

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



GAMMA
GLOBAL ASSOCIATION OF
MIXED MARTIAL ARTS

AMMASA AUS GAMMA

AMATEUR MMA

C - GRADE RULES

V.1.2020

Minimum Age for Participation:

- 18 Years and Over.

WEIGHT DIVISIONS:

under 40kg	under 50kg	under 60kg	under 70kg
under 80kg	under 90kg	under 100kg	over 100kg

Times and Rounds

2 x 3 minute rounds	> for tournament elimination bouts.
3 x 3 minute rounds	> for general and tournament finales.

Bouts Judging System On:

- Effective Striking.
 - Effective Grappling.
 - Effective Takedowns.
- * Judging is based on bouts overall outcomes no points scoring.

Safety Equipment & Dress Code:

- 6oz MMA Gloves
 - Mouth Guard / Groin Guard.
 - MMA Shorts / tights / Shin and Instep (slip on type)
 - Female chest guard / Female under guard > optional.
- * Any other gear to be approved by AMMASA / CSA Officials.

AMMASA RING CAGE MMA MODIFIED RULES

AMMASA Amateur MMA C-Grade Rules V.1.2020

LEGAL ACTION IN STAND UP FIGHTING:

- Light to semi contact.
- Body strikes with punches, kick.
- Grappling and submission applications.
- Throws, sweeps and takedowns.

LEGAL ACTION IN GROUND FIGHTING:

- Light to semi contact.
- Body strikes with punches.
- Grappling and submission applications.
- Throws, sweeps and takedowns.

FOULS ILLEGAL ACTIONS:

- Full contact.
- 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.
- Knee bars.
- Neck cranks (neck holds to control and maneuver is permitted).
- Calf and bicep chicer.
- 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.
- 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.

COMPETITION GEAR:

- Subject to Covid-19 and Hygiene it is a requirement for all competitors to bring own mouth guard, groin guard, shin and instep protectors.
- Gloves will be provided by event organizers in according to the combat sports regulations.

**MMA GLOVES**

6oz

**SHIN & INSTEP**

Slip On Type

**MOUTH GUARD****GROIN GUARD**