

***NOVA SCOTIA BOXING AUTHORITY  
MIXED MARTIAL ARTS RULES***

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## Rule 1 - Promoters

### Section 1: Fight Format

- (a) Events must consist of a minimum of 24 rounds.
- (b) Three (3) – Five Minute Rounds.
- (c) Five (5) – Five Minute Rounds for Championships.
- (d) Extra Rounds – In the event of a tie there will be up to two extra five minute rounds with the judges attempting to declare a winner after each extra round. If even after two extra rounds a draw will be declared.
- (e) All MMA contests must be in a cage or ring that meets the Nova Scotia Boxing Authority Standards.

### Section 2: Sanctioning

The promoter is required to apply for sanctioning **no less than 30 days prior to the event** and must have the following included in the application:

- (a) All contracts signed for the main event or two of the undercard. Contracts can only be signed for or by participants with a valid MMA license, which does not expire prior to the event he is participating in. Also, the fighter must have their Infectious disease blood test approved.
- (b) Letter confirming ambulance has been reserved for the event.
- (c) \$1,500.00 sanctioning fee to the NSBA
- (d) Proof of a confirmed location.

### Section 3: 20-Day Meeting Requirements

The promoter is required to provide the following information to NSBA at or prior to the 20-day meeting:

- (a) The name of the commission where each participant holds a valid license.
- (b) A report on participant's last 3 fights from an organization that keep fight records, etc., Fight Fax, ABC MMA..
- (c) Copy of blood test results for HIV, HepC, HepB (must have been completed within 6 months of the scheduled event).
- (d) Copy of all contracts.
- (e) A fine of \$100.00 for each item that is not provided for the 20 day meeting maybe incurred.

### Section 4: 14-Day Meeting Requirements:

- (a) All monies required by NS Boxing Authority (Purses, doctor fees, ring official fees, etc.).
- (b) Any other requirements of NS Boxing Authority.
- (c) All gloves required for the event, including new gloves for main event.

**Section 5:** At the discretion of the Nova Scotia Boxing Authority, the Authority may implement a 14 day buffer between combat sports events.

## **Rule 2 - Participants**

**Section 1:** To compete, a participant must be of legal age (19) and must meet the following criteria:

- (a) Have a license from an approved commission.  
*\* No person applying for a Combat Sports License or a Licensee will approach a medical advisor of the NSBA without the written consent of the NSBA. Doing so will result in the loss of a Combat Sports License or the opportunity to receive one.*
- (b) Submit infectious disease blood tests results which have been taken within six months of the event.
- (c) Demonstrate to the promoter, that his/her skills are suitable to the event (this may be demonstrated by video or tryout/demonstration).
- (d) Pass a pre-fight medical.
- (e) Participants must receive a purse of a minimum of \$100.00 (no payments in tickets).

All Nova Scotia combatants 36 and over, seeking an annual license, must have their medical exam for licensing completed by the NSBA's medical advisor (all cost is the combatant's responsibility).

## **Rule 3 - Weigh-in and Prefight Medicals**

**Section 1:** Participants must weigh-in and have a prefight medical the day before the fight, at a specified time set by the Authority, or any other time the Authority deems practical.

Participants must make their contract weight at the time the Authority sets for the official weigh-in. Scales will be provided 2 hours prior to the official weigh-in. To conform to the Association of Boxing Commission's Unified Rules, the NSBA has adopted the unwritten custom of the 1lb allowance over the contracted weight for non-title bouts. **No extra time will be allowed after the official weigh-in for the participant to make their contract weight.** The participant will be subject to *Rule 3, Section 2 (a, b, & c)*.

**Section 2:** A participant is required to fight an opponent who is up to 5 lbs. over the contracted weight with the following concessions:

- (a) An overweight participant gives 20% of his/her purse to their opponent. The forfeiture must be a minimum of \$200.00.  
If the overweight participant's purse forfeiture is less than \$200.00, the balance is the promoter's responsibility.
- (b) The participant making the weight class will be able to disallow for both participants, an otherwise allowable technique to make up for the weight difference.
- (c) Both participants must agree upon this technique or the fight will not happen.

## **Rule 4 – Weight Classes**

**Section 1**

- (a) Flyweight up to 125 lbs.
- (b) Bantamweight over 125 to 135 lbs.
- (c) Featherweight over 135 to 145 lbs.
- (d) Lightweight over 145 to 155 lbs.

- (e) Welterweight over 155 to 170 lbs.
- (f) Middleweight over 170 to 185 lbs.
- (g) Light Heavyweight over 185 to 205 lbs.
- (h) Heavyweight over 205 to 265 lbs.
- (i) Super Heavyweight over 265 lbs.

**Section 2** Commissions may approve catch weight bouts, subject to the commissions review and discretion. For example, the Commission may allow the contestant to compete if it feels that the contest would still be fair, safe and competitive. For example, if one athlete weighs in at 264 pounds while the opponent weighs in at 267 pounds, the Commission may still decide to allow the contest if it feels that the contest would be fair and competitive. This would be despite the fact that the two athletes weighed in at differing weight classes.

### **Rule 5 – Handwraps**

**Section 1** All mixed martial arts contestants are required to have their hands wrapped with gauze and taped prior to all contests. In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth. The gauze to be held in place by not more than 10 feet of surgeons tape, one inch in width, for each hand. *However, as opposed to boxing wraps, the tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.* The bandages shall be evenly distributed across the hand. Bandages and tape shall be placed on the contestants hands in the dressing room in the presence of the commission appointed inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

**Section 2** Under no circumstances are gloves to be placed on the hands of a contestant until the signing and approval of the commission appointed inspector is received. Substances other than tape and gauze shall not be utilized. For example, pre-wraps are not permitted.

### **Rule 6 – Females**

**Section 1** Females competitors are allowed to compete in three rounds for non-title bouts, and five rounds for title bouts.

**Section 2** Female contestants must complete the same medical requirements as males, plus provide a negative pregnancy test before competing within seven (7) days of their event.

### **Rule 7 – Gloves**

**Section 1** All contestants shall wear gloves which are at least 4 ounces and are approved by the Authority.

**Section 2** Gloves are to be supplied by the promoter and approved by the commission in advance of the event. No contestant shall supply their own gloves for participation without the NSBA's approval.

### **Rule 8 – Lubricants**

**Section 1** Absolutely no body grease, such as petroleum jelly, gel, balm, lotion, oil, or other lubricating substances may be applied to the hair or body. This includes the use of excessive amounts of water placed on a contestant. However, petroleum jelly may be applied solely to the facial area at cage side or ringside in the presence of an inspector, referee, or a person designated by the commission. Petroleum jelly may also be applied to a laceration/cut of the contestant.

Any contestant applying anything other than petroleum jelly in an approved fashion at the appropriate time could be penalized a point/points or subject to loss by disqualification.

### **Rule 9 – Linear Knee Strikes**

**Section 1** A linear strike to the knee joint, this technique is a legal technique.

### **Rule 10 – Standing Foot Stomps**

**Section 1** Standing foot stomps to a foot only, is a legal technique. Foot stomps to any other part of the body is illegal.

