

Landmark Inc. Rules and Regulations
(Adapted from the Unified Rules of Mixed Martial Arts)

1) DEFINITIONS:

“Mixed martial arts” means unarmed combat involving the use, subject to any applicable limitations set forth in these Rules and Regulations of Landmark Inc., of a combination of techniques from different disciplines of the martial arts, including, without limitation, grappling, submission holds, kicking and striking.

“Unarmed Combat” means any form of competition in which a blow is usually struck which may reasonably be expected to inflict injury.

“Unarmed Combatant” means any person who engages in unarmed combat.

2) WEIGHT DIVISIONS AND MAXIMUM ALLOWABLE WEIGHT SPREADS:

Except with the approval of Landmark Inc., or its Head Official, the classes for mixed martial arts contests or exhibitions and the weights for each class shall be:

Males:

Flyweight 125 pounds and under – Maximum Allowable Weight Spread = 8 lbs.

Bantamweight over 125 to 135 pounds – Maximum Allowable Weight Spread =8 lbs.

Featherweight over 135 to 145 pounds – Maximum Allowable Weight Spread =8 lbs.

Lightweight over 145 to 155 pounds – Maximum Allowable Weight Spread =8 lbs.

Welterweight over 155 to 170 pounds – Maximum Allowable Weight Spread =10 lbs.

Middleweight over 170 to 185 pounds – Maximum Allowable Weight Spread =10 lbs.

Light Heavyweight over 185 to 205 pounds – Maximum Allowable Weight Spread =15 lbs.

Cruiserweight over 205 to 230 pounds – Maximum Allowable Weight Spread = 15lbs.

Heavyweight over 230 to 265 pounds

Super Heavyweight over 265 pounds

Females:

Atomweight 105 pounds and under – Maximum Allowable Weight Spread = 4 lbs.

Strawweight over 105 to 115 pounds – Maximum Allowable Weight Spread =5 lbs.

Flyweight over 115 to 125 pounds – Maximum Allowable Weight Spread =5 lbs.

Bantamweight over 125 to 135 pounds – Maximum Allowable Weight Spread =6 lbs.

Featherweight over 135 to 145 pounds – Maximum Allowable Weight Spread =8 lbs.

Landmark Inc. may also approve catch weight bouts. Landmark Inc. can decide to allow the contest if it determines that the contest would still be fair, safe and competitive in spite of the fact that the two Unarmed Combatants technically weighed in differing weight classes.

3) RING/FIGHTING AREA REQUIREMENTS AND EQUIPMENT:

A) Mixed martial arts contests and exhibitions may be held in a ring or in a fenced area.

B) A fenced area used in a contest or exhibition of mixed martial arts must meet the following requirements:

(i) The fenced area must be circular or have at least six equal sides and must be no smaller than 20 feet wide and no larger than 32 feet wide.

- (ii) The floor of the fenced area must be padded with ensolite or another similar closed-cell foam, with at least a 1-inch layer of foam padding, with a top covering of canvas, duck or similar material tightly stretched and laced to the platform of the fenced area. Material that tends to gather in lumps or ridges must not be used.
- (iii) The platform of the fenced area must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the Unarmed Combatants.
- (iv) Fence posts must be made of metal, not more than 6 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the floor of the fenced area, and must be properly padded in a manner approved by Landmark Inc..
- (v) The fencing used to enclose the fenced area must be made of a material that will prevent an Unarmed Combatant from falling out of the fenced area or breaking through the fenced area onto the floor of the building or onto the spectators, including, without limitation, chain link fence coated with vinyl.
- (vi) Any metal portion of the fenced area must be covered and padded in a manner approved by Landmark Inc. and must not be abrasive to the Unarmed Combatants.
- (vii) The fenced area must have two entrances.
- (viii) There must not be any obstruction on any part of the fence surrounding the area in which the Unarmed Combatants are to be competing.

4) STOOLS:

- A) A stool can be used in between rounds and may be provided by Landmark Inc..
- B) All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

5) EQUIPMENT:

For each bout, the Unarmed Combatant shall provide a clean water bucket, a clean plastic water bottle, and any other supplies as directed by Landmark Inc..

