

# AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



## MMA AMATEUR

## Competitions

FIGHT RULES

V.1-2018

AMMASA NSW COMBAT SPORTS AMATEUR APPROVED BODY

## **AMATEUR WEIGHT DIVISIONS**

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

Light weight	- 70kg
Middle weight	- 83kg
Light heavy weight	- 92kg
Heavy weight	- 120kg
Super heavy weight	+ 120kg

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

Light weight	- 61kg
Middle weight	- 71kg
Light heavy weight	- 81kg
Heavy weight	- 91kg
Super heavy weight	+ 91kg

\* For general bouts fighters to be matched in weight under the listed weight specification and the weight allowance between fighters is no more than 3 to 5kg.

\* In elimination bout events fighters must be within the weight class division listed.

### **Times and Rounds**

2 x 5 minute rounds	> for general non title fights
3 x 5 minute rounds	> for title fights
3 x 3 minute rounds	> optional for general non title fights
2 x 3 minute rounds	> for tournament elimination bouts

### **10 / 9 Bouts Judging System On:**

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

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

- 6oz MMA Gloves / Mouth Guard / Groin Guard.
- Female chest guard / Female under guard > optional.
- MMA Shorts / tights.
- Any other to be approved by AMMASA or CSA officials.

# **MMA AMATEUR FIGHT RULES**

AMMASA - Amateur MMA Rules - V.1.2018

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

- Head strikes with punches and kicks
- Body strikes with punches, kicks, forearm elbows and knees.
- Grappling.
- Submission techniques.
- Throws, sweeps and takedowns.

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

- Head strikes with punches.
- Body strikes with punches, forearm elbows and knees.
- Grappling.
- Submission techniques.
- Throws, sweeps and takedowns.

## **FOULS:**

- Inactivity and passivity.
- Elbow or knee strikes to the head.
- Intentional strikes using the point of the elbow.
- Kneeing a grounded fighter.
- Kicking a grounded fighter above the waist.
- Heel kicking the opponent kidney.
- Downward vertical elbow striking.
- Attacking a downed defenseless fighter.
- Striking to the spine or back of the head.
- Eye gouging of any kind.
- Suplex reverse wrestling back throw.
- Stomping, kicking of a grounded fighter to head or body.
- Stomping up to face of standing opponent.
- Stomping opponents feet.
- Heel hooks.
- Toe holds (with outside turn)
- Fingers locks and holds.
- Small joints manipulations.
- Holding of ropes / cage fence.
- 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.
- 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.