

# AMATEUR MIXED MARTIAL ARTS **AMMA** CHAMPIONSHIP SERIES



Canadian Combat Association, Pecker'd Promotions, Ltd., Ontario Grappling Alliance

*Developing 'AMMA' athletes in safe and regulated atmospheres.*

## RULES AND GUIDELINES

ALL CONTESTANTS WILL BE REQUIRED TO PROVIDE CERTIFICATES FOR HEPATITIS B (HBsAg), HEPATITIS C (HCVsAb) AND HIV MEDICAL TESTS. THESE CERTIFICATES CANNOT BE OLDER THAN 1 YEAR.

### - Gender, Age, Weight and Skill divisions

Men and Women Categories in each of the following Weight, Age and Skill divisions;

#### **Juniors (17 years old), (Seniors 18 and older),**

-Juniors are allowed to compete in the senior age division, provided that they present a medical certificate and/or physicians note approving of contestants involvement in AMMA competition. Contestant must meet full approval at accreditation and weigh-in.

**NOVICE\***: Zero to seven (0-7) months collectively training/competing\* in any one or combined MMA discipline(s).

**BEGINNER\***: Seven to fifteen (7-15) months collectively training/competing\* in any one or combined MMA discipline(s).

**INTERMEDIATE\***: Fifteen to thirty (15-30) months collectively training / competing\* in any one or combined MMA discipline(s).

**ADVANCED\***: Thirty plus (30+) months collectively training / competing\* in any one or combined MMA discipline(s).

\*Training / competing times are total lifetime statistics of athlete / contestant. ALL forms of combat sport, and their respective disciplines, training must be included in determining skill division. Any falsification of

information from athlete and coaching staff will result in removal from tournament brackets. Associated coach will receive a twenty four (24) hour coaching ban.

\*Contestants will be able to only move up in skill level upon awareness and approval of; contestant, contestant coaching staff and tournament/event Director collectively.

### **Mens Weight Divisions\*\*;**

Strawweight: -52.2kg (115lbs)

Flyweight: -56.7 kg (125lbs)

Bantamweight: -61.2 kg (135 lbs)

Featherweight: -65.8 kg (145 lbs)

Lightweight: -70.3 kg (155 lbs)

Welterweight: -77.1 kg (170 lbs)

Middleweight: -83.9 kg (185 lbs)

Light Heavyweight: -93.0 kg (205 lbs)

Heavyweight: -120.2 (265 lbs)

Super Heavyweight: -120.2 (over 265 lbs)

### **Womens Weight Divisions\*\*;**

Atomweight: -48 kg (105 lbs)

Strawweight: -52.2 kg (115 lbs)

Flyweight: - 56.7 kg (125 lbs)

Bantamweight: - 61.2 kg (135 lbs)

Featherweight: - 65.8 kg (145 lbs)

Welterweight: - 69 kg (152.1 lbs)

Light heavyweight: -81 kg (178.6 lbs)

Heavyweight: 81+ kg (178.7+ lbs)

\*\*Weigh-ins must be completed within 24 hrs of tournament or event start time. Day before is encouraged, day of is optional (Option must be specified at event announcement.) Weigh-ins must be at designated weigh-in location overseen by tournament / event director, medical staff and sanctioning delegate. There is no weight allowance for any division.

## **COMPETITION PROCEDURE**

### **– Scoring System**

“Open scoring” shall be enforced at all **AMMA Championship Series** competitions. Scoring shall be shown to the audience, athletes and coaches during the match via electronic scoreboard display.

The electronic scoring system shall be used at all **AMMA Championship Series** competitions. Any dispute in scoring or points must be made and noted at end of round. If a change, addition/deletion of points is necessary it will be done in the round break. The match will not be interrupted and strict fight time will commence whether a decision has been made or not. The matter will be resolved at end of final round regulation time. Review of incident points awarded, penalties/deductions/additions will be applied at that time.

