

# AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.



**GAMMA**  
GLOBAL ASSOCIATION OF  
MIXED MARTIAL ARTS

## AMMASA AUS GAMMA MAT SPORTS MMA MODIFIED RULES

V.1.2021

### **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.1.2021

## **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 3<sup>rd</sup> 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.



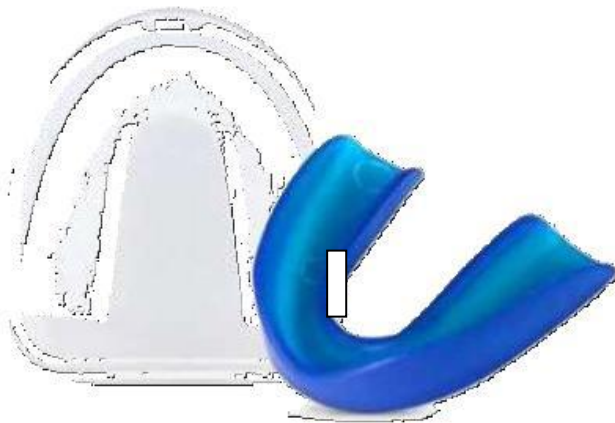
**MMA GLOVES**

7oz Gloves Recommended



**SHIN & INSTEP**

Slip On Type



**MOUTH GUARD**



**GROIN GUARD**