

14B NCAC 10 .0806 DURATION AND ROUNDS - MIXED MARTIAL ARTS

Length and number of rounds shall be as follows:

- (1) Non championship matches, exhibitions or mixed martial arts must not exceed three rounds of five minutes each with a one minute rest period that includes a 10 second warning signal.
- (2) Championship bouts shall be five rounds of five minutes each with a one minute rest period that includes a 10 second warning signal.
- (3) Amateur bouts shall be three rounds of three minutes each with a 60 second rest period that includes a 10 second warning signal.
- (4) Amateur championship matches shall consist of five rounds of four minutes each with a 60 second rest period that includes a 10 second warning signal.
- (5) A minimum number of 21 rounds must be scheduled for any mixed martial arts program of matches.
- (6) "Pro/Am" events must have a combination of three professional bouts and five amateur bouts or five professional bouts and three amateur bouts scheduled. Professional bouts shall follow amateur bouts with no intermixing of the bouts.

*History Note: Authority G.S. 143-652.1;
Eff. March 1, 2008;
Transferred from 14A NCAC 12 .0806 Eff. June 1, 2013;
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.*