

Ways To Win

1. Via Submission:

- Physical tap out. Tap anywhere with an open hand or foot; (3 or more rapid and distinct taps; tapping with a fist on your opponent will be considered a punch and not be recognized as a tap out.)

- Verbal Submission/Verbal Tap Out: If you can not tap physically, do so verbally by saying the word, "tap," loudly and repeatedly until the fight is stopped. If you are caught in a submission/position where there is a concern for your safety, any vocalization that you make will be considered a verbal tap out. Execute escapes quickly and quietly. (Also for fighters who do not speak English.)

2. Technical knockout by the referee stopping the contest.

- A competitor must be able to demonstrate an active defense. (Covering up, "going fetal" or simply not responding while receiving repeated strikes is not deemed as an active defense.)

3. Decision via the scorecards, including:

4. Disqualification.

Members of the Cage/Ring crew will inspect each fighter before each fight for the following:

- Excessive lubricant on the head/face
- Mouth guard
- Groin Protector
- Length of finger/toe nails
- NMSAC Approved MMA Gloves & Attire

Referee may Re-start the Round:

If the fighters reach a stalemate on the ground or in a standing clinch and do not work to improve position or to finish the fight, the referee may call for a, "clean break," and restart the fight after placing the competitors into neutral, standing positions. The official time will not be interrupted during a restart of this nature. Standard commands that fighters can expect to hear from the referee during a fight are as follows:

"Fight" - "Break" - "Clean Break" - "Fight Back"(TKO) - "Defend" (TKO) - "Work to Improve/Finish"(Restart) - "Let go of the gloves/shorts/fence" - "Back of the head" - "Not the eyes/cup/spine" - "3 points down" - "Get Out Of It," (TKO Submission)

No more than two trainers will be allowed in a fighter's corner once the fight starts. Trainers must remain seated during the fight. Trainers are reminded to address their fighter only. Questions/grievances are to be submitted to the commissioner's table.

Fighters are reminded to defend themselves at all times, to obey the commands of the referee at all times, to fight clean, to fight hard, to fight fair and to start fighting only when the referee commands them to fight.