

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



GAMMA
GLOBAL ASSOCIATION OF
MIXED MARTIAL ARTS

AMMASA AUS GAMMA

MAT SPORTS

MMA MODIFIED RULES

V.2.2020

Minimum Age for Participation:

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

Safety Equipment & Dress Code:

- 6oz or 7oz 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.
- * No hand wraps allowed.
- * Any other gear to be approved by AMMASA Officials.
- * Competitors must have own competition gear.

AMMASA MAT SPORTS MMA MODIFIED RULES

AMMASA Mat Sports MMA Modified Rules V.2.2020

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 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 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.

COMPETITION GEAR:

- Subject to Covid-19 and Hygiene it is a requirement for all competitors to bring Own Competition Gear.
- Event Organizers will not be providing any substitute equipment.



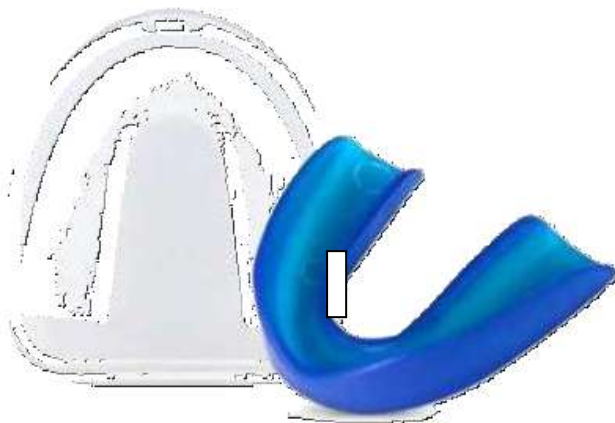
MMA GLOVES

7oz Gloves Recommended



SHIN & INSTEP

Slip On Type



MOUTH GUARD



GROIN GUARD