



COMPETITION RULES

By Tournament Director and Combat Sports Official Referee/Judge: Jordan Riley

COMBAT HEADQUARTERS (CHQ) is an open registration Combat Sports using the rulesets of Unified Amateur Kickboxing & Mixed Martial Arts. Demos shall be viewed as a semi-contact version of Kickboxing & MMA with certain rules added for safety of the participants. **CHQ** provides participants with an opportunity to learn and use many of the same techniques associated with MMA & Kickboxing applied safely with semi-contact. There will be 2 parts to this seminar: the rules meeting and the demonstration.

MISSION

The mission of the **Combat Headquarters (CHQ)** program is to provide a training platform for ALL Combat Sports practitioners in order to instill confidence and prepare them to control, subdue, outlast, and defeat the enemy in hand to hand combat.

PART I RULES MEETING SEMINAR

The rules for the **CHQ** Non-Contact and Contact Divisions will be explained and demonstrated in depth through a seminar hosted directly from NAGA Tournament Director and Professionally Certified/Licensed Combat Sport Referee and Judge: Jordan "RiotRef" Riley.

PART II TOURNAMENT

- Demonstrations in each weight class will commence starting with the Novice & Advanced **CHQ** Grappling
- Demonstrations in each weight class will commence with the Novice & Advanced **CHQ** KICKBOXING Divisions
- Demonstrations in each weight class will commence with the Novice & Advanced **CHQ** MMA Divisions

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CHQ GRAPPLING DIVISIONS

NOVICE GRAPPLING

(Novice Divisions are limited to White Belt and Blue Belt Competitors)

NOVICE TIME/ROUNDS:

- Each grappling match will be 5 mins in length.
- Each match begins with two competitors starting from the stand-up position. Takedowns are used to take the match to the ground. The goal is to use grappling and submission techniques in an attempt to control and obtain submissions over your opponents. If there is no submission during the round there will be a Judges/Referee Decision. Striking is NOT allowed.

GRAPPLING – SUBMISSIONS & LOCKS

It is VERY important that all competitors understand how to “Tap Out” when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. Competitors can tap with their hands, feet, or even a nod of the head. This “Tapping” is a conscious admission of surrender to an opponent.

ILLEGAL SUBMISSIONS

- There is No Striking in **CHQ NOVICE GRAPPLING**.
- Straight Leg Locks are allowed (Straight Ankle/Knee Bar)
- All Twisting Leg submissions are Illegal (ToeHold/HeelHook)
- Virtually all other submissions are Legal in **CHQ Novice Grappling**.

ADVANCED GRAPPLING

(Purple, Brown and Black Belt Competitors must compete in the Advanced Grappling Divisions)

ADVANCED TIME/ROUNDS

- Each grappling match will be 5 mins in length.
- Each match begins with two competitors starting from the stand-up position. Takedowns are used to take the match to the ground. The goal is to use grappling and submission techniques in an attempt to control and obtain submissions over your opponents. If there is no submission during the round there will be a Judges/Referee Decision. Striking is NOT allowed.

GRAPPLING – SUBMISSIONS & LOCKS

It is VERY important that all competitors understand how to “Tap Out” when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. Competitors can tap with their hands, feet, or even a nod of the head. This “Tapping” is a conscious admission of surrender to an opponent.

ILLEGAL SUBMISSIONS

- There is No Striking in **CHQ ADVANCED GRAPPLING**.
- Virtually all submissions are Legal in **CHQ ADVANCED GRAPPLING**.

HYGIENE RULE

All competitors in CHQ must be bathed and have clean apparel and equipment. If a referee feels this criteria has not been met, he will not allow the competitor to participate.

