

**AUSTRALIAN MIXED MARTIAL ARTS
SPORTS ASSOCIATION Inc.**



MMA AMATEUR

Competitions

GENERAL REGULATIONS

V.1-2018

AMMASA NSW COMBAT SPORTS AMATEUR APPROVED BODY

CODE OF CONDUCT

CONDITIONS RELATING TO THE CONDUCT OF AMATEUR MMA MARTIAL ARTS FULL CONTACT CONTESTS BY

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION INC (AMMASA)

Contest Lengths:

The length of amateur contest and the number of rounds as follows for seniors

One round by 3 minutes or 5 minutes depending on type of contest

Two or three rounds by 3 minutes or 5 minutes depending on type of contest

Or those defined by AMMASA - Australian Mixed Martial Arts Sports Association for seniors.

Medical Requirements:

A. Every contestant must hold a standard medical record card of the State Combat Sports Authority OR AMMASA - Australian Mixed Martial Arts Sports Association or the AMMASA Pre-Fight Medical Info.

B. No contestant shall hold more than one current medical record card.

C. Prior to participating in any contest, a contestant shall have first undergone a full medical examination to determine the fitness to participate in full contact contest.

The record of such examination shall, if satisfactory, constitute the initial entry on his medical record card.

D. A medical practitioner must be present at all contests.

E. Every contestant shall be examined by medical practitioner before the announcement of the contest.

F. The medical practitioner shall check the contestant's medical record card during the pre-contest examination and shall sign the card and provide appropriate comments at the completion of the contest. In the event of a knock-out or stoppage of a contest on account of injury, the medical practitioner shall enter details of such knock-out or injury on the contestant's card together with any recommendation as to period of rest from competing.

G. Where the medical practitioner in attendance at any contest is of the opinion that a contestant should undergo a further full medical examination, he shall endorse that contestant's medical record card accordingly. The result of such full medical examination shall subsequently be endorsed on the medical record card.

H. Any contestant engaging in any contest outside the State of New South Wales shall ensure that their medical record card is endorsed, in respect of that contest, by the attending medical practitioner with the information required under all the headings on his card.

J. The promoter in conjunction with AMMASA at a contest shall:

1. Ensure that a contestant competing in any contest under the control of AMMASA holds the prescribed medical record card and shall not allow such contestant to compete without such a card;

2. Be responsible for entering all details on the medical record card other than those details to be entered by the medical officer;

3. Ensure that the medical officer is in attendance during the whole period of the contest;

4. The list of all contestants who have been medically examined and certified fit to compete must be signed by the medical officer in attendance;

a. Ensure that there is a stretcher and medical oxygen apparatus at ringside available for use at all venues.

Weight-In:

- A. All contestants shall be “**weighed-in**” prior to a contest in the presence of AMMASA representative attending and such officer shall verify the weights.
- B. Weigh-ins are to be conducted no more than 12 hours and no less than 30 minutes prior to the commencement of the promotion.
- C. All weigh-ins are final within the weigh-in time set prior to the commencement of the promotion.
- D. The AMMASA representative present at the weigh-in of the contestants shall record in the contestant’s medical record card;
 - 1. The date of the contest
 - 2. The venue of the contest
 - 3. The weight of the contestant
 - 4. The name of the opponent
 - 5. The weight of the opponent
 - 6. The scheduled contest length

Age of Contestants:

All Contestants Must be at the age of 18 years and over

Conduct of Contests

- A. Any person at any time who has been a contestant in a contest, display or exhibition for a monetary prize or other reward, money or monies worth, is considered to be a professional contestant and the contest must be conducted in accordance with the provisions of the Combat Sports Act 2008.
- B. The medical practitioner present at the contest may advise the referee to stop the contest if in the opinion of the medical practitioner either contestant is exhausted or injured to such an extent as to be unable to defend themselves or to continue the contest or exposed to unnecessary punishment.
- C. If a contestant is knocked down during a contest or in the opinion of the referee is temporarily unable to continue, the contest will cease. The eight-second count does not apply in MMA contest.

Female Contestants:

Any Boxing, Kickboxing, Muai Thai or other Martial Art striking contests between male and females is prohibited.

Betting:

Betting is prohibited.

Ring / Cage

- A. Ring / cage meeting the general standards of a Cage / Boxing / Kickboxing or Wrestling ring depending on type of event / promotions.
- B. Other existing ring should be inspected by an official or a representative from NSW Department of Sport and Recreation / Australian Mixed Martial Arts Sports Association.
- C. To be made ring, all art works and documents must be presented for inspection first by the NSW Department of Sport and Recreation / Australian Mixed Martial Arts Sports Association, and the finish project must be physically inspected by an official again.
- D. Any type of Cage / Rings should be inspected by an official or a representative from NSW Department of Sport and Recreation / Australian Mixed Martial Arts Sports Association.

Gloves;

Gloves should be of an approved type pending on event / promotion and inspected by a representative from NSW Sport and Recreation / Australian Mixed Martial Arts Sports Association.

1. All gloves shall be in good condition, shall be in a clean and serviceable condition, unless otherwise approved by NSW Sport and Recreation / Australian Mixed Martial Arts Sports Association.
2. The NSW Sport and Recreation / Australian Mixed Martial Arts Sports Association may designate any type of glove which shall not be used.
3. Padding shall not be displaced, broken or imperfect in any way.
4. Gloves shall be inspected by a representative from NSW Department of Sport and Recreation / Australian Mixed Martial Arts Sports Association in attendance prior to a contest and may be inspected at any time during and after a contest.
5. Soft surgical adhesive tape shall cover all Velcro fasteners or laces.
6. Gloves shall be placed on the hands of the contestants prior to entering the ring / cage or in the vicinity of the ring immediately prior to the contest or under supervision authorised by NSW Department of Sport and Recreation / Australian Mixed Martial Arts Sports Association representative in attendance.

Bandages:

A soft surgical bandage, on each hand may be worn. All other kind of bandage used is strictly prohibited. Bandages shall not be affixed in a way to the detriment of an opponent.

Protectors:

1. Mouth Guard Compulsory.
2. Groin Guard Compulsory.
3. Female Chest Guard.

Clothing and Foreign Objects:

Contestants shall at all times be decently clothed.

Rings, bracelets, buckled shoes or any other objects, which may cause injury, shall not be worn or allowed into the ring / cage or on the mats.

The Promoter:

1. Must provide AAB qualified judges and referees.
2. Must provide a medical practitioner.
3. Must ensure that there is a stretcher and medical oxygen apparatus available for use at any venue.
4. Must provide all the gloves for the contests.
5. Must provide the competition and fighting rules to all contestants, judges, referees and the medical practitioner.
6. Must have his competition / fighting rules approved by either NSW Sport or Recreation / Australian Mixed Martial Arts Sports Association.
7. If a promoter finds they are not able to comply with any of the MMA Amateur Martial Arts Full Contact Contests Codes the issued permit to promote will become null and void.

Condition of permit changes:

The Minister may change, amend and withdraw any or all conditions of permit without consultation.