-All **AMMA Championship Series** competitions will be recorded digitally and matches must be made available for any point disputes, penalties, deductions and additions. Video replay on discretion of 'Center Official'

-One contestant will be Red. One contestant will be Blue. One of the following must be represented on the designated contestants gear and/or apparel; **Gloves, Rashguard, Headgear**. Equipment must be

60% their designated colour for transparency in pointing and officiating. Sponsorship patches, logos, promotions are allowed as long as it does not interfere with colour recognition.

-Three "Striking" officials around the combat zone will score strikes. Officials are responsible for raising a blue or red flag, paddle or electronic button when a valid strike is applied by designated contestant. All three strike officials or two of the three must register a point simultaneously for it to be a valid 'Striking' point and recorded officially. The reaction time to register a score is commonly set to 1 second. Scoring will be recorded immediately.

-Center Official calls points for submission grappling, wrestling, jiu-jitsu, judo etc.

-At all times center Official is looking out for safety and awareness of contestants.

## THE MATCH

### - Duration

**Novice** matches shall consist of; three (3) two (2) minute rounds OR one (1) five (5) minute round.

-Each round must clearly be announced via bell, clacker or center Official yelling "Time" to begin time. Time must be visible on score clock.

- A ten (10) second remaining announcement with a strong, loud double tap on the mats or pointing table is mandatory at each and every round.

- A round will be finished out with the sound of a bell, electronic buzzer, call of "time" or combination in order to notify center Official round is over. Beginning of 1 minute round break will begin at that time.

-At fifteen (15) seconds remaining of round break, "Seconds out" must be shouted by center Official and athletes be ready for start of next round. Delay in start (by either contestant) will result in review and possible point deduction on center Officials discretion.

-Scoring will remain open until final bell of final round. In the event of a tie an overtime round of 1 minute will be enforced. In the event of a second tie, the center Official must meet with the side Officials to select a winner. A decision must be made collectively, if no decision is made the match will result in a 'Draw'.

**Beginner** matches shall consist of; three (3) two (2) minute rounds OR one (1) five (5) minute round.

-Each round must clearly be announced via bell, clacker or center Official yelling "Time" to begin time. Time must be visible on score clock.

- A ten (10) second remaining announcement with a strong, loud double tap on the mats or pointing table is mandatory at each and every round.

- A round will be finished out with the sound of a bell, electronic buzzer, call of "time" or combination in order to notify center Official round is over. Beginning of 1 minute round break will begin at that time.

-At fifteen (15) seconds remaining of round break, "Seconds out" must be shouted by center Official and athletes be ready for start of next round. Delay in start (by either contestant) will result in review and possible point deduction on center Officials discretion.

-Scoring will remain open until final bell of final round. In the event of a tie an overtime round of 1 minute will be enforced. In the event of a second tie, the center Official must meet with the side Officials to select a winner. A decision must be made collectively, if no decision is made the match will result in a 'Draw'.

**Intermediate** matches shall consist of; three (3) two (2) minute rounds OR one (1) five (5) minute round.

-Each round must clearly be announced via bell, clacker or center Official yelling "Time" to begin time. Time must be visible on score clock.

- A ten (10) second remaining announcement with a strong, loud double tap on the mats or pointing table is mandatory at each and every round.

- A round will be finished out with the sound of a bell, electronic buzzer, call of "time" or combination in order to notify center Official round is over. Beginning of 1 minute round break will begin at that time.

-At fifteen (15) seconds remaining of round break, "Seconds out" must be shouted and athletes meet ready for start of next round. Delay in start will result in review and possible point deduction on center Officials discretion.

-Scoring will remain open until final bell of final round. In the event of a tie an overtime round of 1 minute will be enforced. In the event of a second tie, the center Official must meet with the side Officials to select a winner. A decision must be made collectively, if no decision is made the match will result in a 'Draw'.

**Advanced** matches shall be three (3) three (3) minute rounds (regular match) **OR** Two five (5) minute rounds. Tournament format shall permit a one (1) five (5) minute round through repechage.

