight specified in their bout contract. A one pound overweight allowance is granted, except in championship fights.
10. A competing fighter who is overweight at the time of the weigh-in may be allowed a grace period of up to one hour to attain the required weight following the weigh-in, at the discretion of the Commission and the physician. Additional weight loss in excess of 2 pounds is not permitted during this grace period, and will not be considered. At the end of the grace period, the fighter will be given a second chance to weigh-in.
11. If a fighter is still over the maximum allowable weight following the weigh-in (and any grace period), the Commission can cancel the fight. The opponent may, however,

still accept the fight, subject to Commission approval and penalties for the fighter who failed to make weight.

12. Weight gained by any fighter during the grace period will not be considered by the Commission in approving a bout.
13. In order to be cleared to compete, fighters must be examined by a Commission-appointed physician. This examination must take place during the official weigh-in, unless otherwise approved by the Commission.
14. Gloves must be available for all fighters at the weigh-in for fitting.

CATCH WEIGHT BOUTS

15. The Commission may approve catch weight bouts, subject to its review and discretion. This includes scenarios where opponents are not in the same weight class, or when one or both opponents exceed the agreed upon weight.
16. For catch weight bouts, opponents must not exceed the maximum weight differential for the class of the lighter participant. There is no over weight allowance.

ADDITIONAL WEIGHT-CHECK

17. Fighters may be required to report for a mandatory additional weight-check on the day of the event. This will typically take place at the start of the event period. Fighters who fail to attend this weight check upon request will not be permitted to compete at the event.
18. Fighters whose weight has increased more than 10% from their official weigh-in will be subject to penalties (which may include cancellation of the scheduled bout) at the discretion for the Commission.
19. The Commission may require fighters to be weighed at any time during the in-competition period, for any reason.

FIGHTING AREA REQUIREMENTS

20. Bouts may be held in either a fenced area (cage) or in a ring.
21. The required size and specifications for the fighting area will be determined by Commission policy, in line with industry standard. Deviations from the fighting area requirements policy must be approved by the Commission.

THE TECHNICAL ZONE

22. The Technical Zone is the moat area surrounding the cage or ring (often referred to as the 'ringside' or 'cageside' area). A bout may not begin until the Technical Zone is set up and secured to the satisfaction of the Commission.

EQUIPMENT AND ATTIRE

23. In all cases, fighter attire and protective equipment must be deemed appropriate by the Commission.

HAND WRAPPING

24. Fighters may wrap their hands using soft gauze cloth and surgeon's adhesive tape, or similar products deemed appropriate by the Commission. The gauze must measure less than 45 feet in length and two inches in width. The cloth may be held in place by no more than 10 feet of surgeon's adhesive tape, up to 1.25 inches in width, for each hand. The Commission may approve slightly higher gauze and tape allowances for fighters with larger hands.
25. The tape will be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice but may not exceed the wrist of the competitor's gloves. Tape may be placed through the fingers but may not cover the knuckles. The exposed thumb is an option to be protected. A single layer of elastic or flex-type tape is allowed to be applied over the completed wrap.
26. The gauze must be evenly distributed across the hand and must not clump.
27. Gauze and tape must be placed on all fighter's hands in the presence of the Commission. Under no circumstances are gloves to be placed on the hands of a competing fighter until the approval of the Commission is received.
28. A fighter may choose not to wrap their hands.
29. Hand wrapping materials should be supplied by the promoter and must be approved by the Commission.

MOUTHPIECES

30. All fighters are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece in place. The mouthpiece will be subject to examination and approval by the Commission.
31. If the mouthpiece is involuntarily dislodged during competition, the referee will call time, give the fighter the option to have the mouthpiece cleaned, and ensure the mouthpiece is reinserted without delay. Generally, this stoppage will be called as soon as possible after the mouthpiece is dislodged, but without interfering with the immediate action, at the referee's discretion.

GLOVES

32. All competing fighters will wear open-finger, MMA-style gloves which weigh at least 4 ounces and no more than 6 ounces. Certain larger gloves (e.g. XL sizes) may be allowed, even though they slightly exceed 6 ounces.
33. Gloves should be supplied by the promoter and approved by the Commission. Fighters are not permitted to supply their own gloves for participation in a bout.
34. Gloves must be new or in very good condition.