MEN

- Heavyweight: 206 lbs & over
- Light Heavyweight: 186 lbs - 205 lbs
- Middleweight: 171 lbs - 185 lbs
- Welterweight: 156 lbs - 170 lbs
- Lightweight: 146 lbs - 155 lbs
- Featherweight: 136 lbs - 145 lbs
- Bantamweight 126 lbs - 135 lbs
- Flyweight 125 lbs and under

WOMEN

- Lightweight: 146 lbs - 155 lbs & over
- Featherweight: 136 lbs - 145 lbs
- Bantamweight 126 lbs - 135 lbs
- Flyweight 116 lbs - 125 lbs
- Atomweight 115 lbs and under

CHQ KICKBOXING DIVISIONS

CHQ FOLLOWS THE UNIFIED RULES OF AMATEUR KICKBOXING

<https://www.abcboxing.com/unified-rules-of-amateur-kickboxing/>

1. Bouts may consist of a maximum of nine (9) rounds of three (2) minutes each in duration, with a minimum of one (1) minute rest period between each round.
2. The referee and/or the ringside physician are the only individuals authorized to stop the contest, as determined by the presiding commission. This rule shall not preclude a video or other review of a decision under the procedures of the applicable regulatory authority if a protest is filed claiming a clear rule violation.
3. All bouts are evaluated and scored by three (3) judges.
4. **Scoring:**
 - A. The 10 Point Must System will be the standard system of scoring a bout. Under the 10 Point Must Scoring System, 10 points must be awarded to the winner of the round.
 - B. The fighter who has lost the round may be awarded 9, 8, or 7 points.
 - C. If the round is determined to be an even round, a score of 10/10 may be awarded.
 - D. Partial or incomplete rounds will be scored. If no significant action has occurred, the round shall be scored as an even round. This is at the discretion of the judges.

Scoring Criteria:

Bouts will be evaluated using the following prioritized criteria;

1. Number of Knockdowns.
 2. Cumulative effective Impact on the Opponent.
 3. Number of Clean Scoring Strikes
 4. Ring Generalship or Aggressiveness
5. In the event of a knockdown the referee shall send the standing fighter to a neutral corner and administer a Mandatory Eight (8) Count to the downed fighter.

A knockdown is defined as when a fighter touches the mat with anything other than the soles of their feet as the result of a legal, damaging strike – or is in a defenseless position grabbing the opponent, or hanging on or over the ropes. The referee will have sole discretion in determining a knockdown versus a slip.

If a fighter goes down from what the referee indicates is a “slip” but fails to rise after the referee’s repeated commands, the referee will initiate a count, and follow the procedures of a knockdown. If the fighter does not rise at the count of 10, it will be considered a TKO.

If a fighter injures him/herself and then fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown, or terminate the bout and declare the opponent winner by TKO.

6. The Three (3) Knockdown Rule is in effect only where a fighter has been knocked down 3 times in the same round by strikes/kicks to the head. In this event, this fighter shall be determined to have lost the bout by TECHNICAL KNOCKOUT (note that “standing eight (8) counts are considered the same as knockdowns in making this determination).
7. The use of the “Standing Eight (8) Count is allowed in order to provide the referee the opportunity to make the best determination regarding if a damaged fighter should be allowed to continue in the match.
8. A fighter who has been knocked down CANNOT be saved by the bell in any round, including the final round.
9. All fighters are required to wear a mouthpiece during any contest. No round can begin without the mouthpieces in place. If any mouthpiece becomes dislodged during the contest, the referee shall call time and have the mouthpiece rinsed and put back in the fighter’s mouth at the first opportune moment, without interfering with the action. The referee may deduct points if he/she feels the mouthpiece is being intentionally dislodged.
10. A fighter shall receive a 20 second count if the fighter is knocked out of the ring and onto the floor. The fighter shall NOT be assisted by anyone, including spectators or his seconds. If the fighter is assisted, he may be deducted points, or disqualified, at the sole discretion of the referee. If the fighter falls or is thrown from the ring the referee shall “stop time”, allow the fighter to return, seek the council of the ringside physician and/or penalize the other fighter if there was a fouling action, where appropriate.

