

AMMASA – PGMA – SPORTZ AUSTRALIA

MAT SPORTS RULES

MMA - Striking MMA / Pankration - No Gi Grappling

AMMASA.MSR.V.1.2019

<p>Age & Weight Categories:</p> <p><u>Male / Female: Age 14-17 Years</u> Under 40kg Under 50kg Under 60kg Under 70kg Over 70kg</p> <p><u>Male / Female: Age 18 and over</u> Under 60kg Under 70kg Under 80kg Under 90kg Under 100kg Over 100kg</p>	<p>Male Weight Division Classifications: Matchmaking:</p> <ul style="list-style-type: none">- Competitors are matched by weight class in specific age groups.- Level of ranks are not used or considered in match making for this type of competition.
<p>Contest Durations:</p> <ul style="list-style-type: none">- 1 X 3 minutes round: Age 14-17 Years- 1 X 5 minutes round: Age 18 Years and over	<ul style="list-style-type: none">- Overtime when a match ends in a draw an extra 1 minute bout will be given.
<p>Dress Code and Protective Equipments:</p> <ul style="list-style-type: none">- 7oz mma gloves- Mouth guard- Groin guard- Shin and insteps (slip on)- Female chest proctor (optional)- Female under guard (optional)- MMA - mma shorts and mma rash guard- STRIKING MMA - mma shorts and mma rash guard- PANKRATON - mma shorts and pankration rash guard- No Gi Grappling - mma shorts and grappling rash guard	<ul style="list-style-type: none">- All competitors must participate with club uniforms no sports street wear and must be clean and in a good condition.- Competitors may have to wear corner identifying markers or colours.- Shoes will not be permitted during the matches.- Competitors shall remove any jewelry and all vulnerable body piercing should be removed.- Finger nails / toe nails must be cut short.

<p>Start of Bout Rules:</p> <ul style="list-style-type: none">- Bout starting for both competitors is from standing position in centre of the ring and fighting commence on the referees command- Bout will be restarted in the centre of the ring due to any of the following reasons:<ol style="list-style-type: none">1. Competitors showing no action activities2. Heading off the matted area3. When an intentional or unintentional foul is committed4. Or for a matter to the discretion of the referee or judges	<ul style="list-style-type: none">- Both competitors will only commence or halt any fighting or grappling action on the referees sound/command, " FIGHT " / " STOP " and Break
<p>General Fight Rules:</p> <ul style="list-style-type: none">- Light / semi contact- No full contact striking is permitted- All legal strikes punches and kicks to Head, body and legs- All legal grappling techniques- Clinching and grappling	<ul style="list-style-type: none">- Head strike punches Light Contact Only.- No head strikes for under 18's.- No elbow or knee strikes of any kind are allowed.

<ul style="list-style-type: none"> - Takedowns, throws and sweeps - All legal submissions - Clinching to score a takedown in striking mma 	<ul style="list-style-type: none"> - Competitors must be active at all times during the match. - When there is insufficient grappling activity the referee may demand action OR will stop the bout and bring both competitors to the centre of the ring for restart.
<p>General Legal Submissions:</p> <ul style="list-style-type: none"> - Front guillotine chock - Rear naked chock - Side headlock (sleeper) - Triangle lock - Arm bar - Arm locks - Body locks - Leg locks: Only Straight Ankle Lock (Achilles Lock) 	<ul style="list-style-type: none"> - Any other uncommon submission application, achieved safely and considered appropriate by the centre referee, will be allowed.
<p>General Illegal Acts:</p> <ul style="list-style-type: none"> - Head strikes of any kind for under 18's - Stinking of any kind in grappling bouts - No Grappling or ground fighting in striking mma - Head butting - Elbow and knee strikes - Holding or finger locks (holding of less than 4 fingers / toes) - Small joint manipulation - Crucifix, full nelson neck cranks - Foot / toeholds (with outside turn) - Heel hook - Twisting knee lock - Techniques that pressure on the spine - Intentional pushing and shoving - Throwing an opponent down on his head or neck - Body slams in defending of a submission - Choking holds using the fingers/hand or the force of forearm - Scissor legs takedown - Eye gouging of any kind - Front body slams - Suplex reverse wrestling back throw - Fish hooking - Hair pulling - Fleeing the matted area - Avoiding combat - Holding top, shorts of opponent - Holding the inside of opponents sleeves or the pants - Disregarding referees instructions - Corner Interference - Any Unsportsmanlike behavior 	<ul style="list-style-type: none"> - When an Illegal but minor action is taking place the referee will bring this to the attention of competitors immediately both Verbally and Loudly. - Verbal warning by the referee is not yet an official warning but should be taken seriously. - Official warnings will be declared by the referee to all judges clearly as OFFICIAL WARNING. - An official warning may be given by the referee if offences are repeated, intentional and/or dangerous. - The 3rd foul will result in an immediate disqualification. - Any other fouls are to the discretion of the referee and judges. - Holding the inside of your Gi sleeves or pants is both allowed. - Holding of opponent belt is not permitted regardless for defence or submission applications. - Holding to one's own belt is permitted for self defence only.
<p>Accidental Foul Rules:</p> <p>When an accidental foul occurs and the fouled athlete can no longer continue the match the following rules apply:</p> <ul style="list-style-type: none"> - When an accidental foul occurs the fouled athlete will be giving 	<ul style="list-style-type: none"> - Any athlete failing to continue the match after his 3 minutes rest will results in a match loss. - Regarding stoppages for accidental injuries, if the injured athlete cannot

<p>maximum 3 minutes rest period to recover and continue.</p> <ul style="list-style-type: none"> - When an accidental foul occurs again and the fouled athlete clearly is not in a position to continue. <p>The match will be declared over and the judges will render the decision to declare the winner (based on judges scoring up to the point of the incident).</p>	<p>continue this will be regarded as a TKO. The match will be stopped and the injured athlete will be declared as losing the match.</p>
<p>The Way to Victory:</p> <ul style="list-style-type: none"> - By submission. - By TKO. - By overall domination. - By sideline judges decisions. - No point scoring system is used for grappling bouts. - The referee may stop the match in progress and declare a winner if: <ol style="list-style-type: none"> 1. A competitor becomes put in a full submission lock to the discretion of the referee, the referee is not obligated to wait for any form of a tap out, he can stop the match immediately, due to safety concerns the match will be stopped to prevent harm or unnecessary injury. 2. The referee may stop the match when a competitor is been dominated to the point where he/she are unable to be intelligently active or defending himself in the match. 3. The referee may stop the match if a competitor appears to be unconscious from a grappling hold or an effective takedown 4. The referee may stop the match if a competitor appears to have developed any significant injury/damage from the striking received. 5. Any corner or medical stoppages will be directed to the referee to stop the match. - If the match goes the distance, the outcome of the bout to declare the winner will be determined by the appointed center referee and side judges. 	<ul style="list-style-type: none"> - The objective of both competitors is to win the match by submission or a TKO. - Judges do not keep score of points their evaluation is based on who was more effective and dominate with their striking and grappling skills - Any corner or medical stoppages can include bleeding, limping, dizziness, fatigue, vision problems or the competitor not protecting themselves effectively or intelligently.
<p>Important Info:</p> <ul style="list-style-type: none"> * Participants enter with a inefficient weight could be disqualified with no entry refunds. * Personal Sports Insurance Cover is Recommended for participating in such competition events. 	<ul style="list-style-type: none"> - This also include in participating under false level of experience or rank. - If the appointed officials been informed, suspect or indicate any inappropriate participation with weight category Could be disqualified with no entry refunds.