

BOXING, MARTIAL ARTS, AND PROFESSIONAL WRESTLING ADVISORY BOARD

Wednesday, February 26, 2026 – 10:00 a.m.
2nd Floor – Board Room 3

Department of Professional and Occupational Regulation
9960 Mayland Drive
Richmond, Virginia 23233

Mission: Our mission is to protect the health, safety and welfare of the public by licensing qualified individuals and businesses enforcing standards of professional conduct for professions and occupations as designated by statute.

I. CALL TO ORDER

- a. Emergency Evacuation Procedures
- b. Determination of Quorum

II. APPROVAL OF AGENDA

III. APPROVAL OF MINUTES

- a. BMAW Board Meeting, July 30, 2025

IV. WELCOME AND INTRODUCTIONS

V. PUBLIC COMMENT PERIOD ***FIVE MINUTE PUBLIC COMMENT, PER PERSON***

VI. NEW BUSINESS

- a. Regulatory Update
 - i. General Regulatory Review Update
 - ii. Fee Adjustment Update
 - iii. HB 2573/SB1245 Amendment Update
- b. General Assembly Update
- c. Muhammad Ali Act
- d. Regulations Regarding Item e,f,g: 18VAC120-40-411.20 and 18VAC120-40-411.21
- e. Armor Medieval Martial Arts
- f. Redneck Brawls
- g. Dirty Boxing
- h. Officials Contract

VII. OTHER BUSINESS

- a. San Shou Challenge Event Update (Page
- b. 2025 Event Recap
- c. 2026 Event Update
- d. Association of Boxing Commission 2025 Conference Update
- e. Association of Boxing Commission 2026 Conference Information
- f. Licensed Population
- g. Transgender Fighting Update
- h. Board Member Training
- i. Election of Officers

VIII. COMPLETE CONFLICT OF INTEREST FORM AND TRAVEL VOUCHER.

IX. ADJOURNMENT

NEXT MEETING SCHEDULED FOR **WEDNESDAY, APRIL 8, 2026**

- ❖ Agenda materials made available to the public do not include disciplinary case files or application files pursuant to §54.1-108 of the Code of Virginia.
- ❖ Five minute public comment, per person, with the exception of any open disciplinary or application file.
- ❖ Persons desiring to participate in the meeting and requiring special accommodations or interpretative services should contact the Department at (804) 367-2785 at least ten days prior to the meeting so that suitable arrangements can be made for an appropriate accommodation. The Department fully complies with the Americans with Disabilities Act.

DRAFT AGENDA
Materials contained in this agenda are proposed topics for discussion
And are not to be construed as regulation or official board position.
DRAFT AGENDA

BOXING, MARTIAL ARTS, AND
PROFESSIONAL WRESTLING ADVISORY BOARD MEETING MINUTES

The Boxing, Martial Arts, and Professional Wrestling Advisory Board (BMAW) met on July 30, 2025, at the Department of Professional and Occupational Regulation (DPOR), 9960 Mayland Drive, Richmond, Virginia.

Members present for all or part of the meeting:

Wrestling

Brandon Metheny

Martial Arts

Jerome Wilson

Citizen

Ellen Thacker

Boxing

Mark D’Atillio

Members absent from the meeting with regrets:

Martial Arts

Leah Jackman

Boxing

Eric Irizarry

Citizen

Charles Pinto

Staff present for all or part of the meeting were:

Jeb Wilkinson, Director
Steve Kirschner, LRPD Director
Kate Nosbisch, Executive Director
Joe Haughwout, Regulatory Affairs Manager
Ecila Williams, Licensing Operations Administrator
Jhustyna McBride-Dunn, Regulatory Operations Administrator
Jermaine L. Gray, Commissioner
Davon Jones, Administrative Coordinator
John Robertson, IV, Communications and Digital Media Manager

Josh Laws, Senior Assistant Attorney General with the Office of the Attorney General, was present at the meeting.

Grace Flores-Hughes, BPOR Liaison, was not present at the meeting with regrets.

Members of the Audience:

Javier Brantley- Minor Combat Fight Club (MCFC)

Laura Timberlake

Mr. Metheny, Chair, called the meeting to order at 1:07 p.m. No quorum was present to conduct official Board business.

Call to Order

Mr. Metheny and Ms. Nosbisch advised the Board of the emergency evacuation procedures.

Emergency Evacuation Procedures

Ms. Nosbisch introduced Jeb Wilkinson as the new Director and welcomed Davon Jones as the new Administrative Coordinator. Ms. Nosbisch introduced guests and staff of the audience.

Welcome and Introductions

Mr. Wilson arrived at 1:12 p.m., establishing a quorum.

Arrival of Board Member

Mr. Brantley addressed the Board to present a San Shou Challenge event in Spring 2026 that he hopes to get approved as the event will consist of hits and kicks above the knees and outside of the fence.

Public Comment Period

Ms. Timberlake thanked the Board for allowing accommodation for her to attend the meeting telephonically.

Mr. Wilson moved to approve the agenda. Mr. D’Atillio seconded the motion which was unanimously approved by: D’Atillio, Metheny, Thacker, and Wilson.

Approval of Agenda

Mr. Wilson moved to approve the February 5, 2025, Board Meeting minutes. Ms. Thacker seconded the motion which was unanimously approved by: D’Atillio, Metheny, Thacker, and Wilson.

Approval of Minutes

Ms. McBride-Dunn provided an update on the ongoing General Review of the Boxing, Martial Arts, and Wrestling Regulations, which remain under development. She also reviewed HB 2573, passed during the 2025 General Assembly session. Key changes include amending physician requirements (§54.1-829 and §54.1-829.1) to reduce the experience requirement for ringside physicians from five years of practicing medicine in Virginia to three years in any jurisdiction, while retaining Virginia licensure. The bill also extends the deadline for gate fee payments (§54.1-833) from 24 hours to two weeks post-event, clarifies definitions and terminology, and mandates insurance coverage for fighters.

Regulatory Update

After a discussion, Mr. Wilson moved to recommend the amendments to the Director. Mr. D’Atillio seconded the motion which was unanimously approved by: D’Atillio, Metheny, Thacker, and Wilson. Director Wilkinson accepted the recommendation and authorized DPOR staff to proceed with filing an

exemption action, and to make any necessary technical or stylistic corrections.

Mr. Metheny informed the Board of the meeting dates for 2026. The Board members agreed to the 2026 meeting dates by consensus. **2026 Meeting Dates**

- Thursday, February 26, 2026
- Tuesday, April 8, 2026
- Tuesday, July 21, 2026
- Wednesday, October 7, 2026

Mr. Gray provided the Board with upcoming events for the remaining 2025 calendar year for informational purposes. **Event Update**

Mr. Gray presented to the Board research from other states' regulations regarding bouts with athletes of the opposite gender for informational purposes. **Bouts with Opposing Genders**

Mr. Gray presented to the Board research from the Association of Boxing's Commission and other states' regulations regarding the participation of transgender fighters in bouts with athletes of the opposite gender for informational purposes. Mr. Kirschner shared additional research information. **Transgender Fighters**

The licensee counts as of July 1, 2025:

Temporary Boxing	0
Boxers	51
Boxing/Wrestling Promoters	28
Trainers, Seconds, Cutmen	96
Boxing/Wrestling Managers	2
Boxing/Wrestling Matchmakers	27
Boxing Events	5
Martial Artists	26
Temporary Wrestler	0
Wrestlers	643
Wrestling Events	23

Licensed Population

Ms. Nosbisch asked the Board for suggestions on the types of training they would like to receive for future meetings. **Board Member Training**

Conflict of Interest forms and Travel Vouchers were completed by all Board members present. **Conflict of Interest Forms / Travel Vouchers**

There being no further business, the meeting was adjourned at 1:35 p.m.

Adjourn

Brandon Metheny, Chair

James B. "Jeb" Wilkinson, Jr., Secretary

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1 **Project 8383 - Final**

2 **Department of Professional And Occupational Regulation**

3 **HB 2573/SB 1245 Amendment**

4 **18VAC120-40-150. Requirements for approval of ringside physicians.**

5 To qualify to act on the department's behalf as a ringside physician, an applicant must
6 provide evidence of ~~(i) licensure by the Virginia Board of Medicine as a physician and (ii) a~~
7 ~~current certification in cardiopulmonary resuscitation or osteopathic medicine~~ the applicant
8 meets the requirements for a ringside physician specified in § 54.1-829 of the Code of Virginia.

9 **18VAC120-40-420. Reporting, verification, and payment of gate fees.**

10 A. No person, except for members of a local police department or rescue squad on duty
11 covering the event, officials, event staff, promoters and participants may be admitted to the
12 event without a ticket.

13 B. Each ticket, except those for the working press, officials, employees, and official
14 photographers, shall have the price, name of the promoter, date, and place of the event printed
15 plainly on it.

16 C. No promoter shall sell a ticket at a price other than the price that appears on the ticket.

17 D. No promoter shall change a ticket price or the place or date of the event without the
18 approval of the department.

19 E. Tickets of different prices shall be printed in different colors.

20 F. The promoter shall permit the inspector to check the number and location of ticket boxes
21 at the gate, ensure that the ticket boxes are sealed and padlocked, and open the ticket boxes
22 and count the tickets after the event.

23 G. Each ticket issued to the press shall be marked "press."

24 H. A maximum of 2.0% of the tickets to an event may be complimentary.

25 I. Each complimentary ticket shall be marked complimentary.

26 J. The promoter shall provide to the department, prior to the commencement of an event at
27 which admission is charged, a manifest or report on the number, kind, and price of tickets
28 printed for the contest.

29 K. Each ticket shall be separated from the stub when entering through the gate. No person
30 shall occupy a seat without a stub.

31 L. Each promoter shall furnish to the department, within ~~24 hours~~ two-weeks after the
32 completion of each event, a written and verified report on the form provided by the department
33 showing the number of tickets sold, unsold, and given away, the amount of the proceeds
34 donated to a charitable organization that is tax exempt under § 501(c)(3) of the Internal
35 Revenue Code, and the amount of gross proceeds thereof for such events originating in the
36 Commonwealth. The report shall also include the total gross proceeds from the sale of rights to
37 distribute in any manner such event by any video, telephonic, or other communication method
38 involving the control of electrons or other charge carriers for such live events originating in the
39 Commonwealth.

40 M. The promoter shall pay the department, within the same ~~24-hour~~ two-week period, a fee
41 of (i) 5.0% of the first \$100,000 of its total gross receipts and (ii) 2.5% of the remainder of its
42 total gross proceeds. These fees shall not be reduced for portions of an event containing
43 amateur matches as set forth in 18VAC120-40-10.

44 N. The department or its contractor may examine or cause to be audited the records and
45 accounts of the promoter.

18VAC120-40-411.20. Mixed martial arts rules.

- A. The fighting ring shall be in the shape of a square or an octagon. A square ring shall not be less than 18 feet square within the ropes and shall not exceed 20 feet square inside the ropes. An octagon ring shall not be less than 18 feet (from any side to the opposite side) inside the ropes and shall not exceed 32 feet (from any side to the opposite side) inside the ropes. It shall be canvas and padded in a manner approved by the department or its contractor. The fighting area shall not be more than four feet from the floor and shall have suitable steps or a ramp for use by the contestants. It may be enclosed by a fence made of material that will not permit a contestant to fall out or break through it onto the floor or in spectator area, including, but not limited to, vinyl coated chain link fencing. The fence shall provide two separate entries into the ring. All metal parts shall be covered and padded in a manner approved by the department or its contractor and shall not be abrasive to the contestants. Ring stools shall be of the type approved by the department or its contractor.
- B. All contestants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the ringside physician. The round cannot begin without the mouthpiece in place. If the mouthpiece becomes involuntarily dislodged during competition, the referee shall call time and clean and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.
- C. Male contestants shall wear a groin protector of a type approved by the department or its contractor. Female contestants shall wear a chest protector during competition, of a type approved by the department or its contractor.
- D. Gloves shall be new for all main events and in good condition or they must be replaced. All contestants shall wear either four, five, or six ounce gloves that are supplied by the promoter and approved by the department or contractor. Contestants may not supply their own gloves.
- E. Each contestant shall wear two pair of shorts with the top pair being either mixed martial art shorts, biking shorts, or kick boxing shorts. The second pair shall be worn underneath. Gi's or shirts and shoes are prohibited during competition.
- F. All contestants shall be cleanly shaven immediately prior to competition, except that a contestant may wear a closely cropped mustache. Hair shall be trimmed or tied back in such a manner as not to interfere with the vision of either contestant or cover any part of a contestant's face.

- G. Each nonchampionship contest shall consist of three five-minute rounds with a one-minute rest period between rounds. Each championship contest shall consist of five five-minute rounds with a one-minute rest period between rounds.
- H. The referee and ringside physician are the sole arbiters of a bout and are the only individuals authorized to enter the ring area at any time during competition or to stop a contest.
- I. All bouts will be evaluated and scored by three judges. The 10 point must system will be the standard system of scoring a bout. Judges will evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, and effective aggressiveness and defense. Scores will be weighted in the following order:
1. Effective striking, judged by determining the total number of legal heavy strikes landed by a contestant.
 2. Effective grappling, judged by considering the amount of successful executions of a legal takedown or reversals. Factors considered will be take downs from standing position to mount position, passing the guard to mount position, and bottom position contestants using active, threatening guard.
 3. Control of the fighting area, judged by determining who is dictating the pace and location and position of the bout. Factors considered will be countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.
 4. Effective aggressiveness and defense, judged by moving forward and landing a legal strike and avoiding being struck, taken down or reversed while countering with offensive attacks.
- J. The following objective scoring criteria shall be utilized by the judges by the judges when scoring a round.
1. A round is to be scored as a 10-10 round when both contestants appear to be fighting evenly and neither contestant shows clear dominance in a round.
 2. A round is to be scored as a 10-9 round when a contestant winning by a close margin lands the greater number of effective legal strikes, grappling and other maneuvers.
 3. A round is to be scored as a 10-8 round when a contestant overwhelmingly dominates by striking or grappling in a round.
 4. A round is to be scored as a 10-7 round when a contestant totally dominates by striking or grappling in a round.

K. Judges shall use a sliding scale and recognize the length of the time the contestants are either standing or on the ground as follows.

1. If the contestant spent a majority of a round on the canvas, the effective grappling is weighed first and effective striking second.
2. If the contestant spent a majority of a round standing, the effective striking is weighed first and effective grappling is second.
3. If a round ends with relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

L. The referee shall issue a single warning for the following infractions:

1. Holding or grabbing the fence or ropes;
2. Holding an opponent's shorts or gloves; or
3. The presence of more than one second on the fighting area perimeter.

If the prohibited conduct persists after a single warning, the infraction may result in a deduction of points or disqualification.

M. The referee shall deduct points for the following fouls:

1. Butting with the head;
2. Eye gouging of any kind;
3. Biting or spitting at an opponent;
4. Hair pulling;
5. Fish hooking;
6. Groin attacks of any kind;
7. Intentionally placing a finger in any opponent's orifice;
8. Downward pointing of elbows strikes;
9. Small joint manipulation;

10. Strikes to the spine or back of the head;
11. Heel kick to the kidneys;
12. Throat strikes of any kind;
13. Clawing, pinching, twisting the flesh or grabbing the clavicle;
14. Kicking the head of a grounded contestant;
15. Kneeing the head of a grounded contestant;
16. Stomping of a grounded contestant;
17. Use of abusive language in the ring;
18. Any unsportsmanlike conduct that causes an injury to the opponent;
19. Attacking an opponent on or during the break;
20. Attacking an opponent who is under the referee's care at that time;
21. Timidity (avoiding contact, or consistent dropping of the mouthpiece, or faking an injury);
22. Interference from a contestant's second or corner person;
23. Throwing an opponent out of the ring;
24. Flagrant disregard of the referee's instructions; or
25. Spiking an opponent to the canvas on his head or neck.

If a foul is committed, the referee shall call time, check the fouled contestant's condition and safety, assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the event inspector or his designee. Disqualification will occur after any combination of three fouls or after the referee determines that a foul was intentional and flagrant. Fouls will result in a point being deducted by the event inspector or designated scorekeeper from the offending contestant's score. Only the referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations. A fouled contestant has five minutes to recuperate. If a bottom contestant commits a foul, but the top contestant is not injured and he maintains his position, the match shall continue, so as not to jeopardize the top contestant's superior position at the time. The referee shall verbally notify the bottom contestant of the foul. When

the round is over, the referee shall assess the foul and notify both corner's seconds, the judges and the event official or his designee. The referee may terminate a bout based on the severity of a foul.

- N. 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. If an injury sustained during competition is a result of an intentional foul severe enough to terminate a bout, the contestant causing the injury loses by disqualification. If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall deduct two points from the offending contestant and shall notify the event inspector or his designee. If an injury sustained during the competition as a result of an 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 is ahead on the scorecards. If the injured contestant is even or behind on the scorecards at the time the competition is stopped, the outcome of the bout shall be declared a technical draw.

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

If an injury sustained during a bout 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 or before three rounds have been completed in a five round bout. If an injury sustained during a bout 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 or three rounds of a five round bout.

- O. There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the event inspector or his representative calculates the final score.
- P. Bouts may end in the following ways:
1. Submission by tap out – Contestant physically uses his hand to indicate that he no longer wishes to continue.
 2. Verbal tap out – Contestant verbally announces to the referee that he does not wish to continue.
 3. Technical knockout – Referee or ringside physician stops the bout when an injury as a result of a legal maneuver is severe enough to terminate a bout.

4. Knockout – Contestant fails to rise from the canvas before a count of 10.
5. Draws – Unanimous when all three judges score the bout a draw. Majority when two of the judges score the contest a draw. Split when all the judges score the bout differently and the score total results in a draw.
6. Disqualification – An injury sustained during the competition as result of an intentional foul is severe enough to terminate the contest.
7. Forfeit – A contestant fails to begin competition or prematurely ends the contest for reasons other than injury.
8. Technical draw – An injury sustained during the 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 the stoppage.
9. Technical decision – The bout is prematurely stopped due to injury and a contestant is leading on the score cards.
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 by the score cards.

Q. Weight classes are as follows:

Weight Class	Weight in Pounds	Max weight difference
Flyweight	125.9 and under	5 lbs
Bantamweight	126 - 134.9	5 lbs
Featherweight	135 - 144.9	5 lbs
Lightweight	145 - 154.9	5 lbs
Welterweight	155 - 169.9	12 lbs
Middleweight	170 - 184.9	12 lbs
Light Heavyweight	185 - 204.9	12 lbs
Heavyweight	204 - 264.9	20 lbs
Super Heavyweight	265 and over	No limit

No contestant may engage in a contest without the approval of the department or the department's representative if the difference in weight between the contestants exceeds the allowance shown on the above schedule.

Historical Notes

Derived from Virginia Register Volume 23, Issue 24, eff. September 5, 2007.

18VAC120-40-411.21. Rules for other contests.

Rules for aikido, karate, judo, tae kwon do or similar contests shall be the mixed martial arts rules set forth in 18VAC120-40-411.20 or other rules submitted with the event application, approved by the department, and agreed to by all licensees participating in the event.

Historical Notes

Derived from Virginia Register Volume 23, Issue 24, eff. September 5, 2007.

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Armored MMA in Virginia

From Mickey G <mickey.guida@gmail.com>

Date Tue 12/16/2025 1:03 PM

To DPOR: Professional Boxing & Wrestling (DPOR) <boxing@dpor.virginia.gov>

 3 attachments (12 MB)

COI - City of Hammond Department of Parks and Recreation (1).pdf; AMMA Waiver Blank 2025 (1).pdf; AMMA Rules 2025 OFFICIAL (9.10.2024) (1).pdf;

Hey there,

My name is Mickey and I am the owner of Armored MMA (Armored Medieval Martial Arts). In each state we have been to so far (Indiana, North Carolina, Tennessee, Ohio, Oregon etc), we have submitted our ruleset through the venue for consideration and have been able to host events. AMMA is a very different sport than MMA/Boxing and most commissions usually view this as a sport beyond their control to regulate and/or sanction, but we want to make sure VA is okay with us doing events before we come there:

Our rules are publicly available on our website: <https://www.armoredmma.com/startfightingamma>

I have also attached a PDF copy of the current ruleset we published last year. Currently, we are having the ruleset fully audited and redone to make the language universal and easily understandable for people who haven't done the sport. This will include illustrations of equipment, techniques, and other visual guides around our regulations. This new rule book will be finished before the end of year, with hopes to present it at the ABC and Amateur Olympics, because we would love to see this sport made official as soon as possible in as many places as possible. This will take time since commission boards don't have the ability to provide judges, refs or any other personnel for our events.

To give a little bit more insight based on some questions we commonly get:

1. ARMORED MMA is not the name of the sport.

Armored MMA is the name of our company, "Armored Medieval Martial Arts." The sport has been called either Buhurt or Armored Combat for over 20 years around the world. It is a play on words and we do not market it as MMA. "Armored MMA" stays together in our marketing because that is simply the trademarked name of our promotion.

2. Armored Combat/ Buhurt is a catch-all term for all steel fighting competitions. These competitions can include team fights/melees, 1v1 duels, and 1v1 contract fights. There are 100's of individual competitions held all over the USA each year. This includes several being hosted in VA.

These events have been going on, but none of them are associated with my company. Sometimes these events do not have a governing body that oversees the events.

That being said, our league, Armored MMA, derives a lot of our rules, especially regarding the protective equipment, from internationally recognized organizations (Buhurt International, HMB, WMFC, IMCF). Armored fighting, since it involves protective and offensive equipment, has lots of rules that are completely different than any combat sport out there. Links to orgs:

[International Medieval Combat Federation | Armored Combat](#)
[Buhurt International | Buhurt | HMB | Buhurt Worldwide|Dueling|Medieval](#)

and you can see on our start fighting map that there are lots of gyms training armored combat:
[START FIGHTING | Armored MMA](#)

4. Armored Combat being such a different sport actually means we have very few, if any, people who do MMA or Boxing in our sport. Some armored fighters are ex-MMA fighters or have a background in a martial art. But I can't name a single fighter in the USA that does Armored Combat and competes in Boxing or MMA. Armored MMA has a very strict submission form that requires armored fighters to submit a history of their armored fighting from other tournaments, videos of their performances, and a bunch of background information before we consider allowing them to fight in our cage. These aren't just two dudes in underwear swinging for the fences. These are trained, vetted, and skilled fighters wearing \$6k of protective gear fighting in a point-based system instead of a 10-point Must system. Armored Combat is as different as hockey is from baseball. Again, winning is based on the number of strikes landed and we do not allow any submissions/joint manipulation of any kind.

5. Even though we do not have MMA fighters doing an Armored event and then jumping to a boxing event the next week, we still have concussion protocols, waivers, and medical standards that state fighters are not allowed to fight at our events unless cleared to fight nor are they allowed to fight after our event if they are injured at one of our events. (I will attach a copy of the standard agreement fighters sign).

6. Safety is our main goal always. Our ruleset has many improvements over the international orgs (BI/IMCF). We have done over 80 events in just the last 3 years and have added more and more regulations to keep the fighters, the audience, and the refs safe. Our ref actually wears a riot helmet, has full padding over his body under his slacks and polo, and wears steel hand protection and steel-toe boots. Other leagues REQUIRE refs to only wear medieval garb, no modern protection allowed, just a shirt, pants, or a dress. We go above and beyond to make sure fighters are safe.

7. I am a fighter as well. I also own a gym that teaches this sport. I have trained over 200 fighters in the last 3 years as well as doing all these events and competing internationally. I'm frankly kinda exhausted haha. But I am working hard with my team to make this a sanctioned sport because other leagues are unsafe.

Typically, at other events I attend/compete in, I pay the promoter to be there and I sign a waiver, and that is it. I personally am not happy with the way events are run usually. That is why, regardless if anyone says we have to or not, we do still purchase MMA insurance for every event we do. We pay the amature and pro level insurance even though all of our fights are considered amature since we do not have prize purses. We also have a dedicated paramedic onsite (I have attached the insurance COI for the event we had in Indiana since that is closest to you).

8. The last thing I'll include is that the general stance from others has been we are simply outside of the ABC/MMA commissions. David Hagen (David.hagen@osp.oregon.gov) would be the best person

to talk to because he had the most complete stance on Armored Combat and attended our event in Oregon in June.

This is a great sport, way safer than MMA/Boxing, has historical roots as a traditional European martial arts, and is an amazing combat sport for kids and families to enjoy.

Thank you again for taking the time to read all this. I hope it gives a little more insight into the sport. It has a complex history and generally a complex sport to understand, especially with all the different versions, pieces, rules etc etc....

Attached are the rulesets, an example of a COI, our waiver, and some links to our videos:

https://youtu.be/J_gmxBX86yk?si=yraqafN72L4gpFi8o

<https://youtu.be/WMvXlJK555A?si=9gHMk20tyGxL8Wxi>

<https://youtu.be/jVdt5rCrNHM?si=pKvoi3xQGlwJ6BZ4>

Let's set up a call soon,

Mickey Guida

3039130788

www.armoredmma.com

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ARMORED MMA
MEDIEVAL CAGE FIGHTING
RULES AND REGULATIONS 2025

1.0 Categories of Fighting

- 1.1 Exhibition.**
- 1.2 Amateur Profight.**
- 1.3 Professional Profight.**
- 1.4 Crown Match/Title Fight.**

2.0 Weight Classes

- 2.1 Weigh-Ins**
- 2.2 Exhibition and Amateur Profights**
- 2.3 Professional Profights and Crown Matches**

3.0 Management of the Fights

- 3.1 Marshal**
- 3.2 Counters/Judges**
- 3.3 Timekeeper**
- 3.4 Secretary**
- 3.5 Announcer**

4.0 Commands

- 4.1 Announcer Commands**
- 4.2 Marshal Commands**

[5.0 Weapon Requirements](#)

[5.1 Shield Requirements](#)

[6.0 Rules of Conduct](#)

[6.1 Approved Actions](#)

[6.2 Ground Game](#)

[6.3 Fight Stoppage.](#)

[6.4 Illegal Actions](#)

[6.5 Disarms.](#)

[6.6 Armor Failures](#)

[6.7 Armor Failure Protocol](#)

[7.0 Consequences](#)

[7.1 Recovery Period.](#)

[7.2 Warnings](#)

[7.3 Penalties and Sanctions](#)

[7.4 Forfeitures](#)

[7.5 No Contest](#)

[8.0 Victories](#)

[8.1 Judges' Decision.](#)

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DRAFT AGENDA
Materials contained in this agenda are proposed topics for discussion
And are not to be construed as regulation or official board position.
DRAFT AGENDA

1.0 Categories of Fighting

1.1 Exhibition.

1. Rounds: Three lasting 60 seconds.
2. Rest: 60 seconds between rounds.
3. Sudden Death: No.
4. Weight Class: No requirements (subject to change)
5. Mixed Weapons: Allowed.
6. Ground Game: Up to 10 seconds.
7. Ranking: No.

1.2 Amateur Profight.

1. Rounds: Two lasting 120 seconds.
2. Rest: 120 seconds between rounds.
3. Sudden Death: In the event of a tie, there will be one sudden death round lasting 60 seconds. Following the announcement of a sudden death round, a 60-second rest period is granted.
4. Weight Class: No requirements (subject to change)
5. Mixed Weapons: Allowed.
6. Ground Game: Up to 15 seconds.
7. Ranking: No; however, results will be considered to promote to the Professional category.

1.3 Professional Profight.

1. Rounds: Three lasting 120 seconds.
2. Rest: 120 seconds between rounds.
3. Sudden Death: No.
4. Weight Class: Yes; fighters must be in the same weight class.
5. Mixed Weapons: No; both fighters must have the same weapon type load out.
6. Ground Game: Up to 15 seconds.
7. Ranking: Yes; results count in rankings and for crown match considerations.

1.4 Crown Match/Title Fight.

1. Rounds: Five lasting 120 seconds.
2. Rest: 120 seconds between rounds.
3. Sudden Death: No.
4. Weight Class: Yes; fighters will be in the same weight class.
5. Mixed Weapons: No; both fighters must have the same weapon type load out.
6. Ground Game: Up to 15 seconds.
7. Ranking: Yes; results count in rankings and for crown match considerations.

2.0 Weight Classes

2.1 Weigh-Ins

All Fighters must make weight within a 5-hour window in the 24-hour period before their fight time.

EX: If a fighter has to fight on Wednesday at 9:45 pm, then their weight must be recorded within the range between 4:45 pm and 9:45 pm Tuesday.

2.2 Exhibition and Amateur Profights

Exhibition and Amateur Profights can have fighters competing against each other from any weight class as long as the fighters agree. (*This is subject to change with a sunset clause as more fighters enter the sport)

2.3 Professional Profights and Crown Matches

Fighters must have the same weight class and make weight in Profights and Crown Matches. Fighters can elect to fight up (not down) one weight class if both fighters agree.

EX: Fighter A weighs 185 (Middleweight) and Fighter B weighs 205 (Light Heavyweight). The fighters can agree to do a Light Heavyweight fight, but they cannot agree to do a Middleweight match.

Table 2.x

Category	Weight (in lbs)
Strawweight	<115
Fly Weight	116-125
Bantam Weight	126-135
Featherweight	136-145
Light Weight	146-155
Welterweight	156-165
Super Welterweight	166-175
Middleweight	176-185
Light Heavyweight	186-205

Cruiser Weight	206-225
Heavy Weight	226-265
Super Heavyweight	266-300
Titan Weight	<301

3.0 Management of the Fights

Each fight will be supported by a combination of marshals, judges, an announcer, and a supporting crew. The fights will have the following positions staffed.

3.1 Marshal

The Marshal is in the cage with the appropriate uniform and is responsible for ensuring safety during the fights and enforcing the rules. Additionally, the Marshal will make judgments on consequences throughout the fight. Marshals give the commands described and evaluate inactive clinches, ground game, and knockouts. At any time, the Marshal may stop the fight for safety or medical reasons, at their discretion. The Marshal's decisions are final and will not be challenged or reviewed. Formal complaints for revisions to decisions can be made to the Armored MMA board between 12 and 72 hours after the decision in question was made. No complaints can be filled before or after that window.

3.2 Counters/Judges

There will be four Judges who are responsible for independently keeping the score of their assigned fighter throughout the fight, annotating disarms and armor failures. They should be spaced around the outside of the cage to provide a complete view from all angles of the fighters.

3.3 Timekeeper

The timekeeper maintains the duration of the fights to include rounds, rests, recovery periods, and repair periods.

3.4 Secretary

The Secretary will record the results of each round to include points earned by each fighter. Additionally, they will record the judgments passed by the Marshal and any medical incidents that may occur.

3.5 Announcer

The Announcer will introduce the fighter, broadcast the Marshal's judgments, and declare time warnings as described in the Announcer's commands.

4.0 Commands

4.1 Announcer Commands

The Announcer will adhere to the script as drafted in the following format.

4.1.1 The Announcer will introduce the fighters as they come into the cage

4.1.2 After the announces have introduced the fighters into the cage they will give the following commands:

"Fighters to the Center"... "(city name), for our (number fight in the evening) we have a (insert type of fight)."

EX: "Fighters to the Center... Nashville, for our 5th fight of the evening, we have an Amateur Profight)

4.1.3 Reintroduce each fighter including a description of their attire.

EX: "Once again, wearing the blue belt flag, we have Cody Smith, and his opponent, wearing the red belt flag is, Jakub Black")

4.1.4 "Fighters have agreed to (amount of rounds) (amount of time).

EX: Exhibition Fight. "Fighters have agreed to three 1-minute rounds with a 60-second rest."

EX: Amateur Profight. "Fighters have agreed to two 2-minute rounds with a 1-minute sudden death if necessary"

EX: Professional Profight. "Fighters have agreed to three 2-minute rounds with a 2-minute rest."

EX: Title/Crown Match. "Fighters have agreed to five 2-minute rounds with a 2-minute rest."

4.1.5 State the Rules

Exhibition: "There will be no strikes to the armpits, the groin, the back of the knee, or the neck. If your clinch is inactive for 4 seconds you will be separated. If you're taken to the ground you will be stood back up after 10 seconds. You must obey the Marshal at all times and defend yourself at all times."

"Fighters do you agree to these terms.... Then touch tips and head back to your corners."

Amateur Profights, Profights and Crown Matches: "No illegal strikes. If you're taken to the ground you will be stood back up after 15 seconds. You must obey the Marshal at all times and defend yourself at all times."

"Fighters, do you agree to these terms... Then touch tips and head back to your corners."

4.1.6 Start the Fight. "Fighter number one, are you ready? Fighter number two, are you ready? And (city name) are you ready for (insert engaging statement)?.... Then, Start Fight!"

4.1.7 During the fight, the announcer will use the following commands:

Timer Call

One minute, 30 seconds, 10 seconds warnings.

During an armor failure.

"Stop fight, armor failure. The fighter will have 1 minute to fix the issue."

End of round.

"Stop fight; fighters to your corners. We will give them a short break before sending them back in."

End of final round.

"Stop fight; fighters return to your corners. We will take a few minutes to decide a winner."

End of fight, not related to the end of a round.

"Stop fight."

4.1.8 During the rest period.

Call one-minute and thirty-second warnings.

Call "15 seconds fighters. Lock and load, and let's go" during the rest period.

4.1.9 When the Marshal breaks an inactive clinch or stands fighters up after a takedown.

"Fighters separate."

4.1.10 Sudden Death Round.

"The judges have decided that we are going into a 1-minute sudden death round."

"We will give the fighters 1 extra minute to prepare for the final round."

4.1.11 Announcing the Winner.

"Fighters if you can still stand, to the center of the ring"

"After (number) of rounds, your winner by (decision, tko, or knock out etc) is, (the winner's name).

4.2 Marshal Commands

The Marshal will use the following commands in the fights before, during, and after each round:

These are the commands that can be issued by the Marshal that must be obeyed by the fighters and counters.

4.2.1 Start Fight. At the beginning of a round or any point action has been halted, the Marshal must place the marshal stick *between the fighters*, raise the flag, and command "start fight" to allow action to resume.
"Start Fight."

4.2.2 Any time the marshal decides the fight must be paused or is over, the Marshal must place the marshal stick *between the fighters* and verbally announce a halt to the fight until the fighters have stopped fighting. Fighters must immediately stop striking.
"Stop Fight."

4.2.3 Disarm. When a fighter illegally loses their weapon, the marshal must halt the fight, announce the disarm, and 3-point award. The point awarded goes to the fighter that did not lose their weapon.
"Stop Fight, Disarm, Three Points Awarded to (belt flag color)."

4.2.4 Inactive Clinch/Takedown/Separation. When a clinch is inactive or the fighters are being stood back up after a takedown or any other time the fighters need to be parted, the Marshal will use this command. The Marshal will direct each fighter to a good position, place the marshal stick between the fighters, and start the fight.
"Stop Fight, Separate."

4.2.5 Illegal Strike. The Marshal will use this command when a fighter illegally strikes their opponent. The Marshal will decide the appropriate course of action.

"Stop Fight, Illegal Strike to (body part), this is Sanction number (x) on (belt flag color, offending fighter)."

"Award (y amount) Penalty Points to (belt flag color of fighter that was hit by illegal strike)."

4.2.6 Attempted Stabbing. Whenever the marshal sees an action that could be considered an Attempted Stabbing.

"Stop Fight, Separate, Attempted Stabbing, Sanction Number (x) on (belt flag color)."

5.0 Weapon Requirements

All weapons must have a striking edge with a minimum thickness of 2 mm and a maximum of 8mm. One-handed weapons must have a striking edge with a radius of 35mm or more, up to a near-straight edge. Two-handed weapons must have a striking edge with a radius of 50mm or more up to a near-straight edge. All nonstriking edges must have a radius of 10mm.

-a. Sword/Falchion

1. D-Guards are not allowed
2. Must have a cross-guard
3. Cross guard can only exceed the edge of the gauntlet by 2 cms
4. Must have a pommel
5. Weight of the sword for men must be between 1.4kg-1.5kg with a balance point of 7cm or more from the cross guard
6. Weight of the sword for women must be between 1.3kg-1.4kg with a balance point of 5cm or more from the cross guard.
7. Max Full Length is 100cm Min Full Length is 80 cm
8. Tip of sword must be Min 10 mm \emptyset
9. Striking edge thickness must be min 2mm ; Max 8mm

-b. One-handed Mace/Axe

1. Must be between 50 cm and 80 cm in total length
2. Total weight must be between 800g and 1200g
3. The haft must be made out of wood
4. Striking edge thickness must be min 2mm ; Max 8mm
5. Striking Radius must be min 50mm

-c. Two-Handed Axe

1. Must weigh between 1.5kg and 2.0kg
2. Must be between 120cm and 180cm total length
3. Beard must turn back towards handle and touch the handle
4. There must be only one striking edge (no spears)
5. There must be no hammerbacks or unicorn spikes
6. No part of the axe head shall go above the top of the haft
7. Striking edge thickness must be min 2mm ; Max 8mm
8. Striking Radius must be min 50mm

-d. Two-Handed Swords

1. D-Guards are permitted
2. Must have at least a cross-guard
3. None D-guard cross-guards can not go beyond the gauntlet by more than 3cms
4. Must be between 110 cm to 130 cm long
5. Must weigh between 1.8kg and 2.5kg
6. Tip of sword must be Min 10 mm \emptyset
7. Striking edge must be min 2mm ; Max 8mm

5. 1 Shield Requirements

-a. Punch Shield

1. Weight includes both shield and gauntlet: 1800g to 2500g
2. Length min-max: 50cm - 70cm
3. Striking edge must be between 15cm and 25cm wide
4. Back edge must be between 20cm - 35cm inches
5. Striking edge Must have a metal plate covered with leather/fabric
6. Leather/Fabric must cover all edges of the shield
7. No pointed punch shields.
8. Thickness of striking edge must be between 10 mm and 40mm

-b. Buckler

1. Weight includes both shield and gauntlet: 1800g to 2500g
2. Length min-max: 25cm-35cm
3. Bucklers must be made of metal or have a metal emboss attached to the wooden portion of the buckler.
4. Thickness of striking edge must be between 2mm and 10mm

6.0 Rules of Conduct

6.1 Approved Actions

In general, all actions that are not explicitly described as illegal Actions will be considered Approved Actions at the ultimate discretion of the Marshal's judgment.

6.1.2 Blade Placement: At all times, the fighters will demonstrate controlled blade placement in a manner in which the tip of the blade will not be directed or pointed at their opponent.

6.1.3 Active Engagement: At all times, the fighters will continuously engage in the fight.

Advancing on the opponent, or attempting to strike/grapple/take down the opponent will be considered engagement.

Creating or using distance to evaluate or attempt an alternative strategy is considered affirmative action and will not be penalized as timidity.

6.1.4 Weapon Grabs: Fighters can grab the haft of an ax or the handle of their opponent's two-handed weapon. They may also intentionally remove the weapon from their opponent and this will count as a disarm.

The exception to this is when the Marshal resets the Fighters in a standing position in an initial clinch with an over/under-armed hook.

6.1.5 Fighters may grab the blade of their own weapon.

6.1.6 Hooking or pinning the opponent's arm or shield.

6.1.7 Two-Handed Weapons. Pommel strikes must be made in a slashing motion and only count as 1 point. It is illegal to thrust to the bottom or top of the ax.

6.2 Ground Game

6.2.1 Takedown Considerations

A takedown that results in both fighters going down will award 2 points to the fighter who lands in a dominant position.

Any takedown attempt that results in a counter mid-throw will result in 2 points if the fighter who does the counter lands in a dominant position.

If both fighters go down without a fighter establishing a dominant position, no points will be awarded.

A takedown that results in only one fighter going down will be considered a throw and award 3 points to the fighter who executed the throw.

6.2.2 Dominant/Non-Dominant Position

A fighter is considered to be in a dominant position when they have two points of contact while the opponent has three points of contact on the ground.

Having control of a downed opponent by making at least three points of contact (ex: full mount, north-south, knee on belly, pinning limbs) is considered to be in a dominant position.

If a fighter is in a dominant position they are awarded 2 points for every clean strike anywhere on the body of their opponent (headbutts do not count as points while on the ground).

Fighters in a non-dominant position may strike from this position but will only receive 1 point per clean strike no matter where on the body it hits.

Reversals. In a non-dominant position, the fighter can fight for the dominant position. If the fighter successfully goes from a non-dominant position to a dominant position, they are awarded 2 points.

6.2.3 Disarm on the Ground. Once a fighter makes three points of contact with the floor or a grounded opponent, they may drop their weapon and continue the fight. This includes two-handed weapons.

After a throw or a takedown, if one or both fighters drop their weapons, the fight will resume until the ground game count expires. This includes if one or both fighters return to two points of contact with the ground (standing). If one or both fighters do not have their weapon, the ground game count will continue.

If both fighters are standing while one or both fighters are without their weapon(s), the points will be scored as normal since neither fighters are in a dominate position.

6.2.4 Duration. As soon as a fighter makes three points of contact with the ground due to the efforts of their opponent, a ground game count will begin. The ground game count is 10 seconds for Exhibition fights and 15 seconds for Amateur, Professional Profights, and Title/Crown Matches. Once the count has expired, both fighters will be stood back up, collect any dropped weapons, separated by 10 feet and the fight will resume.

If both fighters return to standing while having their weapons in their possession, the ground game count will stop and the fighters will resume fighting as usual.