6) SPECIFICATIONS FOR HANDWRAPPING:

- A) In all weight classes, the bandages on each Unarmed Combatant's hand shall be restricted to soft gauze cloth of not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.
- B) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. 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.
- C) The bandages shall be evenly distributed across the hand.
- D) Bandages and tape shall be placed on the Unarmed Combatant's hands in the dressing room in the presence of a Landmark Inc. Authorized Locker Room Supervisor.
- E) Under no circumstances are gloves to be placed on the hands of a Unarmed Combatant until the approval of a Landmark Inc. Authorized Locker Room Supervisor is received.

7) MOUTHPIECES:

- A) All Unarmed Combatants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.
- B) The round cannot begin without the mouthpiece in place.

C) If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

8) PROTECTIVE EQUIPMENT:

A) Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by Landmark Inc..

B) Female mixed martial artists are prohibited from wearing groin protectors.

9) GLOVES:

A) All Unarmed Combatants shall wear gloves which are at least 6 ounces and are approved by Landmark Inc.. Generally, gloves should not weigh more than 10 ounces without the approval of Landmark Inc.. Certain larger sized gloves, e.g. 2 XL – 4 XL, may be allowed even though they may slightly exceed 6 ounces.

10) APPAREL:

A) Each Unarmed Combatant shall wear mixed martial arts shorts (board shorts), biking shorts (vale tudo shorts), kick-boxing shorts or other shorts approved by Landmark Inc..

B) Gi's or shirts are prohibited during competition except that female Unarmed Combatants must wear shirts approved by Landmark Inc..

C) Shoes and any type of padding on the feet are prohibited during competition.

11) APPEARANCE:

A) Each Unarmed Combatant must be clean and present a tidy appearance.

B) The excessive use of grease or any other foreign substance may not be used on the face or body of an Unarmed Combatant. The referees or Head Official shall cause any excessive grease or foreign substance to be removed.

C) The Head Official shall determine whether head or facial hair presents any hazard to the safety of the Unarmed Combatant or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of an Unarmed Combatant presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the Unarmed Combatant may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of Landmark Inc..

D) An Unarmed Combatant may not wear any jewelry or other piercing accessories while competing in the contest or exhibition.

E) Finger/Toe nails are required to be trimmed.

F) Hard contact lenses are prohibited.

G) If the Unarmed Combatant requires his/her hair to be tied, only soft material is allowed.

H) Joint supports (elbow and knee) are allowed during competition. The material must be form fitting (eg. elastic, spandex, neoprene). Supports may not contain, metal, plastic or any other hard material. Authorized locker room inspectors are instructed to strictly enforce this rule.

I) Tape may not be placed on any part of the body besides hands. If it is discovered that a Unarmed Combatant has tape hidden under any joint supports, Landmark Inc. reserves the right to disqualify the Unarmed Combatant.

12) ROUND LENGTH:

- A) Each non-championship mixed martial arts contest is to be for 3 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round.
- B) Each championship mixed martial arts contest is to be for 5 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round.

13) STOPPING CONTEST:

- A) The referee is the sole arbiter of a contest and is the only individual authorized to stop a contest.
- B) The referee, Head Official and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition other than the rest periods and subsequent to the contest ending.
- C) If a fighter is Knocked out or injured, and under the care of the physician, the head official can use his/her discretion and allow one corner man/woman to enter the competition area to check on the competitor. The corner man/woman may not interfere with anything that the physician is engaged in.

14) JUDGING:

- A) All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 judges.
- B) 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 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).
- C) Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the ring/fighting area, effective aggressiveness and defense.
- D) Evaluations shall be made by using a sliding scale referenced in (k) below along with control of the ring/fighting area, effective aggressiveness and defense.
- E) Effective striking is judged by determining the total number of legal strikes landed by a Unarmed Combatant.
- F) Effective grappling is judged by considering the amount of successful executions of a legal takedown and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active threatening guard.
- G) Fighting area control is judged by determining who is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.
- H) Effective aggressiveness means moving forward and landing a legal strike.
- I) Effective defense means avoiding being struck, taken down or reversed while countering with offensive attacks.
- J) The following objective scoring criteria shall be utilized by the judges when scoring a round;

