

MMA



NUCA MMA

CODE OF CONDUCT



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NUCA MMA has a strong belief in the connection between athletics and academics. We expect our student-athletes to excel in both areas and do so while maintaining the standards to sportsmanship, integrity, respect and conduct set forth by NUCA MMA. These codes extend to competition, events, classrooms and also to the high standards implemented in our weight management reporting, monitoring and all other drug related rules. In particular, the standards are especially stringent for coaches and referees, as well as assessors of the NUCA MMA drug testing and weight management programs, all of whom are role models, authority figures and representatives of both NUCA MMA and intercollegiate athletics as a whole.

Student-Athletes

All NUCA MMA student-athletes are responsible for conducting themselves in a manner which reflects positively on their academic institution, the MMA community, themselves and their fellow students. The NUCA MMA student-athlete's actions, attitudes and personal appearance all extend as a reflection of MMA as a collegiate sport, as perceived by the student body, general public, families and faculty. We expect the highest levels of integrity, courtesy and sportsmanship both in and out of competition; this goes for events, travel, class attendance, competition preparation and extracurricular activities. In addition to this, we expect NUCA MMA student-athletes to be punctual for all events and meetings, academic or athletic.

Coaches

As NUCA MMA holds itself to the highest standards, so too will our coaches. Their actions and attitudes not only reflect NUCA MMA and themselves, but also the institutions they represent and athletes to whom they are responsible. We expect all of our coaches to present themselves professionally and dress accordingly. NUCA MMA approved clothing shall be worn on campus, at events and all other situations involving NUCA MMA or the collegiate institution. Our coaches will play an integral role in creating an environment of sportsmanship, professionalism, pride and most importantly a safe environment both in and out of competition so our student-athletes may thrive and meet their potential.

Referees

NUCA MMA referees are integral to the success and safety of this intercollegiate sport and its athletes and thus have a responsibility to conduct bouts in an unbiased manner with professionalism and dignity, with an emphasis on a safe competition. The conduct of our referees and the responsibility entrusted to them must be ironclad and beyond reproach. Once in NUCA MMA uniform, all referee interaction with student-athletes and/or coaches must be in a professional capacity. Referees must be able to meet the physical and mental standards necessary to adequately referee a bout. The referee will remain fair and impartial with focus and attention remaining always on the competitors. The referee will create a firm presence all while ensuring the safest possible environment.

Violence and Criminal Activity

While criminal activity is clearly a violation of NUCA MMA's standards and is detrimental to both the organization and the student-athlete, there are also other violations that can result in disciplinary action being taken by NUCA MMA.

As the first generation of mixed martial arts student-athletes, there is an added responsibility to keep the training and skills you have learned confined to practice and competition whenever possible. It is in direct violation of NUCA MMA's standards and code of conduct to engage in any acts of violence or aggression unless absolutely necessary in self-defense.

Other misconduct that may lead to disciplinary action being taken by NUCA MMA includes, but is not limited to, the following:

- Criminal offenses including, but not limited to, those involving: the use or threat of violence; domestic violence and other forms of partner abuse; theft and other property crimes; sex offenses; obstruction or resisting arrest; disorderly conduct; fraud;
- Criminal offenses relating to performance-enhancing and prohibited substances, or substance abuse;
- Unlawful possession of a gun or other weapon;
- Conduct that imposes inherent danger to the safety or well being of another person;
- Violent, threatening or harassing behavior;
- Hazing and other activities that are harmful to the physical and/or mental well-being of fellow students and student-athletes;
- Derogatory or offensive conduct, including without limitation insulting language, symbols, or actions about a person's ethnic background, heritage,

color, race, national origin, age, religion, disability, gender or sexual orientation;

- Inappropriate physical, verbal, and online behavior (such as inappropriate statements made via e-mail, text messaging or social networks);
- Consuming alcohol under the age of 21 and/or abusing alcohol;
- Conduct that undermines or puts at risk the organization or promotion of a NUCA MMA event; and
- Conduct that undermines or puts at risk the integrity and reputation of the NUCA MMA.

Disciplinary Process

Upon discovery of potential student-athlete misconduct, NUCA MMA will conduct an investigation, which may include interviews and information-gathering from school administration, faculty, medical experts, law enforcement officers and other relevant professionals. As appropriate, the affected student-athlete will also have the opportunity to provide information on the conduct at issue. Upon conclusion of the investigation, NUCA MMA will have full authority to impose disciplinary measures on the student-athlete as warranted in its sole discretion.

Discipline, **whether from NUCA MMA directly or the educational institution**, may take the form of a reprimand, counseling, suspension from athletics, suspension from school, expulsion or other forms of discipline that may be required as a matter of law. Determining the disciplinary action to be taken will depend on the seriousness of the violation and any other factors that may impact the process.

Disciplinary action may be taken immediately, however NUCA MMA may review the measures and make appropriate adjustments pending an investigation. Unless the incident involves significant harm, a first offense will generally not result in immediate disciplinary action being taken until after an investigation has been completed. NUCA MMA may take previous violations into account.

Appeals Process

Student-athletes will have up to 30 calendar days to file an appeal to any disciplinary action taken by NUCA MMA or the academic institution. The student-athlete may present all evidence and arguments supporting their appeal to a disciplinary committee at a date and time determined by NUCA MMA and/or the academic institution.

Decision

Following any appeals process, a decision will be rendered by NUCA MMA and/or the academic institution. This decision will be final and all disciplinary action taken must be completed before the student-athlete can resume normal activity at the school or athletics department.



NUCA MMA RULES & REGULATIONS



NUCA MMA

Note: In this document all references to the terms **NUCA** or **NUCA MMA** are considered the same as **National University and College Association for MMA**.

CONSTITUTION

1. ARTICLE I Name, Purpose

The name of this organization shall be the “National University and College Association for MMA.”

Note: In this document all references to the acronym NUCA, NUCAMMA or NUCA MMA are considered the same as National University and College Association for MMA.

2. ARTICLE II Purpose

The purpose of NUCA MMA is to:

- a) Provide college bound students with the opportunity to compete in collegiate level mixed martial arts (MMA) competition while pursuing a college degree.
- b) Provide individuals who would not have had the opportunity to attend college to do so through participation in collegiate MMA.
- c) To set forth the rules, regulations and requirements for college MMA and its governing body

3. ARTICLE III AIM

The aim of NUCA MMA is to:

- a) Grow the sport of collegiate MMA such that students of all demographics and geographic locations have the opportunity of earning a degree through participation in the sport of MMA.
- b) Have a student-athlete graduation rate equal to or greater than non-athlete students.
- c) Develop student-athletes into respectable members of society by encouraging community service, and through rules and regulations governing sportsmanship and ethical behavior.
- d) Develop collegiate mixed martial arts competition to a level of student fan popularity, institutional benefits, and student-athlete financial aid that approaches that of major varsity sports.

BYLAWS

1. Bylaws – General. The Bylaws set forth in this document define the policies, rules, regulations, guidelines, directives and decisions which the association prescribes and may amend from time to time in support of the Purpose and Aim of the Constitution.

2. National Headquarters

3.1. Corporate Details

- a) NUCA MMA is a for-profit Limited Liability Corporation (LLC).
- b) Affective date of corporation: February 23, 2016
- c) Principle address is 142 West Lakeview Ave, Lake Mary, Florida, 32746.

3.2. Association Structure

The NUCA MMA association is structured as follow:

- a) President/Chief Executive Officer
- b) Directors
- c) National Office Staff
- c) NUCA Association Committees
- d) Institutional Coaches Committee
- e) Officials Committee

3.3. Legislative Authority

The President/Chief Executive Officer, along with the National office committees and staff, shall conduct the operations, administrative and business affairs of the association as follows:

- a) Direct the affairs of NUCA MMA in all affairs, including the power to prescribe and amend the Constitution and Bylaws.
- b) Form committees and delegate such authority as it deems necessary in order to carry out the purpose and aim of the Constitution.

3. Institution/Conference Structure

3.1. Definitions

- a) **Member Institution:** A college or university that has fulfilled the necessary requirements for becoming a Member Institution.
- b) **Institutional Membership:** The composite of all the individual Member Institutions.
- c) **Region:** A geographical area containing some number of conferences.
- d) **Conference:** A grouping of member institutions by geographical location for the purpose of competition amongst themselves.
- e) **Provisional Member Institution:** A college or university that is applying for acceptance as a Member Institution but has not yet fulfilled all the necessary requirements.

3.2. Member Institutions

3.2.1. Member Institution Requirements In order to be a member institution of NUCA MMA an institution must:

- a) Be a two-year or four-year institution that awards an associates or baccalaureate degree, respectively, or; be a certified branch campus (as defined by the Code of Federal Regulations) of an institution accredited by one of the six regional accrediting bodies. In general, a certified

branch campus is defined to be: independent of the main campus; have its own faculty and administrative or supervisory organization; have its own budgetary and hiring authority, and; offer courses in educational programs leading to a degree, certificate, or other recognized educational credential

- b) Be accredited by one of the following regional accrediting bodies:
 - 1) Middle States Association of Colleges and Schools (MAS)
 - 2) New England Association of Schools and Colleges, Commission on Institutions of Higher Education (NEASC-CIHE)
 - 3) North Central Association of Colleges and Schools, The Higher Learning Commission (NCA-HLC)
 - 4) Southern Association of Colleges and Schools, Commission on Colleges (SACS)
 - 5) Northwest Commission on Colleges and Universities (NWCCU)
 - 6) Western Association of Schools and Colleges, Accrediting Commission for Schools (WASC-ACS)
- c) Submit an application and receive approval for acceptance as a NUCA MMA Member Institution.
- c) Administer its MMA program in accordance with the constitution, bylaws, rules and regulations, and other legislation of the association.
- e) Pay member institution and conference fees, as applicable.

3.3. Regions and Conferences

3.3.1. General

- a) Competition shall be broken into regions with each region consisting of some number of conferences. Scheduling w

3.3.2. Conferences For purposes of competition, there shall be fourteen regions as follows:

- a) **Southwest:** Texas, New Mexico, Arizona
- b) **West coast:** California, Nevada
- c) **North Pacific:** Oregon, Washington, Idaho
- d) **Midwest 1:** North Dakota, South Dakota, Wisconsin, Iowa, Nebraska, Minnesota
- e) **Midwest 2:** Ohio, West Virginia, Indiana, Illinois, Michigan
- f) **Rocky Mountain:** Utah, Colorado
- g) **Great Planes:** Oklahoma, Missouri, Arkansas, Kansas
- h) **Southeast:** Florida, Georgia
- I) **Deep South:** Louisiana, Alabama, Mississippi
- j) **New England:** Massachusetts, Vermont, New Hampshire, Maine, Rhode Island
- k) **Northeast:** NY, NJ, Connecticut,
- l) **Mid Atlantic:** Delaware, Maryland, Pennsylvania
- m) **Appalachian:** Tennessee, South Carolina, North Carolina, Kentucky, Virginia
- n) **Independent:** Alaska, Hawaii, Montana, Wyoming

3.3.3. Membership Placement

- a) A Membership Institution will belong to the conference containing the state in which the institution is located
- b) Membership in a conference shall be automatic.

