



**Registration and information** (This form must be completed completely and truthfully in order to be processed)

**Personal Information**

Surname: ..... First names: ..... Nickname: .....  
 Date of birth: ..... Place of birth: ..... Gender: Male/Female  
 Nationality: ..... Address: ..... Country: .....  
 Phone: ..... Email: ..... Height: ..... cm.  
 Gym/team: ..... Trainer/Coach: .....

**Medical information:**

Doctor: ..... Health insurance #: ..... Diabetic: NO/YES  
 Glasses/contact lenses: NO/YES Epilepsy: NO/YES Allergic reactions: NO/YES If "yes" explain .....  
 Taking medication regularly: NO/YES If "yes" explain .....  
 Have you ever been knocked unconscious? NO/YES If "yes", explain duration of unconsciousness, date(s), particulars:  
 .....  
 In case of emergency Name: ..... Relationship: ..... Tel.: .....

**Combat sports Records & Achievements** (if something is "0", then enter this as well):

Amateur Boxing			Pro-Boxing			Thai-kickboxing			MMA			Other:		
Wins	Losses	Exhibition unofficial	Wins	Losses	Draw	Exhibition unofficial	Wins	Losses	Draw	Exhibition unofficial	Wins	Losses	Draw	Exhibition unofficial

Title(s): .....

I agree to compete at the following event (date, time, place, name event, name opponent): .....

I agree to be on time at the medical check & weigh-in, showing not less than ..... kg. and not more than ..... kg.  
 I agree to be at the competition venue at least 1 hour before the start of the competitions.

I agree to the terms, provisions, and information on this form, respect the Competition Rules (see pages 2, 3 and 4), the Code of Conduct (see page 4) and I am fully aware that with the practice of combat sports risks are involved. Participation in any activity is done at my own risk. CUMAFE (Curacao Martial Arts Federation) and representatives cannot be held liable for personal injuries and accidents of any kind. I hereby waive now as then any right to bring a claim for damages against CUMAFE and/or representatives, whereby I could claim compensation for costs, damages and interest arising from any injury or injury sustained as a result of sports.

In the case of a minor (person under 18 years), a legal representative (parent/guardian) must sign.

Date: ..... Signature: ..... Name: ..... Role: .....

## MMA (Mixed Martial Arts) Competition Rules

Classes	Duration	WEIGHT CLASSES in kilogram (kg.); Strawweight -52, Flyweight -57, Bantamweight -61, Featherweight -66, Lightweight -70, Welterweight -77, Middleweight -84, Light heavyweight -93, Heavyweight 93+.
U15 (minimum age 12)	3x1.5 min.	
U18 (15 till 18 years)	3x2 min.	
AM 18+ (18 till 40)	3x3 min.	Time between weigh-in and start of event may not exceed 24 hours.
PRO 18+	3x5 min.	Minor age participants weighed in fight wear.

### Equipment, Appearance and Eligibility on Medical-related Issues

- Shorts without pockets, laces (except for the inside of the waistband), zippers or other sharp and/or hard objects.
- Men bare upper body. Women wear a shirt, rash guard and/or sports bra.
- All male contestants must provide and wear a cup/groin protector. Females may choose to wear a pubic protector and/or breast protectors (may not shield the breastbone and no metal parts).
- All contestants must wear a Mouthpiece/gumshield.
- Bandages of cotton material (max. 4.5 m long and 5.7 cm wide). Or soft open weave gauze cloth (max. 1 roll 5 cm x 15 m of gauze for each hand) and Zinc Oxide Tape (max. 1 roll of 2.5 cm x 13 m and 1 roll of 1.25 cm x 13 m for between the fingers). No tape on the knuckles. Any other substance/object is prohibited.
- All Youth under 18 years MUST wear (their own) shin guards.
- The organization provides gloves.
- A dressing on a cut, wound abrasion, laceration or blood swelling (scalp, face incl. nose, ears) is not allowed.
- No shoes, No body piercings, No jewelry, No other accessories are permitted to be worn during a bout.
- Nails must be short clipped and not sharp.
- Only soft contact lenses allowed. If loses contact lenses; the contestant accepts to continue without and the fight continues or the contestant does not accept to continue to fight without contact lenses, the Referee terminates the fight, and the opponent is declared the winner by ABD (abandon).
- A fighter with epilepsy shall not be allowed to participate in competitions.
- A fighter wearing braces on both upper and lower sets of teeth, can fight if he/she is wearing a fitted gumshield and can provide a letter from his or her orthodontist attesting that it is safe to fight.
- Fighter must be tested for HIV and hepatitis B and C, and present medical results at the weigh-in.
- Female fighters must show a negative EKG Test and pregnancy test and must sign a non-pregnancy declaration.