35. Both opponents in a bout must have the same brand and type of glove, unless otherwise approved by the Commission, with the consent of both opponents.

ATTIRE

36. Fighter attire must not have pockets, exposed velcro, metal, ties, or any materials or adornments which could create a hazard or an advantage.
37. Each competing fighter will wear appropriate shorts (e.g. compression trunks, MMA shorts, kickboxing/muay thai shorts) which do not extend above the waistline or reach further than above the knee.
38. Female fighters must wear a short-sleeved (above the elbow) or sleeveless, form-fitting rash guard and/or sports bra. More than one sports bra may be worn. Loose-fitting tops are not permitted.
39. For male fighters, gis or shirts of any kind are prohibited during competition.

PROTECTIVE EQUIPMENT

40. There will be no taping, covering, or protective gear of any kind on the upper body, other than the hand wrap, except in the case of female fighters, who may wear a chest protector during competition.
41. A fighter may use soft neoprene-type sleeves to cover only the knee and/or ankle joints, with Commission approval. Sleeves must be black in colour and may not have padding, velcro, plastic, metal, ties, or any other material which may create a hazard or advantage. There will be no taping, covering, or protective gear of any kind on the lower body, other than approved sleeves.
42. Male fighters must wear a combat sports-appropriate groin protector. Female fighters may choose to wear a combat sports-appropriate groin protector.

APPEARANCE

43. Fighters must not wear or use any of the following items during competition:
- (1) hard contact lenses;
 - (2) spectacles;
 - (3) removable false teeth;
 - (4) a watch;
 - (5) jewellery (including piercings);
 - (6) a headband or hair net;
 - (7) a hearing aid;
 - (8) gauze, a Band-Aid, or dressing to the face, scalp, neck, arm, back, or chest area;
 - (9) a plaster or fibre-glass cast;
 - (10) butterfly or steristrip sutures on the face, neck, scalp, chest, arm or back area;

- (11) suture material of any kind on the skin of a fighter's face, ears, neck, scalp or chest;
 - (12) subcuticular suture in the face, neck, ear or chest;
 - (13) collodion (surgical dressing) or a similar substance;
 - (14) an implanted device which uses electricity or any substance which may alter bodily function;
 - (15) tape anywhere on the body except the hands;
 - (16) metal supports.
44. Soft contact lenses are permitted, provided the fighter's uncorrected vision would not substantially affect their ability to defend themselves. A bout will not be automatically stopped in the event that a soft contact lens becomes dislodged.
45. Grease (petroleum jelly or similar) may be applied solely to the facial area of a competing fighter in the presence of the Commission. Grease may only be applied immediately before entering the fighting area, and may be reapplied between rounds. Excessive grease may not be used.
46. The Commission will determine whether a fighter's head or facial hair presents any hazard to the safety of the participants or will interfere with the supervision of the fight. If this is the case, the fighter may not compete unless the circumstances are corrected to the satisfaction of the Commission.
47. Finger and toe nails must be trimmed and fighters are required to have good personal hygiene.

PROHIBITED SUBSTANCES

48. As a condition of participation, fighters agree to be bound by the Commission's drug testing, anti-doping and wellness policies.
49. On request of the Commission, a competing fighter must report for and comply with anti-doping procedures, including testing for the presence of prohibited substances, at any time during the in-competition period.
50. Unless otherwise approved by the Commission, water and non-caffeinated electrolyte drinks deemed acceptable by the Commission are the only beverages which may be consumed by fighters during the event period.
51. During the event period, competing fighters may only consume food approved by the Commission.

CONTESTANTS WITH DISABILITIES

52. The Commission, at its sole discretion and on a case-by-case basis, may make reasonable accommodations in order to facilitate the participation of fighters with disabilities. However, in all cases, the Commission must still be satisfied that a contest is fair, safe and competitive.