4. Student Athlete Eligibility - General.

This section addresses general requirements that apply to prospective and current student-athletes.

4.1. Definitions.

- a) Student-Athlete.** A student-athlete is an individual that was recruited by a member institution (college or university) and has enrolled in that institution; or, was not recruited but becomes a member of a team after enrollment. A student is not considered a student-athlete on the basis of prior high school athletics.
 - b) Member Institution.** A member institution is a university or college who is a member of NUCAMMA for the purpose of fielding a mixed martial arts team to compete at the intercollegiate level.
 - b) Normal High School Graduation Date.** For prospective NUCA student-athletes the normal high school graduation date is four years from the start of his or her high school freshman year.
- 4.2. **Amateurism.** All prospects and student-athletes must meet and continue to maintain amateur status in order to compete as a NUCA student-athlete. (See Section 7 for complete rules regarding amateurism)
- 4.3. **Academics.** All prospects and student-athletes must meet and continue to maintain minimum academic standards in order to compete as a NUCA student-athlete. (See Section 8 for complete rules regarding academics)
- 4.4. **High School Graduation/GED.** All prospective student-athletes must obtain a High School Diploma or GED. (See Section 7.3 for complete rules regarding HS academics)
- 4.5. **Two Year Rule.** The maximum amount of time that a student can wait before enrolling in college after their normal high school graduation date (see Section 6.1(b) for definition) and still be eligible to compete as a NUCA student-athlete is two years. A student must have completed all of his or her high school/GED requirements within this two year period.
- 4.6. **Six Year Rule.** A student-athlete cannot compete beyond six calendar years from their normal high school graduation date. This rule affects the number of years a student-athlete can compete as follows;
- a) Student starts college immediately after HS:** Starting college immediately after high school allows a student to compete as a NUCA student-athlete for up to six years – four to five years under a baccalaureate program and one or two additional years in a graduate degree program.
 - b) Student delays start of college:** A student will have one less year of eligibility as a NUCA student-athlete for each year that the student postpones start of college after high school.

5. Student-Athlete Eligibility – Amateurism

5.1. Definitions.

- a) Agent.** An agent is any individual who, directly or indirectly: (a) Represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain; or seeks to obtain any type of financial gain or benefit from securing a prospective student-athlete's enrollment at an educational member institution or from a student-athlete's potential earnings as a professional athlete. An agent may include, but is not limited to, a certified contract advisor, financial advisor, marketing representative, brand manager or anyone who is employed or associated with such persons.
- b) Actual and Necessary Expenses.** Actual and necessary expenses are limited to:
 - 1) Meals
 - 2) Lodging
 - 3) Apparel, equipment and supplies
 - 4) Coaching and instruction

- 5) Health/medical insurance
- 6) Transportation (expenses to and from practice and competition)
- 7) Medical treatment and physical therapy
- 8) Facility usage
- 9) Entry fees; and
- 10) Other reasonable expenses.

c) Intercollegiate Competition. Intercollegiate competition is considered to have occurred when a student-athlete in a member institution does any of the following: (a) Represents the member institution in any contest against outside competition, regardless of how the competition is classified (e.g., scrimmage, exhibition or joint practice session with another member institution's team) or whether the student is enrolled in a minimum full-time program of studies; (b) Competes in the uniform of the member institution, or, during the academic year, uses any apparel (excluding apparel no longer used by the member institution) received from the member institution that includes member institutional identification, or; (c) Competes and receives expenses (e.g., transportation, meals, room or entry fees) from the member institution for the competition.

d) Organized Competition. Athletics competition shall be considered organized if any of the following conditions exists: (a) Competition is scheduled and publicized in advance (b) Official score is kept;(c) Individual or team standings are maintained; (d) Official timer or event officials are used; (e) Admission is charged; (f) Teams are regularly formed or team rosters are predetermined; (g) Team uniforms are used; (h) A team is privately or commercially sponsored; or (i) The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

e) Professional Athlete. A professional athlete is one who receives any kind of payment, directly or indirectly, for athletics participation except as permitted NUCA governing legislation.

f) Professional Team. A professional team is any organized team that: (a) Declared itself to be a professional team; or (b) Provides any of its players more than actual and necessary expenses for participation on the team, except as otherwise permitted by NUCA legislation. Actual and necessary expenses are limited to the items listed in Bylaw 7.1.3, provided the value of the items is in line with the fair market value in the locality of the player(s) and is not excessive in nature.

g) Combative Sport. Martial arts, boxing, wrestling, or any event that involves any of the techniques used in these sports.

5.2. Amateurism Regulations.

5.2.1. Combative versus Other Professional Sports. The NUCAMMA's determination of professional status is limited to combative sports only. An individual will not be considered ineligible for competition in NUCAMMA competition based on professional status in a non-combative sport

5.2.2. Requirements for Amateur Status. A prospective student-athlete may be denied amateur status, and an active student-athlete may lose amateur status, for the following:

- a) Competing in any professional combative sport;
- b) Participating in a combative sport/event at a professional level, whether any benefits/compensation were received or not;
- c) Receiving monetary compensation for fighting in a combative sport/event;
- d) Receiving, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on combative skill or participation;

- e) Accepting a promise of pay even if such pay is to be received following completion of intercollegiate MMA participation;
- f) Receiving money or other items of value from an agent;
- g) Being under a binding unbreakable agreement with an agent;

5.2.2.1.Allowable Benefits/Compensation. The following items will not affect the amateur status of an individual as long as the act(s) are in line with the rules and regulations set forth in this document:

- a) Participating as an individual combatant while not receiving expense reimbursement beyond actual expenses of meals, lodging and travel (only travel occurring from the city of origin to the event and from the event back to the city of origin).
- b) Participating as a member of a combative team while not receiving expense reimbursement beyond actual and necessary expenses of meals, lodging, travel, etc (even though other members of the team may receive remuneration in excess of NUCA amateur limits).
- c) Receiving reasonable compensation for officiating or coaching in amateur, recreational or interscholastic combative programs.
- d) Employment in areas such as combative summer camps, recreation programs, municipal centers or private clubs as long as the pay is commensurate with the going rate for such employment.
- e) Participating in radio or television programs for the purpose of promoting an amateur athletic event where no remuneration is provide.
- f) Receiving reasonable compensation for use of name or picture to promote a commercial product or enterprise if:
 - 1) There is no reference to the student’s intercollegiate athletic participation in any promotion of the product or enterprise;
 - 2) The use of the student’s name or picture in no way references any institution with which the student has established identification, including but not limited to the use of logos, marks or names; and
 - 3) Remuneration is consistent with standard rates for any individual participating in comparable promotional activities.
- g) Receiving compensation/monetary gains for social media related activities (e.g; face book, u-tube, tweets, etc) as long as:
 - 1) There is no reference to the student’s intercollegiate athletic participation.
 - 2) The use of the student’s name, picture or other items such as logos or marks in no way references any member institution with which the student has established identification; and

3) The combined value received in any one year does not exceed \$xxx.00.

5.2.2.2.Allowable Awards and Prizes. In order to not affect a student-athlete's amateur status, individual awards presented to a student-athlete must conform to the following requirements:

a) Individual awards presented to a student-athlete for intercollegiate athletics participation:

1) All such awards must be of a personal nature (e.g. trophies, scholarship funds distributed in accordance with NUCA financial assistance rules, etc). Cash awards, cash equivalents or certificates redeemable for cash shall cause a student to lose amateur standing within NUCA; and

2) If a student receives more than one award the value of each individual award shall not exceed \$500.00, nor shall the combined value of all such awards exceed \$600.00.

(b) Individual awards presented to a student-athlete for non- intercollegiate athletics participation: An individual participating as a recognized amateur under the rules of a combat sport's national governing body shall adhere to the amateur award regulations of the national governing body of that particular sport when the individual has not established a student-athlete relationship with a member institution or when such events are held during the summer in which the individual is not representing a member institution..

5.2.2.3.Loss of Amateur Status. A student-athlete who violates the requirements for amateur status will be penalized as follows:

(a) Minor Violations – Penalty: loss of eligibility to compete in first four bouts for new student-athletes or next upcoming four bouts for existing student-athletes. Minor violations are those that do not directly affect a student-athlete's combative abilities. Examples of minor violations would be: excessive expense reimbursement not more than 25% above actual; compensation for officiating, coaching or other employment not more than 50% above going rate; radio, television and social media violations resulting in total monetary/compensation value greater than the going rate.

(b) Significant Violations – Penalty: loss of eligibility to compete in first eight bouts for new student-athletes or next upcoming eight bouts for existing student-athletes. Significant violations are those that generally do not directly affect a student-athlete's combative abilities. Examples of significant violations would be: non-allowable involvement with agents or professional combative organizations that never result in actual combative participation; excessive expense reimbursement not more than 100% above actual; compensation for officiating, coaching or other employment not more than 100% above going rate; radio, television and social media violations resulting in total monetary/compensation value greater than the going rate.

(c) Major Violations – Penalty: loss of eligibility to compete in one season of competition for every season in which the violation occurred. Major violations are those that directly or indirectly affect a student-athlete's combative abilities or are monetarily excessive in nature. Examples of major violations would be: involvement with agents or professional combative organizations in which the individual participates in combat;

excessive expense reimbursement greater than 100% above actual; compensation for officiating, coaching or other employment greater than 100% above going rate; radio, television and social media violations resulting in total monetary/compensation value greater than the going rate.

5.2.2.4.Reinstatement of Amateur Status. A student who has lost amateur status may have amateur status reinstated upon satisfying all of the following conditions:

- a) Ceasing to continue/participate in the violation that caused the loss of amateur status.
- b) Fulfilling the penalty associated with the level of violation (e.g.; loss of four bouts, eight bouts, one season for each year of violation).
- c) Having appropriate verification regarding satisfaction of these criteria submitted to NUCA for review and final dispensation.
- d) In addition to the above, any individual suspended or banned by an athletic organization because of amateur status must provide full details of the ban/suspension along with any letters from the organization declaring the ban/suspension.

5.2.3.Non-Institutional Combative Competition. Rules for student-athletes participation in outside combative competition are as follows:

- a) Combative competition, other than that associated with a NUCA member institution, is prohibited by all student-athletes during NUCA's competitive season including practice, regular season and championship season.
- b) Any participation in combative competition outside the NUCA competitive season must not be in violation of NUCA rules and regulations regarding amateurism. Any such participation will subject an individual to NUCA penalties associated with such acts.
- c) Individuals must submit a list of all outside competitions including event name, event sponsor, date(s) of event, placement, awards, prizes, and any provided expenses or expense reimbursement.

5.2.4.Amateurism Certification Process. Certification of amateur status will be initially issued by NUCA's Clearing House and then maintained by the student's member institution.

5.2.4.1.NUCA Responsibilities. The certification of amateur status issued by NUCA is based on activities that occur prior to a prospective student-athlete's request for final amateurism certification or on his or her initial full-time enrollment at a NUCA member institution, whichever occurs earlier.

5.2.4.2.Member Institutional Responsibilities. A member institution is responsible for ensuring that all students (including two-year and four-year college transfers initially enrolling at a NUCA member institution) obtain amateurism certification before beginning any activities with the team.

5.2.4.2.1. Amateur Status after Certification. A member institution is responsible for maintaining the amateur status of a student-athlete after final certification from NUCA.

5.2.4.2.2. Sharing Information and Reporting Discrepancies. It is the responsibility of a member institution to promptly report to NUCA any additional information that it receives that could affect the amateur status of a student-athlete. A member institution should immediately report any information that might cause a student-athlete's amateur status to be in jeopardy.

5.2.4.2.3. Eligibility for Practice or Competition. Prior to a student-athlete engaging in practice or competition, a member institution must ensure that he/she has received final amateur certification. At the discretion of the member institution, if a prospective student-athlete reports for athletics participation before his/her status has been certified, the student may practice, but not compete, for a maximum period of 30 days. After this period, the student shall be required to have his or her amateur status certified to continue to practice or to compete.

6. Student-Athlete Eligibility – Academic

6.1. General. For a student to be eligible for NUCA recognized intercollegiate competition, he or she must meet and maintain the minimum academic standards set by NUCA regulations. It is important to note that the standards set by NUCA only relate to a student's eligibility to compete as a student-athlete and have no bearing on a student's eligibility for enrollment or continued good standing in a particular member institution. A member institution has its own set of academic requirements for acceptance into its institution, and may have additional or more stringent requirements than that of NUCA for participation as a student-athlete.

6.2. Institutional Responsibility for Validity of Academic Credentials. As a condition and obligation of membership, it is the responsibility of a member institution to determine the validity of the information on which the eligibility of a student-athlete is based. Therefore, it is the responsibility of a member institution to determine whether a transcript is valid for purposes of applying appropriate NUCA legislation to the eligibility of a student-athlete when the institution receives notification, or otherwise has cause to believe, that a student-athlete's high school, preparatory school or two-year college transcript is not valid.

6.3. Entering Freshmen.

6.3.1. Accredited Public/Private High School. A student attending an accredited public or private high school must meet the following requirements in order to be academically eligible to compete as a NUCA student-athlete.

a) Graduate from high school.

b) Meet two of the following three entry-level requirements:

1) Achieve a minimum Grade Point Average (GPA) of 2.0.

2) Score 860 on the SAT (Evidence-Based Reading and Writing & Math) or 16 on the ACT.

3) Finish in the top half of your graduating class.

Students not meeting at least two of the three entry-level requirements shall be denied athletics participation at a member institution for the first full year of attendance (two semesters, three quarters, or the equivalent) that such a student is identified with any institution(s).

6.3.2.Home Schooled. A home schooled student may meet NUCA academic eligibility requirements by following one of the two following paths (note: Class ranking and GPA are not applicable to a home schooled student):

a) Automatic Academic Eligibility Qualifications

1) Complete a home schooling program, and

2) Score 950 on the SAT (Evidence-Based Reading and Writing & Math) or 18 on the ACT.

Note: A final home school transcript must be sent to the NUCA's Compliance Center.

b) Individual Review. Students that complete a home schooling program in accordance with their state's laws but do not meet the automatic academic eligibility qualification for the SAT or ACT may request a home school review from the NUCA Compliance Center. A student receiving a home school waiver will be recognized as meeting entering freshman requirements. In determination of a home school waiver, NUCA will consider a number of factors, including but not limited to, the following:

1) A signed written statement from the home school administrator (parent or teacher) attesting to the home school's compliance with state education regulations and/or state compulsory attendance statutes

2) A home school transcript including name, address and phone number of the home school, HS course list and grade ordered by year (9-12), grade scale used and overall GPA, the ninth grade start date, graduation date and the signature of the home school administrator.

3) List of any applicable classes taken at outside institutions. Parents should contact any such institution and request official sealed copy of transcript be sent directly to NUCA's Compliance Center.

4) Scores from the SAT or ACT. All scores should be sent directly from the testing service to NUCA's Compliance Center.

5) Letters of recommendation from teachers (not parent), counselors, coaches, mentors or others who can provide insight as to how the prospective student might contribute to the academic, social and cultural aspects of a college campus.

6.3.3.General Education Degree (GED). The requirements for a student with a GED are the same as for a student who graduated from an accredited high school except there is no provision for a class ranking. As such, a student with a GED must meet the following requirements:

1) Achieve a minimum Grade Point Average (GPA) of 2.0. (Note: GED students are recognized as having met the high school GPA requirement of 2.0 upon successful completion of a GED).

2) Score 860 on the SAT (Evidence-Based Reading and Writing & Math) or 16 on the ACT.

6.3.4.Determining SAT and ACT Scores. For students using the SAT examination, the higher of the two individual scores achieved on the critical reading and mathematics sections of the SAT from two different national testing dates may be combined in determining whether the student has met the minimum test-score requirements. For students using the ACT examination, the higher scores of the individual subtests of the ACT from more than one national testing date or state-administered examination may be combined in determining whether the student's sum score has met the minimum test-score requirement

6.4. College Enrolled Students. In order to compete as a NUCA student-athlete, an enrolled student must meet minimal academic requirements that are intended to insure that the student maintains progress towards his or her ultimate goal of receiving an education from a NUCA member institution..

6.4.1. General.

- a) A student must be enrolled in a minimum of 12 credit hours or 9 quarter hours during any regular term.
- b) After a season of competition, in order to participate in the next upcoming season a student-athlete must have accumulated a minimal total number of 24 semester credit hours or 36 quarter credit hours during the season prior to the upcoming season.
- c) Classes taken during a summer term can only be applied to the two semesters or three quarters prior to the summer term for purposes of satisfying the prior year's 24/36 credit requirement for competing in the upcoming season.
- d) In order to participate in the next upcoming season of competition, a student-athlete must have accumulated a minimal total number of credit hours equivalent to 24 semester hours or 36 quarter hours **for all years** prior to the upcoming season (see sections 6.4.5 through 6.4.9 below for further details).
- e) A cumulative GPA of 2.0 on a scale of 4.0 must be maintained in order to compete in the next upcoming season.
- f) A student may compete as a NUCA student-athlete for up to six consecutive seasons as follows:
 - 1) The maximum number of seasons that a student-athlete can participate while earning his or her baccalaureate degree is 5 years. If a student-athlete earns a baccalaureate degree within the five season period then the student-athlete may compete for a sixth season of competition by enrolling in a graduate degree program.
 - 2) If a student-athlete earns a baccalaureate degree in four years, the student-athlete may compete for up to two more seasons of competition by enrolling in a graduate degree program.

6.4.3. Freshman Year. To qualify academically for competition during his or her freshman year a student must:

- a) Meet all academic standards set forth for high school students entering and competing in a NUCA member institution (see Section 6.3).
- b) Enroll in a NUCA member institution at the start of the fall semester.
- c) Enroll in 12 semester hours or 9 quarter hours in each term of the season.
- d) Complete a minimum of 9 credit hours in the fall term.
- e) Earn a 2.0 GPA on a 4.0 scale for the fall term.

6.4.5. Second Season. To participate in a second season of competition, a student-athlete must have met the following academic requirements:

- a) Accumulated at least 24 semester/36 quarter institutional credit hours before the start of the second season fall term.
- b) Maintained a 2.0 GPA on a 4.0 scale.

6.4.7. Third Season. To participate in a third season of competition, a student-athlete must have met the following academic requirements:

a) Accumulated at least 48 semester/72 quarter institutional credit hours before the start of the third season fall term.

b) Maintained a 2.0 GPA on a 4.0 scale.

6.4.8. **Fourth Season.** To participate in a fourth season of competition, a student-athlete must have met the following academic requirements:

a) Accumulated at least 72 semester/108 quarter institutional credit hours before the start of the fourth season fall term.

b) Maintained a minimum 2.0 GPA on a 4.0 scale.

6.4.9. **Extended Baccalaureate Fifth Season.** To participate in a fifth season of competition while pursuing a baccalaureate degree, a student-athlete must meet, or have met, the following academic requirements

a) Must have accumulated at least 72 semester/108 quarter institutional credit hours before the start of the fourth season fall term.

b) Must have accumulated enough credit hours to be in a position after completion of the fifth year to have completed all academic requirements for graduation with a baccalaureate degree.

c) Must have maintained a minimum 2.0 GPA on a 4.0 scale

d) Must enroll in a minimum 12 semester hours or 9 quarter hours during any term of the fifth year season. A student who will complete requirements for graduation for a baccalaureate degree within 10 semesters or 15 quarters may retain eligibility during the last term of attendance of the senior year by enrolling in fewer than 12 institutional credit hours. Official verification must be provided by the registrar that the student has completed all other academic requirements for graduation except for the currently enrolled credits. Such verification must be provided to the eligibility center.

6.4.10. **Graduate Degree Fifth or Sixth Season.** To participate a fifth and/or sixth season as a graduate student a student-athlete must meet the following requirements:

a) Must have obtained a baccalaureate degree from a member-institution during the previous competitive season.

b) Must be enrolled in a full-time class load as defined by the institution for graduate school.

c) To maintain eligibility status, the student must successfully complete the full-time class load as defined by the institution.

d) The registrar must certify in writing to the eligibility chair that the above conditions have been met prior to participation of the student.

7. Recruiting and Transfers

7.1. Definitions.

a) **Business Day.** A business day is any weekday that is not recognized as a national holiday, including any weekday during which an institution is closed for other reasons (e.g., holiday break).

b) **Specialized Sports Camp.** A camp that places special emphasis on a particular sport or sports and provides specialized instruction.

c) **Competition Site.** A facility in which athletics competition is actually conducted, including any dressing room or meeting facility used in conjunction with the competition.

d) **Contact.** Any face-to-face encounter between a prospective student-athlete or the prospective student-athlete's parents, relatives or legal guardians and an institutional staff member or the athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., staff member positions himself or herself in a location where

contact is possible) or that takes place on the grounds of the prospective student-athlete's educational institution or at the site of organized competition or practice involving the prospective student-athlete or the prospective student-athlete's high school, preparatory school or two-year college shall be considered a contact, regardless of whether any conversation occurs. However, an institutional staff member or athletics representative who is approached by a prospective student-athlete or the prospective student-athlete's parents, relatives or legal guardians at any locations shall not use a contact, provided the encounter was not prearranged and the staff member or athletics representative does not engage in any dialogue in excess of a greeting and takes appropriate steps to immediately terminate the encounter.

e) Evaluation Activities During Contact Period. A visit to a prospective student-athlete's high school, preparatory school or two-year college, or an evaluation at any site that occurs during a contact period shall constitute a contact (for all prospective student-athletes at the educational institution) for that particular week even if no contact is made with a prospective student-athlete.

f) Contact Period. A period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

g) Evaluation Period. A period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

h) Quiet Period. A period of time when it is permissible to make in-person recruiting contacts only on the institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period. There are no imposed quiet periods under NUCA regulations

7.2. Recruiting Regulations. Under NUCA regulations there are four phases of time in which recruiting rules may apply to an individual – high school, two year post-high school, college enrolled, and post-baccalaureate. Each of these carry their own rules and are defined in the sections that follow:

7.2.1. High School Recruiting

7.2.1.1. Start Period for High School Recruiting.

Once a student starts classes for the ninth grade, he or she is a prospective student-athlete (prospect) and NUCA rules regarding recruiting apply to them. This rule applies equally to home schooled students as well. All recruiting rules apply as well to a prospect's parents, legal guardians and relatives. A violation of recruiting rules may rule a prospect ineligible for recruitment to the institution of which the violation occurred.

7.2.1.2. Letters, Emails and Social Media.

a) Prospects can send letters, e-mails and text messages to college coaches at any time in their high school career and as often as they want.

b) Institutions can send letters, e-mails and text messages to prospects during their high school career beginning June 15 after completion of the prospect's high school sophomore year.

c) Prior to June 15 of a prospects completion of their high school sophomore year, college coaches can only respond to a letters, e-mails and text messages from a prospect requesting information with non-recruiting specific information such as information on NCAA rules or a referral to the admissions department.

7.2.1.3. Evaluations.

a) College coaches may observe a prospect in practice and competition in order to evaluate their athletic ability at any point in the prospect's high school care.

b) Coaches cannot request that a specific prospective student perform a technique and cannot influence the conduct of a practice or training session.

7.2.1.4. **Contacts.**

- a) Institutions and prospects can start having face-to-face contact beginning June 15 after completion of a prospect's high school sophomore year.
- b) There is no limit on the number of contacts that can be made between an institution and a prospective student-athlete.
- c) A contact occurs any time a college coach says more than hello during a face-to-face contact with a prospective student or their relatives.
- d) Contacts can take place in the prospect's home, the prospect's high school (only with prior permission of the high school principal), at a practice site or at a competition site.
- e) A college coach may address a group of athletes following a practice session if the high school coach permits it. However, that group can only include athletes who have reached HS junior or senior status. Underclassmen may not listen in at all, even on the periphery of the group, as this would constitute an improper contact.
- f) During a competitive high school event, a college coach cannot contact or make telephone calls to a prospect from the time the prospect begins competition-related activity until all of the competition is over and the high school coach has released the athlete. Any such contact is considered an improper contact. This rule applies to multi-day events as well; no contacts or phone calls can occur until completion of competition on the final day. If the college coach puts himself in a position to greet or be greeted by a prospect or the prospect's relatives and a greeting is exchanged, this counts as a contact.

7.2.1.5. **Unofficial Visits.**

- a) Prospects (and their parents) can make unofficial visits to colleges at any time during their high school career and as many times as they want
- b) All expenses associated with an unofficial visit, including parking, must be at the prospect's expense.
- c) During an unofficial visit a college can provide a maximum of four complimentary tickets to a home sporting event.

7.2.1.6. **Official Visits.**

- a) Prospect's may make official visits that are paid for by the recruiting institution starting the first day of classes their senior year in high school.
- b) Prospects are limited to a maximum of five official visits with no more than one visit per school.
- c) Prior to taking any official visits, a prospect must be registered with the NUCA Eligibility Center.
- d) Prior to any official visit, a recruit must provide a copy of their high school transcript and either SAT, ACT, PSAT or PACT scores.
- e) A college can pay for transportation for a recruit to and from the college campus, room and board during the visit, and reasonable entertainment.
- f) A recruit's parents or legal guardians can accompany the recruit on an official visit and the college can pay for their room, board and entertainment expenses.
- g) A recruit can stay in on-campus housing or at a nearby hotel.
- h) Official visits are restricted to a maximum of 48 hours in duration.

7.2.2. Two-Year Post High School Period. The following outlines the rules for recruitment of a student that does not enroll in college the first fall semester immediately following high school graduation.

- a) A student must enroll in college within two years of high school graduation to be eligible to participate in NUCA MMA. If a student fails to enroll in college by the

beginning of the third fall semester following high school graduation, the student will no longer be eligible to compete as a NUCA student-athlete.

b) All of the rules of recruiting for high school students under Section 9.2.1 also apply during the two-year post high school period.

7.2.3. College Enrolled Student Transfers and Recruiting

7.2.3.1. **Definitions.** The following definitions apply to terms used in the recruiting of college enrolled students.

a) **Contact:** A contact can include a phone call, phone message, email, text message, letter or any other form of notification from the student to an administrator or coach. The same rules apply for a parent, relative, friend of the family, coach, or acquaintance on behalf of the student.

b) **Current school:** The school that a student is currently enrolled in and wishing to transfer from.

c) **Target school:** The school that a student is considering transferring to.

7.2.3.2. **General Rules.** The following general recruiting rules apply to all student-athletes enrolled in a NUCA member institution.

a) A student cannot compete for more than one school during a single academic year.

b) A student considering transferring from his current school to a target school but is not eligible to compete at his current school must satisfy all eligibility requirements before start of the new fall season or sit out one year at the target school before being eligible to compete.

c) A student considering transferring from his current school will be considered a transfer student under any of the following conditions:

1) The student was officially registered and enrolled in a minimum, full-time program of studies in any quarter or semester of an academic year.

2) The student is or was enrolled in an institution in a minimum full-time program of studies in a night school that is considered to have regular terms (semesters or quarters) the same as the institution's day school and the student is or was considered by the institution to be a regularly articulated student.

d) A student is limited to one transfer from one member institution to another member institution during their post-high school participation as a NUCA MMA student-athlete. Note: A transfer from a two year school after completion of an associate degree does not constitute a transfer for this ruling.

e) Any NUCA related penalties or suspensions imposed on a student at his current school that would extend into the following academic year shall follow the student to his transfer school (e.g; if a student was suspended for four bouts and two of the four bouts carried over into the following year, the two bouts suspension for the following year would apply to the transfer school as well).

f) A student enrolling in another school for summer classes only does not constitute a transfer.

7.2.3.3. Transfer within a Two Year School. A period

7.2.3.4. Transfer from Two Year School to Four Year School.

- a) During the student's first year at a junior college, a coach cannot initiate contact with an enrolled student or student-athlete.
- b) Communication with a student is allowed only after the student has concluded a full academic year in which the student has competed in their first season of competition.

7.2.3.5. Transfer from Four Year School to Four Year School.

- a) A student is limited to one transfer from a school to another school during their post-high school participation as a NUCA MMA student-athlete.
- b) A coach may not initiate contact with a student who is currently enrolled at a four-year institution
- c) A student-athlete enrolled in a four year college (current school) may contact another four year school (target school) with the purpose of inquiring about transferring to the target school. However, a coach or representative from the target school cannot reply immediately and must abide by the following rules and procedures before speaking with a student.
 - 1) As soon as any target school representative is contacted all communication must cease immediately with that student or his/her representative regarding a possible transfer or the prospects of that student participating at the target school upon transfer. The statement should be, "Thank you for your contact but I cannot speak with you any further until proper NUCA recruiting procedure is followed."
 - 2) If, during the school year or summer vacation period, the athletics director, faculty athletic representative, or coach at a target school is contacted or becomes aware of contact by an athlete enrolled at another institution (two-year or four-year), it shall be the responsibility of the target school (athletics director or faculty athletics representative) to notify in writing the students current school (athletics director or faculty athletics representative) where the athlete is presently enrolled within 10 days following the first contact.
 - 3) After the athletics director or faculty athletic representative of the target school has notified the current school in writing, then representatives of the target school may speak with the student about transferring or the prospects of that student participating at their institution should they transfer. The target school does not have to have a release (written or verbal) from the current school to talk to this student. The target school has fulfilled its ethical obligation under this regulation by notifying the current school in writing of the contact.
 - 4) A coach or another representative of a target school may respond to a contact by an athlete only after the current college (athletics director or faculty athletics representative) has been notified in writing of the contact by the student.
 - 5) A students attempt to make contact with a target school that never concludes in a dialogue between the student and the target school (e.g.; phone call not returned, no reply to email, etc) does not constitute a contact and no notification to the student's current school is required.

7.2.3.6. Post Baccalaureate.

The following post baccalaureate student-athletes may participate in intercollegiate athletics, provided the student has eligibility remaining and such participation occurs within the applicable six-year period.

- a) A student-athlete who has graduated with a baccalaureate degree in 8 semesters or 12 quarters and is continuing as a fulltime student at the same institution while taking course work that would lead to the equivalent of another major or degree as defined and documented by the institution. Because athletic participation is within the same institution, recruiting rules do not apply.
- b) A student-athlete who is enrolled in a graduate or professional school at any NUCA member institution. Students considering transferring from their current baccalaureate school to a target graduate school, and coaches of a target school, must comply with the same recruiting rules that apply to transfer between two four year schools

8. Prohibited Drugs and Procedures

Certain drugs and performance enhancing procedures are prohibited by NUCAMMA. Drug testing on student-athletes may occur at any time during the regular season and anytime during the championship season for student-athletes participating in championship competition. Rules and regulations for drug usage/ testing are as follows:

8.1. Definitions.

- a) Street Drug. A drug generally used for recreation such as marijuana.
- b) Performance Enhancing Drug (PED). A drug that enhances the performance of an athlete.
- c) Results Manipulation Drug. Anything that manipulates or masks (hides) the results of a drug test.
- d) Performance Enhancing Procedure. A procedure that enhances athletic performance such as blood doping or gene doping.

8.2. General.

- a) It is each athlete's personal duty to ensure that no prohibited substance enters his or her body and no prohibited method is utilized. Athletes are responsible for any prohibited substance and/or its metabolites or markers found to be present in any sample(s) they provide and/or prohibited method detected from the sample. source.
- b) Unless in conflict with NUCA regulations, a student-athlete under a drug-testing suspension from any college institution that transfers to a NUCA member institution shall not be eligible for participation in NUCA MMA intercollegiate competition until the duration of the preceding institution's suspension has been served.
- d. Any failed drug test by a student-athlete, whether performed by a member institution, athletics association or any other organization, and that was administered by an agency certified to conduct such testing, will be considered reviewed for applicability to NUCA's rules and regulations.
- c) Unless in conflict with NUCA regulations, a student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code shall not participate in NUCA MMA intercollegiate competition until the duration of the suspension has been served.
- d) Positive test result for prohibited substances will be considered a single offense regardless of the number of prohibited substances identified in the test.

- e) If a coach or staff member of the student's member institution in any way provides, supports or requires a student's use of a banned substances, the institution's NUCA MMA athletics program or staff member(s) may incur penalties and sanctions beyond those identified in this section.
- f) Presence of marijuana will be included in drug tests conducted on student-athletes. However, if a positive result is received, a student-athlete's institution will be informed of the results and the institution will be responsible for administering any penalties and/or counseling in accordance with their own institutional guidelines.

8.3. Prohibited List.

- a) Unless a specific exception is defined in this document, NUCA MMA's prohibited drugs and procedures will mirror those defined by the World Anti Doping Agency (WADA). For a detailed list, go to WADA's website at www.wada-ama.org and download a copy of their most current official list. A great source of information can also be found at www.usada.org online.
- b) A high level list of categories of prohibited substances and procedures include, but are not limited to, the following:
- 1) Anabolic Agents (Steroids)
 - 2) Peptide hormones, growth factors, related substances and mimetics.
 - 3) Beta-2 agonists
 - 4) Hormone and metabolic modulators
 - 5) Diuretics and masking agents
 - 6) Stimulants
 - 7) Narcotics
 - 8) Cannabinoids
 - 9) Glucocorticoids
 - 10) Prohibited Procedures
 - Manipulation of blood and blood components
 - Chemical and physical manipulation
 - Gene doping

8.4. Penalties.

8.4.1. Student-Athlete Penalties.

8.4.1.1. Penalties for Substances & Methods Prohibited In-Competition. For a student-athlete testing positive for a drug or procedure that falls within the *Substances & Methods Prohibited In-Competition* category, the following penalties will occur:

- a) For a first offense, the student will be ineligible to participate in the next four matches, beginning with the first match after the date of the specimen collection that led to the positive test result. This applies to both regular season and championship season matches. Penalties will be more severe when the use of performance enhancing drugs (PEDs) is involved.
- b) For a second offense, the student will be ineligible to compete as a student-athlete for the remainder of the current academic season.
- c) Students testing positive during the regular season will have their names added to the **Prohibited In-Competition Abuser List**. Students on this list are randomly tested at a higher percentage rate than students not on the list. The list applies to students during both the regular and championship seasons.
- d) Team scores for students testing positive for *Substances & Methods Prohibited In-Competition* during the championship season will be held to the same penalties as for those who tested positive for *Substances & Methods Prohibited At All Times*.

8.4.1.2. Penalties for Substances & Methods Prohibited At All Times. For a student-athlete testing positive for a drug or procedure that falls within the *Substances & Methods Prohibited At All Times* category, the following penalties will occur:

a) First Offense.

- 1) The student must immediately stop all competition as a NUCA student-athlete.
- 2) The student will be ineligible to compete as a NUCA student-athlete for 365 days from the date of the specimen collection that led to the positive test result.
- 3) The student will be stripped of all medals, awards and points earned during the academic year in which the offense occurred.

b) Second Offense.

- 1) The student will immediately lose all remaining eligibility to compete as a NUCA MMA student-athlete.

8.4.2. Team Penalties.

a) Regular Season. For student-athletes who tested positive for a *Substances & Methods Prohibited At All Times* during the regular season the following team penalties will occur (note: there are no regular season team penalties for individual student offenses that fall within the *Substances & Methods Prohibited In-Competition* category) :

- 1) All of the individual's points earned for the season in which the offense occurred will be deducted from the team's overall score/points; and team scores will be recalculated accordingly, and all team placing and rankings will be reassigned (if applicable)

b) Championship Season. For student-athletes who tested positive for any prohibited substance or method (Prohibited At All times or *Prohibited In-Competition*) during the championship season the following team penalties will occur:

- 1) If the individual student-athlete's score/points affect the team score/points:
 - a. The individual's points will be deducted from the overall team score/points; and
 - b. Team scores will be recalculated accordingly, and all team placings and rankings will be reassigned (if applicable).

8.5. Reinstatement of Eligibility. A student-athlete who loses eligibility due to a failed drug test must successfully satisfy the following conditions before the student is eligible to resume competing as a NUCA student-athlete.

a) Substances & Methods Prohibited In-Competition Suspension. A student-athlete who loses eligibility due to a failed Substances & Methods Prohibited In-Competition test must successfully satisfy the following conditions before the student is eligible to resume competing as a NUCA student-athlete:

- 1) Complete the required suspension
- 2) Complete an appropriate counseling or treatment program, as determined by the student athlete's institution. The institution shall dictate the specific treatment plan as it deems appropriate for the specific student-athlete.

b) Substances & Methods Prohibited At All Times Suspension. A student-athlete who loses eligibility due to a failed *Substances & Methods Prohibited At All Times* drug test must successfully satisfy the following conditions before the student is eligible to resume competing as a NUCA student-athlete

- 1) Complete the required suspension.
- 2) Complete an appropriate counseling or treatment program, as determined by the student-athlete's institution. The institution shall dictate the specific treatment plan, as it deems appropriate, for the specific student-athlete. The institution must provide verification that it approved the treatment plan and that the counseling or treatment program has been completed.

3) Pass an additional drug test administered by NUCA' third-party provider during the 11th month of the suspension.

4) Receive verification from the NUCA's Drug Testing and Education Committee that all components of reinstatement have been satisfied.

8.6. Administration of Drug Testing.

- 1) NUCA MMA may test student-athletes at any time during the academic year, including during an event, and without any advanced notice.
- 2) Selection of student-athletes for testing is at the sole discretion of NUCA and may be based on, but not limited to, prior failed tests, students on the *Prohibited In-Competition Abuser List*, athletic performance, random selection, or reasonable cause (i.e; reliable source that a student-athlete is under the influence, observed to be acting under the influence, etc).
- 3) At championships events, selection of student-athletes for testing may be based on competitive ranking, position of finish, random selection, or any other NUCA-approved selection method
- 4) Drug testing may be administered at, but not limited to, a student's location of residency (termed his "Whereabouts"), a location on campus such as a team's practice area, or at the site of an event.
- 5) Drug testing will be performed by urinalysis.
- 6) If a student-athlete who is selected for NUCA drug testing does not show up for testing or refuses to provide a sample, he or she will be penalized as if there were a positive drug test result.

8.7. Drug-Testing Consent Form.

a) At the beginning of each academic year, every NUCA student-athlete is required to sign a *Drug-Testing Consent Form* before the end of the fourth week after classes start or before the first day of practice, whichever comes first.

b) A student is not allowed to start practice or competition until the consent form has been signed and submitted.

c) The coach or a designated institutional member shall administer the consent forms and other related literature as follows:

1) Provide consent forms to student-athletes in a timely manner.

2) Disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs

3) A copy of signed consent forms shall be kept on file by the institution.

4) A soft copy of each student's consent form must be provided to NUCA's eligibility department before a student is allowed to participate in practice or competition.

8.8. Therapeutic Use Exemptions (TUE). If a student- athlete has an illnesses or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List, the student may apply for a Therapeutic Use Exemption (TUE) as follows:

a) If the need for a TUE is known prior to start of the season, an applications must be completed and received by NUCA's eligibility department at least thirty (30) days in advance of any competition

b) If the need for a TUE is determined during the season, an application may be completed and submitted to NUCA's eligibility department with a request for expedition.

c) The submittal of a TUE does not constitute approval, or temporary approval, for use of any prohibited substance. Use of any substance prior to approval of the TUE by NUCA's eligibility department would

subject a student to the penalties for use of prohibited substances as described in this document, including permanent loss of eligibility to compete as a NUCA student-athlete.

d) A TUE form may be downloaded from NUCA's web site at www.nucamma.com under Student Eligibility/Forms.

8.9. Appeal of a Positive Test.

a) A member-institution may appeal the results of a student-athlete's failed drug test.

b) The student-athlete will remain ineligible pending the outcome of an appeal.

c) NUCA MMA does not restrict the grounds for appeal. However, no consideration will be given to appeals based on the following:

1) The type or amount of banned substance detected through the drug test.

2) The student-athlete's good character.

3) The degree of remorse demonstrated by the student-athlete.

4) Family hardship or history of family dysfunction.

5) The degree to which the banned substance may or may not affect the athlete's performance.

d) The NUCA Eligibility Center must be notified of an impending appeal within two business days of the confirmation of a positive drug test.

e) All documentation must be provided to the NUCA Eligibility Center by the institution within ten business days of the confirmation of the positive drug test.

f) Appeals should be submitted to NUCA's Eligibility Center by the institutions director of athletics.

g) Appeals should include all material in support of the reason for the appeal.

h) The NUCA Eligibility Center will notify the institution's athletic director of the decision on the appeal and the final outcome of the student-athlete's drug test case.

