

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.

AMMASA NSW COMBAT SPORTS AMATEUR APPROVED BODY

AMMASA Amateur MMA Rules V.1.2023

AMMASA Amateur Mixed Martial Arts Combat Sports Styles
MMA – Pankration – Vale-Tudo – Ju-Jitsu – Sambo

AMATEUR WEIGHT DIVISIONS

For Competitors 18 Years of Age and Over

under 60kg - under 65kg - under 70kg - under 75kg
under 80kg - under 85kg - under 90kg - under 95kg
under 100kg - over 100kg

* For general bouts fighters to be matched 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: MMA Shorts / tights.
- Pankration: Pankration Pants (Blue blue corner – White red corner).
- Vale-Tudo: Skin-tight Shorts (Blue green corner – Gold red corner).
- Ju-Jitsu: White Ju-Jitsu Pants (Blue blue corner – White red corner).
- Sambo: Sambo Shorts (Blue blue corner – Red red corner).
- Any other to be approved by AMMASA.

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.



MMA AMATEUR FIGHT RULES
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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 or head.
- 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 foot/toes.
- Heel hooks.
- Foot/Toe holds - with outside turn.
- Fingers locks and holds.
- Small joints manipulations.
- Holding of opponents hair.
- 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 result in a disqualification.
- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee.

