

AUSTRALIAN MIXED MARTIAL ARTS SPORTS ASSOCIATION Inc.

AMMASA - NSW COMBAT SPORTS AMATEUR APPROVED BODY

[AMMASA Pro MMA & Pancrase Rules V.1.2024](#)

AMMASA Professional Mixed Martial Arts Combat Sports Styles
MMA – Pancrase (Pankration)

Medical Requirements:

- Every contestant must hold a standard medical record card of the State Combat Sports Authority.
- 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.
- Every contestant shall be examined by medical practitioner before the announcement of the contest.

Weight-In:

- The Act and Regulation sets out the manner in which combat sport contest weigh-ins must be conducted for professional and amateur combat sport contests. For professional contests a CSI is required to attend the weigh-in.
- The Regulations require all weigh-ins to occur within the 24 hour period before the commencement of the contest and combatants must weigh-in on the same set of scales. - All weigh-ins are final within the weigh-in times set prior to the commencement of the promotion.

Age of Contestants:

- All Contestants must be at the age of **18** years and over

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.

Fight Gear:

- 4oz MMA gloves for MMA bouts
- Mouth guard.
- Females: club t-shirt / rash-guard - chest guard.
- MMA Shorts/Tights.
- * Pancrase Minimum hand wrapping protecting the wrist and thumb.
- * Pancrase, Pancrase Shorts (Blue blue corner – White red corner).
- * 4oz MMA gloves for Pancrase bouts optional (both fighters to agree).
- Other to be approved by AMMASA event appointed director.

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.

A 10 / 9 Bouts Judging System On:

- Effective Striking.
- Effective Grappling.
- Effective Takedowns.

Age of Contestants:

- All Contestants must be at the age of **18** years and over

Weight Divisions:

Straw-weight	up to 115 pounds	up to 52kg
Flyweight	over 115 to 125 pounds	over 52kg to 56kg
Bantamweight	over 125 to 135 pounds	over 56kg to 61kg
Featherweight	over 135 to 145 pounds	over 61kg to 65kg
Lightweight	over 145 to 155 pounds	over 65kg to 70kg
Welterweight	over 155 to 170 pounds	over 70kg to 77kg
Middleweight	over 170 to 185 pounds	over 77kg to 83kg
Light Heavyweight	over 185 to 205 pounds	over 83kg to 92kg
Heavyweight	over 205 to 265 pounds	over 92kg to 120kg
Super Heavyweight	over 265 pounds	over 120kg

* Fighter must weigh-in at the weight agreed upon in matchmaking

AMMASA Approves the Following:

* For general and elimination bouts fighters to be matched in weight under the listed weight specification and the weight allowance between fighters is no more than 1kg.

* For Title fights fighters to be matched in weight under the listed weight specification and the weight allowance between fighters is no more than 500g.

* Other weight issues to be in accordance to agreements with the Matchmaker, Promoter or the Combat Sports Authority.

TIMES AND ROUNDS

3 x 3 minute rounds	> MMA General & tournament elimination bouts
3 x 5 minute rounds	> MMA General non title fights
5 x 5 minute rounds	> MMA Title fights
3 x 2 minute rounds	> Pancrase General & tournament elimination bouts
5 x 2 minute rounds	> Pancrase General non title fights

MMA PRO FIGHT RULES
AMMASA Pro MMA & Pancrase Rules V.1-2024

LEGAL ACTION IN STAND UP FIGHTING:

- Head strikes with punches, elbows, knees and kicks.
- Body strikes with punches, elbows, knees and kicks.
- Clinching, grappling.
- Submission application techniques.
- Throws, sweeps and takedowns.
- * Open hand hooking palm strikes to the head and body allowed in Pancase contests only.
- * Open hand straight palm strikes to the body allowed in Pancase contests only.

LEGAL ACTION ON GROUND FIGHTING:

- Head strikes with punches and elbows.
- Body strikes with punches, elbows and knees.
- grappling.
- Submission application techniques.
- Throws, sweeps and takedowns.
- * Open hand hooking palm strikes to the head and body allowed in Pancase contests only.
- * Open hand straight palm strikes to the body allowed in Pancase contests only.

FOULS:

- Inactivity and passivity.
- Intentional strikes using the point of the elbow.
- Open hand palm straight strikes to opponent face front.
- From standing kneeing a grounded fighter to the head
- From standing kicking a grounded fighter to the head.
- Heel kicking the opponent kidney.
- 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.
- Stomping of a grounded fighter body and head.
- Stomping up to face of standing opponent.
- 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.