During the ground game count, if both fighters return to two points of contact with the ground, and then fall back to the ground, the ground game count begins again (resets).

If one or both fighters return to standing without a weapon, the ground game count will continue. If one or both fighters go back to the ground due to the efforts of their opponent, the ground game count begins again.

If one fighter gets off the ground or is standing, while the other fighter maintains three points of contact with the ground, the count continues until the count ends. The Marshal will not stop the count and return the fighter to standing prior to the end of the count.

6.2.5 Illegal strikes while on the ground

If a fighter is making three points of contact with the ground, the standing fighter cannot jump off the cage and attack/land on the grounded fighter

If a fighter is making three points of contact with the ground, the standing fighter cannot kick the fighter

If a fighter is making three points of contact with the ground, the standing fighter cannot stomp on the opponent

Two-handed weapons are not allowed to be used to strike a downed opponent

6.3 Fight Stoppage.

At any point the marshal is allowed to call a stop to the fight, either to pause the fight or end the fight entirely. Conditions in which the fight will be ended.

6.3.1 If a fighter is no longer actively defending themselves the fight will be ended

6.3.2 If the fighter vomits during the fight or between rounds, the fight will be ended

6.3.3 If the fighter accumulates 3 sanctions, the fight will be ended

6.4.3 If the fighter "taps out" verbally forfeits at any point during the fight or breaks

6.4 Illegal Actions

In general, all illegal actions will result in a stop fight and some form of consequence. All consequences are determined by the Marshal and recorded by the Counters/Judges and Secretary. Further detail on consequences can be found in Section 7.x

6.4.1 Strikes while standing or grounded: These illegal actions will result in a Penalty in addition to the predetermined recovery period as decided by the Marshal, described in Table 7.x.

6.4.1.1 The neck and throat area.

6.4.1.2 Targeting repeated shots to the armpit.

6.4.1.3 Back of the Knee.

6.4.1.4 Groin.

6.4.1.5 Top of the foot, including foot stomps.

6.4.1.6 Targeting repeated shots to the kidney.

6.4.1.7 Vertical strikes to the spine.

6.4.2 Ground Game: When one or both fighters demonstrate three points of contact, the Ground Game considerations are enforced in addition to Penalties and the predetermined recovery period as decided by the Marshal, described in Table 7.x. Illegal Actions considered in a dominant or non-dominant position are as follows:

6.4.2.1 Jumping off the Cage to land on a grounded opponent.

6.4.2.2 Any kicks. Knees to the opponent will be judged at the discretion of the Marshal.

6.4.2.3 Stomping any part of the body.

6.4.2.4 Weapon strikes with 2-handed weapons.

6.4.3 Throws: Any throw that spikes a fighter's crown of the head into the ground

6.4.4 Thrusts/stabbings

All thrusts or stabs with a weapon are illegal and will result in an immediate stop fight and forfeiture of the fighter who did the thrust/stab

Two-Handed Weapons. Thrust with the top or bottom of the weapon is illegal and will result in an immediate stop fight and forfeiture of the fighter who did the thrust

6.4.5 Attempted Stabbings

Any time a fighter points the tip of their weapon at their opponent that could be deemed dangerous by the marshal

6.4.6 Delaying Action/Timidity

The Marshal will stop the fight if both fighters demonstrate a delay or timidity. The fighters will be brought to the center of the ring and placed into a clinch. This clinch will be set up with the right arm in an over-hook and the left arm in an under-hook.

For Fighters using Two-Handed weapons, there will be no gripping of the weapon with the hand not engaged in the over/under-armed hook in the clinch at the onset of the reset.

6.4.7 Inactive Clinch

If both fighters are in a clinch and the action has stopped, the Marshal will give the verbal command to engage. If the action does not continue, the marshal will stop the fight after four seconds of inactivity. The fighters will be separated approximately 10 feet apart and the fight will resume.

6.4.8 Weapon Grabs (Opponent). A fighter cannot grab the blade of the other fighter's weapon with their hand.

6.4.9 Hooking or pinning the opponent's blade. Any bracing or looping around the blade is illegal

6.5.10 Strikes to the feet. It is illegal to strike at the feet intentionally regardless if the fighter is standing or grounded.

If the fighter on the ground goes to block a strike with their feet pointed up at their opponent and gets hit in the foot, it is not considered an illegal strike to the foot.

If a fighter throws a kick and the other fighter strikes the foot, it is not an illegal strike to the foot.

6.5 Disarms.

A fighter may grab the other fighter's haft or handle of the weapon (to include two-handed weapons) and remove it intentionally from their opponent. This will count as a disarm.

If a fighter is disarmed/drops their weapon, fighters must retrieve their own weapons from the ground and reset into the position before the weapon dropped. Consequences for disarms are described in Sec. 7.x

6.6 Armor Failures

An armor failure is described when a portion of the armor breaks or detaches in such a way that it no longer provides sufficient protection to the fighter. The general protocol for an armor failure that occurs on the ground or in a clinch is: the fight is stopped, the armor is repaired and the marshal will place the opponents back into the position of when the armor failure occurred. The Marshal will enforce time constraints and consequences as determined by Sec. 7.x. The following conditions are regarded as armor failures and will follow subsequent protocol.

6.6.1 Helmet. The helmet falls off, or the visor breaks (including the strap).

If the face visor strap breaks for a face plate, the fighter may use athletic tape to secure the visor during the repair period.

6.6.2 Gauntlet

Falls Off. The fighter will have 30 seconds to put the gauntlet back on or be penalized.

Break. If a gauntlet breaks during a fight, armor failure protocol is followed. The fighter may replace the gauntlet to resume the fight. The fighter's support team can repair the gauntlet and return it to the fighter during the next break.

6.6.3 Arms (Pauldron, Rerebrace, Couter, Vambrace)

Pauldron/Shoulder. If the top tie of the pauldron falls off/comes undone, armor failure protocol is followed. If the lower strap of the pauldron falls off/comes undone but the top tie remains intact, the fight will continue with no stop. The strap can be put back on the fighter during the break.

Rerebrace/Bicep. The fight will continue with no stop fight. The rerebrace can be put back on the fighter during the break.

Couter/Elbow. If the elbow falls off the fighter or is in a position that no longer protects the elbow properly, the armor failure protocol will follow.

Vambrace/Forearm. If the Vambrace/Forearm falls off the fighter or is in a position that no longer protects the forearm properly, the armor failure protocol will follow.

6.6.4 Legs (Upper Legs, Knees, Shins). Any failure of armor on the legs, including undoing or breaking of straps and ties, the armor failure protocol will follow.

6.6.5 Shoes and Sabatons. Fighters must wear both period-accurate shoes and sabatons. Modern tread is not allowed on the bottom of the shoes. If the shoe comes untied, the fight will continue with no stop. The shoe can be tied during the break.

If the shoe comes off, the armor failure protocol will follow. If the sabaton breaks/falls off/fails, the fight will continue with no stop and can be put back on during the break.

6.6.6 Chest

If a plate falls off the chest protection the fight will continue unless the plate has fallen off of the spine area. If the plate came from the spine, the armor failure protocol will follow.

Tassets or hanging armor attached to the chest piece may fall off without causing a stoppage to the fight. Fighters may put the tasset or hanging armor back on between rounds.

6.6.7 Weapon breakage. If a weapon breaks in any way, the armor failure protocol will follow.

6.6.8. Shields. If a shield breaks in any way, the armor failure protocol will follow. The broken shield can be fixed by the support team and given back to the fighter during the break.

6.7 Armor Failure Protocol

If the fight is stopped for an armor failure, the following armor failure protocol will go into effect:

First Armor Failure: The fighter will have 1 minute to replace or fix the armor failure. If the armor failure isn't resolved within the 1 minute, 10 points will be awarded to the fighter that did not have the armor failure. If the armor failure isn't resolved within 2 minutes, the fighter will be disqualified.

Second Armor Failure: The fighter will have 1 minute to replace or fix the armor failure. If the armor failure isn't resolved within the 1 minute, 10 points will be awarded to the fighter that did not have the armor failure. If the armor failure isn't resolved within 2 minutes, the fighter will be disqualified.

Third Armor Failure: The fighter who did not have the armor failure will automatically be given 10 points. If the armor failure isn't resolved within 1 minute, another 10 points are awarded to

the fighter that did not have the armor failure. If the armor failure isn't resolved within 2 minutes, the fighter will be disqualified.

Fourth Armor Failure: The fighter will be automatically disqualified

7.0 Consequences

In general, illegal actions will result in a stop to fight with Recovery Periods, Warnings, Penalties, Sanctions, and/or Forfeits issued, as determined by the Marshal. A Sanction may also be imposed upon the offending Fighter in conjunction with Penalties. A culmination of three Sanctions in any match will result in a forfeiture. Additionally, a recovery period may be awarded as decided by the Marshal. The fighter receiving the illegal strike may use the full recovery time or begin before the full period has expired. The minimum recovery time is 120 seconds for any illegal action.

7.1 Recovery Period.

Recovery periods are breaks initiated during a round following a significant illegal action. Recovery periods are determined by the Marshal following the guidelines in Table 7.1. The fighter who received the illegal action may request the Marshal to stop the recovery period and resume the fight.

Table 7.1

Illegal Action (Standing and Ground Game)	Recovery Period
The neck and throat area	2-5 min
Back of the Knee	2-5 min
Groin	2-5 min
Targeting repeated shots to the armpit	2-3 min
Top of foot (including foot stomps)	2-3 min
Targeting repeated shots to the kidney	2-3 min
Vertical Stikes to the Spine	2-3 min
Throws when crown of fighter's head hits ground	2-3 min
Ground Game Only Considerations	Recovery Period

Jumping off the Cage to land on a grounded opponent	2-3 min
Any kicks	2-3 min
Stomping any part of the body	2-3 min
Weapon strikes with 2-handed weapons	2-3 min

7.2 Warnings

Warnings are a verbal reprimand issued by the Marshal to correct an illegal actions. The Marshal may choose to stop the fight while issuing this verbal reprimand. Warnings are issued one time, with two or more illegal actions incurring more severe consequences. Warnings will not be entered into the offending fighter's record.

7.3 Penalties & Sanctions

Penalties are more severe warnings issued to the offending fighter. Penalty points are awarded to the fighter that received the illegal action/ did not do the illegal action. Penalties are recorded by the Counters/Judges and the Secretary. Penalties are entered into the offending fighter's record.

Sanctions are more severe penalties that count against the offending fighter. A total of three Sanctions will result in a Forfeiture of the match.

7.3.1 A disarm while in a standing position will result in a reduced Penalty with 3 points awarded to the armed opponent.

7.3.2 Any illegal strike deemed intentional incurs a Penalty with 5 points awarded to the fighter that did not do the illegal strike. In addition, the marshal may issue a Sanction.

7.3.3 A weapon grab of the opponent's blade will result in a Penalty of 5 points awarded to the fighter that did not do the weapon grab. In addition, a Sanction may be issued to the offending fighter.

7.3.4 A fighter determined by the Marshal to be purposefully avoiding the fight or dropping a weapon to stop the fight will receive a penalty and 10 points awarded to their opponent. In addition, a Sanction may be issued to the offending fighter.

7.3.5 A helmet that comes off the first time will not result any penalties. This includes the visor or the visor strap breaking or coming loose. If the helmet fails or falls off, the armor failure protocol will follow. The second time the helmet comes off or fails, a sanction is automatically issued.

7.3.6 Any time a weapon goes into another persons helmet or any type of stabbing occurs, a penalty of 10 points is awarded to the fighter who was stabbed. This also results in an automatic Two(2) sanctions being placed on the offending fighter

7.4 Forfeitures

Forfeits are the immediate end to the fight. Regardless of points earned, the win will be granted to the fighter that did not forfeit.

7.4.1 When three (3) Sanctions are issued to a fighter.

7.4.2 When a fighter voluntarily surrenders.

7.4.3 Any intentional thrust to anywhere on an opponent's body.

7.4.4 Any thrust or stabbing, even by accident, which results in injury to the opposing fighter.

7.4.5 Armor Failure. Any armor failure that takes longer than 120 seconds to repair or the fourth occurrence of armor failure.

7.5 No Contest

Any Illegal Action that forces a fighter to be unable to continue fighting is deemed to be No Contest. No winner is declared.

8.0 Victories

8.1 Judges' Decision.

The victor is decided by the final score in Victory Points of the match.

8.2 Split Decision

If there is an exact tie in Victory Points, the judges will base the victory on who scored the most Overall points. If the Overall points are also within 5 points of each other, then the judges will determine the victor based on control and dominance of the fight. There are no ties.

8.3 Knockout (KO)

When the marshal has to stop the fight because it appears the fighter has lost consciousness.

Since the fighters face is typically covered, a marshal will stop the fight for a KO if they see the fighter is no longer actively defending themself.

8.4 Technical Knockout (TKO)

The marshal decides to stop the fight when it appears the fighter can no longer continue. The marshal will stop the fight, check on the fighter, and make a decision when the following occurs.

8.4.1 If a fighter takes too long to return to their feet after a takedown, or takes too long to continue fighting after a strike that hurt them, the marshal can begin a 10-second TKO count.

8.5 No Contest

If the marshal has to stop the fight due to an injury from an illegal strike no winner is declared.

9.0 Counting/Scoring

Counting is done by four judges, with additional Penalty points awarded by the Marshal.

Table 9.1

Action	Points Awarded	Caveats
Arms	1 pt	
Hands	0 pts	
Strikes with the Elbow	0 pts	
Head	2 pts	
Head Butt	1 pt	While standing
Legs	1 pt	
Chest/Ribs	2 pts	
Back	2 pts	
Strikes from dominant	2 pts	Anywhere on body
Strikes from non-dominant	1 pt	Anywhere on body
Take down	2 pts	Whoever lands dominate
Throw	3 pts	Stays standing during the takedown
Reversal of Throw	2 pts	

Reversing Dominant Position	2 pts	While on ground
Jumping on a grounded opponent	0 pts	
Foot	0 pts	
Strikes with the Pommel/Butt	1 pt	Anywhere on the body even while on ground
Headbutt on Ground	0 pts	

9.2 Round Scoring

Each round will be scored using the following equation to determine Victory Points.

The high score will be subtracted from the low score from the fight to produce the Points Overage. The Points Overage number will then be divided by the High Score for the Percentage Over. The Percentage Over will then be divided by 2 for Percentage Total. Percentage Total will be added to the Points Overage to determine the number of Victory Points.

Equation:

1. High Score - Low Score = Points Over
2. Points Over / High Score = Percentage Over
3. Divide Percentage Over by 2 = Percentage Total
4. Points Over + Percentage Total = Victory Points

EXAMPLE

ROUND 1

RED	BLUE	THE MATH	RED EARNS
45 points	35 points	1. $45-35= 10$ points over 2. $10/45 = 22\%$ percentage over 3. Divide Percentage Over by 2: $22/2 = 11$ Percentage Total 4. Add % Total and Points Over: $11 + 10 = 21$	21 victory points

ROUND 2

RED	BLUE	THE MATH	RED EARNS
35 points	30 points	1. $35-30= 5$ points over 2. $5/35 =14\%$ Percentage Over 3. Divide Percentage over by 2: $14/2 = 7$ Percentage Total 4. Add % Total and Points Over: $7+5 = 12$	12 victory points

ROUND 3

RED	BLUE	THE MATH	BLUE EARNS
15 points	30 points	1. $30-15= 15$ points over 2. $15/30 = 50\%$ Percentage Over 3. Divide Percentage over by 2: $50/2 = 25$ Percentage Total 4. Add % Total and Points Over: $25 +15 = 40$	40 victory points

TOTAL SCORE

RED VP	BLUE VP	VICTOR	Total points overall
33	40	BLUE WINS	95 RED / 95 BLUE

*Even though RED won two rounds, BLUE scored more Victory Points Overall. Looking at the number of strikes landed over all, you see both fighters scored the same amount of strikes total.

10.0 Verbiage (to be added to in 2025)

- Arm Pit: It is illegal to strike the area between the very pit of where the arm meets the chest.
- Attempted Stabbing: If a fighter points the tip of the blade at the opponent or comes close to stabbing their opponent, the marshal will stop the fight and issue a warning. Three attempted stabbings and the fighter is forced to forfeit.
- Back of Knee: It is illegal to strike the back of the knee
- Cage: The area which the fighters compete in is called a cage. It is not called an octagon or a list
- Clinch: Any time two fighters are grabbing one another's person
- Disarm: Any time a fighter drops their weapon
- Groin: It is illegal to strike the groin area. Groin must be protected with a cup. Cod pieces are not enough
- Marshal: Is in charge of the rulings and safety of the fighters
- Mixed Weapons: Any time two fighters decide to fight with two different weapons
- Neck: Strikes to the neck are illegal. The neck is defined as any point below the edge of the helmet. *Clarification will come with a photo of illegal striking areas)
- No Contest: Any time a fight is called due to a fighter receiving an injury from an illegal strike that prevents them from continuing the fight
- Reversal: When a fighter switches from a non-dominant to dominant position while on the ground.
- Takedown: Any time a fighter brings their opponent to the ground and falls down as well into a dominant position
- Throw: Any time a fighter brings their opponent to the ground without falling down as well
- Thrust: Thrusts are illegal and if done will end the fight in a forfeiture. Thrusts utilize the tip of the sword, tip of an ax, or bottom of the ax to thrust into a fighter.
- Timidity/Delaying action is defined as the actions or inactions taken by a fighter to delay or avoid the active engagement of the fight as defined above.
- Sanction: A sanction can be issued by the Marshal for any reason they deem necessary. 3 Sanctions lead to a disqualification.

Appendix C. Armor Requirements (applies only to profights and up) *more regulations will be added for the 2026 season)

a. Helmets

1. Mild steel and titanium helmets are not allowed
2. Helmets must be between 1.8mm and 2.5mm thick
3. Total weight of helmet must weight between 6 lbs and 18lbs

-b. Gauntlets

1. Gauntlets must weigh between 600g and 1500g
2. Must have a bell

3. Individual fingered gauntlets are not allowed
 4. Shield mittens require plates
 5. Shield mittens, if not using a fully incased gauntlet, must be made out of fabric or leather with plates that cover the fingers and wrist
 6. No locking gauntlets or gauntlets that strap to keep the sword in place including lanyards
- c. Arms
1. Both forearms, biceps, elbows and shoulders must be protected by armor
 2. Elbows must be pointed/tied to the gambeson
 3. Forearm protection must have continuous armor that wraps all the way around the forearm
- d. Legs
1. Upper legs, knees and shins must be protected by armor
 2. Shins and Upper legs must have a front and side plate protection (covering just the front of the leg is not allowed)
- e. Shoes/Sabatons
1. Sabatons and period shoes with no modern tread are required
- f. Chest
1. Plates along the spine of the armor must be a minimum 1.0 mm thick of titanium or .8mm of tempered steel
 2. The entire chest, back and sides must be protected by armor
- g. Neck Protection
1. Must have a minimum of an armor plate sewn or pointed to collar of the gambeson protecting the back of the neck
 2. Full neck plate protection is allowed
- h. Modern Padding
1. Everyone must wear a modern cup
 2. Fabric Compression sleeves on knees and elbows are allowed, but metal and plastic braces are not allowed
 3. No modern sports padding of any variety are allowed on any part of the body besides helmets
- i. Gambesons and Pants
1. Pockets are not allowed on either Gambesons or Pants



WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION OF the risk of injury that exists while participating in COMPETING AT ARMORED MMA (hereinafter the "Activity"); and

IN CONSIDERATION OF my desire to participate in said Activity and being given the right to participate in same;

I HEREBY, for myself, my heirs, executors, administrators, assigns, or personal representatives (hereinafter collectively, "Releasor," "I" or "me", which terms shall also include Releasor's parents or guardian if Releasor is under 18 years of age), knowingly and voluntarily enter into this WAIVER AND RELEASE OF LIABILITY and hereby waive any and all rights, claims or causes of action of any kind arising out of my participation in the Activity; and

I HEREBY release and forever discharge Armored MMA, located at 2416 Music Valley Dr, #144 Nashville, Tennessee 37214, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors, and assigns (collectively "Releasees"), from any physical or psychological injury that I may suffer as a direct result of my participation in the aforementioned Activity.

I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND I AM PARTICIPATING IN THE ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO: PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS AND DEATH. I UNDERSTAND THAT THESE INJURIES OR OUTCOMES MAY ARISE FROM MY OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL TO AND FROM THE ACTIVITY, OR FROM CONDITIONS AT THE ACTIVITY LOCATION(S). NONETHELESS, I ASSUME ALL RELATED RISKS, BOTH KNOWN AND UNKNOWN TO ME, OF MY PARTICIPATION IN THIS ACTIVITY.

I FURTHER AGREE to indemnify, defend and hold harmless the Releasees against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs.

I FURTHER ACKNOWLEDGE that Releasees are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of Releasees. In the event that I should require medical care or treatment, I authorize Armored MMA to provide all emergency medical care deemed necessary, including but not limited to, first aid, CPR, the use of AEDs, emergency medical transport, and sharing of medical information with medical personnel. I further agree to assume all costs involved and agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I FURTHER ACKNOWLEDGE that this Activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. I agree not to participate in the Activity unless I am medically able and properly trained, and I agree to abide by the decision of the Armored MMA official or agent, regarding my approval to participate in the Activity.

I HEREBY ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS "WAIVER AND RELEASE" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. I EXPRESSLY AGREE TO RELEASE AND DISCHARGE Nashville Armored Combat LLC AND ALL OF ITS AFFILIATES, MANAGERS, MEMBERS, AGENTS, ATTORNEYS, STAFF, VOLUNTEERS, HEIRS, REPRESENTATIVES, PREDECESSORS, SUCCESSORS AND ASSIGNS, FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND I AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT I OTHERWISE

HAVE TO BRING A LEGAL ACTION AGAINST Nashville Armored Combat LLC or Armored Hearts FOR PERSONAL INJURY OR PROPERTY DAMAGE.

To the extent that statute or case law does not prohibit releases for ordinary negligence, this release is also for such negligence on the part of Armored MMA, its agents, and employees.

I agree that this Release shall be governed for all purposes by Tennessee law, without regard to any conflict of law principles. This Release supersedes any and all previous oral or written promises or other agreements.

In the event that any damage to equipment or facilities occurs as a result of my or my family's or my agent's willful actions, neglect or recklessness, I acknowledge and agree to be held liable for any and all costs associated with any such actions of neglect or recklessness.

THIS WAIVER AND RELEASE OF LIABILITY SHALL REMAIN IN EFFECT FOR THE DURATION OF MY PARTICIPATION IN THE ACTIVITY, DURING THIS INITIAL AND ALL SUBSEQUENT EVENTS OF PARTICIPATION.

THIS AGREEMENT was entered into at arm's-length, without duress or coercion, and is to be interpreted as an agreement between two parties of equal bargaining strength. Both Participant and Armored MMA agree that this agreement is clear and unambiguous as to its terms, and that no other evidence shall be used or admitted to alter or explain the terms of this agreement, but that it will be interpreted based on the language in accordance with the purposes for which it is entered into.

In the event that any provision contained within this Release of Liability shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect. If a court should find that any provision of this agreement to be invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed and enforced as so limited.

I, THE UNDERSIGNED PARTICIPANT, AFFIRM THAT I AM OF THE AGE OF 18 YEARS OR OLDER, AND THAT I AM FREELY SIGNING THIS AGREEMENT. I CERTIFY THAT I HAVE READ THIS AGREEMENT, THAT I FULLY UNDERSTAND ITS CONTENT AND THAT THIS RELEASE CANNOT BE MODIFIED ORALLY. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND THAT I AM SIGNING IT OF MY OWN FREE WILL.

Signature:

[Redacted signature area]

Full Name:

Signed Date: (MM/DD/YYYY)

Address:

What weight have you agreed to fight at?

Photograph & Video Release Form

SUMMARY: You are not allowed to share ANY FOOTAGE captured by the Armored MMA team of the event.

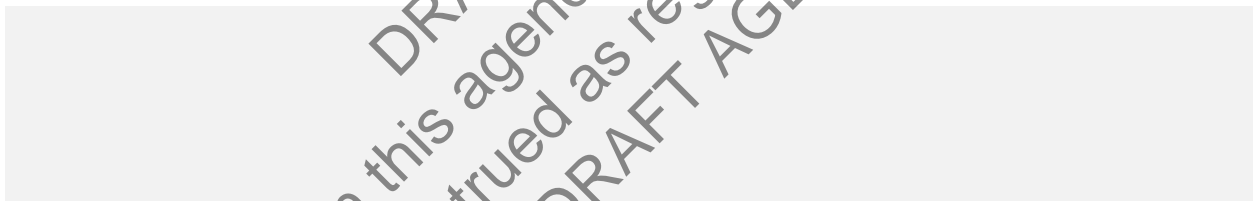
I hereby grant permission to the rights of my image, likeness and sound of my voice as recorded on audio or video tape without payment or any other consideration. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used within any geographic area.

By signing this release I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet or in the public setting. There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed. This release applies to photographic, audio or video recordings collected as part of the sessions listed on this document.

I understand that Videos, Photos, and Media captured by the media team hired by Armored MMA LLC cannot be used, duplicated, screen grabbed, or shared on any social media outlet. I understand that all content captured by the Armored MMA LLC media team is owned by Armored MMA LLC and cannot be posted on any outlet without first obtaining licensing rights. Furthermore, any content created by Armored MMA LLC and its media team can only be shared on social media, websites, or any other digital format through the original source of the content posted on the Armored MMA LLC owned digital outlets.

By signing this form I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material

Signature:



HEALTH STANDARDS

I hereby state that I am of good health and sound of mind. I will report any health issues prior to signing this contract, prior to the event, or any health issues that arise within 7 days after the event.

Concussion Protocol:

If you receive a concussion 10 days prior to the event, you will not be allowed to compete even if cleared by a medical professional. After the 10 day waiting period you still must present evidence you are medically clear to compete. If you receive and are diagnosed with a concussion during the Armored MMA event, you must refrain from competing in other events for 30 days. You must also refrain from any sparring for 30 days. If you do so, Armored MMA and the (insert state) waives any and all accountability for your actions.

Signature:

THIS ENDORSEMENT CHANGES THE POLICY. PLEASE READ IT CAREFULLY.

ADDITIONAL INSURED – MANAGERS OR LESSORS

This endorsement modifies insurance provided under the following:

COMMERCIAL GENERAL LIABILITY COVERAGE PART

SCHEDULE

<p>Name Of Person Or Entity (Additional Insured): City of Hammond Department of Parks and Recreation 5825 Sohl Ave Hammond, IN 46320</p> <p>Name of Insured: Armored MMA LLC</p>
--

- A. Section II – Who Is An Insured** is amended to include as an additional insured the person or entity shown in the Schedule, but only with respect to liability arising in that part of the designated premises leased, licensed, or otherwise available to you and subject to the following additional exclusions:
- 1. This insurance does not apply to any loss, claim, "suit", cost, expense or liability for damages directly or indirectly based on, attributable to, arising out of, involving, resulting from, or in any way related to:
 - a. Any "occurrence" which takes place prior to your occupancy or after you cease to be a tenant in that premises or;
 - b. Structural conditions, alterations, construction, demolition, maintenance or other operations performed by or on behalf of the person or entity shown in the Schedule.
 - 2. Coverage (including defense) is provided only to the extent that liability is created for an additional insured by the negligent acts, errors, or omissions of the Named Insured. If liability for injury or damage is imposed or sought to be imposed on any additional Insured because of the acts, errors, or omissions of any additional insured or any person or entity under the direction or control
- of any additional insured, this insurance does not apply.
- Coverage for an additional insured under this endorsement shall be excess. Any other insurance the additional insured has shall be primary with respect to this insurance.
- Except as provided herein, all other terms, conditions, provisions, exclusions, and endorsements of this policy remain the same and applicable.