### **Rule 11 – Stomping of a Grounded Opponent**

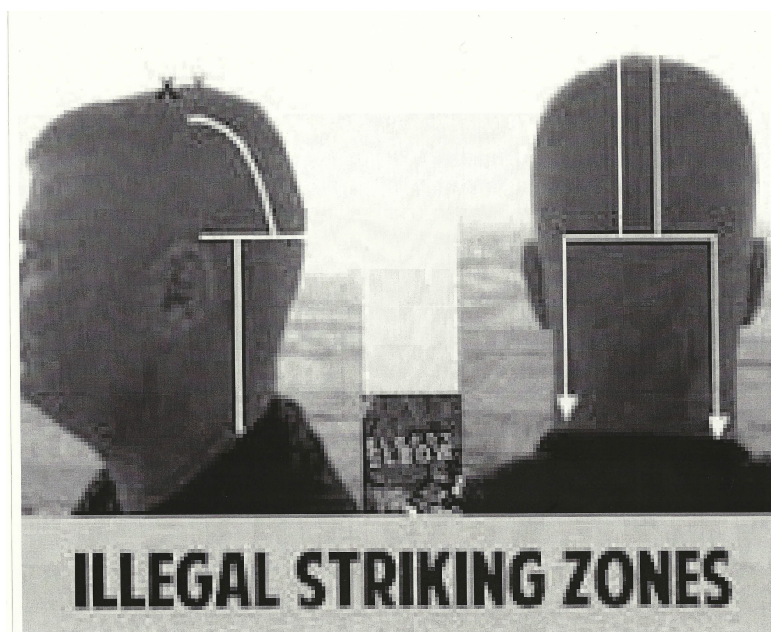
**Section 1** Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel is illegal. Note: Axe kicks are not stomps.

### **Rule 12 – Downward Pointed Elbow Strikes**

**Section 1** Ceiling to floor, or 12 to 6 elbow strikes, are prohibited maneuvers.

### **Rule 13 – Illegal Strikes to the Back of the Head**

**Section 1** The back of the head is defined as any area behind the ears or “the headphone area” if wearing an average size set of “on the ear headphones any area behind the head phones is considered the back of the head.” Any strike that touches the ear is considered legal; all other strikes to the back of the head are illegal. Strikes to the nape of the neck are also illegal.



### **Rule 14 – Knees and Kicks to the Head of a Grounded Opponent**

**Section 1** Knees and kicks to the head of a grounded opponent is a foul.

## Rule 15 – Scoring

**Section 1** The 10-Point Must System is the scoring method at this time.

**Section 2** The 10 Point Must System is defined as follows:

- (a) All bouts will be evaluated and scored by three judges. The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for an even round, which is scored (10-10).
- (b) Judges shall evaluate mixed martial arts techniques, such as
  - 1) effective striking
  - 2) effective grappling
  - 3) control of the fighting area
  - 4) effective aggressiveness and defense with an effective offenseEvaluations shall be made in the order in which the techniques appear, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense. Effective striking is determining the number of legal strikes landed by a contestant and the significance of such legal strikes.
- (c) **Effective grappling** is the amount of successful executions of a legal takedown and reversals. Examples of factors to consider:
  - 1) take downs from standing position to mount position
  - 2) passing the guard to mount position
  - 3) bottom position fighters using an active, threatening guard
- (d) **Control of fighting area** is who is dictating the pace, location and position of the bout. Examples of factors to consider:
  - 1) countering a grappler's attempt at takedown by remaining standing and legally striking
  - 2) taking down an opponent to force a ground fight
  - 3) threatening submission attempts
  - 4) passing the guard to achieve mount
  - 5) creating striking opportunities
- (e) **Effective aggressiveness** is moving forward and landing a legal strike or achieving a takedown.
- (f) **Effective defense** is avoiding being struck, avoiding being taken down or avoiding submissions while countering with offensive attacks.
- (g) The following objective scoring criteria shall be utilized 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 dominance in a round.
  - 2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing 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.

## **Rule 16 – Fouls (with explanations where warranted)**

**Section 1** The following are fouls and will result in penalties if committed:

**(a) Holding or grabbing the fence**

A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time. If a fighter is caught holding the fence, cage or ring rope material, the referee shall issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial change in position, such as, the avoidance of a takedown. If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position.

**(b) Holding opponents shorts or gloves is illegal**

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is illegal to hold onto your own gloves or shorts.

**(c) Butting with the head**

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

**(d) Eye gouging of any kind**

Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

**(e) Biting or Spitting at an opponent**

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

**(f) Hair pulling**

Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way.

**(g) Fish hooking**

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.



**(h) Groin attacks of any kind**

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal.

**(i) Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent**

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

**(j) Downward pointing of elbow strikes**

Ceiling to floor or 12 to 6 elbow strikes is prohibited maneuvers.

**(k) Small joint manipulation**

Fingers and Toes are small joints. Wrists, Ankles, Knees, Shoulders and Elbows are all large joints.

**(l) Strikes to the spine or the back of the head**

Strikes behind the crown of the head and above the ears are not permissible within the "Headphone" area. Strikes that do not touch the ear are not permissible within the nape of the neck area.

**(m) Heel kicks to the kidney**

Heel kicks to the kidney are not permissible.

**(n) Throat strikes of any kind, including, without limitation, grabbing the trachea**

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.

**(o) Clawing, pinching, twisting the flesh or grabbing the clavicle**

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.

**(p) Kicking the head of a grounded opponent**

A grounded opponent is any fighter who has more than just the soles of their feet on the ground. (i.e., could have one shin or one finger down to be considered a downed fighter).

**(q) Kneeing the Head of a grounded opponent**

A grounded opponent is any fighter who has more than just the soles of their feet on the ground.

**(r) The use of abusive language in the fighting area**

The use of abusive language in the fighting area is not permissible.

**(s) Any unsportsmanlike conduct that causes an injury to opponent**

Any unsportsmanlike conduct that causes an injury to opponent is not permissible

**(t) Attacking an opponent on or during the break**

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

**(u) Attacking an opponent who is under the care of the referee**

**(v) Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury)**

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight.

**(w) Interference from a mixed martial artists seconds**

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

**(x) Throwing an opponent out of the ring or caged area**

A fighter shall not throw their opponent out of the ring or cage.

**(y) Flagrant disregard of the referee's instructions**

A fighter MUST follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification.

**(z) Spiking the opponent to the canvas onto the head or neck (pile-driving)**

A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.

*\*\*\* This is crucial that referees are properly advised and trained and that the fighters fully understand this at the rules meeting \*\*\**

**(aa) Attacking an opponent after the bell has sounded at the end of the period of unarmed combat**

A fighter's corner, at the Commission's discretion, has the option to retire his fighter in the quickest and most efficient manner possible, during competition. A corner person having worked alongside a fighter may recognize and accept what their fighter's capabilities are from past experience. It makes sense from a safety perspective to allow a corner to retire the fighter. If there is consideration that debris in the form of a towel entering the ring or cage may contribute to a disruption or confusion in the contest, then colored towels or special towels might be a consideration to be used.

**Rule 17 – Foul Procedures, if required**

**Section 1** If a foul is committed, the referee shall:

- (a) call stop;
- (b) call time out
- (c) check the fouled mixed martial artist's condition and safety; and

- (d) assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

**Section 2** If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

- (a) The referee shall verbally notify the bottom contestant of the foul.
- (b) Without impeding the fouled fighter, the referee shall assess the foul and take the appropriate actions.
- (c) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

### **Rule 18 – Time Considerations for Fouls**

**Section 1** “The rest time consideration for a foul is to be decided by the referee or the Medical Advisor.”

**Section 2** If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

**Section 3** If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. The injured fighter can have up to 5 minutes rest at the discretion of the Medical Advisor or Referee.

### **Rule 19 – Scoring of Incomplete Rounds**

**Section 1** There is scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

### **Rule 20 – Verbal Tap Out**

#### **Section 1**

**(a) Submission by Tap Out**

When a contestant physically uses his hand to indicate that he or she no longer wishes to continue; or

**(b) Verbal Tap Out**

When a contestant verbally announces to the referee that he or she does not wish to continue or makes audible sounds such as screams indicating pain or discomfort.

### **Rule 21 – Combat Area (Ring/Cage)**

**Section 1** All MMA contests will take place in either a Cage or a Ring that has been approved by the Commission. The Cage or Ring will meet the requirements set forth by each

Commission and also be subject to inspection prior to each event by a Commission representative such as a referee.

