

AMMASA

Australian Mixed Martial Arts Sports Association Inc.

AMATEUR NSW COMBAT SPORTS APPROVED BODY

AMMASA Amateur Mixed Martial Arts Combat Sports Styles

MMA – Striking MMA – Pankration – Grappling – Ju-Jitsu – Mushti-Gdala

Contest Rules Set under the Amateur MMA Rules in Compliance with the CSA and with the
Affiliated International Bodies

AMMASA Amateur MMA Combat Sports Rules V.2.2024

Contest Grade Rules Categories:

- Grades AM, ST, JN, PK, JJ, MG and GP

Weight Categories:

- under 55kg under 60kg under 65kg under 70kg under 75kg
- under 80kg under 85kg under 90kg under 95kg
- under 100kg over 100kg

Contest Durations:

Grades AM, PK, JJ

- 3 x 3 minute rounds – General non tile fights
- 5 x 3 minute rounds – Title fights

Grades ST, JN, MG, GP

- 3 x 2 minute rounds – General non tile fights
- 5 x 2 minute rounds – Title fights

Veterans over 40 years

- 2 x 2 minute rounds – General non tile fights
- 3 x 2 minute rounds – Title fights

10 / 9 Contest Scoring System:

- Effective Striking
- Effective Grappling
- Effective Takedowns
- Domination and control of the bout will taken under consideration by the judges
- Grappling Sub Only Bouts no scoring cards (No Sub it's a Draw)

Stop / Start of Bout Rules:

- Bout starting for both competitors is from standing position in centre of the ring and fighting commence on the referees command

- Bout will be restarted in the centre of the ring/cage due to any of the following reasons:

1. Competitors showing no action activities in stand-up or ground fighting
2. Avoiding combat intentionally
3. When an intentional or unintentional foul is committed
4. Both competitors will only commence or halt any combat action on the referee sound/signal commands example: FIGHT, ACTION, STOP and BREAK
5. Or for a matter to the discretion of the referee

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Amateur MMA AM Grade Rules V.2.2024

Dress Code and Protective Equipment:

- 6oz mma gloves
- Mouthguard, groin guard
- MMA shorts / tights
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

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

Legal Action in Ground Fighting:

- Head strikes with punches
- Body strikes with punches, forearm elbows and knees
- Grappling and submission application techniques
- Throws, sweeps

General Illegal Foul Acts:

- Inactivity and passivity
- Elbow or knee strikes to the head
- Open hand straight hand strikes to face front
- Intentional strikes using the point of the elbow
- From standing kneeing a grounded fighter
- From standing kicking a grounded fighter above the waist
- Attacking a downed defenseless fighter
- Striking to the spine or back of the head
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Stomping up to face of standing opponent
- Stomping opponents foot/toes
- Heel hooks
- Foot/Toe holds - with outside turn
- Fingers locks and holds
- Holding of opponent's hair
- 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 3rd foul will result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee

AMMASA

Amateur MMA ST Grade Rules V.2.2024

Dress Code and Protective Equipment:

- 6oz mma gloves
- Mouthguard, groin guard
- MMA shorts / tights
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

- Head strikes with punches and kicks
- Body strikes with punches, kicks, forearm elbows and knees
- Clinching and Grappling
- Stand up submission holds
- Throws, sweeps and takedowns

Legal Action in Ground Fighting:

- Ground and pound head strikes only allowed for approved fighters prior to matchmaking

General Illegal Foul Acts:

- Inactivity and passivity
- Ground fighting/grappling (unless approved)
- Elbow or knee strikes to the head
- Open hand straight hand strikes to face front
- Intentional strikes using the point of the elbow
- From standing kneeing a grounded fighter
- From standing kicking a grounded fighter above the waist
- Attacking a downed defenseless fighter
- Striking to the spine or back of the head
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Stomping up to face of standing opponent
- Stomping opponents foot/toes
- Fingers locks and holds
- Holding of opponent's hair
- 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 3rd foul will result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee

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Amateur MMA JN Grade Rules V.2.2024

Dress Code and Protective Equipment:

- 6oz mma gloves
- Mouthguard, groin guard
- MMA shorts / tights
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

- Head strikes with punches and kicks
- Body strikes with punches and kicks
- Grappling and submission application techniques
- Throws, sweeps and takedowns.