11. **Fouls:**

- A. Head butts.
- B. Groin strikes.
- C. Thrusting or Linear kicks directed at the knee joint
- D. Striking the back of the head or the spine – defined as striking any of the area beginning at the back of the head starting at the crown of the head and running directly down the center of the head, spreading from ear to ear in the back of the head, running down the entire rear portion of the neck, and beginning again at the occipital junction and stopping at the top of the trapezius, and again from the trapezius muscle down the spine to the tailbone
- E. Attacks to the throat.
- F. Striking a downed fighter (a fighter is considered “down” whenever they have any part of their body other than the soles of their feet touching the canvas).
- G. Failure to obey the referee’s commands.
- H. Striking on a break.
- I. Striking after a bell.
- J. Holding or using the ropes while striking or clinching.
- K. Timidity: Repeatedly, intentionally avoiding engagement or contact with the opponent.
- L. Use of abusive language and/or gestures.
- M. Causing intentional delays in the action: For example, repeatedly spitting out the mouth piece, falling out of the ring to cause delay.
- N. Thumbing
- O. Holding the opponent’s leg without executing a legal strike or while executing more than one striking technique. (A fighter may grab the opponent’s kicking leg and immediately execute one legal strike while taking one step, and then they must immediately release the leg.)
- P. Any effort to down a fighter by a method other than a legal strike or strikes; this includes, but is not limited to joint locks, submission attempts, sweeps, reaps, takedowns and throws.
- Q. Biting.
- R. Spiting at the opponent.
- S. Striking with the elbow, arm, wrist, or other part of the glove that is not the padded part of the glove
- T. Holding, which is defined as repeatedly grabbing, grasping or tying up an opponent in order to prevent the opponent from striking. Clinching is allowed in order to immediately launch a credible knee attack. If in the referee’s estimation the attack and/or counter knee attack is consistent and effective, he may allow it to continue for up to five seconds at which point he will separate the fighters. If within the five seconds the knee attack or counterattack wanes or appears ineffective the referee will immediately separate the fighters.
- U. Striking with the knee to the opponent’s head

12. Permissible Strikes:

- A. All boxing strikes to permissible target areas.
- B. Spinning backhands/fists to permissible target areas
- C. Knee strikes to permissible target areas
- D. All kicking strikes to permissible targets above the belt line
- E. All kicking Strikes executed with the foot or shin directed to the legs (excluding linear or thrusting kicks directed to the knee joint. Permissible target areas: a) front and sides of the head (except for knee strikes); b) front and sides of the torso above the belt; c) entire leg, except the knee joint by thrusting or linear kicks.

13. The winner of a match may be decided in the following ways:

- A. Points Decision: When both contestants finish the scheduled rounds, victory is awarded by majority decision of the judging panel.
- B. Knockout: If a contestant is incapable of resuming the fight within the referee’s ten-count due to legal strikes.
- C. Technical Knockout:
 - 1. If the official determines a contestant shows no will to, or is incapable of resuming the fight due to a legal technique
 - 2. If the official determines the contestant can no longer intelligently defend him/herself
 - 3. If the contestant does not leave his corner to take part in the fight following the sounding of the bell.
 - 4. If the referee is of the opinion that one contestant is outmatched by the opponent and continuing the match would jeopardize the athlete’s health and safety
 - 5. If the bout is terminated for medical reasons due to injury resulting from a legal technique.
 - 6. Where an athlete’s corner indicates to the official, they no longer wish to continue the contest and “throws in the towel”) If a contestant or his coach/corner man gives up the fight. The contestant or his coach/corner man will indicate this to the referee or the regulatory representative assigned to his corner (The corner “throws in the towel”).
- D. Disqualification:
 - 1. The referee disqualifies the fighter for any reason including intentional, deliberate, flagrant or repeated fouling.
 - 2. The referee disqualifies the fighter if anyone from their corner enters the ring during the bout or touches one of the fighters during the contest, other than during the rest period, or when permitted by the commission representative.
- E. Draw:
 - 1. If following the end of all rounds, at least two of the three judges do not pronounce one of the fighters a winner.
 - 2. If both fighters go down at the same time and neither can resume the fight within the referee’s ten-count.
- F. No Decision:
 - 1. If a fighter cannot continue as the result of an accidental foul and the bell has not yet sounded completing the second round of a three round bout or completed the third round of a five round bout or completed the fourth round of a bout scheduled for more than five rounds.
 - 2. If the referee decides both fighters must be disqualified
 - 3. Where the commission determines any other determination would result in a miscarriage of justice.

14. A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the referee and/or ringside doctor's opinion the fighter may continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five (5) minute time allotment, the fight cannot be restarted, and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

15. Injuries Sustained by Intentional Fouls:

A. If an intentional foul causes an injury, which is severe enough to terminate the bout immediately, the fighter causing the foul shall lose by DISQUALIFICATION.

