

# AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



**GAMMA**  
GLOBAL ASSOCIATION OF  
MIXED MARTIAL ARTS

**A M M A S A**

## **M M A M O D I F I E D R U L E S V . 1 . 2 0 2 0**

### **WEIGHT DIVISIONS:**

#### **14 to 17 Years**

under 40 kg  
under 50 kg  
under 60 kg  
under 70 kg  
under 80 kg  
over 80 kg

#### **18 Years and Over**

under 60 kg  
under 70 kg  
under 80 kg  
under 90 kg  
under 100 kg  
over 100 kg

### **Times and Rounds**

1 x 3 minute round	> for general bouts 14 to 17 yrs
2 x 3 minute rounds	> for tournament finals 14 to 17 yrs
2 x 3 minute rounds	> for general bouts 18 yrs +
3 x 3 minute rounds	> for tournament finals 18 yrs +

### **1 / 0 Bouts Judging System On:**

- Effective Striking.
- Effective Grappling.
- Effective Takedowns.

### **Safety Equipment & Dress Code:**

- 6oz MMA Gloves / Mouth Guard / Groin Guard.
- Club T-Shirt / Rash Guard.
- MMA Shorts / tights / Shin and Instep (slip on type )
- Female chest guard / Female under guard > optional.
- Any other to be approved by AMMASA Officials.
- No Hand Wraps.

# **MMA MODIFIED RULES**

AMMASA MMA Modified Rules V.1.2020

## **LEGAL ACTION IN STAND UP FIGHTING:**

- Body strikes with punches, kicks.
- Grappling.
- Submission techniques.
- Throws, sweeps and takedowns.

## **LEGAL ACTION IN GROUND FIGHTING:**

- Body strikes with punches.
- Grappling.
- Submission techniques.
- Throws, sweeps and takedowns.

## **FOULS ILLEGAL ACTIONS:**

- Inactivity and passivity.
- Head Strikes
- Knee Strikes
- Elbow strikes.
- From standing kicking a grounded fighter.
- Heel kicking the opponent kidney.
- Attacking a downed defenseless fighter.
- Striking to the spine or back of the head.
- Eye gouging of any kind.
- Suplex-reverse wrestling back throw.
- Body slamming.
- Stomping a grounded fighter .
- Stomping up to face or body of opponent.
- Stomping opponents feet.
- Heel hooks.
- Foot/toe holds.
- Neck cranks (neck hold to control and maneuver is permitted).
- Calf and bicep slicer.
- Twister spinal lock.
- Scissor takedown.
- Jumping guard.
- Fingers locks and holds.
- Small joints manipulations.
- Holding shorts or gloves of an opponent.
- Throwing an opponent down on his head or neck.
- Holds or locks that put pressure against the spine.
- Fleeing the matted area.
- Any unsportsmanlike behaviour.
- The 3<sup>rd</sup> foul will results in a disqualification.
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee.