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Official Rules and Regulations of SHIDO MMA

as of December 15th 2008

1. Competitors

- a. All Competitors for D-, C-, B- and A-Class Matches must be registered by the SHIDO Commission (Shidokan Germany) by providing the requested information and signing of the official Fighter Application for SHIDO MMA (Shido), which can be downloaded at www.shidokan.de or will be mailed to the competitor upon request
- b. Competitors, both female and male, must be at least 18 years old in order to be considered to compete in Shido matches (16 years old to compete in D- and C-Class matches)
- c. Each competitor must provide a medical record upon request
- d. Only fighters who will be accepted by Shidokan Germany can enter official Shido Matches in Germany. Accepted fighters will be entered into the official Shido rankings at www.shidokan.de, the website of Shidokan Germany.

2. Coaches

- a. Each fighter may have up to three coaches for D-, C-, B- and A-Class matches in her/his corner during official Shido matches. Only the head-coach is permitted to enter the ring before and after the fight, as well as in the intervals of the fight
- b. If a coach or any other team mate or company of the fighter enters the ring during a match the competitor is immediately disqualified and shall be declared the loser of the match

3. Matches

- a. D-Class matches will consist of 2 (two) 3 (three) minute rounds
- b. C-Class matches will consist of 2 (two) 4 (four) minute rounds
- c. B-Class matches will consist of 2 (two) rounds of 5 (five) minutes duration
- d. A-Class matches will consist of 3 (three) rounds of 5 (five) minutes duration
- e. In all matches there is an interval of 1 (one) minute between rounds
- f. D-Class matches are for Newcomers with less experience in Martial Arts
- g. C-Class matches are for amateur fighters

- h. B-Class matches are for Semi-Professional fighters, who are less experienced in Mixed Martial Arts (or less than 6 wins in Shido)
- i. A-Class matches are for professional fighters (or more than 6 wins in Shido)
- j. All Shido title matches will consist of 3 (three) rounds of 5 (five) minutes duration under A-Class Rules
- k. The fighters for title matches will be selected by the SHIDO Commission (Shidokan Germany), according to the shown performance in previous matches and the position in the official rankings
- l. All fighters for B- and A-Class matches and for Title fights must sign a contract for that fight at least two (2) weeks prior to the event.
- m. Matches will be held in a Boxing Ring. At special events the Commission can give the permission to hold matches also on Mats, in a Cage etc. (Beach Grappling, Team Competitions, House Galas...)
- n. Matches will be organized and hosted by the SHIDO Commission or its licensed associates only
- o. All matches must follow the official rules for Shido matches and must be sanctioned by the SHIDO Commission or its licensed associates

4. Ways to win

- a. An official Shido match can be won by KO (Knockout), TKO (Technical Knockout), Submission, RSC (Referee Stops Contest), Points or DQ (Disqualification)
- b. KO: a fighter, who is downed by a legal technique and in no condition to continue the fight within a "8-count" of the referee, will lose the match by KO
- c. TKO: a fighter, who is injured accidentally or by a legal technique, in any serious danger for his health and who is not able to continue the fight in a proper way, will lose the match by TKO (e.g.: dislocated joint, fracture etc.)
- d. Submission: a fighter, who submits the fight by verbal signal or tapping out will lose the match by submission. This rule is also effective, if one of the coaches submits the fight (throwing in the towel etc.) for the fighter
- e. RSC: if the referee of a match decides, that one competitor can not continue the match in a proper way or defend himself against further attacks in a proper way, he will stop the fight, resulting in the loss of this match for the competitor. This rule is also effective for the case of 3 (three) knockdowns in 1 (one) round
- f. DQ: if the referee finds one or both competitor(s) guilty of any and/or repeatedly violations of the official rules during a match, he can disqualify the competitor, resulting in the loss of the match for this competitor. If a fighter is guilty of violating the rules of sportsmanship and/or of proper and correct behaviour in- or outside the ring at an event or if a fighter does not follow the commands of the Referee in charge he may be disqualified, too. A disqualification can be declared up to four weeks after a fight if the Commission receives any written protest by a party.
- g. Points: please see Rule #5.

5. Scoring

- a. All Shido matches of D- and C-Class will be scored with a point-system for MMA. The referee will signal the points to the main-judge under the following criterias:
 - i. Knockdown (8-count) = 4 points
 - ii. Submission Attempt (Catch) = 4 points
 - iii. Takedown = 3 points
 - iv. Mount or Backmount = 3 points
 - v. Sweep = 2 points
 - vi. Guard Escape (with pass) = 2 points
- b. All Shido matches of B- and A-Class will be judged by 3 (three) judges according to a 10-Point-Must-System, like in professional boxing. If there is no decision by KO, TKO, Submission, RSC or Disqualification during the match the winner will be determined by the score cards of the judges, who will score every round of a match.
- c. Examples:
 - 10-10: the round is a draw
 - 10-9: little advantage for one fighter
 - 10-8: clear advantage for one fighter or knockdown (8-count)/serious submission attempt (Catch) was scored in this round (there is 1 point deduction for each knockdown/serious submission attempt)
 - 10-7: full advantage for one fighter or two knockdowns or submission attempts were scored in this round
- d. Unanimous Decision: all 3 (three) judges scored the win of the match for a fighter (3:0)
- e. Split Decision: 2 (two) judges scored the win of the match for one fighter and 1 (one) judge scored the win for her/his opponent (2:1)
- f. Majority Decision: 2 (two) judges scored the win of the match for one fighter and 1 (one) judge scored it a draw
- g. Draw: all other scorings will result in a draw (e.g.: 1-1-0, 1-0-0, 0-0-0)
- h. Draws in title matches: if the judges score the outcome of a title match a draw the following rules will be used:
 - if the title of the match was vacant, the title will stay vacant
 - if one of the competitors was the champion, he will keep the champion title

6. Fighter's Clothes

- a. Each fighter has to wear suitable shorts
- b. Female competitors must wear an approved chest protector covered by a tight top (no T-Shirts allowed)
- c. Male competitors must wear a groin protector
- d. All competitors must wear a mouth-piece
- e. All competitors must wear officially approved Shido Gloves, which will be provided by the Promoters.
- f. No other clothing, protective equipment, bandages or tapes allowed without expressed permission by the Main Judge

7. Legal Techniques

- a. All kicks and knee-strikes to the legs, body, arms and head during Stand-Up-Fighting
- b. All punches and elbow-strikes to the legs, body and arms during Stand-Up-Fighting
- c. Throws, sweeps and takedowns
- d. Submission holds, joint locks and chokes during Stand-Up- and Ground fighting
- e. All kicks, knee-strikes, punches and elbow-strikes to the legs, body and arms during Ground fighting
- f. Kicking and punching a downed opponent to the legs, body and arms from the standing position
- g. Kicking to the head of a standing opponent from the ground position
- h. Punches to the Head with the Fist in Stand Up Fighting (D-, C-, B- and A-Class)
- i. Punches to the Head with the Fist in Ground Fighting (B- and A-Class Matches, Title Matches)

8. Illegal Techniques

- a. All punches and/or kicks to the spinal cord, the throat, the neck and to the groin area
- b. All forearm- and elbow-strikes to the head
- c. Any kind of striking (punches and kicks) to a opponent on the ground (D-Class Matches)
- d. Punches to the Head during Ground Fighting (C-Class Matches)
- e. Head butting to the head and facial area
- f. Fish hooking
- g. Scratching
- h. Grabbing the hair of an opponent
- i. Biting
- j. Eye gouging (also with the head, cheek, chin or elbow..)
- k. Manipulation of finger- and toe joints
- l. Closing the wind pipe with the hand
- m. Pressure to the front of the throat with the elbow
- n. Throws, when the thrown opponent will land on his head or neck
- o. Back-Suplex throws
- p. Kicks and/or knee-strikes to the head of an opponent in ground position
- q. Slamming an opponent to the ground (Bombing)
- r. Unsportsmanlike behaviour

9. Divisions

- a. Juniors (all male athletes between 16 and 18 years of age)
- b. Women (all female athletes of 18 years of age or older)
- c. Men (all male athletes of 18 years of age or older)

10. Weight Classes

- a. Women

- Bantamweight: -56 kg/-123,46 lbs.
- Featherweight: -60 kg/-132,28 lbs.
- Lightweight: -65 kg/-143,30 lbs.
- Welterweight: -70 kg/-154,32 lbs.
- Middleweight: -76 kg/-167,55 lbs.
- Heavyweight: +76,1 kg/+167,77 lbs.

b. Juniors/Men

- Featherweight -65,0 kg/
- Lightweight: -70,4 kg/-155 lbs.
- Welterweight: -77,2 kg/-170 lbs.
- Middleweight: -84,0 kg/-185 lbs.
- Light Heavyweight: -93,1 kg/-205 lbs.
- Heavyweight: -120,3 kg/-265 lbs.
- Super Heavyweight: +120,3 kg/+265 lbs.

11. Titles

- a. There are no regional, national or continental titles in Shido. Each Weight-Class has only one international Champion.
- b. The titleholder has to defend her/his title at least once in every 12 month period. If the titleholder misses to defend her/his title in this period, the title becomes vacant.
- c. Competitors for title matches or –defences will be selected by the SHIDO Commission
- d. The SHIDO Commission can give permission for national and continental Amateur Titles in the C-Class (“Grand Prix” Fights).
- e. The winner of those “Grand Prix” Fights will be eventually considered for Prestige-, Super- and/or Title fights.

12. Copyrights

- a. “SHIDO MMA”, its logo and rules and regulations are protected by national and international laws. Any unpermitted use or copy in full or in part or violation of our rights will be prosecuted.

13. Licensing

- a. Any Gyms, Dojos, Promoters or Fighters, who are interested in becoming an official licensed associate of SHIDO MMA and the SHIDO Commission, please contact:

Shidokan Germany
President Peter Angerer
Kammweg 11
72829 Engstingen
Germany

14. Suspension

- a. A Fighter can be suspended from participation in official SHIDO Matches for the following reasons:
 - i. Non-Excused withdraw from a Fight: 3 Month suspension
 - ii. Violation of any Rules resulting in a Disqualification from a Fight: 1-6 Month suspension (in serious cases the Fighter can be banned for lifetime from all future SHIDO events)
 - iii. Suffering a Knock-Out (Punch or Kick to the head) in an official SHIDO Fight: 2-8 weeks suspension

15. Disqualifications

- a. A fighter who is disqualified from a fight before, during or after the fight has to refund all paid purses to the promoter. Additionally the Commission can decide to:
 - i. declare a title vacant, if the disqualified fighter is a current Champion in SHIDO
 - ii. ban the disqualified fighter from all future events and/or fights for a specific amount of time

16. Failing to make Weight

- a. A Fighter who fails to be in the correct weight for his scheduled Fight will be given the opportunity to weight in a second time finally two hours after the first weight-in. If he fails again to be in weight the following rules will be in effect:
 - i. 0,1-0,3 kg difference: the confirmed purse of the Fighter will be reduced by 25% by the Promoter/SHIDO Commission
 - ii. 0,4-0,6 kg difference: the confirmed purse of the Fighter will be reduced by 50% by the Promoter/SHIDO Commission
 - iii. 0,7-0,9 kg difference: the confirmed purse of the Fighter will be reduced by 75% by the Promoter/SHIDO Commission
 - iv. 1,0 kg and more difference: the confirmed purse of the Fighter will be reduced by 100% by the Promoter/SHIDO Commission.
 - v. Fighters for Title Matches must have the exact maximum weight as stated in our official weight divisions.
 - vi. If the Titelholder fails to make weight as described in No. v. he will lose the Titel and the Titel becomes vacant.
 - vii. If the Challenger for a Titel fails to make weight the Champion will keep his Titel but has to agree for another Titelmach against a selected opponent within 3-6 month after the scheduled Match.
 - viii. If one of both fighters in a Title match failed to make weight (as described in No. v.) the SHIDO Commission can give the permission that the Match between the Champion and the Challenger can be fought at this event, but it will not be a Title Match. Rules of No. i. to iv. stay in effect.

17. Drug Testing

All Athletes competing in SHIDO MMA licensed Matches are subject for Drug Tests and – in order to compete in SHIDO MMA Matches – have to agree to the following statement:

“I agree to submit to any drug testing that may be required of me relating to Competition and hereby give my consent to such testing. I understand that the results of this test may be made public and agree to such results being a matter of public record. I understand that I may be disqualified from this event based on the results of such tests and agree to accept the decision of the organizers as a condition precedent to my participation.”

18. Officials

All official SHIDO MMA matches must be overseen by the following officials:

- a. Supervisor: The Supervisor of Shidokan Germany for an event has to oversee the Judges and Referees and is the official representative of Shidokan Germany at a professional event. All orders and decisions of the Supervisor are final at the event and can overrule all decisions of the Referees and Judges.
- b. Main Referee: The Main Referee is responsible for the introduction of the rules to the judges. He also oversees the correct clothing of the athletes, the equipment which is used by the athletes (Gloves, Mouthpiece, Groin-Cup etc.).
- c. Referee: A Referee is responsible for the correct use and following of all rules for SHIDO MMA matches during the fights.
- d. Judges: The Judges score all fights by a 10-Point-Must-System.