9. Competition

9.1. Scheduling

9.1.1. Regular Season

9.1.2. Championship Season

9.2. Matches

9.2.1. Order of Competition

a) Junior Varsity

b) Varsity

c) Men/Women

d) Order of bouts by weight

9.2.2.Weight Classes

9.2.2.1.Weight Management Policy

For safety reasons, NUCA MMA is implementing a weight management policy that determines a student-athlete's allowable weight class as follows: a) Each student-athlete will be weighed during the month of September. b) Based on the results of the September weigh-ins, two allowable weight classes will be determined as follows: c) During this time all Athletes must submit their current walking weight and daily training weight. Athletes will input and track their daily weight online through their student portal at www.nucamma.com

- 1) If the measured weight falls in the lower half of a weight division, the athlete will be allowed to compete in either the class he weighed in at or one weight class lower. 2) If the measured weight falls in the upper half of a weight division, the athlete will be allowed to compete in either the class he weighed in at or one weight class higher.
- 2) The coach/assessor will enter all weight data into an online team database via their NUCA administrator account. d) The coach will have until three weeks before the start of competition to decide as to the weight class each student-athlete will compete in for the season and update the online team database with the information. f) Failure to update the online team database with the weight class information at least three weeks before start of competition shall be grounds for sanctions, including disqualification of the scheduled matches.
- 3) Competition Weigh in, all athletes will be subject to Urine specific gravity tests on the day of weigh in. In order to compete in the event each athlete must be within their weight limits for their specific weight class and pass a specific urine gravity exam.
- 4) NUCA MMA can initiate random weight exams throughout the college season. If an athlete is found over 5% heavier than their weight class they will be penalized.

Prohibited Weight Cutting Practices

NUCA MMA does not prohibit the practice of weight cutting. The practices below are forbidden at all time during the NUCA MMA college season.

- 1) The use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms, hot boxes, and steam rooms is prohibited for any purpose.
- 2) The use of a sauna is prohibited at any time and for any purpose, on or off campus.
- 3) The use of diuretics (for example, water pills) at any time is prohibited.
- 4) The use of vapor-impermeable suits (for example, rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited.
- 5) Artificial means of re-hydration (that is, intravenous hydration) are also prohibited.

Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

9.2.2.2.Men

Men's weight classes and maximum weight for each class shall be as follows:

- 1) Strawweight: -52.2 kg (115 lbs.)
- 2) Flyweight: -56.7 kg (125 lbs.)
- 3) Bantamweight: -61.2 kg (135 lbs.)
- 4) Featherweight: -65.8 kg (145 lbs.)
- 5) Lightweight: -70.3 kg (155 lbs.)
- 6) Super lightweight
- 7) Welterweight: -77.1 kg (170 lbs.)
- 8) Cruiser Middleweight
- 9) Middleweight: -83.9 kg (185 lbs.)
- 10) Cruiser Welterweight
- 11) Light Heavyweight: -93.0 kg (205 lbs.)
- 12) Super Light Heavyweight
- 13) Heavyweight: -120.2 kg (265 lbs.)
- 14) Super Heavyweight: +120.2 kg (over 265 lbs.)

9.2.2.3.Women

Women's weight classes and maximum weight for each class shall be as follows:

- 15) Strawweight: -52.2 kg (115 lbs.)
- 16) Flyweight: -56.7 kg (125 lbs.)
- 17) Bantamweight: -61.2 kg (135 lbs.)
- 18) Featherweight: -65.8 kg (145 lbs.)
- 19) Lightweight: -70.3 kg (155 lbs.)

9.2.4.Length of Match

Time periods for each match will be as follows:

- a) A match shall contain three (3) rounds.
- b) A round shall last three (3) minutes.
- c) The round break shall last sixty (60) seconds.

9.2.5.Weigh-In

- a) A weigh-in time shall be specified by the hosting institution. No weigh-in time shall occur before 7:00am. The weigh-in start time shall be within 3 hours of the start of the first match and at a time that will allow both teams to complete weigh-ins no later than one hour before the start of competition. Separate weigh-in times shall be specified for JV and varsity matches.

- b) In the event a team cannot make the weigh-in start time the team coach shall be responsible for communicating their estimated arrival time to the hosting coach. Flagrant or repeated disregard of weigh-in times by a team shall be grounds for sanctions by the association.
- c) All contestants shall be present in the weigh-in/staging area at the designated weigh-in start time set by the hosting institution.
- d) All contestants must provide a photo ID and insurance card at weigh-ins.
- e) All scales used for weigh-ins shall be certified.
- f) At least one meet official (preferably the head referee) must be present at all times during weigh-ins.
- g) Opposing coaches or athletic trainers may assist or conduct weigh-ins under the supervision of a meet official. Both opposing coaches/trainers must observe the weigh-in of opposing contestants.
- h) Weigh-ins will proceed from the lowest to the highest weight class with opposing contestants being weighed together beginning with the visiting opponent followed by the hosting opponent.
- i) If a contestant fails to make weight class and there is only one scale, the contestant may step on and off the scale two times. If multiple scales are available and the contestant fails to make weight on the first scale, the contestant may also step onto each available scale one time.
- j) A contestant's weigh-in results, whether the contestant makes weight or not, must be recorded on the weigh-in roster.
- k) When all contestants present in a weight class have weighed in and the next weight class is called, that weight class is closed.
- l) A contestant failing to weigh in at the designated weigh-in will forfeit his planned match and his opponent will be declared the winner of the match. The contestant declared the winner of the match will have three (3) points added to his record and the team will be given full points for the match.
- m) Regional and National Championships shall have a single weigh-in during the opening day and no further weigh-ins will be performed.

9.2.6.Pre-Event Medical Certificates

9.2.7.Medical Exams

- 1) All Participants are required to have certificates for Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV tests.
- 2) Certificates cannot be greater than 6 months old.
- 3) Each team coach is responsible for providing the even physician a copy of each contestant's certificate prior to the contestant's medical examination.

9.2.8.Athlete's Equipment

- a) All pieces of equipment used by contestants, compulsory as well as optional, shall be checked by the referee before the match.
- b) Gloves
All contestants shall wear NUCA regulated gloves in competition.
- c) Shin Pads
All contestants shall wear NUCA regulated shin pads in competition
- d) Knee protection and ankle protection
All contestants shall have the option of wearing NUCA regulated knee and ankle protection.
- d) Clothing

- 1) All contestants must wear NUCA approved clothing reflecting the team colors and logo.
 - 2) NUCA regulated team shorts and rash guards shall be worn in competition.
 - 3) Women shall have the option of wearing either a team rash guard or team sports bra.
- e) Mouthpiece
All contestants shall wear a protective mouthpiece in competition.
- e) Groin Cup
- 1) All male contestants shall wear a protective groin cup.
 - 2) Protective groin cups shall be optional for women.
- f) Protective Chest Gear
- 1) Female competitors shall have the option of wearing NUCA approved protective chest gear.
 - 2) Male contestants shall be prohibited from wearing chest gear
- g) Gauze and Tape
- 1) Hands and knuckles shall be wrapped in gauze.
 - 2) Tape may be used for fastening as well as strengthening the gauze. The tape may however not cover the knuckles.
 - 3) The gauze and tape shall be restricted to 10 meters x 5 cm of gauze and 2 meters x 2.5 cm of tape per hand.
 - 4) The fastening on the gloves and the shin guards shall be taped so that they don't come undone and injure either one of the contestants.
 - 5) All taping shall be checked by an official before the match.

9.3. Referees

9.3.1. Credentials

- a) All referees shall be licensed by at least one of the following licensing bodies:
 - 1) IMAF
 - 2) Command
 - 3) ISCF
 - 4) IMOC
 - 5) Herb Dean MMA
 - 6) John McCarty COMMAND
- b) All referees shall be approved NUCA MMA referees that have completed their training for NUCA MMA specific rules and safety.
- c) The referee shall be physically fit in order to stay alert, close to the contestants at all times and able to intervene when necessary, thus ensuring the highest possible safety for the contestants.

9.3.2. Clothing

- a) The referee shall be dressed in a black shirt and black dress pants.
- b) Soft shoes shall be worn to minimize any occurrence of unintentional damage or discomfort inflicted on a contestant

9.3.3.Event Responsibilities

- a) Unless otherwise agreed upon prior to the first day of an event, the head referee shall be present and responsible for the overall conduct of weigh-ins.
- b) In the event that the head referee will not conduct an assigned event weigh-in, it is the responsibility of the head referee to ensure that an official (judge or referee) is assigned and aware of their duties for conducting the weigh-ins.

9.3.4.Responsibilities During Matches

- a) The referee shall ensure that both contestants are wearing appropriate protection.
- b) The referee shall ensure that all parties involved in the match abide by the rules.
- c) The referee shall put the contestants' safety first and immediately stop a match if and when any of the following occur:
 - 1) It is apparent that one contestant is so superior that the other stands the risk of being injured.
 - 2) One of the contestants is in a questionable position of disadvantage.
 - 3) One of the contestants is not able to put up a proper defense.
- d) The referee has three verbal commands at his/her disposal during the match:
 - 1) "FIGHT" tells the contestants that the match has started; initially, after a time-out or after a round break.
 - 2) "STOP" tells the contestants to cease competing and stay in the current position.
 - 3) "BREAK" tells the contestants to cease competing, separate and assume a neutral position.
- e) The referee shall ensure that unauthorized techniques are not used to the advantage of one contestant.
- f) The referee shall disqualify a contestant if the contestant or the contestant's coaches deliberately, severely or repeatedly break the rules.
- g) The referee shall stop the match if and when any of the following occur:
 - 1) A contestant uses unauthorized techniques.
 - 2) A contestant otherwise breaks the rules.
 - 3) Anything is thrown into the competition area.
 - 4) A coach or a contest physician throws a towel or something equivalent into the competition area.
- h) In the event of an accident or foul the referee can issue a time-out for up to five (5) minutes to examine the fouled contestant's condition and determine whether or not he/she can safely continue. The referee may call for the contest physician to aid the assessment.
- i) If the contest cannot be restarted within the allotted five minutes the contest must end and the outcome will be decided as a no contest or technical decision as outlined in a subsequent section entitled **Match Decision**.
- j) In the event of a foul that consists of a blow or kick to the groin area, a so called low blow, the referee shall, upon request from the injured contestant issue a time-out for up to five (5) minutes, allowing him/her to recuperate.
- k) The referee shall stop the match at the sound of the signal that marks the end of a round.
- l) The referee shall raise the arm of the winner when the results of the match have been made public by the speaker

9.3.5.Match Stoppage and Restarts

9.3.5.1.Falling and Knock Down

- a) If a contestant falls to the ground due to a takedown, throw, hit, surprise or loss of balance the referee shall allow the match continues as long as the contestant can put up a proper defense and assumes an active ground position.
- b) If a contestant is knocked down and can't put up a proper defense and/or stays down the referee shall interrupt the match immediately

9.3.5.2.Warning

- a) In the event of a foul the referee shall interrupt the match, examine the condition of the fouled contestant and issue a warning.
- b) For repeated lesser fouls or a serious foul or an intentional foul the referee shall issue a deduction of one (1) point for the offending contestant in conjunction with the warning.

9.3.5.3.Disqualification

- a) In the event of an intentional, serious or repeated offense the referee may disqualify the contestant.
- b) If a contestant cannot continue due to an injury caused by an intentional unauthorized technique or foul, the offending contestant shall be disqualified.
- c) If an injury caused by an intentional unauthorized technique or foul causes the contest to be stopped at a subsequent point in the contest the contestant who committed the foul shall be disqualified.
- d) If during the pre-match inspection a contestant is found to have unpermitted taping he/she can be disqualified by the referee.
- e) A contestant can be warned or disqualified as a result of a breach of rules made by the competitor's coaches.

9.3.5.4.Restarts

- a) After a warning has been issued or an examination has been conducted by the contest physician the match shall be restarted in the same position as before it was interrupted.
- b) The referee can restart the match in a neutral standing position if the contestants are in a stalemate, aren't actively seeking to better their position or aren't actively attempting to win.

9.4. Judges

9.4.1.Credentials

All referees shall be licensed by at least one of the following licensing bodies:

- a) IMAF
- b) Command
- c) ISCF
- d) IMOC
- e) Herb Dean MMA
- f) John McCarty COMMAND

9.4.2.General Requirements

- a) Every match shall be judged and the score kept by three licensed judges.
- b) Judges shall be seated separately from the audience and from each other.
- c) Judges shall remain neutral during the course of the match.
- d) If a judge identifies a violation of the rules he/she shall notify the referee during the next round break.
- e) Judges shall award points to the contestants for each round by filling out a score sheet. This task shall be carried out independently and without contact with the other judges or any other person. The results of the scoring shall be clearly marked on the score sheet.

- f) The winner of a round is decided based on the criteria's for judging as detailed below
- g) Upon completion of each round the judges shall submit the score sheets to the secretary.
- h) The judges are not allowed to leave their seats until the match is over and the results have been relayed.

9.4.3. Scoring

- a) All matches shall be evaluated and scored by 3 judges who shall evaluate the match from different locations around the competition 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 match. 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:
 - 1) Effective striking
 - 2) Effective grappling
 - 3) Control of the ring/competition area
 - 4) Effective aggressiveness
- d) Evaluations shall be made in order in which the technique appear in c) above, giving the most weight in scoring to effective striking/effective grappling, control of the fighting area and effective aggressiveness.
 - 1) Effective striking: Effective striking is judged by determining the total number of legal strikes landed by a contestant.
 - 2) Effective grappling: 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
 - 3) Control of the ring/ competition area: Area control is judged by determining who is dictating the pace, location and position of the match. Examples of factors to consider are countering attempts 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
 - 4) Effective aggressiveness: Effective aggressiveness means moving forward and landing a legal strike
 - 5) Submission attempts: Number of submission attempts made by an athlete.
- e) 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 competing evenly and neither contestant shows clear 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.
 - 4) A round is to be scored as a 10-7 round when a contestant totally dominates by striking or grappling in a round.
 - 5) The Judges shall use a sliding scale and recognize the length of time the contestants are either standing or on the ground, as follows: if the contestants spent a majority ~~of~~

a round on the canvas, then: a) Effective grappling is weighed first; and b) Effective striking is then weighed. If the contestants spent a majority of a round standing, then: a) Effective striking is weighed first; and b) Effective grappling is then weighed. A round is to be scored as a 10-8 round when a contestant overwhelmingly dominates by striking or grappling in a round. If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

- f) In the event of an incomplete round due to an accidental foul the round is judged using the same criteria as full rounds.

9.4.4. Match Decision

The final decision of a match will be determined as follows:

- a) Submission – The contestant surrenders by tapping on the opponent or on the mat or by verbally informing the referee.
- b) Towel – The contestant’s coaches stop the match by throwing in the towel, or something of the equivalent and thus forfeiting the match.
- c) Referee Stops Contest (RSC) - The referee is required to stop the match if and when any of the following occur;
 - 1) He/she deems the match as too uneven.
 - 2) One of the contestants isn’t putting up a proper defense.
 - 3) One of the contestants has been hit hard. This encompasses but is not limited to so called Technical Knock Out (TKO) and Knock Out (KO).
 - 4) The recuperation time or a medical examination of a contestant has lasted for more than five (5) minutes.
- d) Judges decision – The scorecards of the three judges decide the winner. This includes:
 - 1) Unanimous Decision - When all three judges score the contest for the same contestant.
 - 2) Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent.
 - 3) Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw.
 - 4) Unanimous Draw - When all three judges score the contest a draw.
 - 5) Majority Draw - When two judges score the contest a draw.
 - 6) Split Draw - When all three judges score differently.
 - 7) Technical Decision – If a match is ended prematurely due to injury caused by an accidental foul the scorecards of the three judges decide the winner. This includes the possibility for a technical draw.
- e) Disqualification – If a contestant is disqualified the opponent is awarded the win.
- f) Walkover – If an announced contestant fails to show up to the match but the opponent does, he/she is deemed to have forfeited the match and the win is awarded to the opponent.
- g) No Contest and Technical Decisions
 - 1) A match can be judged as “no contest”, i.e. nullified, during or after its conclusion.

- 2) Reasons for “no contest” are for example if the match is disrupted or stopped as a result of outside interference, during which it no longer can be continued.
- 3) If a contestant by accident gets injured as a result of an unauthorized technique and if the match consequently has to be stopped, then the match shall be judged “no contest” provided that the injury in question occurs during round one. If the injury occurs in round two or in the extra third round the winner will be decided based on the judges’ scorecards resulting in a technical decision.
- 4) A tournament match cannot end as a “no contest” or as a technical draw. In such a case the winner of the match shall be determined as outlined in the tournament protocol.

9.5. Secretary

- a) The organizer shall appoint a secretary for the competition.
- b) Upon completion of each round the secretary shall collect the score sheets from the judges.
- c) Upon completion of the second round the secretary is responsible for summing up the total score and handing the scorecards to the referee.
- d) If the match goes to a third round the secretary shall collect the additional scorecards upon completion of that round, sum up the total score and hand the scorecards to the referee.

9.6. Timekeeper

- a) A timekeeper shall be appointed by the organizer to ensure correct timing of rounds, round breaks and time-outs in the match.
- b) The timekeeper signals the start of each round.
- c) The timekeeper shall indicate when ten (10) seconds remain of the round.
- d) The timekeeper shall indicate when fifteen (15) seconds remain of a round break
- e) When the referee signals a time-out, the time passed during the time-out shall not count as part of the round.
- f) The timekeeper is responsible for keeping the time from the point the time-out starts and shall notify the referee when the time-out reaches two minutes and fifty seconds (2.50) and three (3) minutes respectively.
- g) The clock shall not be stopped by anything other than a time-out signaled by the referee.

9.7. Speaker

- a) A speaker shall be appointed by the organizer with the task of keeping officials and personnel informed of the competition over loudspeaker.
- b) The speaker shall announce the names of the contestants, ring corner and weight before they enter the ring.
- c) The speaker shall call on the coaches to leave the competition area before the match starts as well as when the timekeeper indicates that fifteen (15) seconds remains of the round break.
- d) The speaker shall announce the number of the round before each round starts.
- e) The speaker shall announce the name and ring corner of the winner.

9.8. Coaches

- a) A contestant shall have no less than one (1) and no more than three (3) coaches ringside, four (4) in a title fight or national championship.
- b) Coaches are only allowed to enter the competition area during round break and then only in close proximity to their contestant’s corner.
- c) All equipment shall be removed from the competition area at the end of the round break by the coaches and they shall also ensure that the competition area is kept dry and clean to prevent slipping.
- d) During the round break the coaches are allowed to give verbal instructions to the contestant. The coaches are allowed to bring the contestant water and bagged ice.

- e) During the round break the coaches are required to inform the referee of any injuries sustained by the contestant.
- f) Coaches shall bring towels to the competition area so that if they find their contestant unable to continue they may throw in the towel, thus forfeiting the match.
- g) Coaches can give advice and encouragement in a contained manner during the course of the match.
- h) Contestants can be warned or disqualified for an offense against the rules made by the contestant's coaches.
- i) Coaches must abide by the NUCA MMA Coaches Code of Ethics at all times during an event. Violations of the code are grounds for disqualification and further sanctioning.
- j) Coaches are responsible for the actions of their team members for the duration of the event.

9.9. Contestants

- a) The contestant must be clean and present a tidy appearance.
- b) The contestant may not wear any jewelry, piercings or other objects of metal or accessories.
- c) Contestants with long hair must tie the hair in such a way that it does not present any hazard to either contestant or referee.
- d) Rubbing parts of the body other than the face with petroleum jelly, liniment or the like is not permitted.
- e) Excessive use of petroleum jelly, liniment or the like is not permitted.
- f) Contestants must abide by the NUCA MMA Student Code of Ethics at all times during an event. Violations of the code are grounds for disqualification and further sanctioning.

9.10. Fighting Techniques

9.10.1. Approved Techniques

The following techniques shall be approved for use in NUCA MMA sanctioned competition:

- 1) Strikes against head, body and legs in stand-up position.
- 2) Strikes against head, body and legs when the opponent is in an active ground position.
Ground position applies when a contestant touches the floor with another body part in addition to the feet (the so called three-point rule)
- 3) Kicks against head, body and legs in stand-up position.
- 4) Knees against body and legs in stand-up position.
- 5) Kicks and knees against body and legs when the opponent is in an active ground position.
- 6) Throws and takedowns.
- 7) Submission techniques

9.10.2. Unauthorized techniques

The following techniques shall not be allowed in NUCA MMA competition:

- 1) Strikes against the spine or the back of the head.
- 2) Knees against the head.
- 3) Heel-hooks.
- 4) Elbow and forearm attacks.
- 5) Throws where the opponent is intended to land solely on his/her head and/or neck, so called spiking.
- 6) Locks on fingers and toes, so called small joint manipulation.
- 7) Stomps against the opponent's feet.
- 8) Stomps against the opponent when he/she is in an active ground position.
- 9) Kicks and knees against the head when the opponent is in an active ground position.
- 10) Heel kicks against the kidneys.

- 11) Kicks and knees from an active ground position against the head of the opponent when he/she is standing.

