

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



GAMMA
GLOBAL ASSOCIATION OF
MIXED MARTIAL ARTS

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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 3rd 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.