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Red Neck Brawls

From Jeff Salisbury <jsalisbury2011@gmail.com>
Date Sat 1/10/2026 5:05 PM
To Gray, Jermaine (DPOR) <Jermaine.Gray@dpor.virginia.gov>

Jermaine,

I'm not sure if you're familiar with Redneck Brawls. I saw them in WV in December. I think the owner used to be partners in Rough-N-Rowdy. Anyway, to make a long story short, they basically do Tough Man style events. However, I think they do it properly through the commission and don't try to skirt the laws like many events do. Basically they let people who aren't trained fighters fight each other but they have the state commission sanction it, have proper medical staff and paperwork, do three by one minute rounds, and pay the winner \$500 and loser nothing. I was wondering if we could do something like this in VA and what the rules would be if different than what I just outlined. I'm hoping to get a deal done with BKFC again soon so I don't have to try to do my own bare-knuckle events. I'd love to just bring Redneck Brawls to our center but they sold 2500+ tickets in WV so they're too big for us unless they get to the BKFC model that they're trying to get more content and can do smaller venues. Just trying to figure out some other things I can do in my venue besides CageZilla, TCB, concerts and private events. Thanks.

Jeff

Licensing Inquiry – Dirty Boxing Championship in Virginia

From Sof Martinez <sof@drtybxng.com>

Date Wed 11/12/2025 3:58 PM

To DPOR: Professional Boxing & Wrestling (DPOR) <Boxing@dpor.virginia.gov>

Cc Jacob Stern DIRTY BOXING <jacob@drtybxng.com>

 2 attachments (353 KB)

Dirty Boxing Championship Ruleset-4.pdf; DBX Ruleset Overview.pdf;

Good Afternoon,

I hope this message finds you well. My name is Sofia Martinez, and I work for Dirty Boxing Championship (DBX). I wanted to take a moment to introduce myself and express our company's interest in becoming licensed in the state of Virginia.

Dirty Boxing Championship is a combat sports promotion operating under modified MMA rules. We are currently licensed in Florida, Tennessee, Louisiana, and Mississippi, and we are preparing for our fifth live event (sixth overall).

I've attached a brief outline of our rules, along with a separate document that provides a more detailed breakdown for your review.

We are very interested in expanding into Virginia and would appreciate the opportunity to discuss the licensing process and application requirements further. Please let me know a convenient time for a phone call to explore next steps.

Thank you for your time and consideration, I look forward to connecting with you soon.

Warm regards,

—
Sofia Martinez
sof@drtybxng.com

DIRTY BOXING
C H A M P I O N S H I P

DIRTY BOXING

CHAMPIONSHIP

Ruleset Overview

General Format

- Sanctioned 1-on-1 modified MMA-style bouts
- 3 rounds x 3 minutes for standard bouts
- 5 rounds x 3 minutes for main event and title fights
- Sudden Death Rule: If a bout ends in a draw, one additional round will be contested to determine a winner. If the extra round is also scored a draw, the official result will be a draw.

Legal Striking

- Punches, forearms, backfists, palm strikes, elbows, and Superman punches
- Clinching is permitted if active strikes are being thrown.
- Standing ground-and-pound allowed (attacker must remain upright with both feet on the ground — knees may not touch the mat)

Ground-and-Pound Rule

- A standing fighter may strike a downed opponent with legal hand strikes.
- Referee may allow ground-and-pound for up to 5 seconds so long as strikes are effective.
- If both fighters become grounded, the referee will pause and restart the action from standing.
- Knees may not touch the ground during ground and pound/striking.

Prohibited Techniques

- No kicks, knees, takedowns, throws, wrestling, or jiu-jitsu
- No submissions
- No strikes to back of head, spine, groin, or throat
- No stomps, suplexes, biting, hair pulling, eye gouging, or small joint manipulation
- Clinching without activity (simply hugging or holding) is not allowed.
 - **Over-under and double underhooks are only permitted if immediately used to set up or transition into active striking positions. Using them solely to hold, stall, or neutralize the opponent is prohibited.**
 - First violation: warning
 - Subsequent violations: automatic point deduction

DIRTY BOXING

CHAMPIONSHIP

Gear & Apparel

- DBX will provide all official fight gear, including 4 oz Dirty Boxing gloves and uniforms.
- **Fighters are required to bring their own:**
 - Traditional professional boxing shoes (must be worn)
 - Groin protector (mandatory for male fighters; optional chest/pelvic protection for female fighters with commission approval)
 - Mouthpiece (fighters must provide and use their own)

Bout Conduct

- If a fighter seeks to stop the fight, the fighter may do so by either tapping their hand continuously on any area of the ring, placing one knee on the ground and one hand above their head, or by verbally submitting to the referee. A fighter's chief second may concede the match by a method determined by the presiding commission.

Judging & Scoring

- 3 judges using 10-point must system
- Criteria:
 - Effective hand strikes
 - Ring control
 - Effective aggressiveness (priority on forward action)

Types of Results

- KO / TKO (ref stoppage, no intelligent defense, unconscious, etc.)
- Decision (unanimous, split, majority, technical)
- Draws → one extra round; if still tied, bout ruled a draw
- No Contest / DQ / Forfeit per commission rules

Fouls & Penalties

- Referee may warn, deduct points, or disqualify
- Accidental fouls may lead to technical decision if bout has passed halfway mark

DIRTY BOXING

CHAMPIONSHIP

Ruleset

General Summary

- 1 on 1 MMA sanctioned bout
- 3 rounds at 3 minutes a round for non-main event and non-title bouts
- 5 rounds at 3 minutes a round for main event and title fights, even if title fight is co-main
- Punches, elbows, and standing ground and pound allowed (must remain in a standing position, the standing opponent cannot place their knees on the ground)
- No kicks, no knees, no wrestling, no jiu-jitsu allowed, no submissions

1. Definition

“Dirty Boxing Championship” is a unique combat sport league. “Dirty Boxing” means unarmed combat involving the use of a combination of traditional boxing and other hand-striking techniques subject to any applicable limitations outlined in these rules and regulations and those prescribed by the presiding Regulatory Body and/or Commission.

2. Fighting Area

Bouts are contested in a traditional 18' x 18' square boxing ring, surrounded by a custom-designed decorative stage that reflects the Dirty Boxing Championship brand and aesthetic.

Adjacent to the fighting area, there shall be a platform or designated space that allows licensed seconds and commission inspectors to observe the action from an elevated position above the ring.

3. Gear

For each bout, the promoter shall provide a clean water bucket, a clean plastic water bottle, a stool, and any other supplies, as directed by the Commission, in each corner.

DIRTY BOXING

CHAMPIONSHIP

4. Specifications for Hand Wrapping and Supportive Braces

The presiding regulatory body or commission shall determine all issues pertaining to hand wrapping and the use of supportive braces.

5. Mouthpieces

- A. All contestants are required to bring and wear a mouthpiece during the competition and provide an alternate. The mouthpiece shall be subject to examination and approval by presiding commission designees.
- B. The round cannot begin without the mouthpiece in place.
- C. If the mouthpiece is involuntarily dislodged during competition, the referee can call time, clean the mouthpiece, and reinsert the cleaned mouthpiece at the first opportunity or moment without interfering with the immediate action. Alternatively, the referee may call for the alternate mouthpiece.

6. Protective Equipment

- A. Male Dirty Boxing Championship contestants shall bring and wear a groin protector of their selection, of a type approved by the Commission.
- B. Female Dirty Boxing Championship contestants may bring and wear a chest protector during the competition. The chest protector shall be subject to the approval of the Commission. Subject to commission approval, females may be approved to wear a protective cup or protective pelvic girdle to cover pubic area, ovaries, coccyx and sides of the hip.
- C. Contestants shall wear Dirty Boxing Championship MMA-style gloves with a net weight of four ounces (4oz).

DIRTY BOXING

CHAMPIONSHIP

7. Apparel

- A. Male contestants must wear an official Dirty Boxing Championship uniform when entering the fighting area. During the fight, contestants will only wear Dirty Boxing Championship-approved trousers.
- B. The uniform will be of official design and material sanctioned by Dirty Boxing Championship.
- C. The appearance of national emblems, flags of the country, and labels shall occur according to the policies of the presiding commission.
- D. The trousers must be long enough to cover at least two-thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.
- E. Female contestants must wear Commission-approved and Dirty Boxing Championship-approved attire.
- F. Contestants must wear well-maintained traditional professional boxing shoes, with tied laces which remain on feet during a bout. Other shoes may be approved upon commission and promoter inspection and approval.
- G. Coaches and other accompanying personnel must wear promoter-approved apparel.

8. Appearance

- A. Each unarmed combatant must be clean and present a tidy appearance.
- B. A small amount of petroleum jelly, as determined by the commission, may be applied to the mask portion of the face. No other products may be used on either the face, head, or body.
- C. The Commission shall determine whether the head or facial hair presents any hazard to the safety of the unarmed combatant or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of an unarmed combatant presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the unarmed combatant may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the Commission.

DIRTY BOXING

CHAMPIONSHIP

- D. An unarmed combatant may not wear makeup, face or body paint, water base temporary hair dye in hair, jewelry, or other piercing accessories while competing in the contest or exhibition.
- E. Contestants must have short fingernails and not wear metallic or other objects that might injure their opponent.

9. **Dirty Boxing Championship Weight Divisions**

Dirty Boxing Championship events feature single-match contests between well-matched, skilled fighters in the same weight division.

DIVISION WEIGHT ALLOWABLE WEIGHT SPREAD ((MMA Unified Rules, weight Classes) AS DETERMINED BY THE PRESIDING COMMISSION:

- Flyweight (125 LB)
- Bantamweight (135 LB)
- Featherweight (145 LB)
- Lightweight (155 LB)
- Welterweight (170 LB)
- Middleweight (185 LB)
- Light Heavyweight (205 LB)
- Heavyweight (265 LB)

Dirty Boxing Championship bouts may also be contracted at a Catchweight with the permission of the presiding commission. It is recommended that the unwritten custom of the one-pound allowance for non-title bouts be continued, but only if provided for in the written bout contract or by regulation.

DIRTY BOXING

CHAMPIONSHIP

10. General Bout Description

- A. Each non-title, non main-event Dirty Boxing Championship contest shall be 3 rounds. Each round shall be 3 minutes long, with a rest period of 1 minute between each round. Main events and Title/Championship fights are 5 rounds and shall remain 3 minutes long.
- B. During the fighting action, when one fighter becomes downed* as a result of effective hand strikes, follow-up action, and ground and pound will be allowed to continue as long as the strikes are effective. If a grounded fighter is able to wrap up, push the opponent off, or get back up, the ref will pause the fight and stand the downed fighter up. So, as long as punches continue to land, the fighter will be allowed to ground and pound.
- C. When a standing fighter is attacking his downed opponent, he may do so only with hand strikes, and he must maintain an upright position while attacking with both feet on the ground. The attacking fighter may place a single hand on his downed opponent's body, but once both fighters are considered downed, the referee will stop the action, stand the fighters, and immediately restart the action from that same standing position.
- D. A fighter may submit to his opponent by either tapping their hand continuously on any area of the ring, placing one knee on the ground and one hand above their head, or by verbally submitting to the referee. A fighter's chief second may concede the match by a method determined by the presiding commission.
- E. During the rest period between rounds, the fighters' licensed second and cutman will enter the ring or the ring corner stage to address the fighters' needs under the supervision of a commission inspector.
- F. The definition of a downed fighter is determined by the regulatory jurisdiction if it differs in any way from the definition provided: A fighter is considered downed when any part of the body other than the soles of their feet are touching the fighting area floor.
- a. A fighter is not allowed to put a knee on any part of a fighter body that is trying to defend from his/her back while on the mat. A fighter can continue to strike an opponent in a downed position provided he/she has both feet in contact with the mat.
 - b. The referee as sole arbiter must consider the fighter safety of a downed fighter:
 - Authorized to allow ground and pound for five (5) seconds

DIRTY BOXING

CHAMPIONSHIP

- Authorized to intervene and stand the fighters to continue
- Stop the fight anytime for the safety of the fighter.

11. Stopping Contest

- A. The referee and/or the ringside physician (as determined by the presiding commission) are the only individuals authorized to stop a contest.
- B. The fighter's Chief Second may concede the match by a method determined by the presiding commission.
- C. The fighter is permitted to concede the match to their opponent at any time during the bout by the following methods:
- D. Tapping their hand continuously on any area of the ring
- E. Placing one knee on the ground and one hand above the head.
- F. Verbally submitting to the referee

12. Judging/Scoring

- A. All bouts will be evaluated and scored by three judges, who will evaluate them from different locations around the ring fighting area.
- B. The referee may not be one of the three judges. Judges shall evaluate the round score on effective hand strikes, control of the ring fighting area, and effective aggressiveness.
- C. Effective punching is evaluated by determining the total number of impactful legal strikes a contestant lands.
- D. Fighting area control is judged by who dictates the pace, location, and position of the bout.
- E. Effective aggressiveness means moving forward and landing a legal punch.
- F. A 10-point must system will be used during the bout based on effective fighting according to the abovementioned criteria. Dirty Boxing Championship prioritizes

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productive aggressiveness, so if the fighting action results in similar results, the fighter who gets results based on attacking should be favored over a fighter who Counters.

13. Legal Techniques

LEGAL TECHNIQUES while standing and while one fighter is downed:

All punching and hand-striking techniques are executed with the closed fist or open hand directed to the front and sides of the head and the torso above the beltline. Ridge hand, backfists, forearm, palm-strikes and elbow strikes are also legal.