Legal Action in Ground Fighting:

- Body strikes with punches
- Grappling and submission application techniques
- Throws, sweeps

General Illegal Foul Acts:

- Inactivity and passivity
- Head strikes in ground fighting
- Elbow or knee strikes
- Open hand straight hand strikes to face front
- Intentional strikes using the point of the elbow
- From standing kneeing a grounded fighter
- From standing kicking a grounded fighter above the waist
- Attacking a downed defenseless fighter
- Striking to the spine or back of the head
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Stomping up to face of standing opponent
- Stomping opponents foot/toes
- Heel hooks
- Foot/Toe holds - with outside turn
- Fingers locks and holds
- Holding of opponent's hair
- 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 3rd foul will result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee

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Amateur MMA PK Grade Rules V.2.2024

Dress Code and Protective Equipment:

- 6oz mma gloves
- Mouthguard, groin guard
- MMA Pankration shorts
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

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

Legal Action in Ground Fighting:

- Head strikes with punches
- Body strikes with punches, forearm elbows and knees
- Grappling and submission application techniques
- Throws, sweeps

General Illegal Foul Acts:

- Inactivity and passivity
- Elbow or knee strikes to the head
- Open hand straight hand strikes to face front
- Intentional strikes using the point of the elbow
- From standing kneeing a grounded fighter
- From standing kicking a grounded fighter above the waist
- Attacking a downed defenseless fighter
- Striking to the spine or back of the head
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Stomping up to face of standing opponent
- Stomping opponents foot/toes
- Heel hooks
- Foot/Toe holds - with outside turn
- Fingers locks and holds
- Holding of opponent's hair
- 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 3rd foul will result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee

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Amateur MMA JJ Grade A Rules V.2.2024

Dress Code and Protective Equipment:

- 6oz mma gloves
- Mouthguard, groin guard
- No Gi Top White Ju-Jitsu pants (with red and blue belts)
- Female club rash guards (no gi tops)
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

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

Legal Action in Ground Fighting:

- Head strikes with punches
- Body strikes with punches, forearm elbows and knees
- Grappling and submission application techniques
- Throws, sweeps

General Illegal Foul Acts:

- Inactivity and passivity
- Elbow or knee strikes to the head
- Open hand straight hand strikes to face front
- Intentional strikes using the point of the elbow
- From standing kneeing a grounded fighter
- From standing kicking a grounded fighter above the waist
- Attacking a downed defenseless fighter
- Striking to the spine or back of the head
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Stomping up to face of standing opponent
- Stomping opponents foot/toes
- Heel hooks
- Foot/Toe holds - with outside turn
- Fingers locks and holds
- Holding of opponent's hair
- 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 3rd foul will result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee

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Amateur MMA MG Grade Rules V.2.2024

Dress Code and Protective Equipment:

- 6oz mma gloves
- Mouthguard, groin guard
- White pants (with red and blue stripes)
- Female club rash guards
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

- Head strikes with punches
- Body strikes with punches
- Grappling and submission application techniques
- Throws, sweeps and takedowns.

Legal Action in Ground Fighting:

- Grappling and submission application techniques
- Throws, sweeps

General Illegal Foul Acts:

- Inactivity and passivity
- Striking in ground fighting
- Elbow or knee strikes to the head
- Open hand straight hand strikes to face front
- Intentional strikes using the point of the elbow
- From standing kneeing a grounded fighter
- From standing kicking a grounded fighter above the waist
- Attacking a downed defenseless fighter
- Striking to the spine or back of the head
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Stomping up to face of standing opponent
- Stomping opponents foot/toes
- Heel hooks
- Foot/Toe holds - with outside turn
- Fingers locks and holds
- Holding of opponent's hair
- 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 3rd foul will result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee

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Amateur MMA GP Grade Rules V.2.2024

Dress Code and Protective Equipment:

- Mouthguard, groin guard
- MMA shorts / tights
- Female club rash guard
- Female chest and groin guards optional
- Other to be approved by AMMASA or CSA officials

Legal Action in Stand up Fighting:

- Grappling and submission application techniques
- Throws, sweeps and takedowns.

Legal Action in Ground Fighting:

- Grappling and submission application techniques
- Throws, sweeps

General Illegal Foul Acts:

- Inactivity and passivity
- Striking of any kind
- Attacking a downed defenseless fighter
- Eye gouging of any kind
- Suplex-reverse wrestling back throws
- Heel hooks
- Foot/Toe holds - with outside turn
- Fingers locks and holds
- Holding of opponent's hair
- Holding of ropes / cage fence
- Holding shorts 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 result in a disqualification
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee