

# Malaysian Invasion 5

## Mixed Martial Arts

### Rule Book

## Supervision

### Pre-Fight Inspectors

- MIMMA Pre-Fight inspectors will together with their team of pre-fight area assistants monitor the fighters and their teams to make sure nothing inappropriate occurs and to prevent any breaches of the rules by a fighter or his/her fight team.
- A locker room inspector and a team of locker room assistants will be allocated to each pre-fight room/area. They will monitor the fighters at all times while in the fighters holding area prior to the fight.
- The head official will assign a pre-fight area inspectors to inspect all hand wraps prior to competition

### Hand wraps & Vaseline

- Approved tape, approved hand wraps and gauze are the only items allowed for use in wrapping hands.

### Correct hand wraps

- Gauze/hand wraps may extend over the knuckles and cover the hand and wrist.
- Tape may cover the hand and wrist, but must remain behind the knuckles.

### Application of Vaseline

- Vaseline will be applied cage side, to the facial area above and around the eyes by the appointed MIMMA cutman/referee/judge only. Cornermen may not apply or have vaseline or any slippery substance in their possession. Use of any substance is grounds for penalty or disqualification.
- Fighters may request for application of vaseline in between rounds – application must be done by the appointed MIMMA cutman.

### Cornermen

- Each fighter is allowed two (2) cornermen
- Both cornermen are required to be registered before being allowed into the fighters holding area
- Unregistered personnel will not be allowed into the fight operations area

## Walk-in inspection

### Cageside Inspection Check Point

During your walk-in/entrance, you will be stopped at the inspection point by the MIMMA Pat Down Inspector. This is where you say goodbye to your team as they will not be allowed to touch you again after the Pat Down Inspector directs you to step on the mat for equipment check and application of Vaseline. After application of Vaseline, the Pat Down Inspector will direct you to enter the cage. Your 2 cornermen will be directed to the platform behind your corner by the Corner Inspector.

### Corner Inspector

There will be a MIMMA Corner Inspector in both red and blue corners. Fighters and cornermen are to obey the Corner Inspectors at all times. Cornermen must remain seated during the rounds, refrain from pounding on the cage apron, and refrain from any unsportsmanlike conduct. Cornermen must immediately heed the Corner Inspectors' instructions to enter, clean up, exit the cage, and be seated when instructed.



# Methods to Attain Victory in MMA

There are multiple ways to attain victory

## Knockout (KO)

A full knockout is considered any legal strike or combination thereof that renders an opponent unable to continue fighting. The term is often associated with a sudden traumatic loss of consciousness caused by a physical blow

## Submissions

A fighter may admit defeat during a match by:

- Tapping on the opponent's body or mat/floor
- a verbal announcement/verbal tap

## Technical Knockout / Referee Stoppage (TKO)

Referee will stop the fight when he deems the fighter unable to continue competing or defend himself intelligently

## Decision

Decision Win – 3 judges will score the bout in its entirety. MIMMA Judging Criteria is in descending order of importance to determine the winner of the bout

## Cornerman Requests a Stoppage

## Pro-Rules MMA & Amateur MMA. What's the difference?

There are no set rules of Amateur MMA rules set in the world. Below are the few changes made to the professional rules for MMA that applies for Amateur Competitions for maximum safety

1. **Gloves** – Pro-Rules MMA uses 4oz MMA gloves; Amateur rules uses 6oz-8oz gloves. MIMMA uses 7oz gloves
2. **No elbows of any kind is allowed**
3. **No knees to the head**
4. **Shorter round times** – Pro-Rules MMA is 5 minutes per round, MIMMA Competitions adapts to 3 minutes per round
5. **Additional safety gears** – Shin guards will be provided by MIMMA
6. Certain submission moves that could cause potential injury like heel hook & neck crank are **Not Allowed**.

# The Malaysian Invasion Rule Book

## FIGHT LEAGUE FORMAT

- Fighters selected to ascend to the League will have to commit to NINE (9) months of fight league
- Fighters will be fighting each and every other fighter within their respective weight category for points accumulation
- Fighters may choose to withdraw from certain fights / matches through their own strategized planning as long as they think they are able to retain themselves in the top position to qualify for the next round
- By the end of the league, FOUR (4) fighters with the highest accumulated points from the fight columns will be selected to ascend into the semi-finals
- Past Champions and/or Contenders of MIMMA Season 4 from each categories can be pre-selected to join the fight league without going through Tryouts.

## RULES

- MIMMA will use 10-9 round as scoring system.
- According to the new rules, at 10-9 round would be a very even contest in terms of the exchanges with the most aggressive fighter of the two being warranted the 10-9 round.
- According to the new scheme, 10-8 rounds will be scored a lot more liberally. A 10-8 will be rewarded when a fighter clearly wins a round. McCarthy explained that the fights will be judged on the "Three Ds"—damage, domination, duration. If a fighter has been damaged and dominated in a round, the round should be scored a 10-8. If the domination element does not exist, judges are urged to look at how long the duration of the damage lasted and how much of an impact it had on the fight before determining the round a 10-8. If there is no damage, judges need to look at the duration of the domination that occurred in the round.
- 10-10 round to be scored for a completely even fight
- 10-9 to be scored for marginal round win for one fighter
- 10-8 to be scored when there is a large margin between fighters at the end of a round
- 10-7 to be scored when there is overwhelming damage and domination in a round

## WEIGHT CLASS

There will be a total of 7 different weight classes in Malaysian Invasion Mixed Martial Arts.

Weight class name	Upper limit	
	lbs	kg
Flyweight	125	56.7
Bantamweight	135	61.2
Featherweight	145	65.8
Lightweight	155	70.3
Welterweight	170	77.1
Middleweight	185	83.9
Heavyweight	185 and above	84 and above

## MIMMA WEIGH-IN

MIMMA will conduct weigh-ins at designated locations as decided by the organisers. Weigh-ins will be done approximately 20 hours prior to fight time.

There will be no same day weigh-ins

Until further notice, MIMMA athletes are allowed a maximum of 500g allowance

## BOUT DURATION

Tournament Bouts: 3 rounds X 3 minutes with a 1 minute break in between rounds

Title Bouts: 5 rounds X 3 minutes with a 1 minute break in between rounds

## MIMMA JUDGING CRITERIA

Malaysian Invasion MMA Fighting Championship (MIMMA FC) uses the Global MMA Rule considering the following criteria in the following importance:

1. Near KO or Submission
2. Damage (Internal, Accumulated, Superficial)
3. Striking combinations and cage generalship (Ground control, Superior Positioning)
4. Earned takedowns or takedown defense
5. Aggression

## SCORING SYSTEM

MIMMA will use 10-9 round as scoring system.

How will the marks be given?

- 5 marks – win by Knock – out / TKO / Submission
- 4 marks – win by decision unanimous
- 3 marks – win by split
- 2 marks – lose by decision
- 1 mark - lose by KO / TKO / Submission
- Walkover – loser (0 points) / winner (3 points)

According to the new rules, a 10-9 round would be a very even contest in terms of the exchanges with the most aggressive fighter of the two being warranted the 10-9 round

## LEGAL TECHNIQUES

### STANDING

- Striking including kicks, punches to the head, body and legs are allowed; knees to the body and legs are allowed (with exception to illegal targets listed in “Fouls/Illegal Issues”).
- Knees to the head is **illegal and not permitted**.
- Clinching and standing submissions are legal.

### GROUNDED

- Fighters are considered grounded when they have **any part of their body other than the soles of their feet touching the ground**. *For example: A fighter with one or both hands touching the ground is “grounded”. A fighter with one or both knees touching the ground is “grounded”.*
- All hand strikes including punches to the head, body and legs are legal.
- A fighter may kick to the body and legs of a grounded opponent.
- Up-kicks to the head, body and legs from the guard position when a fighter is on his/her back is permitted but Up-kicks to the head are illegal when the opponent is on his/her knees.
- Submissions are legal.
- Only straight ankle locks are allowed for leg submissions.
- All chokes are permitted but Neck Cranks are **illegal and not permitted**.
- All submissions are permitted but Heel Hooks are **illegal and not permitted**.

## FOULS/ILLEGAL ISSUES

- All elbow and forearm strikes are **illegal and not permitted**.
- Soccer kicks to the head of a grounded fighter are **illegal and not permitted**.
- Stomps are **illegal and not permitted**.
- Fighters must demonstrate good sportsmanship at all times.
- No heel hooks
- No elbow strikes of any kind
- No forearm strikes of any kind
- No kneeling to the head of a standing and grounded opponent
- No neck cranks (including Twister)
- No biting
- No eye gouging of any kind
- No orifice insertion (fish hooking nose and mouth), including cuts.
- No head butting
- No hair pulling
- No striking the groin
- No small joint manipulation (control of 3 digits minimum is required)
- No strikes to the throat
- No grabbing the trachea
- No pinching, twisting or clawing the flesh.
- No striking to the back of the head, neck or spine.
- No striking an opponent who is under the care of the referee or doctor
- No striking an opponent between rounds or after the final bell
- No stomping the head of a grounded opponent.
- No throwing an opponent out/over the cage.
- No spiking/pile driving an opponent onto his/her neck or head
- No holding or grabbing an opponent's gloves or shorts.
- No grabbing or holding onto the cage.
- No spitting
- No piercings, jewellery or contact lenses may be worn during the fight.
- No deliberately disregarding the referee's instructions.
- No deliberately avoiding contact (consistently dropping mouthguard or running away is considered timidity).
- No interference by the corner (distracting the referee)
- No Vaseline, liniments, body grease, gels, balms, lotions, oils, or other substances may be applied to the hair, face or body of a fighter by the cornerman, or any person other than the official MIMMA FC Cutman. The official MIMMA FC Cutman will apply Vaseline to the facial area at cageside.
- Excessive amount of water "dumped" on a fighter to make him/her slippery is illegal.
- No loose ice cubes or ice water allowed. All ice cubes shall be placed in a ziplock bag and openings taped for extra safety. Please make sure no water shall leak from the ice bags.
- Fighters may not consume any energy drinks. Water is the only beverage allowed for consumption prior to and during the fight.
- Unsportsmanlike behaviour will not be tolerated, including swearing or abusive language towards another fighter, a fight team, the referee, a judge, any official or staff of MIMMA FC. If unsportsmanlike behaviour occurs during a fight, the referee can stop the bout, penalize by yellow card deduction, or disqualify the offending fighter and have the fight team removed from the arena.

# MIMMA checklist for athletes

## Required Equipment



Hand Wraps



Approved Fight Shorts

**MALAYSIAN  
INVASION**

FIGHTING CHAMPIONSHIP





Mouth Guard



Groin Guard

Equipment provided by MIMMA



Gloves



Shin Guard



## Apparels Not allowed in mimma



Speedos / bikini bottom



Long pants / gi pants



Leggings