

# EFC AFRICA RULES

To ensure that our fighters enjoy worldwide acclaim, EFC AFRICA™ strictly follows the international standard rules for mixed martial arts events and championships.

## WEIGHT CLASSES:

- Lightweight - over 65 kg. to 70 kg.
- Welterweight - over 70 kg. to 77 kg.
- Middleweight - over 77 kg. to 84 kg.
- Light Heavyweight - over 84 kg. to 93 kg.
- Heavyweight - over 93 kg. to 120 kg.

## FOULS:

- ▶ Butting with the head.
- ▶ Eye gouging of any kind.
- ▶ Biting.
- ▶ Hair pulling.
- ▶ Fish hooking.
- ▶ Groin attacks of any kind.
- ▶ Putting a finger into any orifice or into any cut or laceration on an opponent.
- ▶ Small joint manipulation.
- ▶ Striking to the spine or the back of the head.
- ▶ Striking downward using the point of the elbow.
- ▶ Throat strikes of any kind, including, without limitation, grabbing the trachea.
- ▶ Clawing, pinching or twisting the flesh.
- ▶ Grabbing the clavicle.
- ▶ Kicking the head of a grounded opponent.
- ▶ Kneeing the head of a grounded opponent.
- ▶ Stomping a grounded opponent.
- ▶ Kicking to the kidney with the heel.
- ▶ Spiking an opponent to the canvas on his head or neck.
- ▶ Throwing an opponent out of the ring or fenced area.
- ▶ Holding the shorts or gloves of an opponent.
- ▶ Spitting at an opponent.
- ▶ Engaging in an unsportsmanlike conduct that causes an injury to an opponent.
- ▶ Holding the ropes or the fence.
- ▶ Using abusive language in the ring or fenced area.
- ▶ Attacking an opponent on or during the break.
- ▶ Attacking an opponent who is under the care of the referee.
- ▶ Attacking an opponent after the bell has sounded the end of the period of unarmed combat.
- ▶ Flagrantly disregarding the instructions of the referee.
- ▶ Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- ▶ Interference by the corner.
- ▶ Throwing in the towel during competition

## BOUT DURATION:

- ▶ All non-championship bouts shall be three rounds.
- ▶ All championship bouts shall be five rounds.
- ▶ Rounds will be five minutes in duration.  
A one-minute rest period will occur between each round.

## WAYS TO WIN:

- Submission by:
  - ▶ Physical tap out.
  - ▶ Verbal tap out.
- Technical knockout by the referee stopping the contest.
- Decision via the scorecards, including:
  - ▶ Unanimous decision [all judges pick the same fighter as the winner].
  - ▶ Split decision [One judge picks one fighter, the other two judges pick the other fighter].
  - ▶ Majority decision [Two of three judges pick the same fighter as the winner, the final judge says the fight was a draw].
- Draw, including:
  - Unanimous draw.
  - Majority draw.
  - Split draw.
- Technical decision.
- Technical draw.
- Disqualification.
- Forfeit.
- No contest.