

# 2022 NSW NOVICE MAT SPORT MMA LEAGUE



Approved Amateur Body (AAB) for MMA by:



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## 2022 NSW NOVICE MAT SPORT MMA LEAGUE RULES

AMMASA Mat Sports MMA Modified Rules V.2.2022

### AGE OF PARTICIPANTS:

- Juniors 11 to 18 Years. (on day of event)
- Adults 18 Years and Over. (on day of event)
- Veteran 40 Years and Over (on day of event)

### OFFICIAL WEIGHT DIVISIONS RECOMMENDATIONS:

<b><u>U12</u></b>	<b><u>U15</u></b>	<b><u>U18</u></b>	<b><u>Adult</u></b>
M/F Under 40,45,50,55, 60,65,70, 70+	M/F Under 40,45,50,55,60,65,70, 75,80,85,90,90+	M Under 45,50,55,60,65,70, 75,80,85,90,90+	M Under 45,50,55,60,65,70, 75,80,85,90,90+
		F Under 45,50,55,60,65,65+	F Under 45,50,55,60,65,65+

Masters Matched upon entry

### Times and Rounds for League Event

- 1 x 3 minute rounds > for tournament bouts 11 - 18 yrs
- 1 x 3 minute rounds > for tournament bouts 18 yrs +

### Times and Rounds for Tournaments (State Championships)

- 1 x 3 minute rounds > for tournament bouts 14 - 17 yrs
- 2 x 3 minute rounds > for tournament finales 14 - 17 yrs (recommendation only)
- 1 x 3 minute rounds > for tournament bouts 18 yrs +
- 2 x 3 minute rounds > for tournament finales 18 yrs + (recommendation only)

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## Bouts Judging System On:

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

## EQUIPMENT

### Safety Equipment & Dress Code:

- 6oz - 7oz MMA Gloves / Mouth Guard / Groin Guard. – Gloves will be supplied to Members
- 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.

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## LEGAL ACTION IN STAND UP AND GROUND FIGHTING :

- - Body strikes with punches, kicks. (CONTROLLED CONTACT)
- - Grappling.
- - Submission applications.
- - Throws, sweeps and takedowns. (CONTROLLED THROWS)

## FOULS ILLEGAL ACTIONS:

- Full contact striking
- Inactivity and passivity.
- Head strikes – ALL STRIKES TO HEAD
- Knee strikes – ALL STRIKES FROM KNEE
- Elbow strikes. – ALL STRIKES FROM ELBOW
- From standing - kicking a grounded fighter with any part of the leg.
- Heel kicking the opponent kidney. When kicking a opponent hit with Flat of foot or top of foot.
- Attacking a downed defenseless fighter.
  - o Where a Fighter has stopped defending a Athlete must stop engaging where they are a aware there opponent has given up.
- Striking to the spine or back of the head. Any attacks to the Back or The head is not allowed.
- 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.
- 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, shorts or gloves of an opponent.
- Throwing an opponent down on his head or neck. (Spiking)
- Holds or locks that put pressure against the spine.
- Fleeing the matted area intentionally.
- Any unsportsmanlike behaviour. – This is AUTOMATIC DQ
- The 2<sup>nd</sup> OFFICIAL 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.

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## Fouls + Disqualification

### FOULS

2 OFFICIAL Warning System:

- A athlete will receive a official WARNING from centre Referee. This Warning will be recorded by the timekeeper and will determine a winner in event of a DRAW.
- A second official WARNING will see the ATHLETE Disqualified.
- DISQUALIFICATION:
  - This will happen automatically from 2 OFFICIAL warnings.

### DISQUALIFICATION:

This can automatically happen where a athlete throws a Technique with intent to DAMAGE the opponents head or SLAM. If this occurs a AUTOMATIC DISQUALIFICATION will occur. The Athlete will also be banned from the Event and will have to make a application to AMMASA for participation in Future events. The athlete will be requested to sign a commitment to improve control and may be issued with a probation Status for entry.

***A Referee will have a YELLOW and RED Card.***

***When issuing a foul a referee will hold TIME and clearly issue a yellow card to the Athlete receiving. Facing the athlete the Referee will signal the YELLOW card in the face of Athlete so everyone is aware of the OFFICIAL WARNING.***

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## COMPETITION GEAR:

\* All Competitors Must Provide Own Fight Gear Equipment



### MMA Gloves ( 6oz - 7oz )

- Must be in AS NEW condition.
- Must be approved by Referee.



### Slide on Shin and Instep

- Must be in AS NEW condition.
- Must be approved by Referee.

SHIN & INSTEP  
Slip On Type



MOUTH GUARD

### Mouth Guard

Where a athlete has braces, braces must be covered, ie. Lower teeth braces, Athletes must use a double level mouth Guard.



GROIN GUARD

### Groin Guard

Male athletes MUST wear a groin Guard.  
**No Groin Guard - NO FIGHT**  
Female Athletes Groin Guard optional