### Corner(wo)men (coaches/seconds)

- Up to 3 corner persons wearing sportswear (no jeans).
- In possession of a towel, bucket, transparent bottled water only, can use Vaseline. Ice bags, and Swabs.
- Supplemental oxygen or any type of inhaler to during a Bout is NOT allowed.
- Not allowed to touch the ring during the rounds, yell, cause a scandal or disturb the competition. Not permitted to walk off their designated area, or to take any action that may be deemed as unsportsmanlike behavior.

**Commands by the Referee.** "BREAK" both fighters must take a step back and after that, they are allowed to continue. If the referee says "STOP", both fighters must step back and must wait until the referee says "FIGHT".

### **FOULS.** The following acts are prohibited in MMA:

1. **Butting with the head** Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.
2. **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.
3. **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.
4. **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.
5. **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. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion.
6. **Spiking the opponent to the canvas/floor onto the head or neck (pile-driving)** Any throw with an arc to its motion is to be considered a legal throw. It does not matter if the opponents head hits the canvas. A pile driver is considered to be any throw where you control your opponent's body placing their feet up in the air with their head straight down and then forcibly drives the 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 opponent's 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.
7. **Strikes to the spine or the back of the head or back of the torso** The back of the head starts at the Crown of the head with a 1 inch variance to either side, running down the back of the head to the occipital junction. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. Down the spine with a 1 inch variance from the spine's centerline, including the tailbone.
  8. **Throat strikes of any kind and/or 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. If during stand-up action of a fight a strike is thrown and the strike lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.
  9. **Fingers outstretched toward an opponent's face/eyes** In standing position, a fighter that moves their arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.
  10. **Downward pointing elbow strike (12 to 6)** The use of a linear "straight up straight down" elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.
  11. **Groin attacks of any kind** Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.
  12. **Kneeing and/or Kicking the head of a grounded opponent** Grounded=anything other than the soles of the feet bearing weight.
  13. **Stomping of a grounded fighter** 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. Axe kicks are not stomping. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.
  14. **Holding or grabbing opponent's gloves or shorts** 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 legal to hold onto your own gloves or shorts.
  15. **Holding or grabbing the fence or ropes with fingers or toes** A fighter may put their hands on the fence and push off of it at any time. 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 or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material the referee may issue a one-point deduction from the offending fighters scorecard if the foul caused a substantial effect in the fight. 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.
  16. **Small joint manipulation** Fingers and Toes are small joints. Grabbing the majority of fingers/toes at once is allowed.
  17. **Throwing an opponent out of the ring or caged area** A fighter shall not throw their opponent out of the ring or cage.
  18. **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.
  19. **Clawing, pinching, twisting the flesh** 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.
  20. **Timidity** Timidity is defined as any fighter who purposely avoids contact with his opponent or runs away from the action of the fight. Timidity is also any attempt by a fighter to receive time by falsely claiming a foul, injury, purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight.
  21. **Insulting the referee, officials, opponent or his team and/or Use of abusive language in the fighting area** The use of abusive language is not allowed during MMA competition. It is the sole responsibility of the referee to determine when language crosses over the line to abusive. It should be clear that fighters can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (Racially motivated or Derogatory language).
  22. **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. Attacking an opponent after "stop", before the referee gives the "fight" command. Attempt to strike immediately after "break" and before taking a step back. Continuing the fight after the command "break" or "stop".
  23. **Unsportsmanlike conduct of any kind** Every combat athlete is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.
  24. **Attacking an opponent after the bell or horn** The end of a round is signified by the sound of the bell and the call of time by the referee. Once the referee has made the call of time, any offensive actions initiated by the fighter shall be considered after the bell and illegal.
  25. **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.
  26. **Attacking an opponent who is under the care of the referee** Once the referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions.

