

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



MMA AMATEUR

Competitions

FIGHT RULES

AMMASA Amateur MMA Rules V.1.2020

AMMASA NSW COMBAT SPORTS AMATEUR APPROVED BODY

AMATEUR WEIGHT DIVISIONS

For Competitors 18 Years of Age and Over

under 60kg - under 70kg - under 80kg
under 90kg - under 100kg - over 100kg

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

* In elimination bout events fighters must be within the weight class divisions 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.

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LEGAL ACTION IN STAND UP FIGHTING:

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

FOULS:

- Inactivity and passivity.
- Elbow or knee strikes to the head.
- Intentional strikes using the point of the elbow.
- From standing kneeing a grounded fighter.
- From standing kicking a grounded fighter above the waist.
- Heel kicking the opponent kidney.
- Downward vertical elbow striking (12 to 6).
- 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.
- Foot/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 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.