FIGHT RULES

GENERAL RULES

53. A bout may not start or continue unless at least one assigned physician and one representative of the Commission are present in the Technical Zone area, in addition to the judges, the scorekeeper, the timekeeper and the referee.
54. The referee is the primary arbiter of a bout.
55. Other than the referee, the Commission and physicians are the only individuals authorized to enter the fighting area at any time and/or stop a bout.
56. A competing fighter may not enter the cage unless they have met with the assigned referee prior to the bout to review the rules and expectations.
57. Fighters must protect themselves at all times during a round, until otherwise instructed by the referee.
58. A fighter is not permitted to leave the fighting area during any rest period between rounds of competition.
59. Before a bout begins, the referee or Commission will check the hand wraps, gloves, mouthpieces and protective equipment of the participants.
60. If any competing fighter protests the assignment of a judge, referee, or other official, the matter will be heard by the Commission, if time permits. Protests not made in a timely manner will be summarily rejected.
61. The referee determines and signals the start and end of each round and rest period, assisted by a timekeeper in the Technical Zone.
62. The referee's period of authority includes the time immediately before and after the bout, when the Commission Inspectors are not present in the fighting area.
63. Prior to starting a round, the referee should verify that the judges are ready and that the cage door (if applicable) has been locked.
64. Fighters must begin each round in their respective corners.
65. During any period of stoppage within a round, uninjured fighters must immediately move to a neutral corner, unless otherwise instructed by the referee.
66. When a bout is resuming after a stoppage within a round, the referee will determine the starting position. Fighters will typically resume the bout in opposing neutral corners, but the referee may return the fighters to their last position before the stoppage.
67. The Commission and the referee have the authority to make decisions on all matters not specifically addressed in these rules.

ROUND LENGTH

68. No mixed martial arts bout will be more than 5 rounds in length.
Bouts will generally only be scheduled for either 3 or 5 rounds, with 5-round bouts typically reserved for championship fights and main events. Exceptions to this standard (e.g. shorter tournament bouts) will only be permitted if approved in advance by majority vote of the Commission.
69. Rounds will be five minutes in duration. There will be a rest period of at least one minute between rounds.
70. Fighters are not permitted to participate in more than five rounds of competition during an event.
71. The referee may call a time out or extend a rest break in order to address any concerns at any time.
72. If a bout is disrupted for more than five consecutive minutes, it may not continue.

JUDGING AND SCORING

73. All bouts will be evaluated and scored by three judges who will assess the action from different locations.
74. The referee of a bout may not be one of the judges for that same bout.
75. The *Ten-Point Must* Scoring System will be the standard system of scoring a bout. Under this system, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for an extremely rare even round, which is scored 10-10. No fraction of points can be awarded.
76. The following objective scoring criteria will be utilized by the judges when scoring a round:
- 10-10** A round can be scored as a **10-10** only in the rare instance when both opponents appear to be fighting evenly and neither fighter shows any discernible dominance in the round;
 - 10-9** A round is to be scored as a **10-9** when a fighter wins a competitive round *by a close margin*;
 - 10-8** A round is to be scored as a **10-8** when a fighter wins a competitive round *by a wide margin*;
 - 10-7** A round is scored as a **10-7** only when a fighter *overwhelmingly dominates the entire round* and a stoppage could have been warranted.
77. In evaluating a round, judges will assess the impact of effective striking/grappling, with a focus on damage, dominance and duration.
- **Effective striking** is judged by considering the impact of legal strikes, solely based on the results of those strikes.

- **Effective grappling** is judged by considering the impact of the successful execution of takedowns, submission attempts, reversals, and achieving advantageous positions.

Top and bottom position fighters are to be assessed primarily on the results of their actions, rather than the position itself.

78. Judges will use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:
- (1) If the fighters spent **a majority of a round on the canvas**, then:
 - a. Effective grappling is weighed first; and b. Effective striking is then weighed
 - (2) If the fighters spent **a majority of a round standing**, then:
 - a. Effective striking is weighed first; and b. Effective grappling is then weighed
 - (3) If a round ends with a **relatively even amount of standing and canvas fighting**, striking and grappling are weighed equally.
79. If the effective striking/grappling appears completely even during a round, judges may then consider effective aggressiveness in evaluating the round.
- **Effective aggressiveness** is judged by evaluating active and aggressive attempts by a fighter to finish the bout.
80. If effective striking/grappling and effective aggressiveness appear completely even during a round, only then may judges consider fighting area control in evaluating the round.
- **Fighting area control** is judged by determining who is dictating the pace, location and position of the bout.
81. The scores are tabulated after each round by the scorekeeper but are not revealed until the bout has concluded.