27. Any action or activity by the seconds aimed at disrupting the fight or causing an unfair advantage to be given to a corner's fighter. Seconds are not allowed to distract the referee or influence the actions of the referee in any fashion. In addition to all mentioned before the following acts are also prohibited in Amateur MMA:

28. Elbow strikes of any kind to any area

29. Striking with any part of the arm then the padded part of the glove

30. Stomping the feet of a standing opponent

31. Linear, thrusting, straight or oblique downward kicks directed to the knee joint

In addition to all mentioned before the following acts are also prohibited in Youth MMA (under 18):

32. Any Strikes (punches, kicks and/or knee techniques) to the head from any position

33. Heelhooks, ankle locks, wrist locks, omoplatas, calfslices, Suplex, Slam and/or Up-kicks

OW (Official Warning) = 1 point deduction. 3rd OW = DQ (Disqualification). Injury or cut caused by illegal action = DQ

### **Code of Conduct**

Combat Athletes should demonstrate high standards of ethics and sportsmanship. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to core principles: trustworthiness, respect, responsibility & fairness.

- 1.0. I shall ensure that my conduct may not in any manner tarnish the reputation of the combat sport.
- 1.1. I shall in all instances, respect all rules and regulations set by CUMAFE and the (event) organization.
- 1.2. I shall not collude or collaborate with any party by violating any rules of the sport.
- 1.3. I shall always conduct myself respectful to the organization, officials, and competitors.
- 1.4. I shall not in any circumstances, directly or indirectly, solicit, accept, or offer any form of remuneration or commission, nor any concealed benefit, service or gift of any nature that could be considered as a bribe or undue influence.
- 1.5. I shall not bet on any part of the competition, or anything that would conclude a decision of a contest; nor shall I share inside information at any time and in any circumstance.
- 2.0. I must immediately upon receipt, report any approaches or offers, such as those described in 1.4/1.5.
- 3.0. I shall not enter into any form of harassment or abuse, be it physical, professional, or sexual, and cause or instigate any physical or mental injuries outside of the competition.
- 3.1. I shall not discriminate against anyone based on race, color, religion, gender, age, national origin, disability, or sexual orientation.
- 4.0. I shall not engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- 4.1. I shall refrain from conduct that could cause serious damage to the sport, including in any case conduct punishable by law and conduct that is seen as socially improper.
- 4.2. I shall live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- 4.3. I shall respect the (inter)national anti-doping rules, and act accordingly.
- 4.4. I shall honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.
- 4.5. I declare to be in a proper physical condition to participate in combat sports and in the possession of a valid medical insurance.
- 5.0. I shall not criticize or attempt to explain calls or decisions made by any Competition Official.
- 5.1. I shall not be under the influence of alcohol or drugs, while participating in any event, including all related meetings, weigh-in duties, etc.
- 5.2. I shall not smoke in the competition venue, or any area not designated as such for smoking.
- 6.0. I acknowledge that any infringement of this code may lead to disciplinary measures/sanctions against me.
- 6.1. I also understand that at any point during an alleged breach of the Code of Conduct during the competition, that my accreditation may be suspended or removed without prejudice whilst an investigation is initiated or ongoing.