14. Fouls

The following are considered fouls which include but not limited to:

- A. All kinds of kicks.
- B. Strikes with an open hand that involve extending the fingers towards an opponent's eyes, throat, or any other sensitive area are illegal.
- C. Striking or grabbing the throat in any way i.e. squeezing the trachea.
- D. Striking to the spine or the back of the head.
- E. Stepping on, stomping, jumping on, or throwing oneself on a downed opponent.
- F. Groin attacks of any kind.
- G. All kinds of takedowns, sweeps, and throws.
- H. Clinching, holding, or grabbing for any reason other than to execute a legal technique immediately. The referee will split inactive clinching at their discretion.
- I. Suplexes or any other throwing techniques over the head.
- J. Throwing or spiking an opponent intentionally on their head or neck, or out of the fighting area.
- K. Timidity or Passivity, including but not limited to; avoiding contact with an opponent, failing to initiate legal techniques, intentionally or consistently dropping the mouthpiece, or faking an injury.

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- L. Attacking an opponent on or during the break, while the opponent is under the care of the referee, or after the bell has sounded, ending the round.
- M. Flagrantly disregarding the instructions of the referee or any interference by the corner.
- N. Biting, spitting, clawing, pinching, twisting the flesh, hair-pulling, fish-hooking, gouging, putting a finger in an orifice, cutting or laceration, small joint manipulation.
- O. Engaging in any unsportsmanlike conduct, including but not limited to abusive language.
- P. Applying any foreign substance to the hair or body to gain an advantage.

15. Cautions, Warnings, Penalties, and Injuries Resulting from a Foul

- A. Referees may Caution, Warn, Penalize, or Disqualify a fouling fighter.
- B. Cautions may be given without interrupting the fighting action of the bout.
- C. The intentional execution of any forbidden hand strikes will immediately be penalized with a point deduction.
- D. The unintentional execution of any forbidden hand strikes will be given an immediate verbal warning and on the next occurrence, it will be penalized with a point deduction. To issue an official warning the referee will separate the fighters and speak directly to the athlete that is being warned.
- E. To issue an official warning, the referee should separate the fighters and speak directly to the athlete that he/she is warning.
- F. If a point or points are to be deducted, the referee should stop time and send the non-offending fighter to the opposite side of the ring. The referee should ensure that the judges and the commission supervisor fully understand the nature of the deduction.
- G. If a fighter is to be disqualified, the referee should waive his hands above his head, indicating the termination of the bout.
- H. If a fighter is injured by a foul, the matter will be handled according to the rules, regulations, and policies of the presiding commission.

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16. Types of Contest Results

Knockout by:

- A. When the Referee stops the contest (TKO)
- B. When a self-inflicted injury or injury as a result of a legal maneuver is severe enough to terminate a bout (TKO)
- C. When a fighter fails to demonstrate intelligent defense and places himself at unreasonable risk for imminent damage (TKO)
- D. When a fighter is unable to enter the ring without assistance (TKO)
- E. When a contestant has been rendered unconscious due to strikes (KO)

Decision via the scorecards, including:

- F. Unanimous Decision:
 - When all three judges score the contest for the same contestant
- G. Split Decision:
 - When two judges score the contest for one contestant and one judge scores for the opponent
- H. Majority Decision:
 - When two judges score the contest for the same contestant and one judge scores a draw
- I. Technical Decision:
 - If an injury from a foul ends the contest or a double KO occurs, the presiding commission's rules regarding technical decisions will be applied.
- J. Draws
 - If the regulation bout is scored a draw, one additional round will occur to determine a winner. If the result of the additional round remains a draw, the bout will be scored a draw.
- K. Unanimous Draw
 - When all three judges score the contest a draw

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L. Majority Draw

- When two judges score the contest a draw

M. Split Draw

- When one judge scores a draw and the other two judges score in favor of different contestants

N. No contest

- If an accidental foul causes an injury severe enough for the referee to stop the bout after ½ of the scheduled rounds, plus one (1) second of the fight has been completed, the bout will result in a TECHNICAL DECISION awarded to the fighter who is ahead on the scorecards at the time the bout is stopped.

O. Eye Poke

Eye pokes may be categorized as either intentional or unintentional, at the discretion of the Referee. A Combatant that receives an eye poke may have up to five (5) minutes to recover.

(1) If the Referee determines the eye poke to be intentional, the Combatant causing the foul shall lose the bout by disqualification, regardless of round number or time

(2) Unintentional Eye Poke:

a) If an unintentional eye poke occurs multiple times during the bout, the following actions should occur:

1. On the first offense, the Referee may or may not deduct a point.

2. When a second offense occurs in the bout, the Referee may elect to either deduct two points (minimum) or to disqualify the offending Combatant.

b) The Combatant receiving an eye poke may be given up to five (5) minutes to recover. If the injured Combatant cannot recover from an eye poke by the five-minute mark, the Referee shall call the bout as follows:

1. The bout shall be ruled a No Contest/No Decision when a majority of the bout has not concluded (i.e. half of the scheduled rounds plus one second (SR: 1/2+1 sec).

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2. Once a majority of the bout has concluded (half of the scheduled rounds plus one second (SR:1/2+1 sec), the decision shall go to the scorecards and be determined as follows:

- i. If the injured Combatant is ahead on the scorecards at the time of the stoppage, the injured Combatant shall be declared the winner by Technical Decision.
- ii. If the offending Combatant (the individual who committed the eye poke foul) is ahead on the scorecards at the time of the stoppage, the bout shall be declared a Technical Draw.

c) At no time shall the Combatant causing the injury of an eye poke be declared the winner of the bout.

d) A Combatant that receives an eye poke may be given a cold compress to apply to their eye during the five-minute recovery period. The Ringside Physician is authorized to provide the injured Combatant with a cold compress, ice pack, or pad to which the Combatant may apply to their injured eye.

A Ringside Physician must evaluate the injured Combatant at the end of the recovery period or once the injured Combatant signals that they are ready to resume competition.

P. Disqualification

Q. Forfeit

R. Technical Draw

S. No Decision

Note that the points above are general descriptions. Actual bout results will be determined according to the rules and regulations of the presiding commission.

17. Extra Round

A. If the judges' final score results in any kind of draw

B. If the judges' final score results in a Split Decision

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*In these two cases, there will be one additional round, the result of which will determine the winner. If the extra round is scored a draw, then the official result will be a draw.

18. Licensed Seconds

The presiding commission will determine the number of seconds that will be licensed. The chief second and cutman may/will enter the ring during the rest period between each round to address the fighter's needs.

19. OVERRULING, UNWRITTEN RULES, AND COMMISSION JURISDICTION

The above rules for Dirty Boxing Championship will always be subordinate and consequently may be revoked or modified depending on the applicable laws and/or ethical standards of the country and/or state where the event is organized, occurring under the supervision of an Athletic Commission, Sanctioning Organization or other approved Regulatory Body. The authority to resolve any circumstances not specifically addressed in this document will be the domain of the presiding commission in consultation with the sanction organization and Dirty Boxing Championship rules director.

20. The Dangers of Cutting Weight and Dehydrating (Based on the Association of Ringside Physicians)

Unhealthy and dangerous weight loss practices continue to be a serious problem in combat sports. It has been shown that excessive weight loss, rapid weight loss, and repeated cycling of weight gain/loss causes decreased performance, hormonal imbalance, decreased nutrition, and increased injury risk. Other life-threatening problems associated with improper weight loss and dehydration include:

- **Decreased Muscle Strength and Endurance:** Decreased blood flow to muscles makes them work less well.

- **Decreased Heart and Cardiovascular Function:** The heart works harder and less efficiently.

- **Reduced Energy Utilization, Nutrient Exchange, and Acidosis:** With decreased blood flow to tissues, nutrients don't get delivered, and the body's waste products do not get removed as well. A buildup of acid occurs which changes cells' functions in the body.

- **Heat Illness:** This takes on four forms: heat cramps, heat syncope (loss of consciousness), heat exhaustion, and heat stroke (which may be fatal). Dehydration results in decreased blood flow to the skin and muscles. This is followed by decreased ability to regulate body temperature. The ability to sweat becomes impaired and core body temperature can rise. This increases the threat of all of these to

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poorly hydrated athletes doing strenuous workouts.

- **Decreased Kidney Function:** Dehydration leads to decreased kidney blood flow and decreased kidney function. This contributes to the problems listed in the points here, in addition to decreased urine output, concentrated urine, and leakage of protein into the urine. (It is not known if these changes can result in permanent kidney damage.)

- **Electrolyte Problems:** Decreased kidney function results in imbalances of electrolytes such as unhealthy increases in potassium and sodium.

- **Mood Swings and Mental Changes:** All of the above contribute to increased mood swings, poor concentration and focus, disorientation, and other mental changes. ■ **Eye Trouble:** Dehydration can cause blurred vision and dry eyes.

- **Increased Risk of Brain Injury:** There are likely increased risks of brain bleeding and concussion.

Do not:

- Don't use extreme methods for making weight such as excessive heat methods (rubberized suits, steam rooms, saunas), excessive intense bouts of exercise, vomiting, laxatives, and diuretics.

- Don't use dehydration as a mainstay of making weight. In addition to the above, it puts you at risk of improper rehydration techniques — when, in reality, proper rehydration takes several hours to days. (Many cases of intravenous fluids being used for rehydration after weigh-ins have been reported – this is a doping violation with several organizations.)

Do:

- Commit to a year-round proper diet and training for proper weight control and body composition.

- By maintaining your weight year-round near an appropriate competition weight and not competing in a weight class outside your appropriate weight class you will help avoid large swings in weight.

- Maintain a good state of hydration by drinking fluid throughout the day and staying hydrated during workouts.

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■ Follow nutritional programs that meet your needs for adequate amounts of calories from a balanced diet high in healthy carbohydrates, the minimum requirement of fat, and appropriate amounts of protein.

Dirty Boxing Championship provides participants with rehydration kits immediately following weigh ins

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THIS ENDORSEMENT CHANGES THE POLICY. PLEASE READ IT CAREFULLY.

ADDITIONAL INSURED – MANAGERS OR LESSORS

This endorsement modifies insurance provided under the following:

COMMERCIAL GENERAL LIABILITY COVERAGE PART

SCHEDULE

<p>Name Of Person Or Entity (Additional Insured): City of Hammond Department of Parks and Recreation 5825 Sohl Ave Hammond, IN 46320</p> <p>Name of Insured: Armored MMA LLC</p>
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- A. Section II – Who Is An Insured** is amended to include as an additional insured the person or entity shown in the Schedule, but only with respect to liability arising in that part of the designated premises leased, licensed, or otherwise available to you and subject to the following additional exclusions:
- 1. This insurance does not apply to any loss, claim, "suit", cost, expense or liability for damages directly or indirectly based on, attributable to, arising out of, involving, resulting from, or in any way related to:
 - a. Any "occurrence" which takes place prior to your occupancy or after you cease to be a tenant in that premises or;
 - b. Structural conditions, alterations, construction, demolition, maintenance or other operations performed by or on behalf of the person or entity shown in the Schedule.
 - 2. Coverage (including defense) is provided only to the extent that liability is created for an additional insured by the negligent acts, errors, or omissions of the Named Insured. If liability for injury or damage is imposed or sought to be imposed on any additional Insured because of the acts, errors, or omissions of any additional insured or any person or entity under the direction or control
- of any additional insured, this insurance does not apply.
- Coverage for an additional insured under this endorsement shall be excess. Any other insurance the additional insured has shall be primary with respect to this insurance.
- Except as provided herein, all other terms, conditions, provisions, exclusions, and endorsements of this policy remain the same and applicable.

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San Shou Challenge Event Rules

(possible Spring 2026)

Presenter: Javier Brantley Jr. (DBA. Alexander Silver)

I. Event Overview

Date: possible Spring 2026 (Exact Date TBA)

Sanctioning: Conducted under DPOR rules.

Bout Structure: 3 Rounds of 5 Minutes each, with 1-minute rest periods.

II. Ring Specifications

Type: Elevated Platform (Non-Cage Octagon).

Dimensions: 9.5 Meters (Approx. 31 ft) in diameter.

Height: 1.0 to 1.5 Meters (Approx. 3.3 - 5 ft) high.

III. Legal Techniques

1. Striking:

- Punches: Allowed to the head and body (above the waist).
- Kicks: Allowed to the head, body (above the waist), and legs (inner/outer thigh only; *no direct side kicks to the leg*).
- Knees: Allowed to the head, body, and legs.
- Elbows: Allowed to the head, body, and legs.
- Striking in the Clinch: Permitted if at least one contestant is actively striking.

2. Grappling & Throws:

Clinching: Permitted for a maximum of 5 seconds if **no** striking occurs.

Throws: All judo throws and wrestling throws are permitted.

Ground Fighting: Prohibited. Once any part of a contestant other than the feet touches the floor, the referee will immediately stop the action and restart both contestants standing in a neutral position.

Platform Dismounts: Knocking or throwing an opponent off the platform is legal and scored (See Scoring, Section VI.3).

IV. Fouls (Illegal Actions)

- Strikes to the groin.
- Strikes to the spine or joints (e.g., knees, ankles, shoulders).
- Eye gouging or fish hooking.
- Headbutts.
- Biting or spitting.
- "Spiking" an opponent directly onto their head/neck.
- Strikes deliberately aimed at the back of the head.
- Holding the clinch for more than 5 seconds without striking.
- Purposely exiting the platform to avoid combat (See Penalties, Section VII).
- Any other action deemed unsportsmanlike or excessively dangerous by the referee.

V. Scoring System (Per Round)

Points are awarded for clean techniques and dominance during the round. Judges tally the total points for each contestant at the end of each round.

1. Throws:

0 Points:

- Thrower is pulled down with opponent during the attempt; neither establishes control.
- Unsuccessful use of a falling technique to attack.
- Unsuccessful use of a flying offensive technique ending in a deliberate fall (falling technique does not score).

1 Point:

- Opponent is thrown, thrower remains standing, but the throw lacks extreme skill/difficulty/altitude (Basic Throw).

2 Points:

- Opponent is thrown with a technique demonstrating significant skill, difficulty, or control, and thrower remains standing.
- Basic Throw where opponent is thrown off the platform.