**(a) Rings**

The ring specifications for mixed martial arts must meet the following requirement:

- 1) The ring may be no smaller than twenty feet square and no larger than thirty-two feet square within the ropes;
- 2) One of the corners must have a blue designation, the corner directly across must have a red designation;
- 3) The ring floor must extend at least eighteen inches beyond the ropes. The ring floor must be padded with ensolite or a similar, closed-cell foam, with at least one inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps and ridges may not be used;
- 4) The ring platform must not be more than four feet above the floor of the building and must have suitable steps for the use of the contestants;
- 5) Ring posts must be made of metal, not more than three inches in diameter, extending from the floor of the building to a minimum height of fifty-eight inches above the ring floor, and must be properly padded in a manner approved by the commission. Ring posts must be eighteen inches away from the ring ropes;
- 6) There must be five ring ropes, not less than one inch in diameter and wrapped in soft material. The lowest rope must be no higher than twelve inches from the ring floor; and
- 7) There must not be any obstruction or object, on any part of the ring floor.
- 8) Bottom rope must be loose enough that it does not act as a spring board.

**(b) Cages**

- 1) The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet;
- 2) The fighting area canvas shall be padded in a manner as approved by the Commission, with at least one inch layer of foam padding;
- 3) Padding shall extend beyond the fighting area and over the edge of the platform. No vinyl or other plastic rubberized covering shall be permitted;
- 4) The fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the participants;
- 5) Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Commission;
- 6) The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing;
- 7) All metal parts shall be covered and padded in a manner approved by the Commission and shall not be abrasive to the contestants; and

- 8) The cage shall provide two separate entries onto the fighting area canvas, If only one entrance to the cage is available, the cage is then subject to the approval of the authority.

## **Rule 22 – Cornerpersons**

### **Section 1 Seconds and Cornerpersons**

- (a) Only 3 seconds/cornerpersons permitted to work a corner.
- (b) Only 1 second/cornerpersons permitted in the cage during the 1 minute rest period.
- (c) No holding of cage during the progress of a round.
- (d) Corner men must crouch down (no standing during the progress of a round).
- (e) Corner men must leave the cage when the 10 second horn/whistle is sounded.
- (f) Seconds/corner men of an injured participant must not enter the ring until permitted by Doctor.
- (g) Seconds/corner men are responsible for keeping their corners clean and dry.

## **Rule 23 - Equipment**

### **Section 1:**

- (a) Standardized fingerless gloves weighing no less than 4oz. which is to be retrieved from the contestant by the Promoter.
- (b) Hand wraps of gauze ARE A MUST – Maximum 2 inches wide, 2 rolls per hand. Tape (surgeons tape) 10 feet / 1 inch wide per hand
- (c) Mouth guard.
- (d) Groin cup.
- (e) Wrestling Shoes (Optional-if wrestling shoes worn the participant is not allowed to kick or foot stomp) – THERE IS TO BE NO WRAPPINGS OF ANY KIND TO BE APPLIED TO THE FEET OR BODY.
- (f) 20 foot x 20 foot Ring or 24 foot x 24 foot Cage or Matted surface enclosed in plastic coated mesh.
- (g) CORNERMAN equipment:
  - 1) Thrombin, Avitine, Thrombin soaked pads.
  - 2) Adrenalin 1/1000 solution, restricted for topical hemostasis of cuts and nosebleeds only.
  - 3) Approved electrolyte solution.
  - 4) Petroleum jelly.
  - 5) Gauze pads.
  - 6) Adhesive surgeon's tape.
  - 7) Clean towels.
  - 8) Clean water.
  - 9) Cotton swabs.
  - 10) Ice.

- 11) Bandage scissors.
- 12) Such other items or substances approved by the Authority.

## **Rule 24 - Officials & Personnel of The Authority**

### **Section 1:**

- (a) Member of the Nova Scotia Boxing Authority
- (b) Referees
- (c) Judges
- (d) Doctor(s)
- (e) Paramedics
- (f) Ring Security
- (g) Timekeepers

## **Rule 25 – Contingency**

### **Section 1:**

Any situation not expressly covered by the rules will be governed at the referee's discretion.

*For answers that are not clearly outlined in the Nova Scotia Boxing Authority MMA Rules, please refer to the Nova Scotia Boxing Authority Regulations.*