**ADVANCED REGIONAL CHAMPIONSHIP MATCHES** – Three (3) five (5) minute rounds **OR** Five (5) three (3) minute rounds **OR** two (2) five (five) minute rounds will be used for “Championship” matches. \*Tournament finals are not to be regarded as a “Regional Championship” match.

-Each round must clearly be announced via bell, clacker or center Official yelling “Time” to begin time. Time must be visible on score clock.

- A ten (10) second remaining announcement with a strong, loud double tap on the mats or pointing table is mandatory at each and every round.

- A round will be finished out with the sound of a bell, electronic buzzer, call of “time” or a combination of in order to notify center Official round is over. Beginning of 1 minute round break will begin at that time.

-At fifteen (15) seconds remaining of round break, “Seconds out” must be shouted and athletes meet ready for start of next round. Delay in start will result in review and possible point deduction on center Officials discretion.

-Scoring will remain open until final bell of final round. In the event of a tie an overtime round of 1 minute will be enforced. In the event of a second tie, the center Official must meet with the side Officials and tournament Director to select a winner. A decision must be made collectively, if no decision is made the match will result in a 'Draw'.

### **Competition Area (Must meet the following requirements)**

#### **Boxing Ring:**

- The ring shall be no less than five (5) metres and no more than ten (10) meters from one side to the other within the ropes.
- Proper matting must cover 100% of competition area and be approved by sanctioning body. Shock absorbing floor must be a minimum of 2.5 cm thick.
- Boxing ring must have 4-5 ropes for competition. To ensure safety for grappling and ground techniques a lower rope must be present within 6-8 inches from top of canvas.
- Boxing ring must be of sound condition and meet sanctioning approval.
- Measures shall be taken to ensure that the contestants are not injured if falling out of the ring. This includes a shock absorbing floor or padding outside and all around the ring area.

#### **Matted Area:**

- A minimum of 5 metres and no more than a ten (10) meter competition area is required for competition. - Mats must be a minimum of 2.5 cm thick.
- Measures shall be taken to ensure that the contestants have a safety boundary of no less than 1 meter around competition area
- Matted area must be of sound condition and meet sanctioning approval.

#### **MMA Ring:**

An MMA ring is a safety fenced ring built in purpose of ensuring the highest level of safety for the contestants as well as enable proper practice of the sport of MMA. The Ring must be of sound condition and meet the following criteria;

- The ring shall have a shock absorbing floor that is minimum 2.5 cm thick. Matting must be of sound condition for competition approval.

- The ring shall be no smaller than five (5) meters in diameter with a maximum size of ten (10) meters in diameter.
- The safety fence shall consist of sturdy plastic covered net expanded in even sections between at least six (6) poles. The safety fence shall be no lower than one meter and sixty (1.60) centimeters and no higher than two (2) meters in height.

### **Equipment:**

- Competition gloves. 7 ounce MMA gloves.
- Competition shin guards covering shin and instep. Sleeved or Velcro is allowed. Cotton shin and insteps will not be allowed.
- Competition shorts, board shorts, no pockets and/or zippers. Any laces must be tucked and taped.
- Mouthpiece
- Competition top or rashguard is **compulsory**. Contestant must provide both a Blue and a Red colour favored rash-guard. Sponsoring logos, banners and slogans are permitted in good taste and also must not interfere or counter-colour the 60% colouring code.
- Protective groin cup (optional for women, compulsory for men).
- Protective chest gear (optional for women, not applicable for men).
- Knee Protection (compulsory for Novice and Beginner divisions)
- Head Protection.

### **\*All competitors in Beginner, Intermediate and Advanced must wear Head Protection during competition matches.**

\*Head Protection must be made of sound material. Leather headgear is acceptable. Gel / Rubber Formed headgear is acceptable.

\*Cotton or Foam headgear is not acceptable.

-All pieces of equipment will be inspected and approved at weigh-ins/skin check. Referee will re-inspect all equipment beginning of each match. Contestant is responsible to have backup equipment ready in case of equipment malfunction. Time of 2 minutes for replacing equipment will be allotted.

-The fastening of gloves and shin guards must be with approved tape and keep safety of athletes as priority in purpose of its use. Gloves and shin guards must be taped at ringside by an appointed official.

### **Gauze and Tape**

-**Beginner / Intermediate;** competitors hands and knuckles shall be wrapped in cotton hand wraps. Wraps must not exceed 180 cm per hand.

-**Advanced;** Competitors have the option of using cotton hand wraps (must not exceed 180 cm per hand) or gauze and tape. Gauze and tape restrictions and guidelines are as such;

\*Hands and knuckles shall be wrapped in gauze.

\*Tape may be used for fastening as well as strengthening the gauze. The tape however, may not cover the knuckles.

\*NO CASTING of any sorts. Tape is used to secure gauze only.

### **Vaseline**

Vaseline can be used and applied at ringside prior to match start. Appointed Official will oversee application. Under no circumstance will Vaseline be applied to areas other than contestants face, cheek bones, eyebrow, mouth and nose. Any excess Vaseline will be wiped off prior to match.

Re-application of Vaseline is allowed in between rounds under supervision of appointed official.

### **Legal Strikes and Targets**

Striking is allowed with full contact for all age divisions.

### **Standing position;**

- Punch to the body and head
- Elbow to the body (but they do not score)

Knees;

**\*\*NO KNEES TO FACE OR HEAD IN ANY DIVISION.**

**Novice Division:** No Knees.

**Beginner Division:** to the thighs

**Intermediate Division:** to the body and thighs

**Advanced Divisions:** to the body and thighs

Kick to the thighs, body and head

**Ground position;**

Punch to the body and head

Knee to the body

Kick to the body

### **– Illegal Strikes and Targets**

Competitors are forbidden to strike the following targets:

Along the spine

Kidneys

Back of the head

Neck

Throat

Groin

Knees and below

**Note: Strikes to the shin are only permitted in an attempt to execute a throw or a sweep.**

### **Scoring for Actions**

Points are only awarded if a competitor manages to gain control for 3 seconds.

### **Takedowns**

Any situation in which the action starts standing and finishes on the ground awards 1 point to the competitor who manages to maintain top position for 3 seconds. If, with the takedown, the competitor manages to establish a dominant position, he/she will further receive the corresponding points (i.e.: 1 + 2 for takedowns into side mount, 1 + 3 for takedowns into full mount, and 1 + 4 for takedowns into back mount).

*Situations of guard pulling:*

Jumping or sitting into guard from a standing position with contact and with a deliberate attempt of a submission or reversal will not be penalized by a caution and will not award 1 point to the opponent.

Jumping or sitting into guard from a standing position with contact and without a deliberate attempt of a submission or reversal will not be penalized by a caution and will award 1 point to the opponent.

### **Dominant positions;**

**Side Mount** (2 points): When a competitor gains control by passing the opponent's leg defenses while keeping the opponent's back to the mat for the count of 3 seconds (including north-south and knee on stomach).

**Full Mount** (3 points): When a competitor controls the opponent who is lying on the back, from the top with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds (including north or south).

**Back Mount** (4 points): When a competitor controls the opponent from the back, with his/her chest to

the opponent's back and his/her legs hooked inside both of the opponent's legs for the count of 3 seconds.

To ensure a higher level of submissions, points for dominant control positions (i.e., side mount, full mount, and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points. The dominant control position progression resets if the bottom grappler manages to take the top grappler into his/her closed guard or to get back to his/her feet for at least 3 seconds.

### **Reversals**

Reversals from a disadvantaged position or any bottom position without direct establishment of a dominant position will be awarded 1 point if control is maintained for 3 seconds.

Reversals from a disadvantaged position or any bottom position with direct establishment of a dominant position will be awarded with 1 point + the points corresponding to the dominant position if control is maintained for 3 seconds (i.e.: 1 + 2 for reversals into side mount, 1 + 3 for reversals into full mount, and 1 + 4 for reversals into back mount).

### **Strikes**

All effective and authorized strikes score 1 point.

For a striking action to score, it must hit a legal target powerfully, accurately, unprotected, and have a visible effect on the opponent. Only strikes with the knuckle part of the closed glove of either hand or the padded area of the shin-instep or knee of either leg are permitted.

If a strike is blocked by the opponent's arm or shin, it generally does not score. However, if a blocked strike is so powerful that it causes the opponent to physically move or lose balance, it shall score.

Simultaneous strikes (clashes) and strikes executed while being thrown or taken down do not score.

### **Knockdown**

All knockdowns score 4 points.

When a competitor is knocked down without damage due to the execution of an authorized punch, kick or throw, the central referee shall let the action proceed and be prepared to stop the match at any moment if the athlete fails to defend himself intelligently.

## **#AMMACS LEAGUE POINTING SYSTEM**

**– Match Classification Points (Points will be accumulated throughout the year for national championships, regional championships, league seeding, and lifetime stats).**

### **Victory by Knockout (5 points to the winner – 0 point to the loser)**

A victory by knockout is declared when a competitor temporarily loses consciousness as a result of an authorized punch, kick, knee or throw from the opponent. \*\*Any contestant losing by result of a Knockout will immediately be suspended from further competitions until cleared for competition by a doctor and a minimum 30 day competition suspension time period has been carried out.

\*\*\*Any contestant found competing within any '30 day competition suspension' time will be terminated from league standings and be suspended from competing in an AMMACS event for one (1) year.

### **Victory by Technical Knockout (5 points to the winner – 0 points to the loser)**

A victory by technical knockout is declared when a competitor in ground position receives from a single to three (3) consecutive fully unprotected punches to the head from the opponent. The central Official is entitled to declare a victory by TKO, upon observing progression of match, he/she deems that the athletes cannot and should not continue.

### **Victory by Submission (5 points to the winner – 0 points to the loser)**

A victory by submission is declared when a competitor admits his/her defeat either verbally or physically (by tapping the mat or the opponent with a hand or foot). The central Official is entitled to declare a victory by submission if, upon observing a submission attempt, he/she deems that the athlete caught in the submission hold will not be able to escape without harm.

**Victory by Disqualification (5 points to the winner – 0 points to the loser)**

A victory by disqualification is declared when a competitor is banned from the match or entire competition for any reason.

**Victory by Default (5 points to the winner – 0 points to the loser)**

A victory by default is declared when a competitor cannot continue the match for any reason. Competitor must be declared unfit to continue by the Head medical officer, or does not comply with the present rules as far as competition uniform and protection gear. A coach may also default the competitor by throwing a towel onto the mat.

**Victory by Forfeit (5 points to the winner – 0 points to the loser)**

A victory by forfeit is declared when a competitor fails to appear on the mat for the match.

**Note: Competitors who forfeit a match without proper medical certificate will not be allowed to proceed throughout the tournament (even in other styles) and be withdrawn from the final ranking.**

**Victory by Technical Superiority (4 points to the winner – 0 point to the loser)**

A victory by technical superiority occurs when a competitor has scored a 15-point advantage over his/her opponent.

**Victory by Decision (3 points to the winner – 0 point to the loser)**

**Note: For Technical superiority and Decision victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.**

*All rules and regulations are subject to change on insuring principles. Safety and transparency will be priority in matters of event and/or tournament rule/regulation changes. Contestants will be made aware of all changes prior to event and/or tournament start. Event Tournament Director has final call on any discrepancies, changes, alterations necessary in completing a safe amateur mixed martial arts event.*

*Provincial sanctioning body; Ontario Grappling Alliance.*

*National sanctioning body; Canadian Combat Association.*

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