SECONDS

82. For the purposes of these rules, the term 'seconds' refers to all corners (including, coaches, managers, assistants, trainers, etc.)
83. A fighter may assign three seconds (four in the case of a title fight) to accompany them in the dressing room and Technical Zone areas during the in-competition period, subject to Commission approval.
84. Only two of a fighter's assigned seconds are allowed to enter the fighting area during a rest period, unless otherwise approved by the Commission. If a wound requires attention, a neutral cut person may also enter the fighting area during a rest period, at the discretion of the Commission.
85. A second may not coach excessively or disruptively from the corners during a bout and may not simulate sounds which could be confused for the bell, horn, whistle or clacker.
86. A second should not coach or communicate with their fighter during a period of stoppage within a round.

87. A second may forfeit the bout on behalf of their fighter at any time. To do this, the second should notify the Dressing Room Inspector assigned to their corner, who will inform the referee to terminate the bout. If notifying the Inspector is not practical, the second can alternatively inform a Commission member of their decision and/or throw a towel into the fighting area from their corner to indicate forfeit.
88. A fighter is ultimately responsible for the actions of their seconds. This includes any individual who accompanies the fighter to the Technical Zone or in the dressing room.
89. Any rules violation by a second may be grounds for points deduction or disqualification of the fighter with whom the second is associated, at the discretion of the referee or the Commission.

REFEREE STOPPAGE

90. The referee has the authority to stop a bout if it appears that a fighter can not safely continue or if it appears that a fighter wants the bout to end.

Examples of reasons a referee may call a stoppage include:

- A fighter appears unwilling to intelligently defend themselves;
- A fighter appears unable to intelligently defend themselves due to lack of skill;
- A fighter uncontrollably cries out in pain;
- A fighter is taking excessive damage;
- A fighter appears to be unconscious from a legal grappling hold;
- A fighter appears to have suffered a serious injury from a legal strike or grappling hold;
- A fighter appears to have suffered substantial head trauma;
- A fighter is being completely dominated or is clearly outmatched;
- A fighter is demonstrating extreme timidity;
- A fighter is likely to suffer a serious injury without the referee's intervention;
- A fighter loses control of bodily function (e.g. vomit, urine, bowels);
- The physician or the Commission determines that the fighter is unable to continue safely.

A referee stoppage is recorded as a *Technical Knockout (TKO)* in favour of the opposing fighter.

LEGAL TECHNIQUES & FOULS

91. The following techniques are legal in a mixed martial arts bout, except as noted in the fouls section below:
- (1) Striking legal target areas of the opponent's body with hands, fists, elbows, feet, knees or other permissible body parts;

- (2) Grappling manoeuvres, including take downs, submissions, joint locks, chokes and pressure point techniques.

92. The following acts constitute fouls in a mixed martial arts bout and may result in penalties, at the discretion of the referee:

- (1) Striking with the head (headbutting).
- (2) Eye gouging.
- (3) Biting.
- (4) Spitting.
- (5) Hair pulling.
- (6) Fish hooking.
- (7) Groin attacks of any kind.
- (8) Deliberately inserting a finger into any orifice, cut or laceration of an opponent.
- (9) Small joint manipulation.
- (10) Striking downward using the point of the elbow ("12-to-6 elbows").
- (11) Striking to the back of the head* or the spine.
- (12) Throat strikes of any kind, including grabbing the trachea.
- (13) Clawing, pinching or twisting an opponent's flesh, ears, or nose.
- (14) Kicking or kneeing the head of a grounded opponent.**
- (15) Stomping a grounded opponent.**
- (16) Holding or grabbing the fencing, ropes, or fighting area apparatus.
- (17) Holding the attire, equipment, or gloves of an opponent.
- (18) Using abusive language or hate speech.
- (19) Engaging in any unsportsmanlike conduct that could cause injury to an opponent or official.
- (20) Attacking an opponent on or during the break.
- (21) Attacking an opponent who is under the care of the referee.
- (22) Attacking an opponent after the bell has sounded the end of the round.
- (23) Timidity (including avoiding contact with an opponent, failure to actively defend, intentionally or consistently dropping the mouthpiece or faking an injury.)
- (24) Throwing an opponent out of the fighting area.
- (25) Flagrantly disregarding the instructions of the referee.
- (26) Piledriving/spiking an opponent to the canvas on their head or neck.
- (27) Interference by a second.
- (28) Applying any unauthorized substance to the body, hair, attire, protective equipment, or gloves to gain a potential advantage.
- (29) In a standing position, extending an arm towards an opponent with an open hand, fingers pointing at the opponent's face/eyes.

* Strikes are not permissible on the back of the head from the nape of the neck area up to the top of the ears. Above the ears, strikes are still not allowed in the mohawk area from the top of the ears up until the crown of the head, where the head begins to curve.

** A grounded opponent is a fighter who has any part of their body (other than the soles of the feet) touching the fighting area floor, including the palm of their hand or full fist. The exception to this rule is the fighter's fingers (including the thumb); a fighter is not considered grounded if any number of their fingers (but no other body part, other than the soles of their feet) are touching the floor.

93. Fouls may result in a warning from the referee or the deduction of a point (or points) from the offending fighter's score, based on the severity and circumstances of the foul, as determined by the referee.
94. The referee may disqualify a fighter who commits any combination of two or more fouls, or after any single foul which the referee deems to be intentional, flagrant or grossly negligent.
95. During a bout, only the referee can assess a foul and determine whether it was accidental or intentional. If the referee does not call a foul, the judges are not permitted to make that assessment on their own. Judges must never factor an uncalled foul into their scoring calculations.

INITIAL PROCEDURE FOR FOULS

96. If the referee determines that a foul has been committed:
 - (1) The referee will call timeout; the timekeeper will stop the clock until instructed by the referee to resume.
 - (2) The referee will direct the offending fighter to a neutral location.
 - (3) The referee will check the fouled fighter's condition and safety.
 - (4) The referee will assess the foul and any penalties (verbal warning, points deduction, disqualification).
 - (5) The referee will notify the offending fighter, the Commission, the judges and the scorekeeper of the decision on whether the foul was accidental or intentional and, if applicable, the points deduction or decision.unless;
97. If a bottom fighter commits a foul, and the top fighter does not appear injured, the round can continue, so as not to jeopardize the dominant fighter's superior positioning at the time. In that case:
 - (1) The referee will verbally notify the bottom fighter of the foul.
 - (2) When the round is over, the referee will assess the foul and notify the Commission, the seconds, the judges and the scorekeeper.

CONTINUING AFTER A LOW BLOW OR EYE POKE

98. A fighter who has been struck with a low blow or an eye poke is given up to five minutes to recover from the foul, unless the physician determines that the fighter is not fit to continue or the referee calls for a disqualification.
99. Following a low blow or an eye poke (unlike with all other fouls) the fouled fighter may determine the length of their own recovery period, up to the five-minute limit. The referee will only restart the bout when the fighter declares that they are able to continue.
100. If the fighter goes over the five minute time allotment, the round cannot be restarted and the bout must end. The referee should warn the fighter before this occurs

CONTINUING AFTER ALL OTHER FOULS

101. If a bout is stopped because of a foul (other than a low blow or eye poke), the referee will assess the fighter's condition and may consult the physician or ask for a medical examination of the fighter.
102. Stoppage time, including medical examinations, may not exceed five minutes. Once the five-minute limit is exceeded, the round can not be restarted and the bout must end.
103. Unlike the rule for low blows, the fighter does not have five minutes of recovery time to use at their discretion. The fouled fighter must continue the bout when instructed to by the referee.
104. In all cases, the action taken will depend on the fighter's condition, as follows:
 - (1) If the referee and physician determine that the **fouled fighter is fit to continue**, and the foul did not constitute grounds for disqualification, the referee will restart the fight, as soon as it is practical to do so.
 - (2) If the referee and physician determine that **the fouled fighter is not fit to continue**, the referee will immediately call a halt to the bout and render a decision based on the criteria in the next section.