B. If the referee determines that a contest may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges and the judges shall deduct the points as determined by the referee and/or the commission's representative

C. If an injury caused by an intentional foul result in the contest being stopped later in the bout, or in a later round:

(i) If the injured fighter is ahead on the scorecards, he shall be declared the winner by a TECHNICAL DECISION, or

(ii) If the injured fighter is behind or even on the scorecards, the contest shall be declared a TECHNICAL DRAW.

D. If a fighter injures himself while attempting to foul his opponent, but is able to continue fighting, the referee shall take no action and treat the injury as if produced by a fair blow. If the referee determined fighter who injured him/herself is unable to continue, that fighter will lose by TECHNICAL KNOCKOUT/KNOCKOUT.

16. Injuries Sustained by Unintentional Fouls:

A. If an unintentional foul causes an injury, which is severe enough to terminate the bout immediately, the contest shall result in a NO DECISION, if a bout has not completed the rounds necessary to score a technical decision.

B. If an unintentional foul causes an injury severe enough to terminate the bout once the bout is considered official, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a TECHNICAL DECISION.

A bout is considered "official" if completing the second round of a three round bout or completed the third round of a five round bout or completed the fourth round of a bout scheduled for more than five rounds.

If the injury from the UNINTENTIONAL foul is not severe enough to immediately stop the bout but later becomes aggravated and causes the bout to be stopped, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a TECHNICAL DECISION if the bout has been official. Otherwise the bout will result in a NO DECISION.

C. If a fighter injures themselves while attempting to intentionally foul their opponent:

(i) and is able to continue fighting, the referee will not take any action;

(ii) If the referee feels that a fighter has conducted themselves in an unsportsmanlike manner, the referee may stop the bout and disqualify the fighter

(iii) If the offending fighter fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion, either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown, or terminate the bout and declare the opponent winner by TKO.

17. 10 oz. and 12 oz. boxing gloves are the industry standard for amateur kickboxing. All issues pertaining to mandatory and optional equipment, including protective headgear and/or shin and instep protectors will be determined by the presiding commission.

18. Male contestants must not wear clothing or other attire on their upper bodies. Female contestants must wear short sleeved (above the elbow) form fitting tops or a sports bra.

19. No fighter may leave the ring before the end of the bout. Should the fighter fail to resume the bout following the end of the rest period, the referee shall begin counting as though there were a knock-down. At the conclusion of the count, the opponent shall be awarded the bout by way of TECHNICAL KNOCKOUT.

REQUIRED EQUIPMENT

- CHQ approved shin protectors (Provided)
- CHQ approved 10-12oz Boxing Gloves (Provided)
- CHQ approved headgear **(IS REQUIRED) (NOT PROVIDED)**
- Mouth Guard
- Groin Protector (males)
- Shorts or Uniform Pants
- Uniform undershirt/Rash guard
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- No "grease" (Vaseline) is allowed to be applied to any part of the fighter during the bout.
- No shoes are allowed.

HYGIENE RULE

All competitors in CHQ must be bathed and have clean apparel and equipment. If a referee feels this criteria has not been met, he will not allow the competitor to participate.

CHQ FOLLOWS THE UNIFIED RULES OF AMATEUR MMA

<https://www.abcboxing.com/ABC%20Amateur%20MMA%20Unified%20Rules>.

Split or different style events

Cards split between professional and amateur matches shall be left at the discretion of the sanctioning Commissions.

National Database Event Registration

All Promoters are required to register in a timely manner, their event in advance with the Association of Boxing Commissions designated national record keeper, MMA.TV, and receive approval from this agency for each specific requested bout.

Weight classes of amateur mixed martial artists

(a) Amateur mixed martial artist shall be divided into the following classes:

- 01- Flyweight (125-and Under) with not more than a 10 pound spread
- 02- Bantamweight (126-135)
- 03- Featherweight (136-145)
- 04- Lightweight (146-155)
- 05- Welterweight (156-170)
- 06- Middleweight (171-185)
- 07- Light Heavyweight (186-205)
- 08- Cruiser Heavyweight (206-230)
- 09- Heavy Weight (231-265)
- 10- Super Heavyweight over (265)

Weighing of mixed martial artists

Weigh in will be determined at the discretion of the sanctioning Commissions.

Cage

All amateur contests will take place in a cage or ring left at the discretion of the sanctioning Commissions. All rings must adhere to a minimum of five ropes as a standard safety precaution.