9.10.3.Fouls

- 1) Attacking a lying down or in other ways defenseless opponent.
- 2) Head-butting, eye-poking, biting, clawing, scratching, pinching, hair-pulling, spitting on the opponent and poking a finger into any orifice or any cut or laceration of the opponent.
- 3) Throwing the opponent out of the competition area.
- 4) Grabbing on to the safety fence or the ropes.
- 5) Grabbing the opponent's clothing or protective equipment.
- 6) Attacking the opponent before the match has commenced, during a time-out, during the round break or after the match is over.
- 7) Attacking an opponent who is being examined by the referee or the physician.
- 8) Attacking the opponent's groin area.
- 9) Competing in non-sportsmanship like conduct that causes injury to the opponent.
- 10) Strikes aimed specifically against the throat, including gripping the opponent's larynx.
- 11) Cursing or using abusive language.
- 12) Making abusive gestures.
- 13) Ignoring the instructions of the referee.
- 14) Displaying an aggressive behavior against the referee or other officials.
- 15) Interference by coaches.
- 16) Purposely dropping or spitting out the mouthpiece.
- 17) Inactivity and passivity.
- 18) Simulating being hit in the groin area

9.11.Physicians

At least one licensed physician shall be provided to be the contest physician for the duration of an event.

9.11.1.Credentials

All physicians shall be board certified. It is preferable that the physician be well versed in combat associated incidences such as choking and concussions.

9.11.2.Pre-Competition Checklist

- a) The physician shall examine and complete a checklist for all contestants before they compete. The examination shall take place on the same day as the match. The pre-competition exam shall include the following:
 - 1) Heart and blood pressure
 - 2) Pulse
 - 3) Lungs
 - 4) Hearing
 - 5) Teeth
 - 6) Evidence of a hernia
 - 7) Musculature
 - 8) Skin
 - 9) Review of certificates for Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV test
 - 10) Declaration of non-pregnancy (females only)
- b) At least two contestants from the same team shall be present during any exam.
- c) For exams conducted for women by a male physician, a female representative from the team must be present during all exams.

9.11.3.In-Competition Responsibilities

- a) At the start of a match, if a contestant is deemed by the physician to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the contestant shall not be permitted to compete.
- b) Women are not allowed to compete when pregnant.
- c) If a contestant needs assistance in getting back to the corner for the round break, the contestant shall be examined by the physician. The examination shall include the contestant's balance and responsiveness while standing without support.
- d) The physician shall be risk averse when making judgment calls and always consider a "worst case-scenario".
- e) If the physician finds it necessary for the contestant to have further examinations he/she shall send the contestant to a hospital.
- f) In the event of a suspected injury (for example, a slight concussion), the physician is allowed to detain the contestant to conduct a follow-up exam. The contestant shall in such an event stay on site. At such a follow-up examination the physician shall determine whether the contestant is in need of further care or not, and if yes whether or not that includes being sent to a hospital for further examination, and if applicable recommend follow-up treatment. All decisions and conclusions made during the follow-up exam shall be documented by the physician and handed in to the organizer.
- g) In case of a knockout the physician shall review the contestant's NUCA MMA record and determine how long the contestant shall be put on suspension in accordance with the Medical Suspensions paragraph contained herein below. The determined suspension shall be documented on the contestant's NUCA MMA record.

9.12. Medical Suspensions

- a) Any contestant knocked out as a result of a blow to the head, or whose contest was stopped by the judge because of several tough blows to the head rendering them defenseless and unable to continue will be suspended from competition and sparring matches.
- b) A suspension period will begin following the conclusion of the most recent contest.
- c) The listed suspension periods below are the minimum periods that can be expected but can be extended at the physician's discretion.
- d) Suspension time periods are as follows:
 - 1) If an athlete has suffered a knockout they will serve a minimum of four (4) weeks medical suspension.
 - 2) If an athlete has suffered two (2) knockouts during a period of three (3) months, they will serve a minimum of three (3) months medical suspension.
 - 3) If an athlete has suffered three (3) knockouts during a period of twelve (12) months, they will serve a 12 month medical suspension.
 - 4) In the event that a match was not stopped, the physician still has the right to decide on a suspension if they deem it necessary due to the contestant having received many tough blows to the head

9.13. Rankings

9.13.1. Individual

Individuals within a conference shall be ranked as follows:

- a) Points shall be earned for each match an individual participates in as follows:
 - 1) A loss earns 0 points.
 - 2) A win earns 5 points plus 2 additional points for a 1st round stoppage, 1 point for a 2nd round stoppage, and 1 point for a 3rd round stoppage.

- b) The points, stoppages and rounds won shall be totaled for each individual and the individuals will be ranked as follows:
- 1) Rankings shall first be based on Points with the individual having the highest number of Points earning the highest ranking.
 - 2) If two or more individual's Points are the same, then the individual having the greater number of Stoppages shall be ranked the highest.
 - 3) If two or more individuals are still tied after the Points and Stoppages are applied, then the individual having the lesser number of Rounds Lost shall be ranked the highest.
 - 4) If after the Rounds Lost is applied there is still a tie and two individuals fought each other during the season, the winner of the head-to-head match shall then earn the higher ranking.
 - 5) In the event that rankings are still undetermined after applying the above formula, the rankings committee shall make a determination of the rankings based on strength of schedule.

Individual points earned in match

Loss	Win	1st Round Stoppage	2nd Round Stoppage	3rd Round Stoppage
0pts	5pts +	2pts	1pt	1pt

9.13.2.Team

Matches Won, Bouts Won and Rounds Lost shall be totaled for each team and the teams will be ranked as follows:

- a) Rankings shall first be based on Matches Won with the team having the highest number of Matches Won earning the highest ranking.
- b) If two or more team's Matches Won are the same, then the team having the greater number of Bouts Won shall be ranked the highest.
- c) If two or more teams are still tied after the Matches Won and Bouts Won are applied, then the team having the lesser number of Rounds Lost shall be ranked the highest.
- d) In the event that rankings are still undetermined after applying the above formula, the rankings committee shall make a determination of the rankings based on strength of schedule.

9.14.Equipment

9.14.1.Cages

All NUCA MMA approved cages shall meet the following requirements:

- a) Cages shall be of a regular octagonal or circular shape with a longest diagonal measurement between 24 and 30 feet.
- b) Cages shall be constructed of eight connected sections (walls) of black vinyl coated chain link fencing.

- c) Cage walls shall be no shorter than 60 inches and no taller than 80 inches.
- d) Connections between wall sections shall be padded.
- e) Cages shall have a shock absorbing floor matting with a minimal thickness of 1.0 inches (2.5cm).
- f) Cages shall have a minimum of 2 doors for ingress/egress.

9.14.2.Mats

All mats used in NUCA MMA events shall meet the following requirements:

- a) Mats shall be a minimum thickness of 1 inch (2.5cm).

9.14.3.Gloves

NUCA regulated gloves shall meet the following requirements:

- a) Shall have a minimum weight of 6 ounces.

9.14.4. Shin pads

NUCA regulated shin pads shall meet the following requirements:

- a) Shin pads shall be constructed of soft materials only and with straps that cannot cause injury or cuts to an opponent.

9.14.5.Clothing

- a) General

- 1) All team member uniforms (pants and rash guard) must be of the same design and look.
- 2) All team uniforms must reflect the colors of the school and display either the schools logo or school name.

- b) Men

- 1) Pants shall be loose or tight fitting competition shorts and shall be free of any pockets or other features that could inflict injury on either of the contestants.
- 2) Rash guards shall be form fitting..

- c) Women

- 1) Pants shall be loose or tight fitting competition shorts and shall be free of any pockets or other features that could inflict injury on either of the contestants.
- 2) Rash guards, if worn, shall be form fitting.

10.Event Operations

10.1.Institutional Responsibilities.

This section defines the minimal and preferred requirements that a hosting member institution must abide by when conducting a NUCA MMA regular season sanctioned competition.

10.1.1.Event Costs

All costs associated with hosting a regular season sanctioned competition shall be the responsibility of the hosting member-institution, including required personnel (judges, referees, etc) assigned to the event by the association.

10.1.2. Facilities

- a) **Facility schedule:** It shall be the responsible of the institution for securing an adequate facility for operating the event and for reserving the facility to accommodate both the JV and varsity schedules. It is preferred that the JV competition be on a prior day than that of the varsity matches.
- b) **Spectator seating:** Sufficient seating shall be provided for spectators in the form of bleachers or chairs. For cheering and safety reasons, it is preferable that each team's spectators have their own designated area of seating. Team cheerleaders, if present, should restrict the majority of their activities in the area in front of their associated spectators.
- c) **Officials seating:** A separate chair and table shall be provided for each of three judges.
- d) **Scorekeeper seating:** A table and chairs shall be provided to accommodate a minimum of 3 scorekeepers.
- e) **Locker rooms:** Separate locker rooms shall be provided for both the home and visiting teams with separate dressing areas for men and women (if applicable).
- f) **Scales:** At least one, but preferably two or more certified scales must be provided for weigh-ins.

10.1.3.Secretary

An individual should be provided for the duration of the event with the responsibility of providing assistance to the event officials (judges and referees). Duties of the Secretary are detailed under **Section 9: Competition.**

10.1.4.Timekeeper

An individual should be provided for the duration of the event with the responsibility of running the time clock and signaling when events occur. Details of the duties of the timekeeper are detailed under **Section 9: Competition.**

10.1.5.Admissions

The hosting institution shall be responsible for all admission ticket sales and collection of tickets into the event.

10.1.6.Food and Beverages

The hosting institution shall be responsible for all food and drink concessions. the serving of alcoholic beverages will be at the discretion of the institution.

10.1.7.Security

It shall be the responsibility of the hosting institution to insure the safety and welfare of student-athletes, officials and spectators. Security shall be provided from the time the doors are open to spectators and continue until the area is cleared.

10.1.8.Physician

At least one licensed physician shall be provided to be the contest physician for the duration of the event. It is preferable that the physician be well versed in combat associated incidences such as choking and concussions and other head trauma.

10.1.9.Ambulance

An ambulance, along with EMT personnel, shall be provided and be present at the location of the event for the duration of the event.

10.1.10.Mats

For Junior Varsity matches, a minimum of one mat shall be required; however, it is preferable that two mats be provided in order for the event to proceed in a timely manner. All mats shall comply with NUCA equipment requirements. Note: Cages for Varsity matches will be provided by the association.

10.1.11.Promotions and Advertisement

Promotion material and advertisement must conform to NUCA regulations. No promotional or advertisement material can be attached to the cages used in varsity matches.

10.2.Institutional Responsibilities.

This section defines the responsibilities of the association in support of a member institution's hosting of a NUCA MMA regular season sanctioned competition.

10.2.1.Cages

A single cage will be provided for varsity matches. The association will perform the setup and take down of the cage. Cages shall comply with NUCA's required cage requirements.

10.2.2.Judges

Three licensed judges will be provided.

10.2.3.Referees

Two licensed referees will be provided. Referees will oversee both the JV and varsity matches.



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