3 Points:

- Opponent is thrown with a technique demonstrating extreme skill, difficulty, control, altitude, or explosiveness (High Altitude/Explosive Throw).
- Opponent is thrown off the platform with a technique demonstrating extreme skill, difficulty, altitude, or explosiveness.

2. Strikes:

2 Points:

- Knocking an opponent down with a clean strike (no standing 8-count given).

3 Points:

- Knocking an opponent down with a clean strike resulting in a referee-administered standing 8-count.

3. Sweeps:

3 Points:

- Executing a dropping sweep causing the opponent to leave their feet and land on their back (sweeper's hands may touch the floor).

4. Reversals:

1 Point:

- If a contestant being thrown executes a counter-throw and ends in a clear controlling/commanding position within one count of both contestants hitting the ground. If both hit the ground simultaneously without clear control, no points are awarded.

5. Knockdowns (Non-Strike):

2 Points:

- Forcing an opponent to fall/collapse (e.g., through dodging defensively, loss of balance due to technique) or if opponent falls deliberately.

6. Platform Dismounts

-1 Point:

- Contestant penalized if they are knocked/thrown off the platform by the opponent's legal technique.

7. General:

- All other effective strikes, takedown/throw attempts, aggression, and ring control contribute to the judge's overall assessment for the round's total points.

VI. Round & Bout Decisions

1. **Round Winner:** At the end of each round, each judge totals all points scored for each contestant. The contestant with the higher point total from a judge wins that round on that judge's card. The Event Inspector (or designee) awards **1 point** to the round winner and **0 points** to the loser for each judge's card.

2. **Bout Winner:** The contestant who wins the majority of rounds (e.g., 2 out of 3) is declared the winner by Decision. The bout can also end prior to the final round via Knockout (KO), Technical Knockout (TKO), Disqualification (DQ), Doctor Stoppage, or Corner Stoppage (Throw in Towel).

VII. Warnings & Penalties

1. **Warnings:** Referees may issue verbal warnings for fouls or stalling (including purposely walking off the platform).
2. **Point Deductions:** Referees shall deduct points (-1, -2) for fouls, repeated warnings, or stalling. Severe fouls may result in immediate point deduction.
3. **Disqualification:** Flagrant fouls or excessive point deductions will result in disqualification (DQ).

VIII. Required Equipment

1. **Gloves:** Open-finger MMA-style gloves (4 oz. - 6 oz.).
2. **Mouthguard:** Mandatory for all contestants.
3. **Groin Protection:** Mandatory for all contestants (male & female).
4. **Shorts:** Athletic shorts. Underwear must be worn beneath shorts.
5. **Female Contestants:**
 - * Pelvic guard (cup equivalent).
 - * Form-fitting upper body covering (rash guard or sports top).
6. **Hand Wraps:** Permitted under gloves, subject to inspection.

IX. Officials

Referee: One per bout, responsible for enforcing rules, fighter safety, and in-ring decisions (warnings, penalties, stoppages).

Judges: Three judges score each round independently based on the criteria above.

Event Inspector: Oversees officials, rule application, scoring collection, and round/bout result determination.

X. Approval needed

Knees and elbows above the neck
platform without the cage

7/30/2025

18VAC120-40-411.19. San Shou (Sanda) rules.

- A. Along with legal kicks and punches above the waist, contestants may use legal kicks to the legs (not the knees) and elbows to legal target area. Use of knees and elbows is restricted to legal target areas below the neck. Use of knees and elbows to the head is permitted if prior approval by the department or its contractor is obtained.
- B. Leg sweeps, boot to boot, to the inside and outside of the contestant's foot (not above the ankle) are permitted.
- C. Kicks may be made with the shin or foot.
- D. Kicks to the inside and outside of the contestant's leg are permitted.
- E. Direct sidekicks to the legs are not permitted.
- F. Contestants are permitted to catch their opponent's leg and take up to two steps. Contestants may strike anytime during the two steps, but must release the leg when they strike or by the end of the two steps.
- G. Kneeing is permitted if one contestant is active within the clinch.
- H. Clinching without kneeing is permitted for five seconds to execute a throw, sweep or takedown.
- I. All types of Judo and wrestling throws are permitted, except spiking one's opponent directly on the head.
- J. Foot pads and shin pads are not permitted.
- K. Bouts contested on a platform without ropes must be approved by the department or its contractor 30 days prior to the event.
- L. Contests shall be scored as follows:
 - 1. Two areas will be scored, stand up and takedowns. Both are scored by the use of a clicker counter by each judge.
 - a. Stand up – Each judge will award a contestant one point for every effective strike delivered, with the exception of kicks that are caught and effective counter or throw or sweep delivered.
 - b. Takedown – After each throw, takedown or sweep, the referee will stop the action and determine if points are to be awarded. The referee will indicate points awarded by pointing to the contestant with one hand and raising his other hand indicating the number of points to be awarded. The referee will also announce the number of points. Each judge will record the number of points, by clicking the appropriate number on their clickers.
 - 2. Referee awarded points.

- a. Zero points are awarded if:
- (1) A throw is attempted, but the other contestant pulls the thrower down with him and neither can show control;
 - (2) One contestant uses a falling technique to attack unsuccessfully; or
 - (3) One contestant uses a flying offensive technique with a deliberately falling technique, the latter one will not score.
- b. One point is awarded if the contestant being thrown uses a throw “counter technique” and reverses the beginning thrower in regards to position of control or command. The contestant who ends up in the controlling or commanding position within a count of one after both contestants hit the floor shall receive the one point. If both contestants end up side to side no points shall be awarded.
- c. Two points are awarded:
- (1) For any knockdown from a strike (punch or kick) if the technique is clean and the standing contestant does not touch the ring floor and the fallen contestant is not given a standing eight count and rises off the mat quickly after the knockdown;
 - (2) For any basic throw that is not high altitude or of extreme skill or difficulty and the thrower remains standing; or
 - (3) If the contestant is forced to fall by the opponent’s techniques, including the opponent deliberately falling while dodging defensively.
- d. Three points are awarded:
- (1) For any high altitude or explosive or extremely difficult throw;
 - (2) For any knockdown from a strike or any technique that requires the referee to give the contestant a standing eight count; or
 - (3) If the opponent is knocked down by a dropping sweep, which causes the opponent to come off his feet and land on his back (the sweepers hands may touch the floor).
3. Judges scoring. At the end of each round, each judge will write the total number of points for each contestant on the scorecard. At the end of each round, the event inspector or his designee will award the winning contestant one point and the losing contestant zero points for that round. At the end of the bout, unless the bout was stopped prior to the end

of the scheduled rounds by knockout, technical knockout, or disqualification, the contestant with the most rounds won will be declared the winner. If the bout ends in a decision, the winner is the contestant who wins the most rounds.

Historical Notes

Derived from Virginia Register Volume 23, Issue 24, eff. September 5, 2007.

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Number of Events per year											
2021				2022				2023			
Boxing	MMA	Bare Knuckle	Wrestling	Boxing	MMA	Bare Knuckle	Wrestling	Boxing	MMA	Bare Knuckle	Wrestling
3	2	0	34	5	9	0	74	7	5	2	139
Total:				88				153			
2024				2025				2026 to date and scheduled			
Boxing	MMA	Bare Knuckle	Wrestling	Boxing	MMA	Bare Knuckle	Wrestling	Boxing	MMA	Bare Knuckle	Wrestling
8	7	2	170	7	8	0	173	8	3	0	14
Total:				188				25			

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2025 Event Income

Event Date	Promotion	Income +/-
3/8/2025	River City Promotions	\$ (217.80)
3/15/2025	Cujo Toe to Toe	\$ (126.46)
5/17/2025	Brawlers Ball	\$ 1,036.40
6/7/2025	Top Rank	\$ 32,324.63
6/28/2025	CageZilla	\$ 3,197.15
7/26/2025	Gaming Related Sports	\$ 1,058.81
8/10/2025	APFC	\$ 3,180.23
8/16/2025	RCS	\$ 1,214.60
9/6/2025	Cujo Toe to Toe	\$ 11.92
9/17/2025	River City Promotions	\$ (79.14)
10/11/2025	Lucky Punch Promotions	\$ (652.34)
10/18/2025	Brawlers Ball	\$ 1,608.70
11/5/2025	River City Promotions	\$ 183.24
12/13/2025	Stronghold Ent.	\$ 1,903.60
12/20/2025	CageZilla	\$ 8,911.70
Total Event balance:		\$ 48,554.94

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2026 Event Income

Event Date	Promotion	Income +/-
1/9/2026	Brikhouse Productions LLC	247.91
2/4/2026	River City Promotions	547.8

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2026 Upcoming Events Listing

DPOR licenses promoters and participants involved in **professional** wrestling, boxing, and martial arts events. The list of upcoming events includes only approved, licensed, and professional events.

If an event is not listed, it has not been licensed by DPOR to take place. Events may not be advertised until approved and licensed by DPOR.

Mixed Martial Arts:

February 28, 2026, Cagezilla 89, The Salisbury Center, Manassas, VA

March 28, 2026, Knockout Entertainment, The Dome, Virginia Beach, VA

April 25, 2026, Stronghold Promotions, Richmond Raceway, Richmond, VA

Boxing:

March 7, 2026, River City Promotions, Benedictine Prep School, Richmond, VA

March 21, 2026, Lucky Punch Promotions, Boys & Girls Club, Danville, VA

April 4, 2026, Lucky Punch Promotions, The Boys and Girls Club, Danville, VA

April 18, 2026, Cujo's Toe to Toe Boxing, Caesars Virginia Casino, Danville, VA

April 25, 2026, Stronghold Fight Promotions (MMA), Richmond International Raceway,
Richmond, VA

Wrestling:

March 14, 2026, Virginia Championship Wrestling, Hampton High School, Hampton, VA

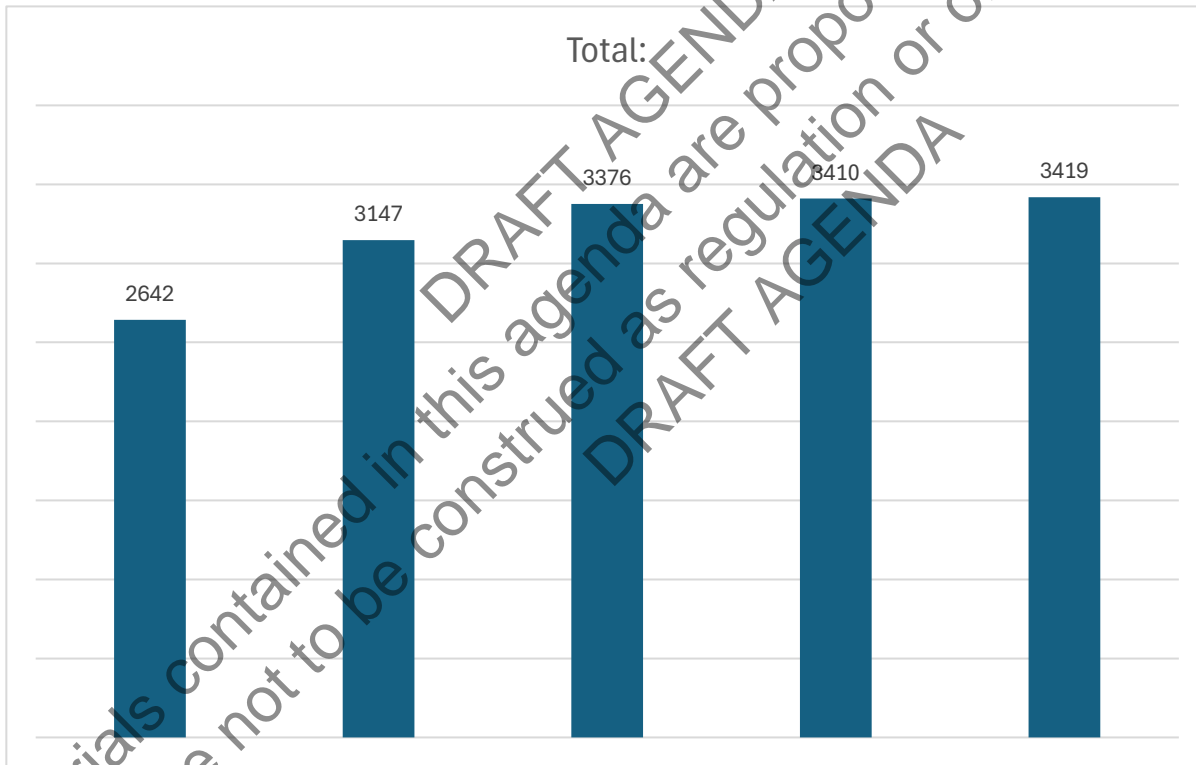
April 13, 2026, Micro Wrestling Federation, Seaside Bar & Grill, Virginia Beach, VA

Amateur martial arts/MMA must be conducted under an approved Amateur Sanctioning Organization. (Amateur boxing and amateur wrestling are not regulated.)

Updated as of 2/18/2026

BMAW Regulation Population 2021-2025

Total Regulant Population					
Profession	2021	2022	2023	2024	2025
Temp. Boxer	0	0	0	0	0
Boxer	28	57	92	91	91
Promoters	18	27	29	31	33
Trainers/ Sec.	49	165	206	191	175
Managers	4	4	5	3	4
Matchmakers	18	27	31	31	33
Boxing/MMA Events	5	14	14	17	15
Martial Artist	11	66	70	52	60
Temp. Wrestler	0	1	3	0	0
Wrestler	454	690	764	800	810
Wrestling Events	34	74	139	170	173
Total:	2642	3147	3376	3410	3419



2026 BMAW Regulation Population

License	January	February
Boxer	3	14
MMA Artist	6	7
Promoters	9	17
Trainers/Seconds	5	27
Managers	1	2
Matchmakers	6	16
Boxing/ MMA events	6	7
Wrestlers	93	201
Wrestling Events	2	6
TOTAL:	131	297

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