Equipment

The appropriate equipment shall be approved at the discretion of the sanctioning Commissions.

Specifications for bandages on mixed martial artists' hands

All mixed martial arts contestants shall be required to gauze and tape their hands prior to all contests. Bandages and tape shall be placed on a contestant's hands in the dressing room in the presence of the inspector and, if desired, in the presence of the chief second of his or her opponent. Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the inspector is received.

Substances other than surgeon's tape and soft gauze shall not be utilized. (Example) Pre-wraps shall not be used.

Mouth pieces

(a) All contestants are required to wear a mouth piece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.

(b) The round cannot begin without the mouthpiece in place.

Protective equipment

(a) Approved shin guard with instep pads, supplied by the promoter, and in good condition, must be worn by all contestants.

(b) Female mixed martial artists may wear a chest protector or other properly fitted sports bra during competition. Chest protectors shall be subject to the approval of the Commission.

Gloves

(a) The gloves shall be in good condition for all contests or they must be replaced.

(b) All contestants shall wear gloves at least six ounces supplied by the promoter and approved by the commission. No contestant shall supply his or her own gloves for participation unless approved by the commission.

Apparel

- (a) Each contestant shall wear mixed martial arts shorts, biking shorts, or kickboxing shorts. Shorts must be approved by the inspector or commission representative. Shorts with a grip panel are not permitted. Shorts with metal parts are not permitted unless properly covered.
- (b) Gi's, shirts, and biking pants with a grip panel are prohibited during competition for male Contestants. Female competitors must wear rashguard shirts. Male contestants may wear rashguards.
- (c) Shoes are prohibited during competition.

Appearance

The Commission may prevent any contestant from competing in any match or event due to the contestant's personal hygiene, length of head hair, length of facial hair, or any other aspects of personal appearance that may present a hazard to the safety of the contestant or their opponent, or that may interfere with the supervision or conduct of the event.

Round length

All amateur bouts will consist of no more than three, 3-minute rounds with a one minute rest period in between rounds.

Maximum number of bouts per card.

The maximum number of bouts on one fight card will be at the discretion of the sanctioning Commissions.

Stopping a contest

The referee and ringside physician are the sole arbiters of a bout and are the only individuals authorized to enter the fighting area at any time during the competition and authorized to stop a contest.

Judging

- (a) All bouts will be evaluated and scored by three judges.
A commission approved 10-point system of scoring shall be the standard for bouts
- (b) Judges shall evaluate mixed martial-art techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defense.
- (c) Judges shall consider the amount of successful Executions of legal takedowns and reversals in evaluating effective grappling. Examples of factors judges can consider are the takedowns from standing position to mount position, passing the guard to mount position, and bottom position fighter using as active, threatening guard.

Scoring the foul to be performed by the Scorekeeper

Fouls may result in a point being deducted by the official Scorekeeper from the offending mixed martial artist's score. The Scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.

Only the referee may assess fouls.

Amateur Mixed Martial Arts bouts shall be contested using either "Novice Division Rules", designated for fighters who have competed in less than (3) bouts, or using "Advanced Division Rules" for fighters who have competed in more than three (3) verifiable bouts regulated by a recognized commission or state approved sanction body and subject to commission matchmaking approval. The difference between Novice and Advanced division rules is as follows: It is a foul to strike to the head of a grounded fighter in a Novice division bout. In an Advanced division bout it is legal to strike the head of a grounded fighter. The complete set of fouls are below.

Bouts between fighters who have more than three fights may be contested using novice division rules. Bouts between fighters with three fights or less may not be contested using advanced division rules.

Fouls for Novice Division

The following are fouls and will result in penalties such as warning, point deduction or disqualification, if committed:

- 1. Holding or grabbing the fence or ropes;** A fighter may put their hands on the fence and push off of it anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through a cage and grab hold of the fence and start to control wither their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time.

If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point

deduction from the offending fighter's scorecard if the foul caused a substantial change in position such as the avoidance of a takedown.

If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be restarted by the referee, standing in a neutral position.

2. Holding opponent's shorts or gloves;

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your gloves or shorts.

3. Butting with the head;

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

4. Eye gouging;

Eye gouging of any kind by means of fingers, chin, or elbows is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

5. Biting or spitting at an opponent;

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bitten during an exhibition of unarmed combat

6. Hair pulling;

Pulling of hair is an illegal action.

7. Fish Hooking;

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish-Hooking". Fish-hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing direction while holding onto the skin of your opponent.

8. Groin attacks of any kind;

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal.

9. Intentional placing finger into any orifice or into any cut or laceration of your opponent.

A fighter may not lace their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.

10. Elbow strikes of any kind to any area.

11. Small joint Manipulation.

Fingers and Toes are small joints. Wrist, Ankles, knees, Shoulders and Elbows are all large joints.

12. Strikes to the spine or the back of the head;

Strikes are not permissible from the nape of the neck area up to the top of the ears. Above the ears, permissible strikes do not include Mohawk area from the top of the ears up until the crown of the head. The crown of the head is found where the head begins to curve. In other words, strikes behind the crown of the head and above the ears are not permissible within the Mohawk area.

13. Heel kicks to the Kidney;

14. No throat strikes of any kind are allowed;

A directed attack would include a fighter pulling his or her opponent's head in a way to open the neck for a striking attack, A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.

15. Clawing, Pinching, Twisting the flesh or grabbing the clavicle;

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.

16. Kicking the Head of a downed opponent.

17. Kneeing the head of an opponent.

18. Stomping of a grounded fighter;

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note) Axe Kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.

19. The use of abusive language in the fighting arena.

20. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.

21. Attacking an opponent on or during the break.

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

22. Attacking an opponent who is under the care of the referee.

23. Timidity;

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting our their mouthpiece or other action designed to stall the fight.

24. Interference from a corner;

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee or any other official.

25. Throwing an opponent out of the cage or ring fighting area;

A fighter shall not throw their opponent out of the cage.

26. Flagrant disregard of the referee's instructions;

A fighter MUST follow the instructions of the referee at all times. Any deviation of non-compliance may result in the fighter's disqualification.

27. Spiking the opponent to the floor onto the head or neck;

Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponents head or neck into the flooring material. Some examples of illegal spiking moves are pile drivers and suplexes.

A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the flooring material.

A suplex has several variations but generally consists of lifting your opponent off the flooring material and then using their body weight to drive the opponent down onto the flooring material on their head or neck. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent, they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the floor.

28. Attacking an opponent after the bell or horn has sounded the end of the period of unarmed combat.

29. Linear kicks to the knee joint.

30. Neck Cranks;

Any hold that places the fighter's neck in jeopardy from a crank is illegal. Neck cranks such as the "Can Opener" or "Bulldog" are examples of an illegal neck attack, unless the contestant is in their guard and refuses to open their guard.

31. All Twisting leg submissions;

Heel hooks and toe holds are prohibited. Straight Kneebars and the straight ankle locks are allowed.

32. Spine locks.

33. Strikes to the head of a grounded opponent.

Fouls for Advanced Division

Advanced Amateur Rules are allowed to be used after a fighter has had three (3), verifiable, amateur fights regulated by a recognized athletic commission, and subject to commission matchmaking approval. All rules for Stage 2 amateur fights are the same as amateur rules with the exception that strikes to the head on the ground are NOT fouls.

The following are fouls and will result in penalties such as warning, point deduction or disqualification, if committed:

1. Holding or grabbing the fence or ropes;

A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through a cage and grab hold of the fence and start to control wither their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time.

If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial change in position such as the avoidance of a takedown.

If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be restarted by the referee, standing in a neutral position.

2. Holding opponent's shorts or gloves;

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your gloves or shorts.

3. Butting with the head;

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

4. Eye gouging;

Eye gouging of any kind by means of fingers, chin, or elbows is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye and gouging and shall be considered legal attacks.

5. Biting or spitting at an opponent;

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bitten during an exhibition of unarmed combat

6. Hair pulling;

Pulling of hair is an illegal action.

7. Fish Hooking;

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish-Hooking". Fish-hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing direction while holding onto the skin of your opponent.

8. Groin attacks of any kind;

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal.

9. Intentional placing finger into any orifice or into any cut or laceration of your opponent;

A fighter may not lace their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.

10. Elbow strikes of any kind to any area.

11. Small joint Manipulation;

Fingers and Toes are small joints. Wrist, Ankles, knees, Shoulders and Elbows are all large joints.

