

# AMMASA

Australian Mixed Martial Arts Sports Association  
AMATEUR NSW COMBAT SPORTS APPROVED BODY

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

## AMMASA Amateur MMA Combat Sports Rules.V.1.2024

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| <p><b>Age &amp; Weight Categories:</b></p> <p><u>Age 18 and over</u><br/>Under 60kg Under 65kg<br/>Under 70kg Under 75kg<br/>Under 80kg Under 85kg<br/>Under 90kg Under 95kg<br/>Under 100kg Over 100kg</p>   | <p><b>Weight Division Classifications:</b><br/><b>Matchmaking:</b></p> <ul style="list-style-type: none"><li>- Competitors are matched by weight and gender specific.</li><li>- For general bouts fighters to be matched under the listed weight specification and the weight allowance between fighters is no more than 5kg.</li><li>- In elimination bout events fighters must be within the weight class divisions listed.</li></ul> |
| <p><b>Contest Durations:</b></p> <ul style="list-style-type: none"><li>- 2 x 5 minute rounds – MMA general non title fights</li><li>- 3 x 5 minute rounds – MMA title fights</li><li>- 2 x 3 minute rounds – Striking MMA</li><li>- 3 x 3 minute rounds – Pankration MMA</li></ul>  | <p><b>Optional:</b><br/>3 x 3 minute rounds - MMA non title fights.</p>   |
| <p><b>Dress Code and Protective Equipments:</b></p> <ul style="list-style-type: none"><li>- 6oz mma gloves</li><li>- Mouth guard</li><li>- Groin guard</li><li>- MMA - mma shorts / tights</li><li>- STRIKING MMA – mma / tights</li><li>- PANKRATON – pankration shorts (Blue blue corner – White red corner)</li></ul>  | <ul style="list-style-type: none"><li>- Female chest proctor (optional)</li><li>- Female under guard (optional)</li><li>- Contestants shall at all times be decently clothed.</li><li>- Rings, bracelets, buckled shoes or any other objects, which may cause injury, shall not be worn or allowed into the ring / cage.</li></ul>  |
| <p><b>10 / 9 Contest Judging Scoring System:</b><br/>Based on:</p> <ul style="list-style-type: none"><li>- Effective striking</li><li>- Effective grappling</li><li>- Effective takedowns</li></ul>   | <ul style="list-style-type: none"><li>- Domination and control of the bout will be taking under consideration by the judges.</li></ul>  |
| <p><b>Start of Bout Rules:</b></p> <ul style="list-style-type: none"><li>- Bout starting for both competitors is from standing position in centre of the ring and fighting commence on the referees command</li><li>- Bout will be restarted in the centre of the ring due to any of the following reasons:<ol style="list-style-type: none"><li>1. Competitors showing no action activities</li><li>2. Avoiding combat intentionally</li><li>3. When an intentional or unintentional foul is committed</li><li>4. Or for a matter to the discretion of the referee</li></ol></li></ul> | <ul style="list-style-type: none"><li>- Both competitors will only commence or halt any fighting or grappling action on the referees sound/command,<br/><b>" FIGHT " / " STOP " and Break</b></li></ul>   |

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| <p><b>Legal Action in Stand Up Fighting:</b></p> <ul style="list-style-type: none"> <li>- Head strikes with punches and kicks</li> <li>- Body strikes with punches, kicks, forearm elbows and knees.</li> <li>- Grappling and submission application techniques.</li> <li>- Throws, sweeps and takedowns.</li> </ul> <p>* No grappling permitted in Striking MMA throws, sweeps and takedowns only allowed</p>  | <ul style="list-style-type: none"> <li>- Competitors must be active at all times during the match.</li> <li>- 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.</li> </ul>   |
| <p><b>Legal Action in Ground Fighting:</b></p> <ul style="list-style-type: none"> <li>- Head strikes with punches.</li> <li>- Body strikes with punches, forearm elbows and knees.</li> <li>- Grappling.</li> <li>- Submission application techniques.</li> <li>- Throws, sweeps and takedowns.</li> </ul>  | <ul style="list-style-type: none"> <li>- Any other uncommon submission application, achieved safely and considered appropriate by the centre referee, will be allowed.</li> <li>- No ground fighting in Striking MMA.</li> </ul>   |
| <p><b>General Illegal Foul Acts:</b></p> <ul style="list-style-type: none"> <li>- Inactivity and passivity.</li> <li>- Elbow or knee strikes to the head.</li> <li>- Open hand straight hand strikes to face front.</li> <li>- Intentional strikes using the point of the elbow.</li> <li>- From standing kneeing a grounded fighter.</li> <li>- From standing kicking a grounded fighter above the waist.</li> <li>- Heel kicking the opponent kidney or head.</li> <li>- Downward vertical elbow striking (12 to 6).</li> <li>- Attacking a downed defenseless fighter.</li> <li>- Striking to the spine or back of the head.</li> <li>- Eye gouging of any kind.</li> <li>- Suplex-reverse wrestling back throws.</li> <li>- Stomping, kicking of a grounded fighter to head or body.</li> <li>- Stomping up to face of standing opponent.</li> <li>- Stomping opponents foot/toes.</li> <li>- Heel hooks.</li> <li>- Foot/Toe holds - with outside turn.</li> <li>- Fingers locks and holds.</li> <li>- Small joints manipulations.</li> <li>- Holding of opponents hair.</li> <li>- Holding of ropes / cage fence.</li> <li>- Holding shorts or gloves of an opponent.</li> <li>- Throwing an opponent down on his head or neck.</li> <li>- Holds or locks that put pressure against the spine.</li> <li>- Any unsportsmanlike behaviour.</li> <li>- The 3<sup>rd</sup> foul will results in a disqualification.</li> <li>- Any other fouls of fight rules and regulations are to the discretion of the referee and the head judge referee.</li> </ul> | <ul style="list-style-type: none"> <li>- When an Illegal but minor action is taking place the referee will bring this to the attention of both competitors.</li> <li>- Verbal warning by the referee is not yet an official warning but should be taken seriously.</li> <li>- Official warnings will be declared by the referee to all judges clearly as an <b>OFFICIAL WARNING</b>.</li> <li>- An official warning may be given by the referee if offences are repeated, intentional and/or dangerous.</li> <li>- The 3rd official foul will result in an immediate disqualification.</li> <li>- Any other fouls are to the discretion of the referee and appointed ring/cage side inspectors.</li> </ul> |
| <p><b>Accidental Foul Rules:</b></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"> <li>- Fouled athlete will be giving maximum 5 minutes rest period to recover and continue.</li> <li>- When an accidental foul occurs again and the fouled athlete clearly is not in a position to continue. 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).</li> </ul>  | <ul style="list-style-type: none"> <li>- Any athlete failing to continue the match after his 3 minutes rest will results in a match loss.</li> <li>- Regarding stoppages for accidental injuries, if the injured athlete cannot continue this will be regarded as a TKO. The match will be stopped and the injured athlete will be declared as losing the match.</li> </ul>  |

**The Way to Victory:**

- By submission.
- By TKO.
- By overall domination.
- By judges decisions.
- Officials Stoppages
- The referee may stop the match in progress and declare a winner if:
  1. A competitor becomes put in a full submission lock and 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 judges.

- The objective of both competitors is to win the match by submission or a TKO.
- Any corner or medical stoppages can include bleeding, limping, dizziness, fatigue, vision problems or the competitor not protecting themselves effectively or intelligently.
- The head judge referee has the power to oversee and to overturn the judges final scoring due to any misjudgments of the bouts.