- i) a round is to be scored as a 10-10 round when both Unarmed Combatants appear to be fighting evenly and neither Unarmed Combatant shows clear dominance in a round;
 - ii) a round is to be scored as a 10-9 round when a Unarmed Combatant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers;
 - iii) a round is to be scored as a 10-8 round when a Unarmed Combatant overwhelmingly dominates by striking or grappling in a round.
 - iv) a round is to be scored as a 10-7 round when a Unarmed Combatant totally dominates by striking or grappling in a round.
- K) Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:
- i) If the mixed martial artists spent a majority of a round on the canvas, then: a. Effective grappling is weighed first; and b. Effective striking is then weighed
 - ii) If the mixed martial artists spent a majority of a round standing, then: a. Effective striking is weighed first; and b. Effective grappling is then weighed
 - iii) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

15) FOULS:

A) The following acts constitute fouls in a contest or exhibition of mixed martial arts and may result in penalties or disqualification, at the discretion of the referee, if committed:

- 1) Butting with the head
- 2) Eye gouging of any kind
- 3) Biting
- 4) Spitting at an opponent
- 5) Hair pulling
- 6) Fish hooking
- 7) Groin attacks of any kind
- 8) Putting a finger into any orifice or any cut or laceration of an opponent
- 9) Small joint manipulation
- 10) Elbow Strikes
- 11) Striking to the spine or the back of the head
- 12) Kicking to the kidney with a heel
- 13) Throat strikes of any kind, including, without limitation, grabbing the trachea
- 14) Clawing, pinching or twisting the flesh
- 15) Grabbing the clavicle
- 16) Kicking the head of a grounded opponent
- 17) Kneeing the head of an opponent
- 18) Stomping a grounded opponent
- 19) Holding the fence
- 20) Holding the shorts or gloves of an opponent
- 21) Using abusive language in fenced ring/fighting area
- 22) Engaging in any unsportsmanlike conduct that causes injury to an opponent
- 23) Attacking an opponent on or during the break
- 24) Attacking an opponent who is under the care of the referee

- 25) Attacking an opponent after the bell has sounded the end of the round
- 26) Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
- 27) Throwing opponent out of ring/fighting area
- 28) Any twisting joint locks including but not limited too twisting knee bars, ankle locks, leg locks, heel hooks
- 29) Flagrantly disregarding the instructions of the referee
- 30) Spiking an opponent to the canvas on his head or neck
- 31) Interference by the corner
- 32) Applying any foreign substance to the hair or body to gain an advantage
- 33) Any verbal or physical abuse directed towards officials, employees of Landmark Inc., corner men/women or fans
- 34) Excessive slamming of an opponent
- 35) Up kicks to the head

B) Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the referee.

C) Fouls may result in a point being deducted by the official scorekeeper from the offending Unarmed Combatant's score. The scorekeeper will be responsible for calculating the true score after factoring in the point deduction.

D) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on his or their own and should not factor such into their scoring calculations.

E) If a foul is committed:

- i) The referee shall call timeout.
- ii) The referee shall order the offending Unarmed Combatant to a neutral location.
- iii) The referee shall check the fouled Unarmed Combatant's condition and safety.
- iv) The referee shall then assess the foul to the offending Unarmed Combatant and deduct points if the referee deems it appropriate, and notify the Head Official, the corners, and the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.

F) If a bottom Unarmed Combatant commits a foul, unless the top Unarmed Combatant is injured, the contest will continue and:

- i) The referee will verbally notify the bottom Unarmed Combatant of the foul.
- ii) When the round is over, the referee will assess the foul and notify the Head Official, the corners, and the official scorekeeper.
- iii) The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, the Unarmed Combatant committing the foul shall lose by disqualification.

G) Low Blow Foul:

- i) A fighter who has been struck with a low blow is allowed up to 5 minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest.
- ii) If the fighter states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight.

iii) If the fighter goes over the 5 minute time allotment, and the fight cannot be restarted, the contest must come to an end with the outcome determined by the round and time in which the fight was stopped. See Section 16 below.

H) Fighter Fouled by other than low blow:

i) If a contest 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 Head Official of his determination that the foul was accidental.

ii) If a fighter is fouled by a 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. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.

iii) For a foul other than a low blow, if the injured fighter is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue, by the referee, even though some of the 5 minute foul time is still remaining, the fighter cannot avail himself of the remaining time and the fight must be stopped.

iv) If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

16) INJURIES SUSTAINED BY FAIR BLOWS AND FOULS:

A) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured Unarmed Combatant loses by technical knockout.

B) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, is severe enough to terminate a bout, the Unarmed Combatant causing the injury loses by disqualification.

C) If an injury is sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the Unarmed Combatant who committed the foul.

D) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, causes the injured Unarmed Combatant to be unable to continue at a subsequent point in the contest, the injured Unarmed Combatant shall win by technical decision, if he or she is ahead on the score cards. If the injured Unarmed Combatant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

- E) If a Unarmed Combatant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- F) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.
- G) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the Unarmed Combatant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed.
- H) Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

17) TYPES OF CONTEST RESULTS:

- A) Submission by:
- i) Physical Tap Out
 - ii) Verbal tap out
- B) Knockout by:
- i) when Referee stops the contest (TKO)
 - ii) when an injury as a result of a legal maneuver is severe enough to terminate a bout (TKO)
- C) Decision via the scorecards, including:
- i) Unanimous Decision - When all three judges score the contest for the same Unarmed Combatant
 - ii) Split Decision - When two judges score the contest for one Unarmed Combatant and one judge scores for the opponent
 - iii) Majority Decision - When two judges score the contest for the same Unarmed Combatant and one judge scores a draw
 - iv) Draws, including:
 - a) Unanimous Draw - When all three judges score the contest a draw
 - b) Majority Draw - When two judges score the contest a draw
 - c) Split Draw - When all three judges score differently
- D) Disqualification
- E) Forfeit
- F) Technical Draw
- G) Technical Decision

If a foul causes a fighter to be unable to continue later in the bout, it ends with a technical decision win to the injured fighter if the injured fighter is ahead on the scorecards, otherwise it's a technical draw

- H) No Contest

If a foul incapacitates a fighter, then match may end in a disqualification if the foul was intentional, or a "no contest" if unintentional

Locker Room/Corner Code of Conduct:

- Authorized locker room inspectors will supervise all activity, and will strictly enforce the following rules and regulation:
 - Only water or approved electrolyte drinks in their sealed, original containers are permitted in the locker rooms.
 - Any Alcohol, controlled substances, performance enhancing substances and weapons are strictly prohibited. Any possession or use of the fore mentioned items may result in an immediate suspension or legal action.
 - Only authorized individuals are allowed to be resident in the locker room. Landmark Inc. reserves the right to terminate any authorized individuals credentials, at any time, for any reason.
 - The display of any offensive material (eg. offensive emblems on clothing) is strictly prohibited and will result in immediate suspension or legal action.
 - Gloves will be provided to the Unarmed Combatant by Landmark Inc.. The modification of gloves is strictly prohibited.
 - Antisocial behavior of any kind is strictly prohibited. This includes but is not limited to, verbal/physical abuse towards anyone in the locker room or event area, offensive or vulgar language, and any danger activities. Any violation of this rule may result in suspension, or legal action.
 - Ice must be contained in a bag, or any other sealable container.
 - Corner men/women are required to stay seated in the designated chairs throughout the duration of each round.
 - If a Unarmed Combatant is submitted, knocked out or injured no one except the referee, medical staff or Head Official is allowed in the competition area. Once the medical staff or officials deem the situation safe, corner men/women may enter the competition area.
 - Questions or protests may be communicated to the Head Official anytime after the conclusion of the event.
 - Corner men/women are required to wear latex gloves during the bout.

Medical Requirements:

- All Unarmed Combatants are required to provide blood test documentation at the time of weigh in, and at the event. The documentation must have originated from a reputable medical facility, and has to have been conducted within 12 months of the competition date. The medical staff or Head Official reserve the right to deny

the Unarmed Combatant entrance into the competition, if the blood tests do not meet the requirements set forth by Landmark Inc.. The blood work must contain negative results for the following:

- HIV
- Hepatitis B
- Hepatitis C
- All female Unarmed Combatants are required to provide pregnancy test documentation at time of weigh in, and at the event. The documentation must have originated from a reputable medical facility, and has to have been conducted within 2 weeks of the competition date. The medical staff or Head Official reserve the right to deny the Unarmed Combatant entrance into the competition if the pregnancy test does not meet the requirements set forth by Landmark Inc.. The documentation must contain a negative result.
- It is required that the event medical staff examines all Unarmed Combatants, prior to the start of competition. The medical staff or Head Official reserve the right to deny the Unarmed Combatant entrance into the competition if the Unarmed Combatant is not examined or they deem an Unarmed Combatant incapable of competing.
- The event medical staff will examine and advise Unarmed Combatants that have competed in a bout at the conclusion of that bout.

LANDMARK INC.