12. Strikes to the spine or the back of the head;

Strikes are not permissible from the nape of the neck area up to the top of the ears. Above the ears, permissible strikes do not include Mohawk area from the top of the ears up until the crown of the head. The crown of the head is found where the head begins to curve. In other words, strikes behind the crown of the head and above the ears are not permissible within the Mohawk area.

13. Heel kicks to the Kidney;

14. No throat strikes of any kind are allowed;

A directed attack would include a fighter pulling his or her opponent's head in a way to open the neck for a striking attack, A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.

15. Clawing, Pinching, Twisting the flesh or grabbing the clavicle;

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.

16. Kicking the Head of a downed opponent.

17. Kneeing the head of an opponent.

18. Stomping of a grounded fighter;

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note) Axe Kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.

19. The use of abusive language in the fighting arena.

20. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.

21. Attacking an opponent on or during the break.

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

22. Attacking an opponent who is under the care of the referee.

23. Timidity;

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight.

24. Interference from a corner;

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee or any other official.

25. Throwing an opponent out of the cage or ring fighting area;

A fighter shall not throw their opponent out of the cage.

26. Flagrant disregard of the referee's instructions;

A fighter MUST follow the instructions of the referee at all times. Any deviation of non-compliance may result in the fighter's disqualification.

27. Spiking the opponent to the floor onto the head or neck;

Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponents head or neck into the flooring material. Some examples of illegal spiking moves are pile drivers and suplexes.

A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the flooring material.

A suplex has several variations but generally consists of lifting your opponent off the flooring material and then using their body weight to drive the opponent down onto the flooring material on their head or neck. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent, they may bring that opponent down in any fashion they desire because

they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the floor.

28. Attacking an opponent after the bell or horn has sounded the end of the period of unarmed combat.

29. Linear kicks to the knee joint.

30. Neck Cranks;

Any hold that places the fighter's neck in jeopardy from a crank is illegal. Neck cranks such as the "Can Opener" or "Bulldog" are examples of an illegal neck attack, unless the contestant is in their guard and refuses to open their guard.

31. All Twisting leg submissions;

Heel hooks and toe holds are prohibited. Straight Kneebars and the straight ankle locks are allowed.

32. Spine locks

Use of Vaseline, Water and other similar substances

The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face, or body. This includes excessive amounts of water being discarded in a manner at the designated time could be penalized or subject to disqualification.

Foul Procedures

If a foul is committed, the referee shall:

1. Call time;
2. Check the fouled mixed martial artist's condition and safety; and
3. Assess the foul to the offending contestant, deduct points, and notify each corner's Second's, judges and the official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the fight will Continue, so to not jeopardize the top contestant's superior positioning at the time.

1. The referee shall verbally notify the bottom contestant of the foul.
2. When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.
3. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

Time Considerations for Fouls

Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired; the referee shall as soon as practical restart the fight. If the fighter goes over the five minute time allotment the fight cannot be restarted and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

Fighter who is not fouled by low blow but another foul:

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the Referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the Referee shall inform the Commission's representative of his determination that the foul was accidental.

If a fighter is fouled by a blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, the fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the fighter cannot avail himself of the remaining time. If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be re-started and the contest must end.

Injuries sustained during competition

(a) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

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

(c) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(d) If an injury sustained during competition as a result of intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(e) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(f) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout.

(g) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout.

(h) There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

Types of Bout Results

(a) The following are the types of bout results:

1. Submission by:

- i. Tap Out: When a contestant physically uses his hand to indicate that he or she no longer wishes to continue; or
- ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue; or makes audible sounds such as screams indicating pain or discomfort.
- iii. Technical Submission: When a submission is executed to its completeness which cause the referee to intervene and stop the contest. Example, a choke causes a fighter to go unconscious, or a joint lock causes a fracture.

2. Technical knockout by:

- i. Referee stops bout;
- ii. Ringside physician stops bout; or
- iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout;

3. Knockout by failure to rise from the canvas:

4. Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant;
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent; or
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw;

5. Draws:

- i. Unanimous - When all three judges score the bout a draw;
- ii. Majority - When two judges score the bout a draw; or
- iii. Split - When all three judges score differently and the score total results in a draw;

6. Disqualification:

When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest;

7. Forfeit:

When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out;

8. Technical Draw:

When an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage; or; in Double Knockout Situations, the referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury;

9. Technical Decision:

When the bout is prematurely stopped due to injury and a contestant is leading on the score cards; and

10. No Contest:

When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

Licensing

Licensing will be determined at the discretion of the sanctioning Commissions.

Officials

Officials will be determined at the discretion of the sanctioning Commissions.

Medicals

Medical requirements will be determined at the discretion of the sanctioning Commissions.

Insurance

Insurance requirements will be determined at the discretion of the sanctioning Commissions.

Ambulance, EMT's, and qualified Ringside Physician

A qualified ringside physician shall be present at all events. A qualified ringside physician must be at ringside or cageside during each bout. A qualified ringside physician shall be either a M.D. or D.O. All promoters must provide an ambulance to be present at all times, from the commencement of the first bout, throughout the duration of the event, and until the last fighter leaves the arena. No contest shall be allowed to continue or commence if an ambulance is utilized to transport a previous contestant to a medical facility, until another ambulance is available and present at the event.

There shall be at least two Emergency Medical Technicians present at all times, from the commencement of the first bout, throughout the duration of the event, and until the last fighter leaves the arena. No contest shall be allowed to continue or commence if an ambulance is utilized to transport a previous contestant to a medical facility, until another replacement technician crew is available and present at the event.

Permits

Permits will be determined at the discretion of the sanctioning Commissions.

Promoters License

Promoters licensing will be determined at the discretion of the sanctioning Commissions.

Matchmaker License

Matchmaker licensing will be determined at the discretion of the sanctioning Commissions.

Show Date Request

Show date request will be determined at the discretion of the sanctioning Commissions.

Age

An amateur contest must attain the age of 18 years on the date of the contest.

Rules Meeting

Rules meetings will be determined at the discretion of the sanctioning Commissions.

Consumables Before and During the Contest

Only water or an approved electrolyte drink by the Commission may be consumed during the bout. Contestants should not consume energy drinks on the date of the contest.

Seconds

All seconds regulating will be determined at the discretion of the sanctioning Commissions.

Sanitary Equipment

Sanitary requirements will be determined at the discretion of the sanctioning Commissions.

Security

The responsibility of security at the event venue will be determined at the discretion of the sanctioning Commissions.

Beverage and Liquor Sales

If the chosen venue has a liquor license, and liquor is intended to be sold at the event, the Commission must be advised in writing in advance of the show and give its approval.

Beverages cannot be sold in cans or bottles.

REQUIRED EQUIPMENT

- **CHQ** approved shin protectors (Provided)
- **CHQ** approved 6oz MMA gloves (Provided)
- Mouth Guard
- Groin Protector (males)
- Shorts or Uniform Pants
- Uniform undershirt/Rash guard
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- No “grease” (Vaseline) is allowed to be applied to any part of the fighter during the bout.
- No shoes are allowed.

HYGIENE RULE

All competitors in CHQ must be bathed and have clean apparel and equipment. If a referee feels this criteria has not been met, he will not allow the competitor to participate.

WEIGHT CLASSES

MEN

- Heavyweight: 206 lbs & over
- Light Heavyweight: 186 lbs - 205 lbs
- Middleweight: 171 lbs - 185 lbs
- Welterweight: 156 lbs - 170 lbs
- Lightweight: 146 lbs - 155 lbs
- Featherweight: 136 lbs - 145 lbs
- Bantamweight 126 lbs - 135 lbs
- Flyweight 125 lbs and under

WOMEN

- Lightweight: 146 lbs - 155 lbs & over
- Featherweight: 136 lbs - 145 lbs
- Bantamweight 126 lbs - 135 lbs
- Flyweight 116 lbs - 125 lbs
- Atomweight 115 lbs and under

REGISTRATION

Please Register by contacting us directly at info@CHQMMA.com with your inquiry.
Thank you for your continued support of Combat Headquarters (CHQ).

[Instagram.com/CHQMMA](https://www.instagram.com/CHQMMA)

[Facebook.com/CHQMMA](https://www.facebook.com/CHQMMA)

[Youtube.com/@CHQMMA](https://www.youtube.com/@CHQMMA)