

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



GAMMA
GLOBAL ASSOCIATION OF
MIXED MARTIAL ARTS

AMMASA AUS GAMMA

MAT SPORTS

GRAPPLING MODIFIED RULES

V.1.2020

Age Groups:

- 14 - 17 Years
- 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

- 1 x 3 minute rounds > for tournament bouts 14 - 17 yrs
- 1 x 5 minute rounds > for tournament finales 14 - 17 yrs
- 1 x 5 minute rounds > for tournament bouts 18 yrs +
- 2 x 3 minute rounds > for tournament finales 18 yrs +

Bouts Judging System On:

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

Safety Equipment & Dress Code:

- Mouth Guard / Groin Guard.
- Club T-Shirt / Rash Guard.
- Fight Shorts / tights
- Female chest guard / Female under guard > optional.
- * Any other gear to be approved by AMMASA Officials.

AMMASA MAT SPORTS GRAPPLING NO GI RULES

AMMASA Mat Sports Grappling Modified Rules V.1.2020

LEGAL GRAPPLING ACTION:

- Stand-up grappling.
- Ground grappling.
- Submission applications.
- Throws, sweeps and takedowns.

FOULS ILLEGAL ACTIONS:

- Striking of any kind.
- Eye gouging of any kind.
- Attacking a downed defenseless fighter.
- Suplex-reverse wrestling back throw.
- Body slamming.
- Heel hooks.
- Foot/toe holds.
- Knee bars.
- Neck cranks (neck hold 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 top or shorts of 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.