FIGHT OUTCOMES

105. A mixed martial arts bout may end by:
 - (1) **Submission**
 - (a) Physical tap out
 - (b) Verbal submission
 - (2) **Knockout (KO)**

Fighter appears to lose consciousness or appears unable to intelligently defend themselves due to damage.
 - (3) **Technical Knockout (TKO)**

Referee stoppage
 - (4) **Decision (via. scorecards)**
 - (a) Unanimous Decision
(All three judges score the bout for the same fighter)
 - (b) Split Decision
(Two judges score for the same fighter; one judge scores for the opponent)
 - (c) Majority Decision
(Two judges score for the same fighter; one judge scores a draw)
 - (5) **Draw (via. scorecards)**
 - (a) Unanimous Draw
(All three judges score the bout a draw)
 - (b) Majority Draw
(Two judges score the bout a draw)
 - (c) Split Draw
(All three judges score differently)

- (6) **Disqualification**
Fighter disqualified for committing a foul (or fouls).
- (7) **Forfeit**
 - (a) Fighter ends the bout for reasons other than injury or by submission.
 - (b) A second ends the bout on their fighter's behalf.
- (8) **Technical Decision:**
Bout is prematurely stopped due to injury; score cards determine the outcome
- (9) **Technical Draw:**
 - (a) An injury is caused by an intentional foul and the injured fighter is unable to continue and the injured fighter is even or behind on the score cards at the time of stoppage
 - (b) The referee determines that both fighters are in such a condition that to continue might subject the fighters to serious injury (a.k.a. Double Knockout)
- (10) **No Contest:**
 - (a) Bout is prematurely stopped due to accidental injury; not enough rounds have completed to render a scorecard decision
 - (b) Reversal of the original decision by the Commission

OUTCOMES FOLLOWING INJURIES

106. The referee will respond to injuries sustained during a fight as follows:

(1) Legal manoeuvre; Fighter not fit to continue

If an injury sustained during competition as a result of a legal manoeuvre is severe enough to terminate a bout, the injured fighter loses by *technical knockout*.

(2) Intentional foul; Fighter not fit to continue

If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the fighter causing the injury loses by *disqualification*.

(3) Intentional foul; Fighter able to continue

If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee will deduct up to two points from the fighter who committed the foul.

(4) Intentional foul; Fighter only temporarily able to continue

If an injury sustained during competition as a result of an intentional foul causes the injured fighter to be unable to continue at a subsequent point in the bout, the injured fighter will win by *technical decision*, if they are ahead on the score cards. If the injured fighter is even or behind on the score cards at the time of stoppage, the outcome of the bout will be declared a *technical draw*.

(5) Fighter injured while committing a foul

If a fighter is injured while attempting to foul an opponent, the referee will not take any action in the offending fighter's favour; the injury will be treated in the same manner as an injury produced by a fair blow.

(6) Accidental foul; Fighter not fit to continue

If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to end the fight immediately, the bout will result in either a *no contest* or a *technical decision*, depending on when the stoppage occurs.

The bout will be ruled a *no contest* if stopped before two rounds have been completed in a three-round bout or if stopped before three rounds have been completed in a five-round bout.

If, however, the fight has progressed past the above demarcation points, the bout will result in a *technical decision* awarded to the fighter who is ahead on the score cards at the time the bout is stopped. Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds, up to the point the fight is stopped.

Any other cases will be ruled a *no contest* if stopped before half the rounds have been completed.

OUTCOMES FOLLOWING OTHER DISRUPTIONS

107. If a bout is unable to reach its natural conclusion because of an excessive delay, equipment failure, an act of god, or other disruption, the bout will result in a *no contest*.

