



Approved Amateur Body (AAB) for MMA by:



E: ausmmasports@gmail.com P: +61425220574

AMMASA Mat Sports Pankration & Grappling Modified Rules V.1.2022

AGE OF PARTICIPANTS:

- Juniors 14 to 17 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:

<u>Juniors 14 to 17</u>	<u>Adults 18 +</u>	<u>Veterans 40 +</u>
M/F Under	M/F Under	M/F Under
40, 50, 60, 70, 80, 90, 90+	50, 60, 70, 80, 90, 100, 100+	50, 60, 70, 80, 90, 100, 100+

* Athletes to be Matched Closest in Weights under each Weight Division.

Times and Rounds for League Event

1 x 3 minute round

Times and Rounds for Tournaments

- | | |
|---------------------|--|
| 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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Grappling Bout Way to Victory:

- By Way of Submission/Tap-Out Only. (OR BY THE REFEREES DISCRETION)
- Must Win Bout No Judges Scoring.
- No Winner at End of Bout Results in a DRAW.

Pankration Bout 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:

- 6 - 7oz MMA Gloves / Mouth Guard / Groin Guard.
- White and Blue Pankration Rash Guards.
- 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.
- * No Gloves or Shin and Instep Required for Grappling Bouts.



NSW PANKRATION & GRAPPLING LEAGUE



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LEGAL ACTIONS:

- Body strikes with punches, kicks. (CONTROLLED CONTACT PANKRATION BOUTS ONLY)
- 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.
- Spinning Back Fists or Back Kicks.
- Attacking a downed defenseless fighter.
- 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.
- 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 opponent's feet.
- Heel hooks.
- Foot/toe holds.
- Neck cranks (neck hold to control and maneuver is permitted).
- 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 2nd 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.

OPTIONAL SYSTEM:

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 (7oz)

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



SHIN & INSTEP
Slip On Type

Slide on Shin and Instep

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



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