INSTANT REPLAY

108. At the discretion of the referee, Instant Replay may be utilized immediately following a bout, when it is required to determine the correct outcome and the Commission has approved its use at the event.
109. Instant Replay may only be used to review a fight-ending sequence. It must not be used to review the actions of officials or any earlier parts of the bout.
110. Instant Replay can only be utilized after the fight has officially ended. The bout may not be restarted, no matter what is revealed on the footage.
111. Instant Replay will only be used when the footage is available for review in a reliable, timely manner. If the footage is not immediately available, the decision should be made without Instant Replay.

POST-FIGHT

112. Following an event, competing fighters will be given a mandatory medical suspension (period of rest) by the Commission, in consultation with the physician.

CHANGING A RESULT

113. The official outcome of a bout may be reviewed by the Commission, upon receiving a written appeal from a competing fighter (or their representative) or on the Commission's own initiative.

Any reviews which could affect the official result of a bout must be heard by a Commission Hearing Panel.

114. Upon reviewing the facts of the case, the Commission Hearing Panel may either:
- (a) Rule that the original outcome should remain unchanged; or
 - (b) Modify the official result of the bout, if warranted, subject to the strict limitations in the following sections.
115. The Commission Hearing Panel is only permitted to change the official result of a bout if one of the following occurs:
- (a) The Commission determines that there was collusion, affecting the result of the bout;
 - (b) The scorecards were compiled or assessed incorrectly and the wrong decision was rendered;
 - (c) As the result of an error in interpreting these rules, the referee has rendered an incorrect decision;
 - (d) The Commission is convinced that an intentional, flagrant foul, committed by a winning fighter, directly determined the outcome of a bout; or
 - (e) A competing fighter is confirmed to have committed a doping violation.
116. Regardless of the circumstances, the Commission Hearing Panel is *only* permitted to adjust the result of a disputed bout to a *no contest*. The sole exception to this is following a scorecard compilation or assessment error, in which case the decision may be adjusted to reflect the accurate result of the scorecards.

EXHIBITION BOUTS

117. Exhibition bouts may only take place with advance approval by majority vote of the Commission.
118. Exhibition bouts will be subject to the same rules as professional (or amateur, as appropriate) bouts, unless otherwise approved in advance by majority vote of the Commission.

AMATEUR RULES

119. Amateur mixed martial arts bouts will be contested using either Amateur Rules or Novice Rules.
120. Amateur Rules are intended for fighters who have limited experience in sanctioned MMA bouts and have never fought professionally. The Commission will determine whether professional experience in other combative sports should affect a fighter's ability to compete as an MMA amateur.
121. Novice Rules are intended for fighters who, in the sole opinion of the Commission, have such limited combative sports experience or training that additional restrictions should apply.

122. Variations to the amateur rule sets may be considered, on application by the promoter and on a per-event basis. Rule variations must be approved in advance by majority vote of the Commission.

AMATEUR RULES

123. All rules governing professional MMA bouts will also apply to Amateur contests, with the following exceptions:
124. All amateur bouts will consist of no more than 5 rounds, each lasting 3 minutes with a rest period of at least 90-seconds between rounds.
- Amateur bouts will generally only be scheduled for 3 or 5 rounds, with 5-round bouts typically reserved for championship fights and main events. Exceptions to this standard will only be permitted if approved in advance by majority vote of the Commission.
125. Any foul, even if it is determined to be accidental, may result in immediate disqualification.
126. Referees are generally expected to call amateur bouts tighter than professional bouts.
127. In addition to the regular list of fouls, the following are also considered fouls in Amateur bouts:
- (a) Elbow strikes of any kind to any area
 - (b) Kneeing the head of an opponent.
 - (c) Kicks to the head of an opponent.
 - (d) Linear kicks to the knee joint.
 - (e) Neck cranks; Any hold that places the fighter's neck in jeopardy from a crank.
 - (f) All twisting leg submissions;
 - (g) Heel hooks and toe holds. (Straight kneebars and straight ankle locks are permitted).
 - (h) Spine locks.
 - (i) Smothering (Covering an opponent's mouth or nose to disrupt breathing)
 - (j) Strikes to the head of a grounded opponent with any body part except hands and fists.
128. The Commission may apply additional restrictions to amateur bouts (e.g. limiting the number of strikes a contestant may receive before the referee is required to end the bout) at any time.
129. Although the Commission does not require amateur fighters to wear additional or alternate protective equipment (e.g. shin guards), equipment and attire variations (including gloves of up to 8-oz) may be approved based on the circumstances of the bout.

NOVICE RULES

130. Novice Amateur bouts will be contested under the Amateur Rules in the section above, with the following exceptions:

131. Under Novice Rules, strikes to the head of a grounded opponent are completely illegal. It is a foul to strike the head of a grounded opponent in any way, with any part of the body.
132. The Commission may require novice fighters to wear additional protective equipment and glove/attire variations.



SCHEDULE A

ALTERNATE WEIGHT DIVISIONS

Additional super and cruiser weight classes were adopted by the *Association of Boxing Commissions and Combative Sports* in 2017. These optional weight divisions may be used as the weight classes for an MMA event, at the request of the promoter and discretion of the Commission.

Weight classes must be consistent for an entire MMA event; if a promoter opts to use the weight divisions in this schedule for one bout, all bouts on the card must use these same classes.

The alternate weight divisions are:

DIVISION	WEIGHT RANGE	WEIGHT DIFFERENTIAL
Atomweight	105 pounds and under	7 pounds
Strawweight	105.1 to 115 pounds	10 pounds
Flyweight	115.1 to 125 pounds	10 pounds
Bantamweight	125.1 to 135 pounds	10 pounds
Featherweight	135.1 to 145 pounds	10 pounds
Lightweight	145.1 to 155 pounds	10 pounds
Super Lightweight	155.1 to 165 pounds	10 pounds
Welterweight	165.1 to 170 pounds	10 pounds
Super Welterweight	170.1 to 175 pounds	10 pounds
Middleweight	175.1 to 185 pounds	10 pounds
Super Middleweight	185.1 to 195 pounds	10 pounds
Light Heavyweight	195.1 to 205 pounds	10 pounds
Cruiserweight	205.1 to 225 pounds	20 pounds
Heavyweight	225.1 to 265 pounds	40 pounds
Super Heavyweight	265.1 pounds and over	40 pounds



SCHEDULE B

HISTORY OF CHANGES TO CALGARY'S RULES OF MIXED MARTIAL ARTS

VERSION	DATE	CHANGES TO PREVIOUS VERSION
NAC-467	Prior to Calgary Rules	NAC-467 (Unarmed Combat) – Nevada MMA in-ring rules adopted. NAC-467 – Nevada State administrative clauses to be disregarded.
1.0	Nov 2016	Initial Introduction of Calgary Unified Rules
1.1	Jan 2017	Housekeeping amendments and clarifications
1.2	Sep 2017	Updates (integrating 2017 ABC rule changes): <ul style="list-style-type: none"> • Grounded fighter definition changed. • Alternate weight-classes added. • Weigh-in rules updated to include additional weight-check. • Weigh-in rules updated to allow for early weigh-ins. • 'Loss of bodily functions' added as TKO criteria. • Knee/ankle covering rules amended. • Instant Replay rules added. • Housekeeping amendments and clarifications.
1.3	Jun 2018	Housekeeping amendments and clarifications
1.4	Mar 2019	Updates (integrating 2018 ABC policy changes): <ul style="list-style-type: none"> • Changes to the definition of a KO. • Greasing re-application permitted between rounds. • Referee's authority extended pre- and post bout. • Amateur Rules modified / Novice class introduced. • Housekeeping amendments and clarifications.
1.5	Nov 2020	Updates (integrating 2019 ABC policy changes): <ul style="list-style-type: none"> • Changes to the definition of a grounded fighter. • No 1-lb overweight allowance in championship bouts • Housekeeping amendments and clarifications.
1.6	Oct 2022	Updates (integrating 2022 ABC policy changes): <ul style="list-style-type: none"> • 5-min allowance following eye pokes introduced. • Neoprene sleeve rule clarified to match ABC standards. • Housekeeping amendments and clarifications.

Lead author: TJ Madigan

Approved by: Calgary Combative Sports Commission

Approving executive: TJ Madigan, Executive Director